

Soup's On to share 'Naw-Ruz' Holy Day

On Monday, March 21, at 6:30 p.m., everyone is invited to join the Florence Baha'i Community in a celebration of Naw-Ruz ("New Day"), which is the Bahá'í New Year and occurs on the date of the vernal equinox.

It is one of nine Bahá'í holy days.

The celebration will begin with a pot luck dinner, followed by an evening of music, provided by the participants, that captures for them a new beginning time in their lives.

CDs, vinyl and phone

recording will all play on the house sound system.

The main goal of the Baha'i Faith will always center around one ultimate aim, which is the peaceful unification of the entire human race.

The gathering will end at 8:30 p.m. with prayers for the requests left in the Prayer Pole in the garden of the Florence Playhouse, and those shared by the group.

The Heintz home is located at 875 Seventh St.

For more information call Suzanne Mann-Heintz at 541-590-0779.

UU to discuss importance of 'God's laughter' Sunday

On Sunday, March 20, from 10 to 11 a.m., at the Florence Unitarian Universalist Fellowship, Rev. Marcia Pearce's message is titled: The Laughter of God.

"Have you been concerned of late, with all the negativity that seems to be flooding the world?" Rev. Pearce asked. "Our own political shenanigans, perhaps a case in point? Is there a different and better way to talk with or about our fellow human beings? Is there perhaps, something about that old proverb, a merry heart

doeth good like a medicine?"

Rev. Pearce suggests that hearing laughter and participating in it, could help change our world for the better, as it has hers.

The UU Fellowship, 87738 Highway 101 at Heceta Beach Road, is wheelchair accessible and each service concludes with refreshments and dialogue circle to explore the questions that come up during each service.

For more information, visit www.uuflorence.org or call 541-997-2840.



If you've been alive in this world very long, you know there are different kinds of stress that can affect our lives. There's nutritional stress, relationship stress, financial stress, and the list goes on and on.

We're all affected by stressful situations at times, from minor inconveniences like traffic, long lines at the grocery store or losing your keys to more extreme issues such as chronic illness, the death of a loved one or divorce. But if you are a believer in Jesus Christ, then you are equipped to face and defeat stress.

The one thing that matters most

On my personal journey to learning about stress and how to defeat it, I discovered the importance of establishing practical boundaries, like having healthy eating habits, getting good rest and exercising consistently. As I applied these changes to my life, I started to feel good again.

But Psalm 27:4-6 (NIV) reveals something that's even more important to do:

"One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life... For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of

Ultimate stress busters for a peaceful life

his sacred tent and set me high upon a rock. Then my head will be exalted above the enemies who surround me..."

In these verses, David is saying, "Here's how you can help yourself when you're in trouble: Seek the Lord — it's the one thing that is more important than anything else!"

Notice that verse 6 says "Then my head will be exalted above the enemies that surround me."

So when do we get help? After we've spent time with God.

God's Word contains the practical instruction we need to have peace, real joy and happiness. So spending time with Him in prayer and Bible study is the main key to defeating stress in your life.

Recognize the true source of stress

Proverbs 14:30 gives us an amazing promise from God. It says, "A calm and undisturbed mind and heart are the life and health of the body, but envy, jealousy, and wrath are like rotteness of the bones" (AMPC).

This scripture shows us that anything other than a calm, undisturbed mind creates stress. And when we worry, overthinking our problems, wondering what we're going to do, we're actually causing stress to grow in our soul.

If you're thinking, "But Joyce, I can't help it! I can't stop worrying," then I want to

tell you that you can help it.

Anything God tells us in His Word to do, He gives us the ability to do it. So we can learn how to have a calm, undisturbed mind — through Christ — if we choose to trust Him and ask Him to help us do it.

First Peter 5:7 says to cast "the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully" (AMPC).

The best thing we can pray when we're struggling with worry is, "God, I'm not smart enough to run my life by myself. I need Your wisdom, grace and strength to do the right thing. Please help me."

I really want you to get this: Your ability to defeat stress is determined by what's going on inside of you, not by what's going on outside of you in your circumstances.

Tap into your God-given stress busters

In John 14:27, Jesus says, "Peace I leave with you; My [own] peace I now give and bequeath to you. ...Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled]" (AMPC).

As a born-again believer in Jesus, you already have His

peace in your spirit. In this verse, He's saying, "Here's My part and here's your part: I'm going to leave My peace with you, and because you have My peace, when stressful things happen, you don't have to get upset on the inside."

I've learned that when I feel myself starting to get upset, if I remember that John 14:27 tells me to "stop allowing yourself to be agitated and disturbed," then I can "talk myself off the ledge."

In other words, instead of jumping into a problem that is emotionally driven, I remind myself, "Calm down. Don't say something you'll regret or that will make things worse. Get God's perspective of this situation and choose to believe the best of the people involved."

Knowing God's Word and trusting Him completely are the keys to living in peace. I want to encourage you to study scriptures like Matthew 11:28-29, which says Jesus will ease, relieve and refresh your soul when you come to Him and let Him take care of you.

And 2 Timothy 1:7, which says God hasn't given us a spirit of fear but of power, love, a calm well-balanced mind and discipline and self-control.

Spend time seeking God above all else, and you can learn how to use everything He's given you to defeat the stress in your life!

Mormon Tabernacle live performance March 25

The Mormon Tabernacle Choir and Orchestra at Temple Square will share a live performance of Handel's Messiah on Friday, March 25.

All are welcome and invited to attend viewing the concert at The Church of Jesus Christ of Latter-Day Saints, at the corner of North Fork Road and Munsel Lake Road in Florence.

This musical masterpiece by George Frideric Handel, first performed in the spring of 1742, has become one of the

world's most beloved musical works.

The live stream will begin with a pre-concert presentation at 6 p.m., with the full concert following at 6:30 p.m.

Attendees can join in the grand tradition of Messiah sings, where the audience sings along with the performers.

Both of these celebrations and this concert are a wonderful way to celebrate the birth, life, death and Resurrection of Jesus Christ.

Join Us In Worship

4 lines, approx 15 words, \$10 a week
4 week Minimum
Deadline 3 p.m. Mondays.

To be included in this directory contact the Siuslaw News at 997-3441, or drop off information at 148 Maple St., Old Town, Florence.

JOIN US IN WORSHIP

WATCH! 3 ANGELS BROADCASTING NETWORK
(3ABN) TV UHF Channel 48.

24 hour Christian TV highlights Bible studies of prophecy, inspirational music, health lectures, healthy cooking and more.

BAY BERRY CHRISTIAN FELLOWSHIP SINGSPIRATION

You are invited to come and sing your favorite old time gospel hymns
Every Friday night at 7pm • Non-denominational
Bay Berry Square; 101 at Sutton Lake Dr. /milepost 185 N.
For more information, please call 541-997-2681

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

Located at Munsel Lake Road and North Fork Road
Worship Services 10:00 AM Sunday
All are welcome! 541-997-7268

COMMUNITY BAPTIST CHURCH

4590 Hwy. 101, Across from Fred Meyer — 997-7418
Sunday School, 9:30a.m. — Worship, 10:45
Wed. Prayer - 6:00 p.m. — Wed. Ministries 1-8 Grade 7 p.m.

CROSS ROAD ASSEMBLY OF GOD

Corner of 10th & Maple — 997-3533
Bible Study at 9:00 A.M.
Services: Worship, 10:30 A.M.
florencecrossroad.org • office@florencecrossroad.org

FIRST BAPTIST CHURCH - SBC

1935 25th St. — 997-7660 • Pastor, Dr. Marvin Owen
Series "Through the Bible" on Wednesdays 6 p.m.
A friendly place to worship, vacationers welcome.
Sun.: 11am & 6pm, Sunday school 9:45am.

FLORENCE CHRISTIAN CHURCH

2nd & Ivy — 997-2961 — Non-Denominational
Worship Service: 9:00 am & 10:30 am
Middle School and High School youth groups meet on Wednesday.

FLORENCE CHURCH OF CHRIST

Pre-Denominational (Romans 16:16)
1833 Tamarack Street (2 blocks east of Hwy. 101 on 18th St.)
Bible Study: Sunday 10 a.m.; Worship: Sunday 11 a.m.
www.churchofchristflorence.org

FLORENCE CHURCH OF THE NAZARENE

12th and Nopal — 997-9020
Worship Service 10:30 a.m.
Youth Group Wed. 7-8:30 p.m.
Online Worship Service@ www.florencenaz.com

FLORENCE EVANGELICAL CHURCH

1318 Rhododendron Dr. — 997-2523 — Worship at 11:00 AM — Sunday School
at 9:30 AM — Variety of Sunday evening activities - 5 PM
Wed. Bible & Children classes at 6:00 PM
Call for details.

FLORENCE SEVENTH-DAY ADVENTIST

4445 Hwy 101 (South of Fred Meyer) — 997-3951
Worship on Saturday 10:30 A.M.
Adult/Children's Sabbath School 9:15 A.M.

FLORENCE UNITARIAN UNIVERSALIST FELLOWSHIP

N.W. Corner of Heceta Beach Road & Hwy. 101
Every Sunday at 10 a.m.
All are welcome. (541) 997-2840

FLORENCE UNITED METHODIST CHURCH

1st Sunday of Month Worship 10:30
All other Sundays Worship 9 A.M. & 10:30 A.M.
2nd & Kingwood • (541) 997-6025
"Open Hearts, Open Minds, Open Doors"

FOUR SQUARE CHURCH

1624 Highway 101 (next to A&W) — 997-6337
Pastor George Pagel — Something for the entire family.
Sun. Services: 10:45 a.m., Wed. Bible Study 7 p.m. — Youth Group: Sat., 6 p.m.
Website: florence4square.com

FLORENCE VINEYARD (GOD'S POWER HOUSE)

2610 Kingwood, Florence • 541-268-2025
Sunday Worship @ 10:00 a.m., experience the Power of the Holy Spirit
Pastors: George & Beverly Sisemore
Intercessory Prayer & Worship, Thursday night @ 5:00 pm
florencevineyardchurch.com

NEW LIFE CHURCH-UPC

1525 12th St., Suite 24 • 541-991-9398
Sunday Services: 10am and 6pm
Tues. Bible Study 7:00pm

NEW LIFE LUTHERAN CHURCH, E.L.C.A.

21st & Spruce Street — 997-8113
Adult Forum 9 a.m. — Sunday School 10:30 a.m.
Worship services; Sun. 10:30am & Wed. 6pm.
Pastor Lori Blake
www.lutheranchurchflorence.com

PRESBYTERIAN CHURCH OF THE SIUSLAW

Traditional Worship Service 10:00 a.m., Reverend Greg Wood
Sunday School and Nursery — Organ and Choir
All Welcome. Come as you are.
3996 N Hwy 101 997-7136

RELIGIOUS SOCIETY OF FRIENDS (QUAKERS)

"War is still not the answer." FCNL
We worship in homes at 11am Sundays
Call 997-4237 or 902-9511 for locations.

RESURRECTION LUTHERAN CHURCH, L.C.M.S.

Every Sun., Bible Class 9 a.m., Worship Service 10 a.m.
85294 Hwy. 101 S. — 997-8038
DVD of Weekly worship service available.
Pastor Randy Benschoter

ST. ANDREW'S EPISCOPAL CHURCH

2135 19th St. — 997-6600
The Rev. Georgia C. DuBose, Vicar
8:30am, Tuesdays, Morning Prayer
Sunday Services: 8 a.m. and 10 a.m. — Wed, 11 a.m.
Everyone Welcome — Come walk our Labyrinth.

SAINT MARY, OUR LADY OF THE DUNES CATHOLIC CHURCH

Masses: Sat. 5:30 p.m., Sun. 11:00 a.m.
1.5 miles south of river on Hwy 101 — 997-2312

The First Baptist Church Family

is pleased to present in a single performance
Living Last Supper.



Sunday, March 20th at 11:00am

1935 East 25th Street

Call 541-997-7660 for information

Everyone is welcome. Don't miss this special event!

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www.BlackwoodLegacy.com or
visit the group on Facebook today

SUN—MARCH 20—11 AM

Allegheny Community Church

66163 Church Rd, Coos Bay

SUN—MARCH 20—6 PM

Church of the Nazarene

1536 12th St, Florence

Non-denominational, community wide events!
ADMISSION IS FREE!! A love offering will be received



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