



Your thoughts connect every area of your life

Would you like to be in a good mood every day? You are probably thinking, "Of course I would. Who wouldn't?"

I spent a lot of years being controlled by a variety of moods and believing I had no choice in how I felt. I envied all the "happy people." I used to wonder, what is their secret?

Why them and not me? Then I finally learned that our mind, mouth, moods and attitudes are all intricately connected. First you think, and then your thoughts turn into words that you speak, and the two of them together affect you emotionally and turn into moods and attitudes.

For years, I paid no attention to what I was thinking, and I didn't make the connection between my thoughts and the rest of my life. But the Lord has taught me many things from His Word about the "mind connection" since those early days, and I'm excited to share some of those truths with you.

Enjoying life begins with a choice

Spituali-Tea to discuss having freedom from fear

On Monday, Sept. 26, at 6:30 p.m., everyone is invited to join a group from varied spiritual paths to discuss the topic: "Freedom from Fear."

The Baha'i Writings say; "Ye are the fruits of one tree and the leaves of one branch; be ye compassionate and kind to all the human race... Be ye a refuge to the fearful; bring ye rest and peace to the disturbed..."

The main goal of the Baha'i

Although we don't always have the power to change every unpleasant circumstance in our lives, we do have the power to change our outlook. Nobody enjoys a troubling or painful circumstance, but I've found if we look at it in a hopeful, faith-filled way, we can watch God work all things out for our good (see Romans 8:28).

Enjoying life begins with the thoughts you choose to think. Yes, it is that simple. No matter what is going on in your life today, if you will choose happy, hope-filled thoughts based on God's Word, you will feel happier.

Our thoughts are intricately connected to our feelings, so if we want to feel better, we need to think better.

Think of the mind like the gas tank in your automobile. Your automobile will run well, or perhaps not even run at all, depending on what kind of fuel you put into it. In the same way, when you choose your thoughts carefully, your quality of life will improve in amazing ways!

Sure, there are some people who are born with a tempera-

ment that makes it easier for them to look on the bright side of life than others, but even they have to make choices about their thoughts and attitudes toward life.

Be honest with yourself and think about what you have been mentally focusing on and how you have been feeling emotionally and even physically. I feel certain you will see a definite connection.

Nothing good comes from thinking sour, critical, and negative thoughts, but something good always comes when we think according to God's plan for our life.

The key to transformation

Through His death and resurrection, Jesus offers us a new way of living; however, a new way of thinking will always precede this new way of living. Right thinking and right attitudes are roadmaps that allow us to reach our destination.

Romans 12:2 says, "Do not be conformed to this world

(this age), (fashioned after and adapted to its external, superficial customs). But be transformed (changed) by the (entire) renewal of your mind (by its new ideals and its new attitude), so that you may prove (for yourselves) what is the good and acceptable and perfect will of God..."

This Scripture is so important for us to understand! God has a good, acceptable, and perfect plan for you and me, and the way we can experience it is not to think like the world thinks, but to be changed entirely by learning to renew our mind and think the way God thinks. If you want to have what God wants you to have, learn to think like God thinks!

Ephesians 4:22-23 is one of my favorite groups of scriptures in the Bible. Verse 22 says to "strip yourselves of your former nature." Then verse 24 tells us to "put on the new nature (the regenerate self) created in God's image."

How do we do that? Verse 23 gives us the key: "And be constantly renewed in the spirit of your mind [having a fresh mental and spiritual attitude]."

So, the way to "put off" your old life and "put on" the new is to constantly renew your mind and attitude. It begins with filling our minds with God's Word, then choosing to think and speak the positive, faith-filled things He says about our lives.

One step at a time

Renewing our mind, mouth, moods and attitudes isn't always easy, but it is possible with God's help. I have personally been working toward this goal for almost 40 years, and although I have not arrived at

perfection, I have made amazing progress. I have successful days, and I also have days when I feel like I've failed miserably, but I believe with God's help I can keep growing.

If you desire greater emotional stability, and the ability to maintain a consistent good attitude no matter what your circumstances are, then make it a goal and don't give up until you have reached it.

A walk begins with one step and then another and another. No matter how long your journey seems, if you take enough steps in the right direction, you will eventually arrive at your desired destination...

And truly have the life you've always wanted.

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Family Owned BUSINESS SPOTLIGHT

Coast Insurance Services, Inc.
777 Maple Street, across from the Post Office in Florence, 541-997-3455

"We stick with what we know. Our tagline is, 'We're here for your protection,'" said Jean Murphey, who, along with her husband John, owns Coast Insurance Services, Inc.

For the Murpheys, protection involves personal lines insurance, such as home, auto, boat, recreational vehicle, motorcycle and side-by-side insurance. It also means health and life insurance products for individual care or groups.

On the commercial end, Coast Insurance offers small business insurance packages, workers compensation insurance and insurance for public entities.

"We cover, basically, all aspects of life," Jean said.

Jean runs operations in the office and has worked for Coast Insurance since 1994. She moved to the Florence area in 1989.

"John does outside sales, is the insurance agent to public entities and does our troubleshooting," she said.

John was born and raised in the area and started at Coast Insurance in 2000.

The Murpheys bought Coast Insurance in 1992.

"It's always been a family-owned, locally owned business," Jean said. "The history of it is that Bob Read opened the local agency in 1952. He and his wife Jenny ran the agency until they sold it to David Jackson in 1992. David ran the agency until we purchased it."

John said, "We took over Jan. 1, 2013."

Besides the Murpheys, Coast Insurance has five employees, including John's daughter: two full-time personal lines agents, one part-time commercial lines agent and two part-time receptionists.

A majority of Coast Insurance's clients live and work in the Florence and Mapleton areas, but clients stretch "from Waldport to Reedsport," said Jean.

"We have customers in outlying areas, and a few stragglers all over the state of Oregon," John added.

Coast Insurance focuses on the coast because it means community. The business sponsored artist Brian Bloss's Dancing with Sea Lions public art sculpture, "Thalassa," as part of the Florence Events Center's 20th anniversary this year. The Murpheys, too, are heavily involved in community groups.

"John has all the credentials," Jean said. "He is on the board of directors for the Boys and Girls Club of Western Lane County and the Siuslaw Pioneer Museum. He's also on the City Planning Commission and on the budget committees for Siuslaw School District, Siuslaw Valley Fire and Rescue and Western Lane Ambulance District."

John is also the president of the Florence Kiwanis Club, and Jean is the vice president.

"I'm going to be pretty involved in Kiwanis for the next couple years," Jean said.

She is one of the main organizers for the annual Fraudville lip-synching contest.

"Most of what I do is Fraudville," she said. "It's so fun."

For even more fun, John and Jean like to go motorcycling together.

"John got a motorcycle with a sidecar, so we go tootling around in that," Jean said. "We also have scooters, so we do 'Scooter Trash Tuesdays.'"

Coast Insurance Services, Inc., has served local business, families and the community for 64 years, and will continue to provide full line insurance services.



Our Family helping Florence Families through the years!
541-997-3455
777 Maple Street, Across from the Post Office in Florence