



## Enjoy the journey, every single day

enjoy our everyday lives and learn how to “do life” with Him. This means we do every single thing in our daily life with and for God.

And when we realize we are just as close to Him at home doing laundry or at the grocery store as we are at church or during our time in prayer, then we are serving Him in everything we do.

### It's All About Balance

The first several years I was in ministry, I didn't enjoy it. I worked too much and was too concerned about what others thought about me. I had a tendency to be this way because growing up, it seemed that the more I worked and the more I accomplished, the happier people were with me.

Over time I became a first-rate workaholic. It took me awhile to realize that “all work and no play” is not healthy, and God wants me to have abundant life. This meant I had to learn how to balance my priorities so that my relationship with God is always first, and then everything else follows.

This includes my relationships with family and friends, along with work and taking

time to relax.

It's not wrong to work hard, and I like to work. But if I don't make time to rest and just have fun, it won't take long for me to get out of balance and lose my joy.

### Turn the Ordinary into the Extraordinary

So much of life can become a mundane routine that we only really enjoy it when we do something out of the ordinary, like go on vacation, go to a special event or do something exciting, like shop for a new dress. And many people have a “working for the weekend” mentality.

But this type of enjoyment is based on emotional excitement, not the joy God gives.

The joy of the Lord is much greater than simply feeling happy. It brings peace and contentment to your soul, even when your circumstances are difficult and it doesn't make any sense. Nehemiah 8:10 says, “The joy of the Lord is your strength.”

This kind of joy makes the Monday, Tuesday, Wednesday, Thursday, Friday routine enjoyable. And since most of life is Monday through Friday, we need to enjoy it!

### The World Can't Give It to You

In John 15:11, Jesus says, “I have told you this so that my joy may be in you and that your joy may be complete.”

The Amplified translation says “that your joy and gladness may be of full measure and complete and overflowing.” In the 10 verses leading up to this one, Jesus is talking about abiding in Him, because that's the key to living with His joy.

Abiding means “to live, dwell and remain in:” it's not just visiting once a week at church. It's having a personal relationship with Christ, being one with Him and doing life together. The truth is apart from Jesus, we can do nothing of real value, but with Him, we can bear much good fruit (John 15:5).

God wants to abide with you every day, all throughout the day. He doesn't just want you to seek Him when you go to church or when you're desperate. His desire is to have a personal relationship with you, so you can experience His presence in everything you do.

That's when your everyday life is really enjoyable!

## Allsberry retires after 22 years at OPB

After 22 years with Oregon Pacific Bank, Kitty Allsberry retired last Wednesday, Sept. 28.

Kitty started in the banking business back in 1970 and joined the Oregon Pacific Bank family in November of 1993.

During her banking career, Allsberry has operated as a teller, loan assistant, vault teller, new account representative and drive-up window teller.

“Allsberry has been an important part of our team and will be greatly missed,” said Lori Gates, vice-president and Florence branch manager.



Kitty Allsberry

“We wish her the best on the adventure yet to come. From everyone at Oregon Pacific Bank, we wish her a long, happy and healthy retirement.”

Back in the 1970s, I used to bowl on Friday nights. I remember one night when I wasn't doing very well and I heard the Lord speak to my heart, “Ask Me to help you bowl better.”

I immediately thought, I can't ask You to help me bowl! But I went ahead and prayed, “Okay, Lord, please help me bowl better.”

And He did! I remember this experience so clearly because it was a great eye-opener that made me realize God cares about every part of our lives, and He wants to be involved in everything we do.

John 10:10 (AMP) says, “The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows).”

Jesus died so we can have life — not just a barely-get-by, “I'm hanging on till Jesus comes back” existence.

God wants each of us to have a deep, intimate, personal relationship with Him so we can

## United Universalist Fellowship to discuss profound lesson not found in Bible

On Sunday, Oct. 2, from 10 to 11 a.m. at the Florence Unitarian Universalist Fellowship, Rev. Dr. Marcia Pearce will lead the worship service titled: The Most Profound Lesson, Not Found in the Bible.

“For many people, the Christian Bible is their major source for hope and a beloved

map for life,” Pearce said. “For others, it is no longer relevant. For far too many it has become a heavy limitation. For a powerful few it has been a way to intimidate and control.”

Pearce will offer a simple, but very profound answer to the challenges of guilt and forgiveness — an answer hinted at, but not spelled out

in the Bible

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

For more information, call 541-997-2840.

## Spirituali-Tea to discuss ‘Promise of World Peace’ Monday, Oct. 3

On Monday, Oct 3 at 6:30 p.m., everyone is invited to join a group from varied spiritual paths to discuss “The Promise of World Peace and Me.”

In the Baha'i view, recognition of the oneness of mankind “...calls for no less than the reconstruction and the demilitarization of the whole civilized world — a

world organically unified in all the essential aspects of its life, its political machinery, its spiritual aspiration, its trade and finance, its script and language, and yet infinite in the diversity of the national characteristics of its federated units.”

The main goal of the Baha'i Faith centers around the peaceful unification of the

entire human race.

The gathering will end at 8 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.

## Commune with world at ‘Nature Speaks’ today

“Nature Speaks: Communion with Spirit in our Natural World” is a workshop to explore, commune and integrate people's hearts with Nature — one of people's greatest teachers and allies.

Diana Kekule is a nature intuitive who practices the ancient and indigenous ways of Earth Whisperer.

“We will explore the nature being of ‘mountain majesty’ and the gift of soli-

tude,” she said.

This is an intimate engagement of listening to, and communion with, the intelligent consciousness of nature, our beloved next-of-kin. She shares their powerful messages filled with wisdom, beauty, hope, and joy, which offer gifts of greater Self-Discovery and Well-Being.

Attendees should feel free to bring a mat, blanket and/or pillow for comfort during a guided journey.

Nature has great love to share.

The workshop will be Saturday, Oct. 1, from 2 to 4 p.m. at the Florence Unitarian Universalist Fellowship, 87738 Highway 101, at Heceta Beach Rd.

A donation of \$15-20 helps to support the Community Outreach of Humanity with Nature Fellowship.

For more information, call 54-994-9288 or contact luvsea33@gmail.com.

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## EMERGENCY SUTURING CLASS

to be held at the Florence Events Center during the Be Ready Disaster Preparedness Expo on November 5, 2016!

Please call the Siuslaw News at 541-902-3526 to sign up. You may pay by credit or debit card.

There are two classes being offered. Positions in the class are on a first paid for, first reserved basis and classes are limited to the first 25 paying participants in each class. So don't delay, sign up for a place now!

The class is at 11:00 AM AND 2:00 PM Saturday November 5, 2016. Cost is only \$25.00 per participant!



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## FRAA ART CENTER

120 Maple Street  
Phone: 541-997-4435  
Hours Open: Wed-Fri noon-5pm,  
Sat 10am-5pm, Sun. noon-5pm

## Classes and Workshops

**Ceramics for Kids with Ben Cahoon and Alissa Clark**  
Thursdays, 4-5 pm, \$10/member/class, \$15/non-FRAA member/class.

**Whimsical Hand Building Ceramics with Alissa Clark**  
Wednesdays, 3-5 pm, \$10/member/class, \$15/non-FRAA member/class, Clay/Firing extra.

**Additional Weekly Class Added!**  
Starting Sept. 22nd, Thurs, 6-8 pm, \$10/member/class, \$15/non-FRAA member/class, Clay/Firing extra.

**Open Lab on Saturdays**  
Drop in, work at your own pace. Starts Sept. 10th, Saturdays 12-5 pm \$7/hour/member \$12/hour/non-FRAA member, Clay/Firing extra.

**Mud and Vino**  
Be creative and bring your own bottle. Friday, Oct 21, 6-8 pm \$20/member \$25/non-FRAA member, includes clay and firing. Must pre-register for this class by calling Alissa.

All Ceramics classes held at Alissa's Studio at 180 Laurel Street. Call Alissa with questions: 503-957-5222

**Open Studio - Create with Friends, Make new Friends**  
Drop in, no registration req'd. Free for FRAA members, \$5 for non-members  
Jewelry: Thursday, October 20, 2-4 pm  
Painting: Thursday, October 27, 2-4 pm

**Creative Writing Workshop - Writers on the River with Catherine Rourke**  
Saturday, October 22, 10 am to 12 pm \$20/member, \$25/non-FRAA member  
To register, call 541-708-2120 or email CJReditor@gmail.com

**“Midnight in Florence” Literary Salon, Writers Open Mic**  
Saturday, October 29 6 pm - 8 pm  
Free; Open to public; \$5 suggested donation, Call 541-708-2120 w/ questions.

**Painting with John Leasure**  
Sat October 1, 8, 15 & 29, Thur Oct 20 9 am - 12 pm  
Contact: [jleasure@hotmail.com](mailto:jleasure@hotmail.com) or 541-991-2754 for details and fees.

**Oil Painting with Michael Wood**  
Wednesdays 1:30 pm - 4:30 pm  
Contact: [fmwood@msn.com](mailto:fmwood@msn.com) for details,

For more information about classes, visit [fraaoregon.org](http://fraaoregon.org). To register for these classes, please call or visit FRAA at our art center on Maple Street.



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