



Fear is an enemy that torments the soul and seeks to steal our life. Conquering it is not something that we do in one day, or even in 1,000 days. It is something that we conquer one day at a time with God's help.

Fear can show up unexpectedly. One of our goals should be to recognize it so we can deal with it right away.

Recently, I was waking up at about 2 or 3 in the morning and then having difficulty going back to sleep. After two nights of that, I found myself going to bed with a vague sort of fear that it would happen again, and sure enough it did. After about three nights of the same thing, God reminded me that I could pray and resist Satan, the source of all fear.

According to God's Word, the sleep of the righteous should be sweet (see Proverbs 3:24). I prayed immediately and went back to sleep and have not had any problems since then.

We have power and authority over the enemy, but authority is useless if it is not exercised.

Being free from fear doesn't mean that we will never experience it or be confronted by it.

## The secret to living a fear-free life

It means that we are committed to not allowing it to rule our lives, and when necessary we will do what we need to do, even if we have to do it afraid.

Each time you feel fear and decide to "do it afraid," you will enjoy your new freedom so much that you will soon be totally unwilling to do without it. You will become determined to end your days of slavery to fear. That does not mean that you won't still need to confront your fears, but it does mean that you will be more and more willing to keep confronting them.

Galatians 5:1 (AMPC) says, "In [this] freedom Christ has made us free [and completely liberated us]; stand fast then, and do not be hampered and held ensnared and submit again to a yoke of slavery [which you have once put off]."

This scripture is very clear that even though we have been completely liberated from a yoke of bondage, we will need at times to "stand fast," and not allow ourselves to be entrapped by it again.

Satan is very shrewd and he doesn't give up easily. I guess we can say that he never completely gives up the hope of drawing us back into bondage.

We must live watchfully, ready to recognize and immediately confront the things that steal

our liberty in Christ.

The Bible says that the righteous man falls seven times and gets up again (see Proverbs 24:16). I love that scripture and I am greatly encouraged by it.

Even the most righteous person fails to do everything he knows to do all the time, but he is committed to not giving up.

If you have a weak moment, that doesn't mean you have lost your victory. But if we give up, we won't be in a position to get help from God, because we receive His help through faith, not through hopelessness. We need to stay positive, hopeful and filled with faith, and when we do, we can overcome anything with God's help.

I often say that anyone can succeed if they refuse to give up.

Some fears are more deeply rooted in us than other ones, and for that reason, they may be ones we have to resist more aggressively. Mine is the fear of making people angry. My father was always angry, and I never really knew if I had done something to make him that way or not.

I would like to be able to say that after all of these years of teaching others, I no longer have to deal with this fear, but that's not the case. However,

the good news is now I recognize it and I deal with it, so I still have the victory.

Being able to recognize the lies, deceit and strategies of the devil is so important. We should always be ready to resist him at the onset of his attacks, because the longer we let a fear remain, the more difficult it is to get rid of. So make a decision to be a person of action.

You have what it takes to win.

The Word of God says that we are more than conquerors through Christ who loves us (Romans 8:37). God has given us all that we could ever need to overcome our fears through Christ. He has blessed us with every blessing in the spiritual realm (Ephesians 1:3). He has given us power and authority over all the power the devil possesses (Luke 10:19).

We have what it takes, but we must be active in our faith and never give up.

Don't be impatient. Possessing the full freedom that is yours in Christ is a journey. It is something we gain and then need to maintain. Always enjoy your progress instead of merely looking at how far you have to go.

Today is a new day, and every day you can be one step closer to conquering your fears.

## Volunteers needed at OCHS Christmas Store

Oregon Coast Humane Society (OCHS) is in need of volunteers to assist with this year's Christmas Store, which opened Nov. 1.

The hours are flexible and the mood is light and festive as friends and neighbors shop for new bargains which are added daily.

The large assortment of Christmas decorations include indoor and outdoor Christmas lights, wreaths, nativity scenes, Snow Babies collectibles, reindeer, snowmen, Christmas trees, teddy bears, books, CDs, festive evening wear as well as warm sweaters, shirts, gloves and caps.

Anyone interested in volunteering can call 541-305-1713



COURTESY PHOTO

**Oregon Coast Humane Society's annual Christmas Store is now open and in need of volunteers.**

or stop by the Christmas Store, 85365 Highway 101 (across from Sandland Adventures), open daily from 10 a.m. to 4 p.m., Sundays from 1 to 4 p.m. (Closed Thanksgiving Day).

## Spirituali-Tea to learn about Baha'u'llah

On Monday, Nov. 7, at 6:30 p.m., everyone is invited to join a group of friends from varied spiritual paths to discuss "Who was Baha'u'llah, the founder and prophet of the Baha'i Faith?"

Like many prophets and founders of the world's great faiths, Baha'u'llah suffered enormously as a result of his new teachings. He taught world peace, racial and religious unity, the essential harmony of science and religion, the equality of men and women and the elimination of the extremes of poverty and wealth. He advocated compulsory universal education, the

adoption of a universal auxiliary language and the formation of a global system of governance.

The main goal of the Baha'i Faith will always center around one ultimate aim — 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.

## Unitarians to hear about accepting the universe, self

Sunday, Nov. 6 from 10 until 11 a.m. at the Florence Unitarian Universalist Fellowship, the Rev. Dr. Marcia Pearce will lead the worship service titled: "There is More of Me."

Pearce appreciates and oftentimes quotes Margaret Fuller, a Transcendentalist author and educator who would affirm often, "I accept the universe."

Pearce says, "Sometimes we wonder if the universe accepts us. It does of course, but do we accept ourselves? We think we know how great the universe is, but do we know how great we are in it?"

Walt Whitman wrote that "We are not just contained between our hat and our boots."

The UU Fellowship is located

## Fall Church Bazaar today

The Presbyterian Church of the Siuslaw will hold its annual Fall Church Bazaar on Saturday, Nov. 5, from 9 a.m. to 1 p.m. at 3996 Highway 101.

Items and gifts available for purchase will be high quality homemade craft items, including sewn, quilted, woven, knitted, crocheted and carved wood items, along with baked goods, jams, jellies and candy.

Come get holiday shopping done early.

For more information, call the church office at 541-997-7136.

*We are community minded with a passion for the people we serve.*

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**240 HOURS**

**Is your family prepared?**

If an emergency happens in your community, it may take emergency workers some time to reach you. You should be prepared to take care of yourself and your family for a minimum of 240 hours.

**Get your emergency car kit started with these essentials:**

- Always have at least one half tank of gas
- First aid kit
- Class ABC fire extinguisher
- Radio and fresh batteries
- Nonperishable food in coffee can
- Bottled water
- Tool kit
- Blankets or sleeping bags
- Short rubber hose for siphoning
- Jumper cables
- Waterproof matches and candles
- Reflectors and flares
- Flashlight with fresh batteries
- Paper and pencil maps
- Towel, plastic bags, medications

This message brought to you by the West Lane Emergency Operations Group. [www.wleog.org](http://www.wleog.org)

**IDENTIFY • PREPARE • SURVIVE**

Florence Food Share is your local community food pantry. We serve emergency food boxes to all those who qualify financially. Our hours are 9:30a.m.-1p.m., Monday through Friday. We reopen in the afternoons on Monday and Wednesday from 4-6p.m. We are also now open the third and fourth Saturday of each month, from 10a.m. – 1p.m. Please call us with any questions and/or for more information.

**FLORENCE FOOD SHARE**  
Sharing Is Caring

2190 Spruce Street  
541-997-9110  
[www.florencefoodshare.org](http://www.florencefoodshare.org)  
[info@florencefoodshare.org](mailto:info@florencefoodshare.org)

Florence Food Share es su lacena de comida comunitaria. Servimos cajas de comida de emergencia a todos esos que califiquen financieramente. Nuestras horas son de 9:30a.m. – 1p.m., de lunes a viernes. Re-abrimos por la tarde del lunes y del miércoles de 4-6p.m. También, ahora abrimos el tercero y cuarto sábado de cada mes, de 10a.m. – 1p.m. Por favor llámenos con cualquier duda y/o para conseguir más información.

**PacificSource Medicare Advantage Plans**

Attend one of our free seminars to learn more.

**Florence – Florence Events Center**  
715 Quince Street  
Thursday, November 10, 9:30 a.m.

**PacificSource Medicare**

855-265-5969 priority code: 403 | 800-735-2900 (TTY)  
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For accommodation of persons with special needs at sales meetings call 855-265-5969 or 711 TTY. PacificSource Community Health Plans is an HMO/PPO plan with a Medicare contract. Enrollment in PacificSource Medicare depends on contract renewal. A salesperson will be present with information and applications. You must continue to pay your Medicare Part B premium. Limitations, copays and restrictions may apply. Benefits and premium may change on January 1 of each year. Y0021\_340MED\_102016 CMS Accepted 11052016