



Don't dread

God take care of them. In every situation, we need to have an attitude that says, "I can do whatever I need to do through Christ, and I'm not going to stop enjoying my life, regardless of what is happening. I may not have planned for this to happen, but I know God can work everything out for my good."

For example, my husband, Dave, used to get debilitating migraine headaches. If you've ever had one, you know how it goes: the headache comes on little by little, and when it first begins, you naturally begin to dread it and think, Here it comes again!

One day the Lord spoke to Dave's heart and said, "When you feel those headaches coming on, don't dread them. You can enjoy your life anyway."

Romans 8:37 says, "Yet amid all these things we are more than conquerors and gain a surpassing victory through Him Who loved us" (AMPC). To be more than a conqueror means that before you ever get a problem, you already know that whatever comes your way, you can overcome it through Christ.

You live with confidence that God loves you no matter what and He will never leave you nor forsake you.

When you have this kind of

relationship with Christ, you aren't constantly afraid of bad news or dreading things that may happen that aren't in your plan. When the unexpected happens or you're disappointed, you aren't devastated by it because "amid all these things," you have peace and joy — you don't have to wait until they are over to enjoy your life!

So, Dave started practicing what the Lord showed him. When a migraine would come on, he'd say, "Nope, I'm not going to dread it — I'm going to enjoy my life." Not long after, he stopped getting the headaches altogether.

Start with the small stuff

Overcoming dread often begins with the little things in life. I remember years ago when I was quite good at playing "the martyr" when it came to doing housework.

I would often walk around the house in a huff, mumbling things like, "Well, everyone around here expects me to do everything. Dave goes out and plays golf and the kids make messes. I just cook their meals and clean their dishes and do their laundry. I want to know who cares about me!"

The truth was no one was forcing me to do those things. I chose to do them because I love

my family. However, I rarely enjoyed myself because I was so determined to have a negative attitude.

Sound familiar? Your situation may not be about housework, but we're all tempted to feel sorry for ourselves and dread something at one time or another.

I encourage you to play "The Glad Game." It works like this: When you're faced with a negative situation, choose on purpose to look at the potential good.

For instance, if you get stuck in traffic, say, "I'm moving slow and running behind, but maybe God is protecting me from an accident that would have occurred if I was going faster."

Even if it's something as important as losing a job, you can choose to shift your focus to the positive and say, "I may be out of work, but now I have an opportunity for God to provide me with a better job than I had before!"

The Bible says, "The Lord [earnestly] waits [expecting, looking, and longing] to be gracious to you... that He may have mercy on you and show loving-kindness to you..." (Isaiah 30:18 AMPC).

Approach each day with a positive attitude and you will find joy in every part of life.

Bahai' to discuss the world beyond on Monday

On Monday, April 3 at 6:30 p.m., everyone is invited to join a group of friends from varied spiritual paths to discuss The World Beyond.

The soul does not die; it endures everlastingly. When the human body dies, the soul is freed from ties with the physical body and the surrounding physical world and begins its progress through the spiritual world.

Bahai's understand the spiritual world to be a timeless and placeless extension of our own universe and not some physically remote or removed place. Entry into the next life has the potential to bring great joy.

Bahaullah likened death to the process of birth. He explains: "The world beyond is as different from this world as this world is different from that of the child while still in the womb of its mother."

Please bring information you may have about this subject.

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 meeting will be held at 857 Seventh St.

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

Sometimes life can be difficult, and every day is not going to be filled with good news or things we like to do. But the truth is, God never intends for us to be miserable or have "a horrible day," even when things aren't going our way.

He wants us to expect good things and stay full of hope, regardless of our circumstances. And here are two words that will help you to do it:

Don't dread.

When you dread something, it simply means you're expecting to have an unpleasant experience, which is the exact opposite of hope.

Without even realizing it, I think a lot of people dread their way through the day. We dread going to work, rush-hour traffic, doing the dishes, doing laundry, cutting the grass, grocery shopping, cooking dinner, and on and on. When we live this way, dread steals our joy and ruins our day.

We also experience dread when we worry about things that might happen, especially when it comes to things we can't control or do anything about anyway. Instead, we can choose to stay happy and trust

Episcopal Church welcomes new pastor

St. Andrew Episcopal Church, 2135 19th St., welcomed the Reverend Dr. Carroll J. Marohl as its new interim vicar.

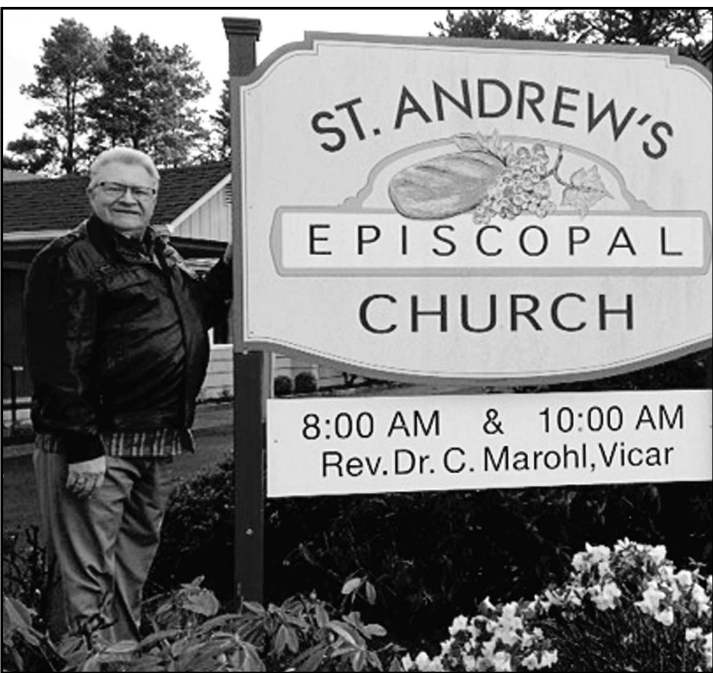
Pastor Marohl and his wife, Cynthia, come to Florence from Sioux Falls, S.D.

Marohl is a retired pastor of the Evangelical Lutheran Church in America. His assignment to the Florence congregation demonstrates the mutual support and sharing of ministries between the Episcopal and Lutheran churches.

Marohl follows the ministry of Mother Georgia DuBose, who left St. Andrew for another parish last fall.

The position of "interim" vicar is designated as an intentional time of transition between pastors. It is a time of discernment during which the congregation re-examines its mission, ministry and the needs of the local congregation as it contemplates and prepares for its new pastor or priest.

Marohl received his education at Concordia Theological Seminary in St. Louis, Mo. He served his internship among the Northern Cheyenne in



COURTESY PHOTO

New St. Andrew's Episcopal Church Reverend Dr. Carroll J. Marohl with the church's new sign.

Lame Deer, Mont.

His first assignment was as Evangelistic Missionary among the Enga peoples in the highlands of Papua New Guinea. After serving in the bush for three years, the bishop of the church assigned him to St. Timoti Lutheran Seminary to develop the Department of Old

Testament Studies.

Marohl has also served congregations in Alaska, Idaho, Montana and Minnesota, mostly in the role of redeveloping congregations who may have fallen on hard times or lost sight of what it is God has called them to do.

Marohl and his wife,

Cynthia, are the parents of three sons and the grandparents of seven grandchildren. Their second son, Andrew, is the middle school principal at the Siuslaw Middle School.

Worship times at St. Andrew are at 8 a.m. to 10 a.m. each Sunday, as well as on Wednesday mornings at 11 a.m. The Sacrament of Holy Communion is celebrated at all worship experiences.

All persons are welcomed to attend.

Religious science topic at next FUUF meeting

The Religious Science technique of Spiritual Treatment for the purposes of healing or better living will be the subject of Rev. Dr. Marcia Pearce's talk on Sunday, April 2, from 10 to 11 a.m. at the Florence Unitarian Universalist Fellowship (FUUF).

The presentation will be titled: Spiritual Mind Treatment.

Pearce said "Every one of us are unwitting practitioners of the art. We just don't recognize what we're doing. We need to understand and do

it right."

The UU Fellowship, a sanctuary for these challenging times, 87738 Highway 101 at Heceta Beach Road, is wheelchair accessible.

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

Nurses Call Community Meeting

Nurses are the heart of Florence's health care system. To provide the care our community counts on, nurses at Peace Harbor Medical Center need a new, fair contract that puts patients first.

Join local nurses and community leaders to learn what we need to do to secure our communities' long-term health.

Community Meeting
April 4, 2017
6 – 7:30 p.m.

Florence Senior Center
1570 Kingwood St.
Florence, OR

Light refreshments will be provided. All ages welcome.

Explore Florence's beautiful new senior center!



ONA Oregon Nurses Association
Voice of Oregon Nurses Since 1904

FREE

Jumpstart Your Health!

Annual Community Health Fair

APRIL 7-8-9

FLORENCE EVENTS CENTER
Meet and talk with experts!

FRIDAY, APRIL 7, NOON-5 P.M.
HELPFUL, INFORMATIVE EXHIBITS!

Get answers from a variety of exhibitors offering valuable information on health related services, products, and trends for women, men, seniors, kids...even pets! Lots of door prizes too! CPR/First Aid/AED class. Mental health first aid overview class.

SATURDAY, APRIL 8, NOON-5 P.M.
FREE SEMINARS—MEET THE EXPERTS!

Choose from a wide variety of insightful 30-minute seminars beginning at 1:00 with relevant, easy-to-use tips for a healthy new you! Topics include diet, nutrition, exercise, mental health, battling disease. Dr. Betlinski will lead a mental health first aid certification class from 1:00 to 5:00 p.m. Saturday & Sunday. Requires \$20 materials fee.

SUNDAY, APRIL 9
5K (3.1 mi.) FUN RUN/WALK 9:00 A.M.

On-site registration begins at 8:00 a.m. Entry forms available through lindasveggies@gmail.com. \$20 adults, \$15 kids under 18. Supports SAPPASA—Siuslaw Area Partnership To Prevent Substance Abuse.

JUMPSTART KIDS' HEALTH FAIR! NOON-5:00 P.M.

Obstacle course, bouncy house, interactive learning games, and tips to live healthfully to 100! Explore the Western Lane Ambulance District ambulance and Siuslaw Valley Fire District firetruck!

Lane Bloodmobile Blood Drive NOON-5:00 P.M.

Jumpstart Your Health is presented by the Florence Seventh-day Adventist Church and underwritten by The Korando Dental Group.

FREE HEART-HEALTHY LUNCHES
...at noon for first 100 people!
Fri.: Bridgewater Restaurant
Sat.: Adventist Church
Sun.: Subway

FREE CLASS
CPR/First Aid/AED
Adult certification course by Western Lane Ambulance instructors (Friday 1:00 to 5:00) for first 20 to register by e-mail: lindasveggies@gmail.com.

Jonathan Betlinski M.D.
MENTAL HEALTH
FIRST AID
Join Jonathan Betlinski, M.D., of the Department of Psychiatry at Oregon Health and Science University from 1:00 to 5:00 Sat. & Sun. for this workshop leading to a national certification. Topics include what to look for and how to respond in a mental health emergency, plus first aid for mental health, depression, substance abuse, anxiety, and psychosis. There is a \$20 fee for books and materials. Pre-registration is recommended by e-mailing lindasveggies@gmail.com

