

IN MEMORIAM

**Machele Lee
Grondona-Sturgess**
1967-2015

Machele Lee Grondona-Sturgess, 47, of Cottage Grove passed away March 8, 2015 from cancer.

She was born May 7, 1967 in South Lake Tahoe, Calif. to Barrett and Linda (Owens) Grondona.

Machele worked in the mill pulling green chain. She also



worked in a nursing home doing patient care and was a bartender at the Moose, and a bouncer at Tap-N-Keg.

She enjoyed Cherokee Indian Heritage, collecting wolves, animals, tattoos, flowers and gardening.

She married Wade Sturgess. They later divorced.

She is survived by her mother, Linda Flagg, her father, Barry Grondona, a son, Christopher Hawkins of Cottage Grove, three daughters, Arizona Rose Hawkins, Erica Farmer of Cottage Grove, and Heather Farmer of Omaha, Nebr., and two grandchildren.

No service is planned. Arrangements under the care of Smith-Lund-Mills Funeral Chapel, Cottage Grove.

BIRTHS

March 2, 2015

To Katurynia Gardner and Devin Nickle of Drain, a son.

"Dreams come true. Without that possibility, nature would not incite us to have them."

— John Updike (1932 -)

Cynthia Marie Defferding
March 10, 1959 -
February 21, 2015

Our beloved Cynthia "Cindy" went to be with her Lord and Savior on February 21, 2015. Cindy was born in Kaukauna, Wisconsin and moved to Cottage Grove, Oregon with her family when she was 2 years old. She was one of God's special children while on this earth who loved her Savior Jesus Christ with a pure and childlike heart.

Cindy's life was very full of excitement, energy and joy. She worked at Goodwill in Beaverton, Oregon and was very proud that she often exceeded her work goals. Cindy enjoyed bowling, going to movies, amusement parks and attending church. At the time of her death Cindy was enjoying herself at one of her favorite places, Disneyland.

Cindy would give everyone she met a great big hug; the best hugs ever. Everyone who met Cindy could not help but love her. She had that special sparkle and excitement for life. She accumulated many medals when participating in Special Olympics and one of her proudest moments was when she ran a leg with the Special Olympic torch.

Cindy is survived by her mother Joy Defferding, Brother Chris Defferding (Viki) and Sister Diana Defferding. Other special family members are Niece Heather Washburn (Jason), Niece Rebecca Griffin, and Nephew Aaron Defferding (Megan) and great nephews Henry and Oliver Defferding (she loved the little ones dearly). Her father Richard Defferding preceded her in death.

Arrangements entrusted to West Lawn Memorial Funeral Home. Please access the obituary and you are invited to sign the guestbook at musgroves.com



MOVING UP HIGHER

with *Joyce Meyer*



Our hope for change

through reading His Word and talking to Him in prayer. He literally transforms us from the inside out and makes us more like Him. Our part is to cooperate with God and do the things He puts in our hearts to do.

For example, years ago when the Lord was teaching me about walking in excellence and integrity, I began feeling convicted about little things like putting my grocery cart away in the store parking lot. During those times, I had a choice. I could either leave the cart out in the middle of nowhere or I could obey God and go the extra mile to put it where it belonged.

The Lord also constantly dealt with me about how I treated my husband, Dave.

I remember wanting to start an argument one day and the Holy Spirit whispering, "You don't need to say anything." Sometimes it meant letting Dave think he was right...even if I knew he wasn't. I can still feel the pain of trying to keep my mouth shut!

These may seem like small things, but every time you obey God and do what's right—even when it hurts—you grow spiritually and become more like Jesus. And as you represent the character of Christ to the world, people will want what you have and be drawn to you to know more about God.

I've found that we can learn so much about the Lord by examining His many names found in the Bible. Each one reveals a unique aspect of His character along with a very specific promise for our lives.

When we get to know God—really know Him—it fills us with hope and confidence because we realize He's greater than any situation we will ever encounter. Understanding God's character and incredible love for us allows us to relax and trust Him in every area of our lives.

The Bible says He is Jehovah Jireh, which means "Your Provider" (Genesis 22:14). He's Jehovah Rapha, "Your Healer" (Exodus 15:26), and Jehovah Shalom, "Your Peace" (Judges 6:24).

The Lord is also referred to as Jehovah M'Kaddesh, which means "The Lord who sanctifies us" (Leviticus 20:8). This literally means He is the God who changes us. It's so encouraging to know we don't have to change ourselves, because when we try to change on our own, it only produces frustration and struggle.

Philippians 2:12-13 (AMP) says, "...Work out...your own salvation with reverence and awe and trembling.... [Not in your own strength] for it is God Who is all the while effectually at work in you [energizing and creating in you the power and desire], both to will and to work for His good pleasure...."

You see, when you begin a relationship with Jesus Christ, the Holy Spirit comes to live inside of you. Now you have great things on the inside, but they need to be "worked out" to the outside. We need to learn how to think right, talk right, and treat other people the way we should. And we can only do it through God's strength and help.

As the Holy Spirit begins to bring conviction in different areas of our lives, we become aware of things that need to change. When this happens, the Lord doesn't want us to feel guilty and condemned. He simply wants us to have the attitude that says, "God, I know that You're right and I'm wrong, and I want to change in this area. I

trust You to help me change."

The truth is you can actually enjoy your life while God is changing you. You don't have to feel bad because you're not perfect or even worry about trying to change yourself.

I'll be honest: it took me a while to learn this lesson. I remember when the Holy Spirit began convicting me about talking too much. Instead of asking the Lord to change me and relying on His grace and strength, I took matters into my own hands. I decided I was going to fix it. So I went home and didn't say anything at all. As a result, I ended up feeling depressed, and everyone kept asking me what was wrong. Needless to say, it was a frustrating experience!

First Thessalonians 5:24 says, Faithful is He Who is calling you [to Himself] and utterly trustworthy, and He will also do it [fulfill His call by hallowing and keeping you].

I love this! Out of His great love, God not only shows us what needs to change, but this verse says He will also do it. As we draw closer to the Lord

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UNDERSTANDING
SPEECH?**



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James H. Smith
Attorney at Law

James is a Living Trust attorney and a noted speaker on living trusts. Mr. Smith has practiced law in Oregon for over 40 years. He specializes in estate planning.

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