

BIRTHS



Elizabeth Pryce was born to Kayla Miller and Cody Pryce of Cottage Grove at McKenzie Willamette Hospital in Springfield, Ore. on July 21, 2015 at 2:01 p.m. She weighed five pounds, seven ounces and was 18 inches long. Grandparents are Brenda Shipp, Frank Miller and Tim and Janice Pryce. Elizabeth joins brothers Joshua and Richard and sister Jasmine at home.

Aug. 4, 2015
To Samantha Frese and Jeremiah Steele of Cottage Grove, a daughter.

Aug. 5, 2015
To Bridget Wood and Michael Miller of Cottage Grove, a son.

Aug. 7, 2015
To Amber and Christian Garrett of Cottage Grove, a daughter.

IN MEMORIAM

Helen June Cooper
1943-2015

Helen June Cooper, 72, of Springfield, Ore., formerly of Cottage Grove, passed away Aug. 3,



2015. She was born June 17, 1943 in Cottage Grove to Lawrence and Mable (Blackmore) Funk. Helen graduated from Cottage Grove High School. She married David Cooper in Cottage Grove. After about 50 years, on May 1, 2012, she retired from working as a cook. Helen especially loved her little dog, Mona. Survivors include her four children, Rina Schmerber and husband,

David, Vincent Cooper, Kelly Cooper and wife, Traci, and Sterling Cooper, 10 grandchildren, seven great-grandchildren, and two brothers, Gary Funk and wife, Alice, and Paul Funk and wife, Barbara. She was preceded in death by her parents and a grandson, DJ Schmerber. A celebration of life will be held at the Thurston Grange, 6596 Thurston Rd., Springfield, OR on Sunday, Aug. 16 at 1 p.m.

Death Notice

Dallas D. Shepherd, 85, of Cottage Grove passed away Aug. 6, 2015. A celebration of life will be held Friday, Aug. 21 at 11 a.m. at Grove Community Church in Cottage Grove.

Funeral & Memorial Planning
Cremation Options
Monuments & Memorials
Cemetery Options

123 South 7th, Cottage Grove, Oregon
541-942-0185 • www.smithlundmills.com



Living in God's rest

and we try to do His part, that's when we live stressed-out with worry, fear, anxiety, frustration, no peace and no joy.

The reason this happens sometimes is because we think God needs our help. We meditate on the problem—rolling it over and over in our mind, worrying, trying to figure out how things should work out. It's like we're telling God, "I kind of think You need my help, and I'm not sure You can take care of this situation, Lord."

We need to realize that worrying is useless! It's like sitting in a rocking chair, rocking all day, wearing yourself out and getting nowhere. Trusting God means we give up worrying, reasoning, and anxiety and we enter into His rest with simple childlike faith—we live by grace through faith!

Ephesians 2:8-9 is a great scripture that says we're saved by grace through faith. And we walk out our relationship with God and His plans for our lives the same way we receive salvation: by grace through faith. This is possible because Jesus made the perfect sacrifice for us when He gave His life, taking

our guilt and condemnation and paying for our sins. Through a personal relationship with Jesus, we access God's grace so we can do what He's calling us to do.

It's so amazing to know that God is always with us, giving us His grace for everything we need to do in life. Trust God's unconditional love for you today. Do what you can do and give Him everything else. And when you find yourself getting frustrated or feeling overwhelmed, like you just can't do it anymore, remember to stop, get your focus back on Him and enter into His rest once again.

Joyce Meyer is a New York Times bestselling author and founder of Joyce Meyer Ministries, Inc. She has authored more than 100 books, including Battlefield of the Mind and Get Your Hopes Up! (Hachette). She hosts the Enjoying Everyday Life radio and TV programs, which air on hundreds of stations worldwide. For more information, visit www.joycemeyer.org.

Virginia Rose Shirley, 94, from Cottage Grove, Oregon passed away July 13, 2015. She was born June 14, 1921, in The Dalles, OR to Floyd and Ellen (Ashbury) Brown. Virginia graduated from Cottage Grove High School in 1939. Virginia's good sense of humor served her well her entire life. She used it in the raising of her five younger brothers and sisters. Next, she used her sense of humor raising her own five children, 18 grandchildren and helping raise her 33 great-grandchildren. Her various homemaking skills were canning, sewing, needlework played a large role in her caring for her immediate and extended family. Reading was her hobby, loving to read the funny papers and mystery novels. Her chosen career was bookkeeping, working mainly as a bookkeeper for the Village Green. She also used this skill in service to her community. She was treasurer of the Women's Guild at Cottage Grove's United Methodist Church and treasurer of the Cottage Grove Museum. In the 1970's and 1980's she served by watching the polling booths and counting the votes for Cottage Grove's 4th ward. Virginia married James R. Shirley in October, 1940, in Eugene, OR. She is survived by her 5 children, 18 grandchildren, 33 great-grandchildren and 1 great-great-grandchild. She was preceded in death by her husband James Shirley on January 23, 1995, one grandchild and one great-grandchild. A memorial service will be held at a later date. She was buried at Taylor-Lane Cemetery, July 25, 2015. Memorial contributions can be made to the Alzheimer's Association of Oregon. Arrangements by Restlawn Funeral Home, 201 Oak Grove Road, N.W., Salem, OR 97304.



God wants us to enjoy our everyday lives. John 10:10 says that Jesus died for us so we "may have and enjoy life, and have it in abundance (to the full, till it overflows)" (AMP). But it seems so many people who say they believe in Jesus are not really enjoying their lives. It's tragic to think that Jesus paid the price for our sins, that He suffered to make that sacrifice, and yet there are Christians who are struggling just to get by and make it through each day.

The key to having abundant life in Christ is living by God's grace through faith. Because grace is His power working in us that enables us to do whatever we need to do in life.

When we try to do everything in our own strength and leave God out of the equation, we just get worn-out and frustrated by our mistakes and failures. But when we lean on God, we actually enter into His rest and can enjoy our lives, no matter what our circumstances may be.

Hebrews 4:9-11 (AMP) says, "So then, there is still awaiting a full and complete Sabbath-rest reserved for the [true] people of God; for he who has once entered [God's] rest also has ceased from [the weariness and pain] of human labors.... Let us therefore be zealous and exert ourselves and strive diligently to enter that rest [of God, to know and experience it for ourselves]...."

Now the rest of God is not a rest from work—it's a rest in work. It's partnering with God to do what He is calling you to do by His grace, and leaving the part you can't do in His hands, trusting Him to do it. Hebrews 4:3 says it this way: "We who

PROBLEMS UNDERSTANDING SPEECH?

Please give us a call for a hearing evaluation to see if we can help.

Celebrating 20 years of providing the best customer service in the business.

Grant Gording, BC-HIS
Board Certified in Hearing Instrument Sciences

FREE Hearing Screenings
FREE Hearing Aid Checks & Cleanings
Just call to schedule an appointment!

Grant's Hearing Centers
www.grantshearing.com

Cottage Grove 541-942-8444
1498 E. Main Street

Cottage Grove Sentinel
Our Community Newspaper
since 1889

An active place to
CALL HOME

Actual Crescent Park residents

Thrive in a community that's rich with opportunities!

Retirement living is fun living. We offer many ways to enjoy a stimulating, social and active lifestyle.

- Guest speakers and lectures
- Fun social events
- Diverse fitness classes

One month FREE
On select one bedrooms
Move-in by 8/31/15

Crescent Park SENIOR LIVING

541.378.4332
2951 Coburg Road, Eugene, OR 97408
CrescentParkSeniorLiving.com

Half mile north of the Bellline on Coburg Road

A SPECTRUM RETIREMENT COMMUNITY

Andreasons CREMATION & BURIAL SERVICES

BUPELL FUNERAL CHAPEL

Family owned business since 1936

FREE CREMATION
With Whole Body Donation
"Ashes Returned to the Family"

CREMATION \$693
"Avoid Emotional Overspending"

AFFORDABLE FUNERAL BUPELL \$2993
FUNERAL CHAPEL

Jeff & Andy Andreason

320 N 6th Street, Springfield www.andreasons.com 541-485-6659