

MOVING UP HIGHER

with *Joyce Meyer*



Change your approach and give your soul a vacation!

One of the most comforting scriptures in the Bible is Matthew 11:28. In this verse, Jesus tells us, "Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.]"

I think it's interesting to note here that Jesus said He would "ease and relieve and refresh" our souls, not our bodies. It sounds like He's saying we need to give our souls a vacation.

The inner and outer lives

We all have two lives: an inner life and an outer life. Your inner life is your soul life, which includes your mind, will and emotions. Your outer life is your physical life. And while God cares about every detail of your life, He is more concerned with your inner life than your outer life.

I have found that it's possible to give your body rest but not your soul. For example, have you ever had trouble going to sleep because you were worrying about a problem and couldn't stop thinking about it? This kind of activity just wears us out inwardly. We can also wear our souls out with too many thoughts running on, too many decisions to make, too much talking, and too much multitasking. Worry, fear, excessive concern about what other people think and insecurity are also common reasons people are worn-out and don't have any peace.

I remember when I used to be jealous of Dave and the peace he had. I was worn-out most of the time, worrying about problems, but he wasn't. Now, we had the same problems, but while they wore me out, Dave was still peaceful and happy because he would cast his cares on God. One of his favorite scriptures is 1 Peter 5:7, which says, "Cast all your anxiety on [God] because he cares for you" (NIV). And even now, anytime someone goes to Dave with a problem, he'll encourage them to "cast your care" and give them that scripture.

It used to make me so mad when he wouldn't get upset when I was upset, but eventually, I got to the place where I was desperate to have what he had. So I prayed and told God I would do whatever I had to do to be peaceful, and He taught me how to change my approach to life.

The revelation that changed my life

I came to realize that the world is not going to change, the devil is not going to change, and all of the people who bother me probably aren't going to change, so I have to decide to change.

In John 14:27 (AMP), Jesus said, "Peace I leave with you; My [own] peace I now give...to you. ...Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]" So we can be peaceful and make the decision not to be troubled, afraid, agitated and

disturbed, but it won't just happen automatically.

The truth is, we won't have peace if we don't pursue it on purpose, because there will always be opportunities to get upset or offended about something. For example, you lose your car keys when you're running late, or you get caught in a traffic jam, or someone at work gets the promotion you wanted, or the electric bill is higher than you expected it to be...and on and on. There can be an endless cycle of stuff that happens that we can get upset about.

We also have to remember that we have an enemy who wants to keep us worn-out. The devil is a peace stealer and he works hard to set us up to get upset. But we can learn how to change our approach so we don't live upset all of the time. And Jesus gives us the best example to follow.

The key to living in peace

Jesus didn't conform to the world—He walked in the Spirit. When He felt tired and pressured from the crowds who wanted Him to help them, He took time to walk away and get rest. He spent time in prayer, alone with the Father, because He knew He wouldn't be any good to anybody if He didn't get refreshed.

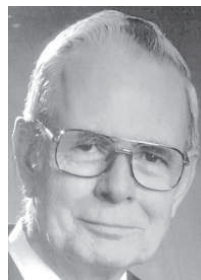
It's so easy to let other people's needs and emergencies control and manipulate us. And when we let others run our lives, we can get to the point that we're falling apart! It's not wrong to want to help or please people, but we need to take care of ourselves, calm down and stop getting upset about things that usually don't really matter anyway.

IN MEMORIAM

Kenneth John Hoehn 1930-2016

Kenneth John Hoehn, 85, of Cottage Grove passed away March 9, 2016.

He was born in Twin Falls, Idaho on March



28, 1930 to Andrew and Clara (Sheldon) Hoehn.

On Feb. 15, 1953 in Colorado Springs, Colo., where he was stationed in the U.S. Air Force, Kenneth and NormaFaye Roberts were married. Norma preceded him in death in June 2010.

Kenneth worked for Western Union Telegraph Company for 37 years, starting at the age of 16 and taking a break to serve in the U.S. Air Force.

He was a member of the

American Legion, numerous Masonic Orders and the Order of Eastern Star.

Survivors include his daughter, Denise (Paul) Eckstine of Cottage Grove, son, Keith (Joan) Hoehn of Fall Creek, 11 grandchildren and 12 great-grandchildren.

Kenneth will always be remembered for his wit and storytelling.

A memorial service will be held in Twin Falls, Idaho later this summer.

Death notice

Mary Loue Dodge, 79, of Cottage Grove, died April 1. Arrangements by Musgrove's at West Lawn Memorial Park and Funeral Home in Eugene.

Cottage Grove Sentinel
Our Community Newspaper
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From left, Ruth Linoz, Chandra LaHusen, Dave Kelp, Tyson Woodard and Alan Bair traveled to Thailand in 2015.

Rotary group details Thai experience

Chandra LaHusen, Tyson Woodard, David Kelp, Jr. and Alan Bair presented to the local Rotary Club about their experience in November of 2015 presenting library books to school children in Thailand, along with attending two teacher trainings in best teaching practices for reading aloud. The group helped with a Rotary Global Grant also supported by the Woodard Family Foundation that trained 74 teachers from 37 schools and supplied each of those schools with quality children's books and bookshelves. The participants all emphasized how grateful the teachers and children and families were.

"It is amazing how little goes how far there," said Woodard.

Kelp shared photos of nine-year olds from around the world and asked, "can you tell me which child is more important?" Bair stated that the appreciation shown them was almost embarrassing but was meant to be extended to all of Cottage Grove for their support. The donation of \$10,000 from Cottage Grove was leveraged to \$65,000 by additional contributions from Thailand, Australia and the Rotary Foundation. La Husen commented that it is gratifying to make a difference in the world but one always gets more than one gives whether it is dictionaries for third graders in Cottage Grove or library books in Thailand.

Local League of Women Voters to meet

The Cottage Grove League of Women's Voters will be meeting on Wednesday, April 13 at 2:30 p.m. at Lane Community College in Cottage Grove. The discussion topic is the allocation of water in Oregon.

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Norman (Lee) Martindale
1917-2016

Norman Lee Martindale (Lee) was born on June 28th, 1917 in Longmont, Colorado and passed away on March 23, 2016 in Cottage Grove, Oregon of natural causes. He was 98 years old. A premature baby, Lee talked about how his family carried him around on a pillow. He weighed only 29 pounds at the age of 6.

Lee didn't start school until he was 8 years old and after graduating 8th grade, he went to work for his father on the farm until he was 21. He was hired as a carpenter for Green Mountain Dam Project in Colorado and regularly attended church, where he met his future wife, Frances. He followed her family to Wyoming and worked for Union Pacific Coal Company. The two were married in the Rock Springs Assembly of God Church in June of 1942. They moved to Coos Bay, where Lee worked as a farm hand for the Messerle family. In 1965 he was hired by the City of Coos Bay in the Parks Department retiring in 1983. After Frances' passing, Lee came to live near family in Cottage Grove.

Lee loved all things western, especially horses. He loved birds, woodworking and gardening. More than anything, Lee loved Jesus, his children and grandchildren. Survivors include his daughters Joyce Martindale and Wanda Martindale of Phoenix, Arizona, son Robert Martindale and his wife Teresa of Cottage Grove, Oregon. Grandson Bartley Martindale and his wife Shin Ha of Centreville, Virginia, their children Min Woo, Hanul, Anthony and Karla. Granddaughter Lisa Newton and her husband Keith live in Los Angeles, California with their daughter Keili. Grandson Chad Martindale and his wife Lisa live in Beaverton, Oregon, with their children Kyla, Hannah, Sarah, and Brandon. Lee's sister-in-law LaVeena Martindale lives in Kent, Washington. There are numerous nieces and nephews.

Preceding him in death were his wife Frances, parents Charles and Carlie Martindale, brother, Harold Martindale and his sister Dorothy Brown.

A private family graveside service will be held at Sunset Cemetery in Coos Bay, Oregon on Friday, April 1st and a Celebration of Life will be held at Living Faith Assembly of God at 467 S. 10th St. in Cottage Grove, Oregon at 12 p.m., reception to follow.

James T. Mootz, 87
1929 - 2016.

James (Jim) Mootz passed away peacefully at home from Pancreatic Cancer on March 31, 2016. He was born on February 8, 1929 in Highmore, South Dakota to John and Charlotte (Dunn) Mootz. He was the sixth of eight children. When he was very young his family moved to Gann Valley, South Dakota where he spent the rest of his childhood on the family farm. For the rest of his life, he fondly remembered his childhood experiences on the farm.

In 1945, at the age of 16, Jim moved to Los Angeles, California with his mother and younger siblings. He was close to all of his siblings throughout his life and took an active interest in their families over the years.

Jim graduated from Lynwood Junior High School and worked several odd jobs until he enlisted in the United States Air Force in 1948. He served as a Radio Repairman and was promoted to the rank of Sergeant. He was stationed in England during the Korean War.

On August 8, 1953, Jim married Rose Marie Dvorak at St Helen's Catholic Church in South Gate, California. They started their married life together in a small house in Norwalk, California. Jim worked as a mechanic for the Mobil Oil Company and had his own automobile repair shop. Jim and Rose raised nine children together.

In June, 1968, with their ninth child on the way, Jim and Rose moved their family to Oregon. They settled on a forty acre ranch south of Cottage Grove on the banks of the Coast Fork of the Willamette River. Jim believed in hard work, prayer, family and faith in God. He did his best to instill those beliefs in his children. On the ranch, he oversaw the work required to raise cows, chickens, and rabbits and a large garden with corn, beans, and potatoes to help feed his family. He took his family on many vacations where they camped and fished and visited relatives in places from Los Angeles to Seattle.

During the 1970s and 1980s, Jim worked as an automobile mechanic at various car dealers including Dale McMullin in Drain, Bud Betz in Cottage Grove and Joe Romania in Eugene. During this time he was a member of St John of the Cross Catholic Church in Drain. He drove his family twenty miles every Sunday from the ranch on London Road to the church in Drain. After the children were raised, he built a log cabin on the ranch on which he and Rose continued to live.

In later years, Jim and Rose bought a house in Cottage Grove and moved to town. They were both active members of Our Lady of Perpetual Help Catholic Church in Cottage Grove. Jim was active in the Knights of Columbus for over 50 years and in Saint Vincent De Paul for over 25 years as well as other ministries for the church in which he performed many acts of mercy to help those in need. Jim was an active member of Alcoholics Anonymous for over thirty years. He helped many people find sobriety through the organization.

Jim was an avid golfer and bowler. He toured the country with Rose and friends to bowl in many bowling tournaments. Jim and Rose also toured Europe and took cruises with Jim's sister Mary.

Jim loved his children and grandchildren. They were continually in his thoughts and prayers. He encouraged them in all their endeavors. He loved to be surrounded by his family and orchestrated large family get-togethers every year.

Jim is survived by his wife, Rose. He is also survived by his children Pat (Julie) Mootz, Rogue River, Oregon; Melinda (John) Denson, Springfield, Oregon; Chuck (Laurie) Mootz, Cottage Grove, Oregon; Joseph (Shannon) Mootz, Cottage Grove, Oregon; Margie (Rick) Lawler, Portland, Oregon; Matt (Arlene) Mootz, Canyon Country, California; Mark (Stacie) Mootz, Cottage Grove, Oregon; Monica (Kevin) Yoss, Cottage Grove, Oregon; Jim Mootz, Jr, Bentonville, Arkansas. Also surviving are twenty three grandchildren and three great-grandchildren.

Jim's surviving siblings include his sisters Mary Jorgenson and Jo Ann Gaskill and his brother Jerry Mootz. He was preceded in death by his father John, mother Charlotte, his brothers Milo and Jackie, and his sisters Maureen Schwable and Magene Skelton.

The family wishes to thank Hospice of Sacred Heart for their guidance and support. Also, many thanks to all of Jim's caregivers for the wonderful care provided for him in his last months. In lieu of flowers, please consider donating to Alcoholics Anonymous or Saint Vincent De Paul.

A Rosary service will be held on Friday, April 8th at 7 pm at the Rosary Garden at Our Lady of Perpetual Help in Cottage Grove. In case of inclement weather the Rosary service will be held at Smith-Lund-Mills Funeral Chapel in Cottage Grove.

Funeral services will be held at 11am Saturday, April 9th at Our Lady of Perpetual Help Catholic Church. Services will be followed by a reception. A private burial at Bemis Cemetery will follow the reception. Arrangements made by Smith-Lund-Mills Funeral Chapel. Services will be held at 11am Saturday, April 9th at Our Lady of Perpetual Help Catholic Church in Cottage Grove preceded by a rosary at 10am.

It's not like her.

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