### Memorial notice

Marvin Dean Olson of Sutherlin, Oregon passed away May 9, 2016 Service to be held Saturday May 14, 2016 at the Church of Christ in Drain, Oregon.



## Six things you should say every day of your life

by the Spirit, and you will not gratify the desires of the flesh" (NIV). That means if we decide to concentrate on the positive — the things we can always be thankful for — it shuts the negative out of our life.

Today I want to share six things you can say on purpose to stay focused on the positive and increase your opportunities to be a blessing.

### I'm blessed, and I'm a blessing

When I get up in the morning, I like to say a prayer of blessing. "God, I bless this day in Jesus" name. I bless my husband. I bless my children and my sonsin-law and daughters-in-law. I bless my grandchildren. I'm blessed because of Jesus. And I'm living under the blessings of God." It really helps me start my day with a right attitude and

#### I'm so thankful!

Have a thanksgiving session each day. Take time to thank God for everything you can think of, from hot water to food to a roof over your head. And tell people you're thankful for what they do for you.

Psalm 107:1-2 says, "O give thanks to the Lord, for He is good; for His mercy and lovingkindness endure forever! Let the redeemed of the Lord say

If you're in the middle of a difficult situation, trust that God's doing something good right now, bringing circumstances together, changing hearts, changing minds. Don't wait until you're on the other side of the blessing to thank Him for it. Remember...we're the redeemed of the Lord and we are supposed to "say so!"

### I was made to encourage

First Thessalonians 5:11 tells us to encourage one another and build each other up. Say something positive to the people around you about who they are or how much you appreciate them. Or tell them how much God loves them and wants to bless them.

Encouragement is powerful. It can actually make a person feel better. I remember one time when I got a text message from my youngest son. All it said was, "I love you, Mommy!" At that moment, I literally felt refreshed by his words. They gave me the extra dose of courage I needed that day.

Think about the people you're going to be around today and ask

₫ alatians 5:16 says, "Walk God to put a word of encouragement in your heart for them.

#### I'm telling the truth no matter what

Most Christians probably think, I don't have a problem with lying. But sometimes telling the truth hurts, and we just don't want to hurt or offend people or risk our reputation.

I honestly believe if you're going to be committed to the truth, at some point, you're going to have to admit your weaknesses and make hard choices. But remember, the truth will set you free.

John 8:32 confirms it: "You will know the Truth, and the Truth will set you free" (AMP).

I encourage you to be committed to the truth. Cherish it. Hang on to it, no matter what it costs you. You won't regret it!

#### God's word is in my vocabulary

Jeremiah 23:28 says, "...Let the one who has my word speak it faithfully..." (NIV). The Message translation says the truth is like a sledgehammer busting a rock into pieces (see Jeremiah 23:29). I love that!

Sometimes you have to hit a nut or a shell over and over again until it cracks open and you can enjoy the fruit inside. Well, people can be just as hard, and our problems can seem as hard, but God's Word can open them right up.

Keep speaking the Word of God. Make it a part of your everyday vocabulary.

### I'm going to say just enough

The Book of Proverbs is filled with scriptures about holding your tongue. Proverbs 17:28 says, "Even a fool when he holds his peace is considered wise; when he closes his lips he is esteemed a man of understanding" (AMP).

Before you start talking about things you feel strongly about, ask yourself how much you really need to say. Get quiet and listen to what God is saying. You may be surprised by what He would like you to share, and how He leads you to share it.

Joyce Meyer is a New York Times bestselling author and founder of Joyce Meyer Ministries, Inc. She has authored nearly 90 books, including Battlefield of the Mind and Power Thoughts (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.

## IN MEMORIAM

### Patty Diane Wilson 1961-2016

Patty Diane Wilson, 54, of Drain, Oregon passed away May 2, 2016.

She was born Nov. 8, 1961

in Cottage Grove, Oregon Albert and Sharon (Stevenson) Wilson.

Wilson worked in the nursing field for ten years. She



was a casino bartender and manager in Nevada for four years.

Family was her highest priority and she proudly took care of them. She loved crafts. She was involved with the local Cow Creek Tribe. Her grandkids were her happy place and she loved them dearly.

Survivors include her son, Jeremy Morrison of Tooele, Utah, a daughter, Jennifer Morrison of Sonora, Calif., a brother, Ron Wilson of Drain, and seven grandchildren.

Services will be held at a later date. Arrangements under the care of Smith-Lund-Mills Funeral Chapel, Cottage Grove.

## New farmers market planned downtown

Farmers on Main, Cottage Grove's revitalized weekly farmers' market, will begin its season with a soft opening this Thursday from 4-7 p.m. at the corner of Seventh and Main in Cottage Grove. A group of natural and organic famers has banded together to form the South Valley Farmers' Market Association, which will be sponsoring the weekly summer market and aims to provide opportunities to buy fresh, local,

natural foods direct from area farmers. Member farms include Branch Road Farm, Brice Creek Croft, Cox Creek Farm, High Wire Farm, Ruby and Amber's Organic Oasis and Star Ranch, with additional farms and food producers joining later in the season. Backstage Bakery will be providing prepared foods and baked goods. A Grand Opening celebration is also planned for

## Planning Comm. to examine app. for marijuana processing

t its Wednesday, May 18 meeting, the Cottage Grove A tits Wednesday, May 16 inceeding, the Colling Planning Commission will review an application from Paul Hampshire for a cannabis processing facility at 170 South 10th Street. The meeting begins at 7 p.m. at Council chambers at City Hall, and the public is welcome to attend.









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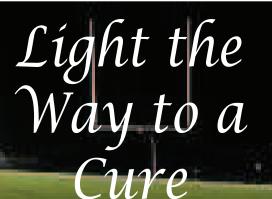
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OREGON DEPARTMENT OF **HUMAN SERVICES PROGRAM** 





# Luminary Ceremony Friday, 10pm, July 22nd

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