



Because I was sexually abused by my father throughout my childhood, I believed I was damaged goods and could only have a second-class life. I was so insecure and thought no one could really love me or accept me. I believed my worth was based on what I did; the only time I felt good about myself was when I worked hard and was productive.

But as I became serious about my relationship with God and began to seek a closer walk with Him, I discovered that my past didn't have to determine who I am or what my future would be like. Learning about God's love for me and who I am in Christ changed everything!

Jeremiah 29:11 (AMP) says, "For I know the plans and thoughts that I have for you," says the Lord, "plans for peace and well-being and not for disaster to give you a future and a hope." And John 10:10 (AMP) says Jesus came that we "may have and enjoy life, and have it in abundance [to the full, till it overflows]."

If you have a poor self-image, you won't be able to fulfill God's plans or enjoy your life. Because we can't live with His peace and know our true value to Him if we are insecure and have a low opinion of ourselves.

But as we discover who we are in Christ (2 Corinthians 5:17), we gain the confidence we need to become what God created us to be and to make a difference in this world. And we realize that the less we think about ourselves, the happier we will be.

Die to Self and Find a Life Worth Living

I remember when God dealt with me about my selfish, self-centered, "What about me?!" attitude. He spoke to my heart one day and said, "You're selfish. You've studied My Word about spiritual warfare, prosperity, healing, having power and authority as a believer in Christ...but how much time have you studied about My love?"

It made me realize I would never be happy and have peace until I learned to love like Jesus loves.

When we know and experience God's love, we can share it with others. Imagine what the world would be like if everyone who calls themselves a Christian would really love each other with His love. Think about it: There would be no gossip, no judgment or criticism, no exclusive attitudes that make others feel rejected, and people's needs would be met much more than they are.

John 13:1 says Jesus "loved them to the last and to the highest degree" (AMPC). In the following verses, He demonstrates what it means to love others like this.

In those days, there were servants who washed people's feet when they came to visit. It's likely they were considered the lowest servants in the household. Now Jesus, the Son of God Himself, got up from supper, took the servant's towel, and proceeded to wash the disciples' feet. His message to them was to love one another by being a servant. Because God wants His love to flow through us and touch other people's lives.

Love is not just a feeling or a theory; it's a decision we make and

an action we take. It's so important for us to study what the Bible teaches about God's love so we can learn to love like Jesus—to be a servant who "washes feet" by helping others.

It's easy to want to help people you like or those you want to impress, but when it comes to doing something for someone you don't know or even your family, it can be a different story. We have to realize we're naturally selfish, and we must make a conscious decision to think of others on purpose or we'll miss many opportunities to serve them.

I want to encourage you to read John 13 and pay close attention to what Jesus did and what He said. Spend some time studying scriptures about God's love and pray for Him to show you ways you can serve the people in your life. You'll probably find it's easier and more simple than you thought it would be to help make someone's life better.

God wants us to have success and enjoy our lives, but He wants us to die to self, get over being the center of our world, and begin to focus on looking for someone who needs our help every day. When you do this, you'll discover you're actually more secure, content, peaceful and happy than you've ever been in your life!

Tammy Rae Hadley 1968-2017



Tami Rae Hadley, 48, of Cottage Grove passed away May 19, 2017.

She was born Sept. 18, 1968 in Castro Valley, California to Thomas and Cherri (Vigliotti) Hadley.

Tami graduated high school in Union City, California.

She worked as a waitress.

Tami enjoyed trips to the coast and collecting wolf memorabilia. She loved animals and spending time with her family and granddaughter.

Tami is survived by her par-

ents, Cherri and Ron Chapman of Cottage Grove, brother, Paul Artaxet of Pendleton, Ore., grandfather, Paul Vigliotti of Castro Valley, Calif., and three daughters, Cheyenne McLean, Dominique McLean, and Angeline Larsen, all of Cottage Grove.

She was preceded in death by her son, Connor Fitch.

A Celebration of Life will be held at 3 p.m. on Saturday, June 3, 2017 at the Cottage Grove Elks Lodge. Arrangements in the care of Smith-Lund-Mills Funeral Chapel, Cottage Grove.

Betty Jo Crumb 1923-2017

Betty Jo Crum, 94, of Cottage Grove, formerly of Forsyth, Mo., passed away on May 21, 2017.

She was born in Forsyth, Mo. on March 24, 1923 to Andy and Gussie Ragsdale (Perrill).

On June 29, 1942 she married Loyd Lee Crum. They were married for 57 years. He preceded her in death.

Betty was a homemaker, loving mother, and grandmother. She enjoyed crocheting and writing poetry, and attending

the Good Samaritan Church in Cottage Grove.

She is survived by her four sons, Ricky Crum of Forsyth, Mo, Rodger Crum, Ken Crum, and Keith Crum, all of Cottage Grove, nine grandchildren, and 19 great-grandchildren.

In lieu of flowers, the family asks that you make a donation to the Good Samaritan Church in Cottage Grove. Arrangements are in the care of Smith-Lund-Mills Funeral Chapel, Cottage Grove.

David James Parker 1963-2017



Dave was born on April 10, 1963 to Harbison and Helen (Rich) Parker in

Newport Beach, California and took his last breath at age 54 in Helena, Montana surrounded by family on May 6, 2017.

Dave graduated from Cottage Grove High School in 1981, where he played football and baseball. He earned an Associate Degree in Youth Ministries from Central Christian College of Kansas in 1983.

He married Alice Straub in 1991 in a beautiful vineyard in Loraine, Oregon. They later divorced.

While studying at the University of Montana, Dave was bit by the political bug. He switched his major from Wildlife Biology and graduated in 2005 with a Bachelor's Degree in Political Science. Dave embraced campaigning and traveled the U.S. running and advising progressive democratic campaigns. His most recent appointment was as

Director of Communications for Montana Governor Steve Bullcock.

Dave enjoyed outdoor sports and travel. He traveled to more than 30 countries, where he immersed himself in local cultures, making many friends along the way.

Dave is survived by his parents; Harbison & Gene Parker (Seattle) and Helen & Ernest Virgil (Cottage Grove), sisters; Ann Burke, Dawn Dodd, Angela Parker, Vivan Marsh and Stephanie Mobley, brothers; Mike Parker, Jesse Parker and Christian Parker, his best friend Alice Parker and his faithful Labrador, Magellan.

A memorial celebration will be held on June 24th on the lawn of the Helena, Montana capitol building. In lieu of flowers memorial contributions to Big Brother Big Sister (bbb.org) or the animal shelter of your choice are appreciated.

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