

The words we choose to speak matter more than we realize. Think about it: Our attitudes and actions are greatly influenced by the words we speak. And sometimes when we open our mouth without thinking, we can bring ourselves down spiritually and hurt other people in the process.

For example, how many times have you heard yourself say things like, "I'm sick of cleaning this house," "You're driving me nuts today," or "This job is killing me"? Words like that don't bring anything positive into our lives. And it's important that we not take them lightly.

It really is amazing how fast we can forget about the good things God has done for us. After He miraculously parted the Red Sea and delivered the people of Israel out of slavery in Egypt, "the whole congregation of Israel murmured against Moses and Aaron in the wilderness" (Exodus 16:2).

In other words, they forgot about the miraculous deliverance God provided for them and put their focus on the things they didn't have.

It's so easy to complain when our circumstances aren't exactly what we want them to be. But many times it's our attitude that keeps us right where we are. Philippians 2:14 clearly tells us, "Do all things without grumbling and faultfinding and complaining [against God] and questioning and doubting [among yourselves]."

Whenever you're tempted to complain, just think how much better it would be to remain thankful and say, "God, I remember the good things You've done for me and I'm thankful for the breakthrough that I know is on the way."

Whether we're happy with our circumstances or not, giving God praise is so important. Being mindful to focus on God's goodness and the many ways He helps us is a great way to stir our hearts up with praise every day. If there's an area in your life that you're having a hard time staying positive about, try doing a thirty-day fast from complaining. Replace any negative words with positive words and give God something to work with. You may still make mistakes from time to time, but God is faithful and you can trust that He'll help you get your mouth into complete agreement with His Word if you won't give up.

You'll find that when you are sincerely positive, it helps others be positive too, and people will come to you when they want to be encouraged. On top of that, you'll be the kind of person they won't even bother coming to when they want to complain, because they'll know you won't put up with it.

Keep yourself encouraged. Share with others what God has done for you. Tell them how good He is. And pray that He'll give them a breakthrough in

When we trust God more than our feelings, it confuses the devil. I mean, when he throws his best shot at you and he can't budge you from believing God, he won't know what to do with you anymore. King David learned that when he was just a

In 1 Samuel 17:45-46, David

said to the giant Goliath, "You come to me with a sword, a spear, and a javelin, but I come to you in the name of the Lord of hosts...This day the Lord will deliver you into my hand...." And he followed up his words with bold action.

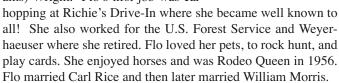
David ran quickly toward the battle line, killed Goliath and won the victory! When we're facing giants in our life, that's exactly the way we need to behave. Don't ever run at your enemy with a mixture of faith and doubt in your mouth. Let the devil know who he's dealing

God will give you the victory if you will keep on agreeing with Him and speaking His Word. Say what God would say even if it's the hardest thing for you to do. Praise Him regardless of what's happening around

You don't have to give way to careless speech or complaining. You don't have to let your feelings get in the way of what God wants to do in your life. Starting today, you can choose to remember the many things He's done for you and start speaking boldly about the breakthroughs that are yet to come.

Floretta May "Flo" Morris 1938-2017

Floretta May "Flo" Morris, 79, of Cottage Grove, OR passed on May 27, 2017. She was born on April 17, 1938 in Longview, WA to Volney Anderson and Dorothy (Adams) Wright. Flo's first job was car



She is survived by daughters, Gail L. Eveland, Laurie A. Avalos, Rita Barkemeyer and husband Larry; son, William E. Morris all of Cottage Grove, OR; sister, Loreen Huffman, Cottage Grove, OR; sister, Debra Ferguson, Brush Prairie, WA; 8 grandchildren and 2 great-grandchildren. She was preceded in death by her parents and brother, Eddie Anderson. Services will be held at a later date. Arrangements in the care of Smith-Lund-Mills Funeral Chapel, Cottage Grove, OR.

IN MEMORIAM



Amelia Martin 1956-2017

Amelia Louise Martin, 60, of Dorena, Oregon passed away May 17, 2017.

She was born Aug. 6, 1956, in Laramie, Wyo. to Burton and Elvira (Homan) Simpson.

She graduated high school and received certification as a nurse's assistant. Amelia was a Certified Nursing Assistant, a screen printer, and worked as a sales associate at Walmart for

She enjoyed quilting, gardening, cooking, and spoiling her

Amelia is survived by her father, Burton Simpson, three daughters, Elizabeth Wheeler, Julia Stewart, and Karah Bowman, two sons, Jeremy Jensen and Douglas Bowman and a brother, Burton George Simpson and wife, Meg.

A Celebration of Life will be held at 2 p.m. on Saturday, June 17, 2017 at Smith-Lund-Mills Funeral Chapel, 123 S. 7th St.,



James Glenn

James (Jim) Wilbur Glenn Sr. of Yoncalla, OR peacefully entered into well deserved rest in the early evening of May 31st, 2017 at his daughter's home in Buckeye, AZ. He is survived by his wife and Love of his life, Roxie Glenn; 2 daughters, Lorie Kaufmann and Sheri Harris; 3

sons, Jim Jr., Ken, and Terry Glenn; a brother, Robert Glenn; a sister, Judy Cole; 16 grandchildren, including Kayla Sebastian of Drain; Taylor McDaniels and Jamie Glenn, both of Yoncalla; and Kenny Glenn Jr. and Carrie Kenny, both of Eugene; and 29.5 great grandchildren. He was preceded by a sister, Sharon Hamm and daughter-in-law, Julie Kirkpatrick.

Jim worked as a meat processor with the family business in his younger life, followed by a distinguished and well respected 25 year training career in the Horse Racing industry, where he not only saddled horses to victory but, more importantly, helped many people to get out of the "starting gate" with sound advice and a "leg up" when necessary.

Services celebrating Jim's life will take place on Friday June 9th at 11 a.m. at the Church of Christ in Yoncalla, OR. He will then be laid to rest with Military Honors, at the National Cemetery in Roseburg, OR at 2 p.m. Immediately following that, a reception will be held at the Glenn Ranch in Yoncalla.

The family asks that in lieu of sending flowers, a donation be made in Jim's name to Hospice of Havasu's Polidori House, a non-profit organization that very respectfully took care of Julie Kirkpatrick.

Death Notice: Malcom M. Maccabee, 82, of Yoncalla OR, died May 27. No service is planned. Smith-Lund-Mills.



Funeral & Memorial Planning **Cremation Options** Monuments & Memorials **Cemetery Options**

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

50th Anniversary

"The children of Janice Metz would like to congratulate her on putting up with Edward Metz for 50 years! Ed and Janice were married in Glendale, Arizona on June 10th,

1967. They moved to Cottage Grove in 1972. They have two children, four grandchildren, and one great grandchild."





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BOHEMIA PARK S. 10th Street, Cottage Grove

www.relayforlife.org/CottagegroveOr

FOR INFORMATION CONTACT

ACS STAFF - KRISTEN SALLADAY KRISTEN.SALLADAY@CANCER.ORG 541,434,3101 EVENT CHAIR - SABINA JOHNSON SABINAMJOHNSON88@GMAIL.COM









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