



For many years, I was really messed up in my soul because of terrible things that had happened to me. Many days I felt miserable, like I was down in a pit, mentally and emotionally. I would just sit and mull over all the things in my life that weren't fair...all the people who had hurt me. It was a place of bitterness, unforgiveness, anger, and self-pity.

I believe many people have some kind of pit in their lives. The pain of injustice and abuse they've suffered has left them filled with the same destructive attitudes I once lived with much of the time.

But God showed me in His Word that He wanted to lift me out of the pit and heal my wounded soul. He wanted to take away the shame and guilt from the past and restore me, making me even better than I was before it all happened.

Isaiah 61:7 (AMP) says: "Instead of your [former] shame you will have a double portion; and instead of humiliation your people will shout for joy over their portion. Therefore in their land they will possess double [what they had forfeited]; everlasting joy will be theirs."

God wanted to give me double for my trouble! And His promise filled me with a determination to do whatever I had to do to let Him heal me from the inside out and restore everything that had been stolen from me.

The process took time and it wasn't easy, but I discovered that if we will trust God and refuse to park at the point of our pain, we can get victory over the pain we've experienced. We can become better, rather than remain bitter. We can be "more than conquerors and gain an overwhelming victory through Him who loved us [so much that He died for us]" (Romans 8:37).

There are several steps I had to take with God to experience

freedom from my past. As I studied God's Word and pursued a personal relationship with Him in prayer, He revealed truths that literally transformed my life. I want to share a few of them with you.

I love the apostle Paul's prayer for the Ephesians, where he says he wants them "to know [practically, through personal experience] the love of Christ which far surpasses [mere] knowledge [without experience]..." (Ephesians 3:19).

If you need a deeper revelation of God's love for you, I encourage you to pray this scripture over and over every day until you get it. Because knowing God loves you unconditionally is the first step to living with confidence in who you are in Christ.

When you pray for God to forgive your sins and then receive His forgiveness, that means you sincerely repent and let go of them. You also let go of the guilt, shame and condemnation caused by them, and pursue godly wisdom to make better choices.

Doing this gives you the ability to forgive yourself and move

on. You don't sit around, thinking about everything you've done wrong. Instead, you thank God for His love and forgiveness, and take another step in the right direction. Don't park at the point of your pain!

As I've traveled around the world, speaking at conferences and teaching God's Word, I've encountered many Christians who are angry and hurting because they refuse to forgive the people who have mistreated them.

I know from personal experience how hard it can be to completely forgive someone who has hurt you; it wasn't easy forgiving my father for sexually abusing me for almost 15 years. But when I realized that refusing to forgive was poisoning my soul and keeping me imprisoned in bitterness and self-pity, I made a decision to forgive him — by God's grace.

God tells us in His Word to pray for our enemies...to bless them, not curse them...to completely forgive them. Don't stay mad at people and live with anger; that only hurts you, not them.

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Duncan Campbell
Cameron
1933-2017



Duncan Campbell Cameron died on October 25, 2017 from bone marrow cancer. He was born in Detroit, Michigan on April 18, 1933 to Agnes and Archibald Cameron. He earned a Bachelor's of Science degree in Education from Wayne State University where he met his wife, Joyce Anne LeMieux. They married in 1956, a marriage that lasted 61 years. They had three children: Duncan Andrew, Denise Dawn and Donald Campbell.

Duncan was drafted into the Army as a security clerk at the Nike Missile Command in Ft. Myer, Virginia. After his Army tour, he returned to Michigan where he taught social studies at a junior high school. In 1961 the family moved to California where Duncan taught school in Menlo Park and earned a Master of Arts degree from San Jose State University. In 1965 he entered San Francisco Theological Seminary in San Anselmo, California earning a Masters of Divinity degree. Upon graduation he served two churches in Cincinnati, Ohio.

He returned to California in 1971 and became a trainer in Transactional Analysis. He also completed a Masters Degree in Pastoral Psychology at San Francisco Theological Seminary before joining the staff as coordinator of counseling at the Lloyd Center. Duncan was licensed as a Marriage, Family, Child Counselor and established a private practice. He traveled to New York and Guam leading workshops in Transactional Analysis. Duncan served eight congregations as an interim minister and for nine years was part of the Presbyterian Church, USA faculty who trained pastors for interim ministry.

Duncan and Joyce traveled to all 50 states and all provinces of Canada plus England, Scotland and France. In retirement they moved to Cottage Grove where he appeared in four plays at the Cottage Grove Theatre and took up oil painting.

Duncan was preceded in death by his son, Donald and daughter, Denise.

He is survived by his wife and life-long partner, Joyce, his son Duncan, and two grandchildren. Duncan will be remembered as a man of integrity who loved life, cared deeply about injustice and sought to be all that he could be. As he had requested, there will be no memorial service. In honor of Duncan and in hope for a more loving world, smile and offer a gesture of kindness to a stranger every day.

Craig Hansen 1942-2017



Craig Allen Hansen passed away peacefully at home, surrounded by his family on Oct. 27, 2017. Craig was born on April 3, 1942 in Eugene to Warren and Louise Hansen. He married his childhood sweetheart, and the love of his life, Loi, on May 1, 1971. He was preceded in death by his parents and his brother, Lee.

He is survived by Loi, his daughters, grandchildren, nieces and nephews and many, many close and dear friends, some friends that he has known since first grade.

Craig was a friend to all. Always caring and concerned about his family and friends before himself. If you needed anything, you just called, and he would be there. He raised his family in Cottage Grove, where he was involved in the Jaycees, Elks, coached softball and was a business owner. Craig loved to fish, attend his grandkids performances and games and watch the seagulls at the ocean.

A public viewing will be held on Nov. 10 from 3-5 p.m. at Smith-Lund-Mills Funeral Chapel in Cottage Grove. A service will be held on Nov. 11 at 3 p.m. at Smith-Lund-Mills Funeral Chapel, officiated by his childhood friend, Dave Spriggs. Reception immediately following.

Lanona Myers 1927-2017



Lanona Clare Myers, 90, of Cottage Grove, passed away on Oct. 30, 2017.

She was born on Jan. 15, 1927 in Cottage Grove to Joe L. and Verna C. (Tullar) Geer.

Lanona was a 1944 graduate of Cottage Grove High School and worked as a teacher's aide at Harrison Elementary School. She enjoyed spoiling her grandkids and great-grandkids. She also liked puzzles, gardening, traveling and going to casinos.

She married Clare Myers on Nov. 13, 1946 in Cottage Grove.

She is survived by a son, Neil Myers and wife Mary of Springfield, Ore., a daughter, Pam Welch and husband Tom, of Cottage Grove, two sisters, Patricia Miller of Albany, Ore. and Lillian Kirchner of Auburn, Calif., seven grandchildren and four great-grandchildren.

She was preceded in death by her husband, Clare Myers (1993); a son, Gil Myers (2016); and a sister, Lucille Townsend (2012).

Lanona loved family gatherings and would be pleased for you to celebrate her life by having your family get together for a fun time filled with laughter and love.

Arrangements in the care of Smith Lund Mills Funeral Chapel, Cottage Grove.

DEATH NOTICES

Leslie George Rhodes, 93, of Cottage Grove, died Nov. 4, 2017. A celebration of life and open house will be at 2 p.m. Saturday, Nov. 11 at Leslie's home in Cottage Grove. Arrangements by Smith-Lund-Mills Funeral Chapel in Cottage Grove.

Elaine Noel Kitcher, 80, of Yoncalla, died Nov. 1. A memorial service will be at 1 p.m. Saturday, Nov. 18, at the Living Faith Assembly in Cottage Grove. Arrangements by Smith-Lund-Mills Funeral Chapel in Cottage Grove.

Matthew George McIntire, 36, of Cottage Grove, OR, died Nov. 2. A visitation will be from 5 p.m. to 7 p.m. Friday, Nov. 10, at the Smith Lund Mills Funeral Chapel, 123 S. 7th St. in Cottage Grove, OR 97424.

Alva Reinbold 1938-2017

Alva "Nadine" Reinbold, 79, of Cottage Grove passed away Nov. 1, 2017.

She was born Aug. 22, 1938 in Eugene, Ore. to John and Alberta (Reynolds) Campbell.

Nadine graduated from South Eugene High School and was a homemaker. She enjoyed gardening, roses, sewing and cooking.

Nadine married Patrick Reinbold on May 23, 1957, in Altus, Okla.

She is survived by her husband, Patrick Reinbold of Cottage Grove, three sons, David Reinbold and Martin Reinbold, both of Cottage Grove, and Pat Reinbold of Bandon, Ore., a daughter, Susan Watson of Portland, Ore., a half-brother, Bill Campbell of Vida, Ore., 13 grandchildren and 13 great-grandchildren.

Arrangements under the care of Smith-Lund-Mills Funeral Chapel, Cottage Grove.

Norma Heckman
October 21, 2017



Norma Heckman rested peacefully in an adult home in Portland, Oregon for the past year and half and passed away on Saturday October 21, 2017.

Norma worked in Cottage Grove at 3 Boys Grocery and Lucky U and was known by all who passed through her check stand. During her "retirement" she worked at Costco as a sample person until she was 82 years old.

Norma was preceded in death by her husband Robert and her son Larry. Survived by her daughters, Janece (Bruce), Marcella, Jean (Glen), a friend who became one of her daughters' years ago, Janice, her grandchildren Casey Neyland, Bailee Neyland, Taylor (McCabe) Worrell (Kevin), and Great grandchild Ava Worrell, Sister Janet Johnson of Iowa, niece Sheri Phelps (Richard and Maya) of Iowa, nephew Mike Heckman (Raedelle) of Creswell and niece Connie King (Heckman) of Washington.

She enjoyed life whether it was Beaver football or visiting her kids wherever they were.

She will be missed but we all know she is with Dad now and having that great dance she has been waiting for! She will be laid to rest in the spring next to the love of her life Robert in Eugene at Rest Haven. Her loving family.

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