

used to be one of the most negative people I knew. My motto was, "If I don't expect anything good to happen, the I won't be disappointed when it doesn't."

However, God's way of seeing things is just the opposite! He wants us to live our lives filled with hope, expecting Him to do something great at any

What is hope? One definition of hope is "a favorable and confident expectation."

It's a positive attitude and the happy anticipation that something good is going to happen.

Real hope is not a wishywashy, vague "let's just wait and see what happens" attitude, but it's believing and trusting that what God promised, He will do. God is just looking for opportunities to be good to His children and He wants us to expect and look forward to it!

The Bible says that hope is the anchor of our soul (see Hebrews 6:19). When things look dark and we don't have an answer, that's when hope kicks in

to remind us that our new beginning is right around the corner.

For instance, when it looks like everybody else is getting blessed and we're tired and feel like giving up, it's hope that steadies our heart and helps us hold on to our faith in God's promise.

In 1 Thessalonians 5:8, hope is described as a helmet. So, what we think must be pretty important. Our attitude and what we're expecting has everything to do with what we're thinking and saying!

I encourage you to take control of your thoughts and words first thing every morning. When you wake up in the morning, don't settle for thoughts like, Well, I guess I'll try to make it through another day.

Instead, anticipate good things from God. Think and declare things like:

"God, thank You for this day! I know that You love me and You have a good plan for me today. Apart from You, I can do nothing, but in Christ, I can do whatever I need to do. And with

Your help, I am going to have a good attitude and positive thoughts."

Then expect your breakthrough and new beginning. Say, "Today could be the day!"

It's important to realize that we can't live by how we feel if we want to have a positive, hope-filled life. When negative feelings come, if we don't give in to them and feed them, they

So, don't allow yourself to get caught in the trap of waiting to feel hopeful, but instead, decide to be full of hope. When you make a conscious decision to think positive, faith-filled thoughts throughout the day, your feelings will eventually catch up with your decision!

God's Just Waiting to Amaze

Several years ago, I asked the Lord, "Why don't I have exciting, special things happen in my life anymore?"

God spoke to my heart and said, "Joyce, I still do those things all the time. You have just gotten used to it."

You see, God wants us to live amazed by His goodness in our lives...to actively take notice of the truly wonderful things He does for us. Why? Because when we live amazed, we will never be without hope! Let's look at the story of Abraham...

God had blessed Abraham

abundantly. However, there was one thing that he and his wife, Sarah, didn't have—a child. Abraham said, "'...Lord God, what reward will You give me, since I am [leaving this world] childless ...?'

"And the Lord brought Abram outside [his tent into the night] and said, 'Look now toward the heavens and count the starsif you are able to count them. Then He said to him, 'So [numerous] shall your descendants be" (Genesis 15:2, 5 AMP).

Although Abraham's circumstances looked hopeless, the Lord brought him out of his tent to amaze him and remind him that He can do the impossible.

I believe we can spend too much time "in our tent," looking at our own problems. That's why the Bible says to look away from all that will distract unto Jesus, the Author and Finisher of our faith (see Hebrews 12:2).

Every time we decide to pray, read God's Word or simply dwell on the great things He has done for us in the past, it produces hope. And, like Abraham, we soon begin thinking, Wow, maybe He can do this for me!

When times are tough and you feel discouraged, it's time to step outside the tent and see what God has to say. When you do, you'll find that He is just waiting to amaze you.



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Family & General

BIRTHS

Sophia Braun and Zach Miller of Cottage Grove welcomed a baby boy on Dec. 9 at PeacehHealth Sacred Heart Medical Center-RiverBend.

Laura and Joel Ware of Cottage Grove welcomed a baby boy on Nov. 26 at PeacehHealth Sacred Heart Medical Center-RiverBend.

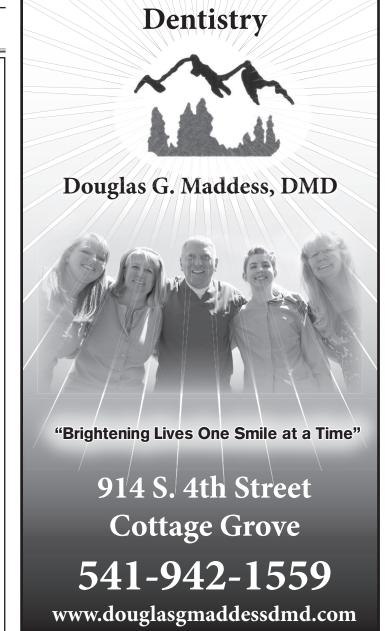
Jessica and Joseph Cavaner of Cottage Grove welcomed a baby boy on Nov. 18 at PeacehHealth Sacred Heart Medical Center-RiverBend.



Dennis Lee Mitchell 1931-2017

Dennis Lee Mitchell of Lorane, Oregon passed away December 16th, 2017 in Eugene Oregon from age related causes. Dennis was born on December 19, 1931 in Stayton, Oregon to Charles B. & Lucille Addison Mitchell. He met his future wife Lorena Evelyn Tew while attending Lorane High School in 1948. They were married on August 25, 1950. Dennis graduated from Lorane High School in 1949 and then

attended Oregon State University for one year before returning to Lorane to marry his high school sweetheart, Lorena. He always enjoyed playing poker and was an avid outdoorsman, he loved to fish and hunt. He worked with his Father at Chas B. Mitchell & Son Logging before starting and operating Mitchell & Sons Logging. He and Lorena also ranched in Lorane for many years. He volunteered on the Crow Applegate Lorane School board for 15 years, was an active member of the Associated Oregon Loggers where he was named Oregon Logger of the Year in 2002, and was a member of the Eagles on the Green where he and Lorena danced regularly until it closed. In addition to his wife of 67 years, Lorena, Dennis is survived by his 4 children, Robert (Emily) Mitchell of Lorane, Oregon, Debra Mitchell of Anchorage, Alaska, Lloyd Mitchell (Peggy Tindall) of Lorane, Oregon, and Carol Mitchell Reeves (Jim) of Cottage Grove, Oregon, brothers, Gary (Dee) Mitchell and Russ (Linda) Mitchell. Grandchildren include, Cory Mitchell, Callie (Glen) Stern, Cody Mitchell, Jeffrey Tindall, and Jesse Tindall. He was preceded in death by grandson, Jacob Cunningham Mitchell. A private family burial with be at the Lorane IOOF Cemetery and Celebration of Life will be held at Smith Lund Mills Funeral Chapel in Cottage Grove on Friday, December 22, 2017 at 1:00 pm. Memorial contributions may be made to Child Evangelism, 834 Monroe St, Eugene, OR 97402.



DEATH NOTICE

Sampson-Marie Sampson, 87 of Cottage Grove died Dec. 13. A memorial service and reception will be at 1 p.m. Saturday, Jan 27 at Smith-Lund-Mills Funeral Chapel in Cottage Grove.



Tammy L. McClung DDS • Park W. McClung DDS





Alice Martin 1917-2017

Alice Martin, 100, of Cottage Grove died Nov. 8, 2017. She was born May 10, 1917 in Pittsburg, Penn. to James and Nettie Howell. On Sept. 18, 1937 in Cumberland, Md., she and Warren H. Martin were married. She worked for the Federal Civil Service and the Social Security Administration For 18 months she worked in Bangkok, Thailand with the 29th Signal Corps as a civilian employee. She received a Certificate of Accomplishment for helping process Vietnamese boat people as they arrived in San Diego, Calif.

Alice enjoyed reading and traveling. Survivors include four children, Ronald Martin of Austin, Tex., Terry Martin of Little Valley, N.Y., Danice Hagewood of Cottage Grove, Marianne Worley of Henderson, Nev., two sisters, Pauline Ralston of Cottage Grove and Doris Pappas of Cantil, Calif., and 12 grandchildren.

She was preceded in death by her husband, Warren H. Martin, on Nov. 19, 1963, two sons, Warren Robert Martin and Michael Martin, and two brothers, Eddie Howell and Lawrence

A Celebration of Life was held Nov. 8 at Middlefield Assisted Living in Cottage Grove presented by Jerry Howell and attended by many family and friends. Cremation, under the care of Andreason's in Springfield, took place Nov. 10. This coming spring of 2018, burial of her ashes will be placed next to her husband in Indian Wells Valley Cemetery (Desert Memorial Park) in Ridgecrest, Calif., handled by Holland Lyons Mortuary