



It's so amazing to me that God wants to be involved in every area of our lives. I remember when I got this revelation, and it changed my life.

At that time, I was part of a bowling league and we played once a week. I remember one night when I wasn't bowling very well and I heard this prompting in my heart that said, "Ask Me to help you." Immediately I thought, "I can't ask God to help me bowl!"

But the truth is He wants to help us with everything we do. And when I started letting Him be involved in every area of my life – following the leading of the Holy Spirit – that's when life got really exciting!

What does it mean to be led by the Holy Spirit? Some may refer to it as being filled with – or sensitive to or anointed by – the Spirit. It sounds really spiritual, yet being led by the Spirit is actually a very practical part of living the Christian life. Simply put, to be led by the Holy Spirit just means to be obedient to Him.

The Holy Spirit does such awesome, yet practical work in the lives of God's children. He is our Comforter, Counselor, Helper, Intercessor, Advocate, Strengthener and Standby. He teaches us and guides us into truth...and He even brings the things we learn back to our remembrance as we need it.

And the best part of it all is that He lives in each of us. Ephesians 3:16 (AMPC) tells us that He enables us to be "...strengthened and reinforced with mighty power in the inner man by the [Holy] Spirit

[Himself indwelling your innermost being and personality]."

He comes to live in our hearts when we're born again, and then He teaches and guides us according to God's plan and purpose for us. One of the ways He does this is by convicting us of the sins in our life, and we learn what's right and wrong as we grow in our faith. We may get by with things that are not right for a while, but the time comes when we need to grow up.

I remember when I would go to church every Sunday and then gossip about the pastor or whatever I didn't like about the service. Of course, I was not a very happy Christian during that time. And I couldn't have been a very good example of one to others either. Critical and judgmental attitudes like that, or murmuring, being unthankful, and complaining hinder our relationship with God and our representation of what a Christian is.

But eventually, I began to get this nagging, uneasy feeling every time I would say something negative about the pastor...or anyone else for that matter. I could feel that what I was saying was wrong, and I knew in my heart it was the Holy Spirit telling me it was time to grow up and mature spiritually.

I've come to the point in my relationship with God where it doesn't take long for me to be aware when I say or do something that is not pleasing to God. And this is what He wants for all His children: to develop sensitivity and obedience to His voice as He leads each of our lives. Romans 8:14 (AMPC) declares that "all who are led by the Spirit of God are the sons of God." This term "sons" indicates a level of maturity and intimacy in our relationship with Him.

God is not looking for spiritual robots; He doesn't want us all just following a bunch of rules for the sake of obedience. Jesus made a way, through His perfect sacrifice, for our sins to be completely washed away and removed from us so we can have a personal relationship with God. We are free to obey Him simply because we love Him, and we know that everything He tells us to do, or not to do, is for our good. We just need to learn to follow His lead.

It's actually exciting to follow the Holy Spirit, and He wants to

lead us all according to the plans God has for each of our lives. I'm not saying it will always be easy. King David was called a man after God's heart, but we know it wasn't because he did everything right. However, David had cultivated a passionate heart for God's will. He learned how to recover from his failures and move on in God, and because of that "God testified concerning him: 'I have found David son of Jesse, a man after my own heart; he will do everything I want him to do'" (Acts 13:22 NIV).

In our relationship with God, our part is to pray, study His Word, and learn to develop our own sensitivity and obedience to the Holy Spirit's lead. His promise to us is, "I will give them one heart [a new heart] and I will put a new spirit within them; and I will take the stony [unnaturally hardened] heart out of their flesh, and will give them a heart of flesh [sensitive and responsive to the touch of their God]" (Ezekiel 11:19 AMPC).

Trust the Holy Spirit and follow His lead. You'll discover His way is the best, most exciting journey you can find!

Joyce Meyer is a New York Times bestselling author and founder of Joyce Meyer Ministries, Inc.

Dr. Furhman: Men and osteoporosis

Most of us think of osteoporosis as an issue only for postmenopausal women, but statistics from the National Osteoporosis Foundation suggest that men should also be concerned about bone health; they've reported that up to one in four men over the age of 50 will experience an osteoporotic fracture, and that men over 50 are actually more likely to break a bone due to osteoporosis than to develop prostate cancer.

Osteoporotic fractures do occur more frequently in women than men. However one-third of all hip fractures occur in men, and the consequences of fractures are more severe for men than for women. Men are almost twice as likely as women to die during hospitalization following a hip fracture, and loss of independence after a hip fracture is far more common in men than women.

Hormonal changes that occur with age can affect bone health. In women, it is known that the decline in estrogen that occurs with menopause contributes to bone loss. Although testosterone is the predominant sex hormone in men, men also produce estrogen. Estradiol, one form of estrogen, is formed when testosterone is metabolized; both estradiol and testosterone contribute to male bone health. Levels of testosterone and estradiol decline in men with aging, resulting in decreased bone building and increased bone breakdown. Because of the hormonal influences on bone health, men who are being treated for prostate cancer with androgen deprivation

therapy may be at increased risk of osteoporosis.

What can men do to protect their bones?

Bone health is strongly influenced by diet and lifestyle. The behaviors that help to prevent osteoporosis are the same for men and women: increasing muscle strength with weight-bearing exercise, maintaining adequate vitamin D levels, and following a high-nutrient (Nutritarian) diet rich in green vegetables, beans and seeds. You can learn more about preventing osteoporosis with exercise and superior nutrition in my books, Eat to Live and Eat for Health. Being fit and having excellent nutrition is not just the right thing for your heart, brain and your prostate; your bones benefit too.

Dr. Furhman is a #1 New York Times best-selling author and a board certified family physician specializing in lifestyle and nutritional medicine. His newest book, The End of Dieting, debunks the fake "science" of popular fad diets and offers an alternative to dieting that leads to permanent weight loss and excellent health. Visit his informative website at DrFurhman.com. Submit your questions and comments about this column directly to newsquestions@drfurhman.com

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Ensign, Kyle E. Fringer graduated and received his "Wings of Gold" as a Naval Flight Officer from the Naval Flight School in Pensacola, FL on March 30th. He is a former graduate from CGHS and is an Eagle Scout from our local Troop 140. He graduated from the United States Naval Academy in 2016 with a B.S. in Oceanography and was accepted into flight school from there. He has been assigned to the P-8 Maritime Patrol Aircraft which is a 737. He is hoping to get his first assignment at Whidbey Island, WA. Fair winds and following seas to you.

Luella Choat 1929-2018

Luella Choat, 88, of Cottage Grove entered heaven on April 13, ending a wonderful life filled with family and love. Luella was born October 1929 in Hemet, California, to Albert and Clara Kinkade. She married Willie Choat in 1946, and they lived in Bakersfield, California until they moved to Oregon in the early 1950's. They raised three children, daughter Vickie (spouse Glen) Dufur; daughter Rickie (spouse Jerry) Monroe; and son, Nick (spouse Cynthia) Choat. She left behind 8 grandchildren and 20 great-grandchildren. Luella enjoyed reading, bowling, handwork and especially loved spending time with her grandchildren. A memorial service will be held in Cottage Grove at 1:00 pm on Sunday, April 22, at Calvary Baptist Church, 77873 S. 6th Street. Arrangements in the care of Smith-Lund-Mills Funeral Chapel in Cottage Grove.

BIRTHS

Patrick and Wendy Buckmaster, of Cottage Grove, welcomed a baby boy on April 10, 2018 at Peace Health Sacred Heart Medical Center - Riverbend.

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DAVID P. THUN 1939-2018

Dave was born July 4, 1939 in Tillamook, Oregon. He was raised in Cottage Grove, Oregon and graduated from Cottage Grove High School in 1957. He passed away April 11, 2018 in Rancho Mirage, CA from lung complications. Dave joined the Air Force in 1958 and served his tour in Okinawa, repairing reciprocating engines. In 1958 he married Lois Puderbaugh and they had two sons, Steve Thun (Hillsboro, OR) and Larry Thun (Vancouver, WA). Dave graduated from Oregon Institute of Technology with a degree in Automotive Technology. His working career began with Champion Spark Plug. In 1973 he joined the management team of CWS in Portland, OR and later became a principal owner. Dave traveled the world providing service to the pulp and paper industry, and retired in 1990. In 1988 Dave and Mary Lou Kennedy were married and they enjoyed 30 years together. They traveled over 100,000 miles in their motor coach from Alaska to Panama City and to almost every state in the USA. Dave served on the Board of Directors at Royal Oaks Country Club in Vancouver, WA and at Desert Island Country Club in Rancho Mirage, CA. He was a member of the Rocky Mountain Elk Foundation and Ducks Unlimited. He leaves his wife, Mary Lou, sons Steve(Pamela) and Larry (Tracy) and grandsons: Julian, Jasper, Kyle and Connor Thun. Grand daughters: Sarah, Mary and Graci Immel, brothers Dennis (Mary) Thun (Wilsonville, OR, Jim (Phyllis) Thun, Pheonix, AZ and sister Glenna (Ed) Mahany, Maple Valley, WA. In lieu of flowers, Dave would have appreciated a donation to OPB. A memorial service will be scheduled for mid-June.

Janelle "Jan" Pinardi 1954-2018

It is with great remorse that we write of the death of Janelle "Jan" Pinardi, age 63, due to complications of cancer. She passed in her home in Palm Springs, CA on April 9, 2018 surrounded by her closest family and friends. Jan was born on August 14, 1954 in Portland, Oregon to James Pinardi and Jacqueline Ricksecker, both now deceased. She graduated from Cottage Grove High School, and earned her Dental Hygiene degree from the University of Oregon, a profession she continued for more than 20 years. After raising her two daughters with her former husband Ron Conrad in Sisters, Oregon, Jan entered the timeshare industry and spent most of her time at the Oregon Coast, San Diego and Palm Springs, CA - anywhere where she could be on permanent vacation. Her life was like heaven on earth with an onion slice - she was an avid golfer and traveler who enjoyed any opportunity to spend time with friends and family whether in Oregon, California, or Mexico. She is most remembered for her kindness and gentleness to all, and her life-long desire to enjoy every moment! Jan is now eating cheeseburgers in paradise (and maybe a margarita) with her long-time partner, Darrell Cross who preceded her in death. She leaves behind in this cruel world her aunt Luanne Bye, two brothers, Jeff Pinardi and Jon Pinardi (spouse Stacey), two daughters Caleah Loesche (spouse Jason) and Clarice Oksayan (spouse Parsegh) along with 4 nephews and 4 wonderful grandchildren who adore her - Olivia, Roman, Elliott and Ryker. No services will be held for Jan as she wanted to be invited to her own memorial service (she was never one to miss a party) and it was conducted prior to her death. If you feel moved to do something in remembrance of her, please donate to the Oregon Humane Society in her name. Until we meet you on that beautiful beach in paradise, rest in peace Jan, mom, grandma, sister, aunt, niece and friend.

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