

Spiritually Speaking

Turn away from sin and turn to God

By Fr. Thankachan Joseph

I left the US on Wednesday and reached home on Friday. When I left Heppner, it was freezing, and I reached my home town in India to a climate of scorching heat. That made me reflect on the fact that the Church, too, is going through a season of transition. From Ash Wednesday onwards we are invited to introspect and make necessary adaptations in our lives, ready to enter the season of Lent, a time of turning away from our sinfulness and turning towards God and godly ways.

Like the grumbling Israelites in the Book of Exodus, we often forget the marvelous things God has done in our lives, leave Him aside and turn to worldly things for temporary advantages. For many of us, then, Lent is the spiritual equivalent of New Year's resolutions. We set aside time to work on ourselves for forty days, so we don't end up wandering around in the wilderness for forty years. (But in the early days of the Church, Lent was not so much a time to focus inward a time to focus outward, a time not just for personal growth, but for growth of the Church.) Lent is an invitation to fast, pray, and give alms for the forty days preceding Easter.

On Ash Wednesday, as the priest applies the ashes on the foreheads of the faithful, he reminds each one of us that from dust we have come and to dust we shall return. So, before we return to dust, during the season of Lent the church invites everyone to fast and feast, for Lent can also be a season of feasting:

Fast from judging others; feast on the Christ dwelling in them. Fast from emphasis on differences; feast on the unity of life. Fast from apparent darkness; feast on the reality of light. Fast from thoughts of illness; feast on the healing power of God. Fast from words that pollute; feast on phrases that purify. Fast from discontent; feast on gratitude. Fast from anger; feast on patience. Fast from pessimism; feast on optimism. Fast from worry; feast on divine order. Fast from complaining; feast on appreciation. Fast from negatives; feast on affirmatives. Fast from unrelenting pressures; feast on unceasing prayer. Fast from hostility; feast on non-resistance. Fast from bitterness; feast on forgiveness. Fast from self-concern; feast on compassion for others. Fast from personal anxiety; feast on eternal truth. Fast from discouragements; feast on hope. Fast from facts that depress; feast on facts that uplift. Fast from lethargy; feast on enthusiasm. Fast from thoughts that weaken; feast on promises that inspire. Fast from shadows of sorrow; feast on the sunlight of serenity. Fast from idle gossip; feast on purposeful silence. Fast from problems that overwhelm; feast on prayer that undergirds.

Fifteen Great Ways to Fast during Lent – we still have time. Let's turn away from our sinful ways through Lenten fasting. Lenten fasts have a tendency to be oriented or even limited towards things like giving up food or TV. Instead of giving up sweets or TV, why not try one or more of these "Lenten fast" ideas. They might bring your family more benefit than fasting from food or from watching less TV. I like to suggest fifteen different ways to make your Lenten fast more meaningful:

1. Fast from anger and hatred. Give your family that extra dose of love.
2. Fast from division. Strive for unity with everyone.
3. Fast from judging others. Remember how Jesus overlooks our faults.
4. Fast from low self-esteem, pessimism and negativity. Be positive in your outlook on life.
5. Fast from discouragement. Have hope.
6. Fast from personal anxiety, fear and worry. Jesus is watching over our lives. Put your trust in Him.
7. Fast from lethargy. Have enthusiasm for life.
8. Fast from problems that overwhelm your life and wear you down. Pray and ask Jesus for help.
9. Fast from complaining. Stop and try to appreciate all the moments of joy.
10. Fast from too much self-concern. Put yourself in the others' shoes.
11. Fast from resentments or bitterness. Forgive those who have hurt you.
12. Fast from negative conversations or gossip. Encourage one another.
13. Fast from spending too much money. Reduce your spending by ten percent and give the savings to the poor.
14. Fast from too much of the world. Try to give extra time to Jesus.
15. Fast from forwarding anything that would hurt Jesus in any way.

Justice Court Report

Morrow County Justice of the Peace, Glen Diehl, has released the following Justice Court report:

- Clerissa J. Arnold, 35, Ione, was convicted of violation of basic rule, fine \$200.
- Juvenile, Lexington, was convicted of failure to display plate, fine, \$115.
- Juvenile, Lexington, was convicted of driving with improper lighting, fine \$165.
- Jonas M. Healy, 41, Heppner, was convicted of failure to display plate, fine \$115.

Valby Lutheran Church
Valby Road
Ione Oregon. 97843

Church Services
1st & 3rd Sundays
10:00 AM

Available for:
Weddings • Funerals
Family Events

541-422-7300

Old Country Church All Are Welcome

Douglas Raymond Marlatt

Douglas Raymond Marlatt entered this life on September 25, 1969, in Pendleton, OR, the son of Wilma Lee Bothwell and Wesley Virgil Marlatt Sr. of Heppner. He entered eternal life February 20, 2022, from his home in Umatilla, OR. Graveside service for Douglas will be held in Heppner at the Heppner Masonic Cemetery, at 11 a.m. March 5, 2022.



Douglas Raymond Marlatt

He was a member of The Church of Jesus Christ of Latter Day Saints, Umatilla River Ward, Hermiston Oregon Stake.

He grew up in Heppner, graduating from Heppner High School in 1988, where he played football, and loved learning. He was a life-long learner and was an avid history buff. His friends and family would joke about Douglas being quicker than Google in giving an answer and was thus dubbed Doogle, for his quick mind and accurate memory.

Douglas will be most remembered for his infectious laugh and cunning sense of humor. His nieces and nephews looked to him as the cool uncle who always brought great fireworks and loved to join them in playing video games. He loved bringing smiles to people. Whenever he saw something that he thought would bring joy, he would make sure they received it.

Those who loved Douglas, remember him as a kind and giving soul, with the biggest heart, who served everyone. Every family member has fond stories of how he would go out of his way to make their lives easier through his loving service.

Douglas was a member of the IBEW local 112 as a material handler. He is remembered as a hard worker who was relentless in accomplishing difficult tasks and staying until the job was complete. He was loved by his fellow co-workers for his wit and will be missed.

Survivors include his father, Wesley V. Marlatt Sr. of Finley, WA; sister, Melody Marlatt of Santa Ana, CA; sister and brother-in-law, Rosanna and Joseph Vandacar of Umatilla; brother and sister-in-law, Wesley and Sarah-Anne Marlatt of Irrigon; sister and brother-in-law, Lovena and Lee Clinkenbeard of La Grande; sister and brother-in-law, Starla and Larry Lozier of Finley, WA; sister, Alisha Looslie of Pendleton; 10 adoring nieces and nephews, and seven great nieces and nephews. He was preceded in death by his mother, Wilma Marlatt.

Sweeney Mortuary of Heppner is in care of arrangements. The online condolence book is available at www.sweeneymortuary.com.

Chamber offers tourism learning opportunity

The Heppner Chamber invites everyone to come learn how the Destination Development project for Morrow County will help communities cultivate regional visions; identify strategies to harness the power of tourism; and develop unique experiences in culinary and agritourism, outdoor recreation, bicycle tourism, cultural heritage tourism and more from Umatilla and Morrow County Tourism Director Karie Walchli. The meeting will be held at the Gilliam and Bisbee Building at noon on March 3, with lunch catered by Upper Place Concessions.

"Building tourism in a manageable, sustainable way can stimulate the local

economy, protect, and enhance local resources and foster community pride—without compromising the qualities that make this place so special," Walchli said.

Lunch will consist of homemade chili and cornbread for \$10 per person. Please RSVP to heppnerchamber@gmail.com or 541-676-5536 by 4 p.m. March 2 to receive a lunch. No RSVPs are required if not requesting a lunch. The meeting is open to everyone.

A second, more in-depth meeting with Karie Walchli will be held March 31 at 7 p.m. also at the Gilliam and Bisbee Building. Additional information will be available at a later date.

Entrepreneur Day
A Virtual Event

Sponsored by Eastern Oregon University Small Business Development Center

Tuesday, April 19 from 8-5

Participate in any sessions you would like throughout the day at no charge!

- Businesses in a State of Flux
- How to Start a Business & Understand Cash Flow
- Digital Marketing
- How to Create & Understand Financial Statements
- Hiring & Retaining the Best Employees
- Opportunities for Minorities & Women in Business
- And more!

The Keynote Speaker will be Ian Galloway from the Federal Reserve.

Register and receive the Zoom link by emailing: eousbdc@gmail.com or calling: 541-962-1532

EO EASTERN OREGON UNIVERSITY

AMERICA'S SBDC OREGON

Debra Lee (Yocum) Jones

Debra Lee (Yocum) Jones, 66, of Pendleton, passed away on February 16, 2022, at Legacy Good Samaritan Hospital in Portland, OR of COPD and asthma complications. A celebration of life will be held Saturday, March 5, 2022, from 1 to 3 p.m. at the Pendleton Shari's restaurant banquet room. All are invited to attend.



Debra Lee Jones

Debra was born to Joe and Hilda Yocum on April 18, 1955, in Alturas as CA. She grew up in Lexington and graduated from Heppner High School in 1973. She raised two daughters, Jane and Brenda, as a single mom. They lived in Spokane, Milton-Freewater and Pendleton

Debbie was a devoted "Nam" to her grandson, Rylee, and had a very special relationship with her grandnephew and grandniece, Bryson and Airyanna. She was "Aunt Debbies" to her nieces and nephews.

As an avid NFL fan,

she especially loved the Seattle Seahawks. Watching the games with family and friends each week was her favorite thing to do. She also loved creating art from unconventional materials and enjoyed sharing her creations with others. Her hats for every season and holiday will be missed by all.

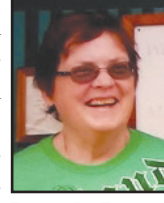
Survivors include her daughter, Brenda (Tom); grandson, Rylee; siblings, Millie, Jack (Renee) and Marie (Darin); nieces, Olivia, Nicole and Heather; nephews, Travis, Justin and Zachary; grandnieces and nephews, Bryson and Airyanna, Brybin and Ridley, Tommy and Miranda, Hannah and Lincoln.

She was preceded in death by her parents, Joe and Hilda; daughter, Jane; nephew, Joseph and brother-in-law, Leland.

Sweeney Mortuary of Heppner is in care of arrangements. The online condolence book is available at www.sweeneymortuary.com.

Beverly Lucille (Blake) Fitzgerald

Beverly Fitzgerald, 77, passed away October 18, 2021, at her home in Salem from complications of Parkinson's disease. Beverly was born March 13, 1944, in Pendleton, OR to Willard and Shirley Blake. She spent her childhood in Heppner and graduated from Heppner High School in 1962.



Beverly Lucille (Blake) Fitzgerald

She went on to graduate from Oregon College of Education with a degree in elementary education. While there she met and married David Fitzgerald. They were married for 55 years and had one daughter.

Bev spent more than 30 years teaching in the Salem-Keizer school districts. After retirement she was active in the Salem Retired Teachers Association and the Salem garden club. She made 100s of pounds of candy for the garden club's annual Greens Show fund raiser.

Bev took her love of teaching and her creativity and worked and taught classes at the Stampin Cat in Salem for several years. She also played a big part in organizing her high school reunions. She and her husband David delivered for the Meals on Wheels program in Salem. All her life Beverly had a wonderful

ability to relate to the elderly and often spent time visiting with and driving older friends to church, etc.

Bev was preceded in death by her husband, David Fitzgerald and her parents, Willard and Shirley Blake.

She is survived by and will be greatly missed by her daughter, Anna Fitzgerald; her sisters, Barbara Teachout (Dale), Jenny Weaver

(Allen), Karen Kreder (Butch), Kathy Ross (Steve) and her sisters-in-law, Carol Dryden (Bill) and Terry Crocket (Randy) and many nieces and nephews.

Beverly will be remembered during the regular morning worship service at the Hopeful Saints Ministry (Episcopal-Lutheran Church) on Sunday March 13, 2022, at 10 a.m. Please join Beverly's sisters at noon for a gathering upstairs at the Gilliam and Bisbee building, where local friends are providing food, and everyone can reminisce and tell their favorite Bev stories.

Memorial contributions may be made to the Hopeful Saints Ministry, PO Box 246, Heppner, OR 97836.

Morrow SWCD to meet

Morrow SWCD will meet Tuesday, March 8 at 6 p.m. virtually via Zoom. If you wish to attend the Zoom or join over conference call, please contact

the SWCD beforehand at 541-676-5452.

Meetings of the Morrow SWCD are open to the public.

OLD TIMERS' NIGHT
Thursday, March 3rd
Dinner at 6:00pm

Steak
Salad
Roasted Potatoes
Asparagus
Garlic Bread
Dessert

HEPPNER ELKS 358
676-9181 "Where Friends Meet" 142 North Main