

Stimulate your life with Change

by Robert Wilson

"Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure, or nothing."

These are the words of the woman who became the poster child for overcoming adversity. A woman who was isolated into the two dimensional world of touch and smell at the age of 19 months. Yet, she went on to inspire millions around the world. Sightless and deaf, Helen Keller resolved to make something of her life. She lived with a keen understanding that change is inevitable, but growth is intentional. Unwilling to give in to her blindness, she chose to strive for a normal life.

Motivation is all about motion or movement. In other words, if you are comfortable, if you are happy and content, then you DO NOT move. You do not change. Why would you? On the other hand, if you are uncomfortable, if you're unhappy, then you want to change. You want to move back toward your comfort zone. There are millions of motivators in the world and all of us at any one time are being motivated by a dozen or more: Hunger, Safety, Sex, Love, Enlightenment to name just a few.

Interestingly, you can take all those motivators and boil them down to a variation of two basic emotions: Fear and Desire. You are either moving toward something you desire; or you are moving away from something you fear.

Fear, however, can become paralyzing and will keep us in one un-comfort zone because we fear the perceived discomfort that comes with change. We fear that change could open a Pandora's Box of more and scarier changes. I've seen it in relationships and in business.

I know a married couple who over the years have drifted apart and their marriage has become stagnant. I know they both desire greater intimacy with the other, but they both

fear rejection and so they do nothing.

I know a small business owner who watched his business shrink in the recent recession. His self-esteem is closely tied to his success and his falling income triggered fears of inadequacy. Frozen by fear into doing the same thing over and over again and expecting different results, he has not adapted to the changes going on in his market.

Helen Keller once again has wise words for such situations, "When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us."

When couples try new things together they actually stimulate the receptors in their brains that invoke the feelings of romance. Taking a class or starting a new hobby together is a great way for couples to renew their feelings for each other and discover a greater depth of intimacy.

For small business owners, a recession is a great time to try out a new idea or innovation. It attracts renewed interest in the business and can even create new customers and open new markets.

The trick is getting comfortable with change a little at a time. Start engaging in simple changes at home. Low risk changes will generate immediate rewards. Here are a few you can make that will help you get into a habit of adapting to change:

If you drink coffee every day, switch to tea for a week. If you always listen to rock music on the radio, switch to country, jazz, or classical for a week. Rearrange one piece of furniture in your house. Read a section of the newspaper that you've never read before. Take a continuing education class in a subject not related to your career. Join a hobby group on MeetUp.com. Taste an ethnic food that you've never tried before, (as an alternative revisit a food you think you hate).

Robert Wilson may be reached at www.jumpstartyourmeeting.com

Food for Thought

by Leslie Barnes



Appetizers are always a hit at holiday gatherings.

BRIE EN CROUTE

1 sheet frozen puff pastry, prepackaged
1 T unsalted butter
1/2 cup walnuts
1/8 tsp ground cinnamon
1/4 cup brown sugar
Crackers, for serving

1 (8-oz) wheel Brie
1 egg, beaten

Preheat oven to 375°F.

Defrost puff pastry for approximately 15 to 20 minutes and unfold.

In a saucepan, melt the butter over medium heat. Sauté the walnuts in the butter until golden brown, approximately 5 minutes. Add the cinnamon and stir until walnuts are coated well. Place the walnut mixture on top of the Brie and sprinkle the brown sugar over the mixture. Lay the puff pastry out on a flat surface. Place the brie in the center of the pastry. Gather up the edges of the pastry, pressing around the Brie, and gather at the top. Gently squeeze together the excess dough and tie together with a piece of kitchen twine. Brush the beaten egg over top and sides of Brie. Place on a cookie sheet and bake for 20 minutes, until pastry is golden brown.

Serve with crackers.

Serves 8.

STUFFED MUSHROOMS

1/2 cup Italian-style dried bread crumbs
1/2 cup grated Romano or parmesan cheese
2 garlic cloves, peeled and minced
2 T chopped fresh Italian parsley leaves
1 T chopped fresh mint leaves

Salt and freshly ground black pepper, to taste
1/3 cup extra-virgin olive oil
28 large (2-1/2-inch-diameter) white mushrooms, stemmed

Preheat the oven to 400°F.

Stir the bread crumbs, cheese, garlic, parsley, mint, salt and pepper, and 2 T olive oil in a medium bowl to blend.

Drizzle a heavy large baking sheet with about 1 T olive oil, to coat. Spoon the filling into the mushroom cavities and arrange on the baking sheet, cavity side up. Drizzle remaining oil over the filling in each mushroom. Bake until the mushrooms are tender and the filling is heated through and golden on top, about 25 minutes. Serve.

Makes 28 mushrooms.

HOT SPINACH ARTICHOKE DIP

1 (10-oz) pkg. frozen chopped spinach
2 (13-3/4-oz) cans artichoke hearts
1/2 cup mayonnaise
1/2 cup sour cream
1 cup freshly grated Parmesan
1 cup grated pepper jack cheese
1/8 tsp cayenne pepper

Preheat the oven to 350°F. Grease a casserole dish with nonstick spray.

Heat the spinach in a microwave oven on high for 5 minutes and squeeze dry. Drain the artichoke hearts and coarsely chop in a food processor.

Combine all ingredients except the jack cheese in a large bowl. Stir well. Scrape into the prepared casserole dish and sprinkle the jack cheese on top. Bake for 30 minutes. Transfer to a chafing dish and keep warm over a low flame. Serve with bagel chips.

Makes 4 cups.

Church Directory

VERNONIA FOURSQUARE CHURCH

Carl Pense, Pastor
850 Madison Avenue, Vernonia
503 429-1103
Sunday Worship Service: 10:30 a.m.
Children's Sunday School

SEVENTH DAY ADVENTIST

Larry Gibson, Pastor
2nd Ave. and Nehalem St., Vernonia
503 429-8301
Morning Worship, 11:00 a.m.
Sabbath School 9:30 a.m.

ASSEMBLY OF GOD

Wayne and Maureen Marr
662 Jefferson Ave., Vernonia,
503 429-0373
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.

FIRST BAPTIST CHURCH

359 "A" Street, Vernonia
503 429-4027
Sunday School 9:45 a.m.
Sunday Worship Service 11:00 a.m.
Wednesday Prayer Meeting 7:00 p.m.

ST. MARY'S CATHOLIC CHURCH

Rev. Luan Tran, Administrator
960 Missouri Avenue, Vernonia
503 429-8841
Mass Sunday 12:00 Noon
Religious Educ. Sunday 10:30 a.m.

VERNONIA COMMUNITY CHURCH

957 State Avenue, Vernonia
503 429-6790
Sunday Worship 9:45 a.m.
Children's Church (Blast!) 10:15 a.m.
Nursery 10:15 a.m.
High School Youth 6:00 p.m.
Wednesday Prayer 6:00 p.m.
Preschool: Open House soon

VERNONIA CHRISTIAN CHURCH

Sam Hough, Minister
410 North Street, Vernonia
503 429-6522
Sunday School 9:45 a.m.
Sunday Worship 11:00 a.m.
(meets in Youth & Family Center)
Home Group Meeting throughout
the week at various locations

PIONEER BAPTIST FELLOWSHIP

John Cahill, Pastor
939 Bridge Street, Vernonia
503-429-1161
www.pbfalive.com
Sunday School 9:45 a.m.
Sunday Morning Worship 11:00 a.m.
Thursday Prayer 7:00 p.m.
www.pbfalive.com

NEHALEM VALLEY BIBLE CHURCH

Gary Taylor, Pastor
Grant & North Streets, Vernonia
503 429-5378
Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Nursery available
Wednesday Service 7:00 p.m.

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Marc Farmer, Branch President
1350 E. Knott Street, Vernonia
503 429-7151
Sacrament Meeting, Sunday 10 a.m.
Sunday School & Primary 11:20 a.m.
Relief Society, Priesthood and
Young Women, Sunday 12:10 p.m.

Christmas in the Country Bazaar

Dec. 4-5 @ Vernonia Middle School