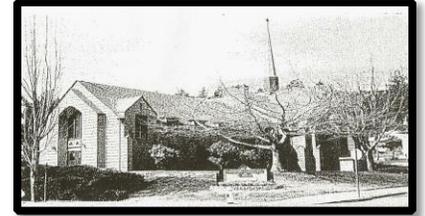


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# The Messenger



**SEPTEMBER 2015**

## CHRISTY'S CORNER!

### Welcome Home!

As I write this, Joshua and I are on Day # 12 of a 15 day adventure in Cuernavaca, Mexico where we have been attending a culture and language school offered by the Anglican Diocese of Cuernavaca. It has been a wonderful experience, but not without a few challenges inherent in international travel. Our world has been expanded in so many ways as we have attempted to come alongside our Latino brothers and sisters to learn from them, and we are grateful!

When I was little my mom used to say that the best part of vacation was returning home and I have to say I agree with her! There is nothing like travel, especially international travel to third world countries to help us appreciate all those things that we typically take for granted...like hot water for our morning showers, potable drinking water from the tap, being able to eat any food that's served, and being able to easily communicate with everyone you meet throughout your day...to name just a few. Welcome Home! It implies that we have a place to call home...a place where we belong...a place where we are loved and accepted!

When we returned from our vacation in British Columbia last month we crossed the border in Blaine, WA and were greeted with the typical questions from the customs agent. Where have you been? How long were you in the country? Are you bringing anything back with you, etc.? After assessing the situation and deeming us acceptable to re-enter the US, the agent paused, looked at me and said, "Welcome home!" It was unexpected in that situation and yet was a bit of a poignant moment..."Welcome home!" We have a place where we belong and are known.

As the days of summer rapidly come to a close most of our lives will return to a bit more structure...the kids and grand-kids return to school, those with a vocation for teaching return to work and "summer adventures" are over for another year. For many this also means a return to a more regular schedule of church attendance since we are in town more weekends. Emmanuel is another area of our lives where we can be welcomed home by our church community and by God.

Many times our relationship with God is referred to as a spiritual journey where sometimes we feel close to God, sometimes far away, and sometimes we just don't think much about God. It's a journey that involves an ebb and a flow, a falling away and returning again...and when we return again we always find open arms waiting for us and a loving presence waiting to welcome us home. We can all be incredibly thankful that we have a God who is always ready to say, "Welcome Home!" It means that we each have a place to call home...a place where we belong...a place where we are loved and accepted no matter what!

So mark your calendars now for Sept. 13th following the 10:00 service (about 11:30) and plan to join us for our annual "Welcome Back" Sunday barbecue. Bring a side dish or dessert and plan to gather with our church community for an opportunity to catch up after the summer holidays and say, "Welcome Home!"

Muchas bendiciones!

Christy





***Notes from Your  
Vestry...  
What's Up With That???***

From a Vestry Member...

I am a Christian, have been from the cradle.

I am an Episcopalian, have been for forty years.

Before that I was a member of at least four other Christian denominations beginning with a Pentecostal Church at the age of five. That was a positive and memorable experience that lasts to this day. It was there I learned the stories of the Old and New Testaments as told by flannel graph. I also had my first experience with "diversity."

At age ten I became a Quaker, remaining so through high school youth group and George Fox College (University today. GFC has grown a lot since 1963.) The Quaker Church gave me a grounding in the Bible and an appreciation for quiet times in worship. Not finding a Quaker Church in Coos Bay I tried several other denominations until I landed with an Evangelical Church. I was fed by the friendship and teachings of its pastor and congregation for several years.

After divorce separated my family I drifted briefly from Church worship finding my church didn't readily accept my situation.

Attending the Episcopal Church was an experience. I found the structure and liturgy off putting. The sameness of service from week to week didn't seem to fill me. The thing that kept me coming was the people I met and their open acceptance. (A growing relationship with Patty helped too.) Tom Murdock's ministry and counseling added to my comfort. I have learned to appreciate the liturgy finding something new in nearly every service.

I credit the faithful witness of my mother for keeping me in the church these 70 plus years. Her witness and prayers also brought my father to Christ in his later years.

I and my fellow parishioners have been blessed with excellent clergy in the time I've been here. I've heard good things about previous clergy. Each has had their own particular positives and negatives but all have been faithful ministers of the Gospel and we have been well fed.

In August we celebrated the faithful ministry of our now not so new priest, Christy. She has brought ideas and energy that is a blessing to us, to the church and to the community. Keeping up with her can be a bit daunting.

Your vestry gives her our thanks, support and encouragement as she leads us in the Episcopal tradition in the worship of our Lord.

The blessings of our Lord and Savior, Jesus Christ, be with you as you serve Him,

Fran Whitaker



# READ ALL ABOUT IT!!!



**One day only!**  
**Rummage Sale**  
**Friday September 11, 9:00 AM to 3:00 PM**

We'll start collecting items at the Church around September 1. Parish hall setup will occur after the service on Sunday September 6. Take a day of rest on Labor Day, then join us for one or more workdays Tuesday-Thursday September 8, 9 and 10, 9:00 AM -12:00 PM. We've made the pricing easy: it's "Make an Offer."

On Friday, workers should arrive between 8:30 and 9:00 AM. Cleanup will begin promptly at 3:00 PM. Please add your name to the signup sheet in the back of the Church if you have not already done so.

We have flyers available to hang in businesses or other places. These are on the table near the entrance to the parish hall. *Many thanks to Virginia Roush for the flyers and Liz Cowden for placing ads.*

For questions or rummage pick-up, please call Sally Jaeggli at 266-0707 or [nsjaeggli@gmail.com](mailto:nsjaeggli@gmail.com).



**Pre-School Starts Soon!!!!**



Our Emmanuel Preschool begins Monday September 14<sup>th</sup>. We currently have opening in both classes, ages 3 to 5 years. Call Julianna at 541-297-7766 for more information.

We are excited to start our new year and will keep you posted on our activities!!

**Welcome Back BBQ**  
**Sunday, September 13<sup>th</sup>**  
**Following the 10:00 AM service**  
**Bring a side dish or a dessert to share.**  
**Hope to see you all there !!**





## Marijuana

With the legalization of marijuana or cannabis for recreational use, the purpose of this article is to provide information regarding some of the benefits and drawbacks of marijuana usage.

### **Benefits:**

Medicinally there are many prescribed uses in which marijuana can be very effective.

1. Nausea: Can be helpful for cancer patients and those taking chemotherapy in which other anti-nausea drugs are ineffective.
2. Appetite stimulant: Again, useful for cancer and chemotherapy or AIDS patients who are losing weight secondary to loss of appetite and inadequate food intake.
3. Pain: Patients report an increase in their overall comfort even when combined with other prescribed analgesics (pain medications).
4. Relief of anxiety, insomnia and shortness of breath or breathing discomfort: Marijuana can have a calming and sedative effect. By promoting relaxation, patient's angst and anxiety from shortness of breath from lung cancer or other lung diseases can be helpful.
5. Seizures: In some cases of severe seizure disorder in adults or children, certain types of marijuana are proving beneficial when no other medication has been of help.

### **Drawbacks:**

1. Other than when carefully prescribed for children with seizure disorders, marijuana should never be used by children. Unlike in adults, marijuana use by children can permanently alter the growing brain's chemical balance resulting in permanent harm.
2. Marijuana can cause debility or depression, anxiety attacks, heart rate can double, or can create panic attacks and paranoia.
3. When ingested (eaten) versus smoking in order to achieve a "high", people need to be aware that it will take longer to feel the effects of marijuana. This is because in the lungs the marijuana chemicals pass quickly into the bloodstream. When marijuana is eaten (mixed in cookies, cakes, brownies, etc.), it must pass through the digestive system which takes longer. Many people have ended up in the Emergency Room extremely ill and toxic because they ate more and more marijuana because they were not getting "high" fast enough.
4. Marijuana does have addictive properties that can lead to substance abuse.
5. Marijuana when smoked is introducing smoke and chemicals to your lungs which is an irritant and can be harmful to lung tissue. Unfiltered marijuana can expose lungs to more carbon monoxide and tar than cigarettes.
6. Remember that recreational marijuana is still against Federal law and you could lose your job if your employer does drug testing. Marijuana stays in your system 30 days or more.

The recreational use of marijuana should be an informed choice. Choose carefully and wisely. Choose HEALTH.

### ***Favorite sayings for this month:***

"Coffee in hand, big girl panties pulled up, sparkle in my eye and a smile on my face. Yep, I'm ready for the day...Bring it on!"

"I'll have a café mocha vodka valium latte to go please!"

"Around my house cat hair is a condiment."

## PRAYER LIST

“Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation.” *BPC- prayers of the people Form 4*

### **We pray for:**

Kathyn	Cathy	Jim	Karen
Bill	Joanne	Barbara	Marilyn
Andy	Jim	Natalie	Taylor
Ruth	Carl	Gretchen	Anne
Mark	Evelyn	Laura	Stanley
Cale	Noah	Amberlee & Family	Vicky
Kathy	Maureen	Rose	Ruth Mary
Ron	Paul	Mary	Mei
Gary	Leona	Marcia	Alice
Valerie	David	Charlene	Vella
Therese	Gloria	Susan	John
Brett	Terri	Tony	Megan
Lois	Pat	Michael	Barbara
Heather	Wayne	Melissa	Elaine
Tarynne	Father Tom	Ingrid	Michael
Albert	Carol	Lilyan	Linda and Family
Christopher & Family	Jack	Susan	Carol
Bruce	Floyd	Cindy	Elaine
Virginia	Zoey	Sharon	Lon
Robert	George	Dale	Chris
Richard	Julie	Roger	Don
Marian	Linda & Family	Jim	Monita
Carol & Rob	Linda	David	David
Carrie	Karsen	Connie	Chris
Gail	Jane	Virginia	Carol
Donna	Ed	Travis	



*Rest In Peace*

Alfred “Wes” Sanders