

Grace Church of Central Point

100 Oak Street

Central Point OR 97502

A praying, Christ-centered church that loves Jesus!



GRACE NOTES

VISION 2025: Planting God's Word in our hearts

May 2025

From the Pastor's Desk...

Avoiding a Junk Food Diet

What's your favorite junk food? Potato chips? Salami and cheese? Popcorn? Ice cream? How often do you eat it? Why is it your favorite? All interesting questions and I guess it's good that you don't have to answer these out loud, isn't it? We all like some type of junk food. My favorite is chocolate chip cookie dough ice cream. And we all know that a little junk food is usually ok, it's when we overdo, we take in too much, that we get ourselves in trouble. Confession time - I once over-indulged in Rice Krispie marshmallow treats and to this day, I will not touch them, even if they are the only junk food available.

Now let's shift from our tummies to our hearts. What junk food do we sometimes take in when we should be reading the word of God? Social media? Television? Radio? Oh, don't forget books. Lots of good ones out there. Or the telephone. Or... well, you get the idea. On any given day, while we *should* be reading our Bible, we can easily justify why we are not. "This is a good *Christian* book that addresses the topic of (and you fill in the blank)." or "I need to listen to this *Christian* program since it is about what I am going through."

Each day we have a set number of hours in the day, and it is up to us to use those hours wisely. Our best intention is to daily spend time in the Word of God, to read the daily Bible bookmark readings, or read a chapter, or read a few verses. Whatever the commitment is between you and the Lord, you need to *make time* to honor that commitment. That means if junk food is in the diet it must be a supplement to your Bible reading, and not a *replacement* for it. I think of what the Psalmist wrote in Psalm 19 and verses 7-11

"7 The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple; 8 the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes; 9 the fear of the LORD is clean, enduring forever; the rules of the LORD are true, and righteous altogether. 10 More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb. 11 Moreover, by them is your servant warned; in keeping them there is great reward."

When we reflect upon the value of reading the Word, maybe drinking milk, but maybe eating meat, then it makes no sense and is certainly of no value, to replace that quality time in the Word with a substitute of a radio pastor or a book by that popular Christian author. It really comes down to diet; do you want to feast, on junk food or dine at His banqueting table? The choice is yours - careful, choose wisely.

ACTIVITIES AT GRACE

Sunday: Morning prayer	9:30 am
Sunday School	10:00 am
Worship Service	11:00 am
Tuesday: Women's Bible Study	10:00 am
Men's Bible Study	5:30 pm
Wednesday: Mid-week prayer meeting	6:30 pm
Thursday: Women's Bible Study	6:30 pm

UPCOMING ACTIVITIES

May 1:	National Day of Prayer 12:00-12:30
	Service at the church and live-streaming
May 11:	Mother's Day
May 16:	Women's Fellowship Dinner
June 4:	Crater Graduation
June 8:	Scriptorium

Women's Fellowship Dinner

May 16 - 6:30 pm

WE WALK BY FAITH...

Speaker: Erica DeBusk

Restaurateur

Cost: \$12.00

Held at Grace church



National Day of Prayer May 1

from 12:00 -12:30
Service at the church and
live streaming



MAY 2025



SUN	MON	TUE	WED	THU	FRI	SAT
				1 Roberta Claudson	2 Tammy Clifford	3 *John Leuthold
4 Evie Crawford	5 Cinco de Mayo Joshua Crawford	6 Hugh Crawford	7 Shannon Crawford	8 Bobbie Crammer	9 Chuck Dailey	10 *Marianne Catlett
11 Mother's Day  Midge Dailey	12 MaryAnn Druihet	13 *Carol McLean	14 Wes Faust	15 *Roy Fielding	16 Tamara Fielding	17 Ella Fredinburg
18 *Conner & *Hunter Cavin	19 Howard Glosser	20 *Rusty Lamb	21 *Evie Collins	22 Melanie Glosser	23 Craig Gordon	24 Karen Gordon
25 Michael Gray	26 Memorial Day Diana Green	27 *Mary Ashton	28 Jim Hamilton	29 Sue Hamilton	30 Sally Hellyer	31 Josh Hellyer

Please pray for one another each day – those with a birthday are shown with an *

START PLANNING NOW FOR CAMP

There are camps for all various ages of children. Camps begin on July 7 for High Schoolers and continue through July 31 for grades 3-8. Plan now for camp at Fir Point. Make new friends, study the Word, swim, hike, have fun.



Faith isn't about seeing every step—it's about trusting the One who holds the path. 🙏

When the storm rages, lift your hands in praise. 🙌 When the valley feels endless, hold tight to His promises. 🌄 When the road ahead is dark, walk forward knowing His light will never fail you. 💡

Faith is stepping onto the bridge when you can't see the other side, knowing God's hand is holding yours. 🌟 Even when you don't understand, He is leading you perfectly. (Love God – FB 3-25)

Long ago I came to the total assurance that God loves me, God knows where I am every second of every day, and God is bigger than any problem life's circumstances can throw at me.

Charles Stanley

PRAYER NEEDS

Pastoral search committee
God's man and family who will be our senior pastor
Healing touch for those who are ill or have had surgery
Israel
Pastor Howard and his family
Our missionary and his family in Myanmar as they recover from the hurricane