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Obria Medical Clinics by Kristen Zderad



I have had the privilege of working at Obria Medical Clinics for the past year and a half. Obria Medical Clinics, previously Pregnancy Alternatives Center, has been part of the Lebanon community for over 30 years. They have been on the front lines of fighting for the unborn. Obria's slogan is "for the one." They would do everything that they do if it would save even one life; change even one life. And

God has granted that "one" many times over.

I was asked to join Obria's team a year and a half ago as a part-time receptionist. I served in that role alongside Sara Glaser for a little over a year, and this last August I moved into the Care Coordinator position. If I had written myself a job description in college of a job that I knew I could be passionate about, this would have been it. Here is a little about what I do. I sit with each patient that comes into our clinic and hear her story and what has brought her to us. I observe each ultrasound and see the miracle of life over and over. I help equip the patient with information and knowledge that promotes life. And then I pray for her, and her baby, with my team.

I also head up our parenting program. This is one of my favorite parts of my job because it is allowing me to develop relationships and friendships with women and their children of all different walks in our community. I teach parenting classes once a week. For some of these moms, my parenting class is the only social outlet they have. I also get to be a resource hub for these families. We have a "Resource Room" at Obria where people donate diapers, wipes, maternity clothing, baby clothing and items. The families "earn" items from us by attending our classes. I love being able to meet practical needs for these families. I had a mom burst into tears recently because of a particular resource that we were able to provide for her and she said, through her tears, "God is really answering my prayers!"

December Bible Reading Plan

December 6-12

John 1:1-5 Genesis 3 Leviticus 16 Psalm 13 Isaiah 11:1-10

December 13-19

Isaiah 9:2-7, Luke 1:26-38 Luke 1:39-80 Isaiah 53, Luke 2:1-7 Ezekiel 34:11-31, Luke 2:8-20 Micah 5:2-5, Matthew 2:1-12

December 20-26

Jeremiah 31:31-34 Zechariah 9:9-17 Isaiah 61:1-4, Luke 4:16-21 Hebrews 1:1-4, Galatians 4:4-7 Hebrews 8

December 27-January 2

Romans 5:6-17 Philippians 2:1-11 Colossians 1:15-23, 2:13-15 2 Corinthians 5:16-21 Revelation 21:1-5

December Activities



<u>Wednesday, December 9</u> Noon to 5:00 p.m. All spots are filled.

Any questions can be directed to the church office at 541-258-3138.



<u>Saturday, December 19</u> Morning (TBA), Activity Center Gift Wrapping Party

Bring your scissors. Need tape and large boxes for family gifts. Call Michelle at 541-409-3683 with questions.



Sermons Activity Center 9:00 a.m. & 10:30 a.m.

12/6: Luke 12:1-12
12/13: Luke 12:13-21
12/20: 2 Corinthians 8:9
12/27: Luke 12:22-34

Adult Sunday School

Church Youth Room 9:45 a.m.

Dan Lee will be leading a study of "The Land of the Bible," the geography of Israel where God unfolded His plan of redemption.

Crowfoot Kids 10:30 a.m.

12/6:	Angels Spoke to
	Mary and Joseph
12/13:	Jesus Was Born
12/20:	Wise Men Visited
	Jesus
12/27:	Moses Was Born
	and Called



Christmas Eve Service



<u>Thursday, December 24</u> Activity Center 5:00 p.m.

All families are welcome to join us as we sing carols, hear special music and read from God's Word.

Obria Medical Clinics (continued from front page)



What services does Obria offer? We provide pregnancy testing, ultrasounds, STI testing and treatment, UTI, Yeast, BV testing and treatment, and well women screenings all at no cost to the patient. As I mentioned above, we offer parenting classes and one on one mentoring, along with restorative care for those who have suffered pregnancy loss. We have a Mobile Medical Unit that can travel to rural areas in Linn County that offers the same services as the clinic. Last year, Obria opened a clinic in Oregon City, and so we have been reaching Clackamas County with the same services that are offered in Lebanon. Also, beginning in January, we will be going into local schools as well as Linn County Youth Detention Center, and Oak Creek Correctional Facility to teach our Optimal Health program.

My job isn't always easy. Our staff regularly sheds tears after women walk away and we know that the baby that we just saw moving around on the ultrasound will not get to see life. There are women's circumstances that make my heart ache, and I know there is only so much that we can do. But on the other side of it, I get to witness a mama who was considering abortion see her baby on the ultrasound and with tears in her eyes ask, "Is that my baby's heartbeat?" and then choose life. I get to serve women in very practical ways and love on them and their kiddos. Through this, I get to show them Jesus and how life-giving He is. It doesn't get any better than that.

God Hears...God Answers!

by Gail Flaming, Crowfoot Family Member



What a year this has been! Many, many things we never dreamed of, nor thought could happen in our lifetimes, have indeed occurred in 2020 in America. We have been affected by rapid (and often reversed) changes, shutting down America due to a virus, a struggling economy, closed schools, churches, meetings of all kinds suspended, losses of employment, shortages, isolation of many, and chaos of routines. Masks have isolated us further by covering our identities and smiles! And doubled upon those were huge wildfires, anarchy, turning against law and order, even the attempt to erase our history and identity. And now, the loss of faith in our long established voting rights.

The outcome for me was overwhelming, to say the least! I was frustrated and often finding myself with whirling emotions, prone to sinning with my thoughts and mouth. I was desperate for God to work. I prayed much, but felt defeated often. I got stuck! The problems were far greater than I could imagine or even begin to put into words. BUT GOD.....Yes! God!!! I opened up, I cried out for a specific and doable plan for me to pray, and to pray well, effectively and consistently. My desire was to pray HIS WORDS of truth over our country, state, county, community and church family. And....WOW! did He amazingly answer me! That same day came news of a prayer guide over these very things. I chose "31 Days of Prayer...The Father's Heart, Recovery for The Nation"***; a short and concise guide, completely centered on the Words of God. I read it aloud to God Himself, adapting it to my own personality, but always focused on that Scripture listed for that day and topic. While doing this I sense I am like the Israelites of long ago under Nehemiah rebuilding the wall of Jerusalem after return from captivity. And in my mind, I visualize joining hands and hearts of prayer with many, many of God's children across this land and especially here in Oregon, who are praying these same words. This truly for me is like rebuilding a wall of faith and prayer. Looking the Savior in the face, through faith, I remind Him, and myself, that these words of truth are what He desires for us, and that I want it too, so that His Power and His Glory and His Grace is seen and done in us!

God Hears...God Answers!

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Won't YOU join me...come alongside me, stand in the gap with others...so we can begin to and further strengthen the GOOD WORK of the wall of prayer and faith? We want to encircle our world, our country, our communities, and ourselves with effective and fervent prayer. The amazing outcome is yet to be seen. Our God lives, and hears, and cannot deny Himself or His promises! But the immediate outcome that has been amazing to me are the gifts of:

PEACE reigning in my heart; REMOVAL of personal frustration; SETTLEDNESS and establishment of myself upon Him who never fails or forsakes; JOY and SINGING springing up within my heart; a sense of UNITY with the family of God; amazing GRACE within me — enough to spill out upon others.

The situation of our country and community? Too big for me...BUT GOD???? NO!

"For with GOD nothing will be impossible." These are the very words spoken by the angel sent to Mary jut before that very first Christmas. And it wasn't impossible then, and is not impossible today. Jesus Lives! Father God is Soverign! The Holy Spirit will use us in accomplishing the will of our One True God. Let's rebuild daily that wall of faith and prayer together!

"May the God of hope fill you with joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit." Romans 15:13 NIV

*** "31 Days of Prayer, The Father's Heart, Recovery for The Nation" is available on Amazon, and is approximately \$8. If you are interested in how this book (written in Oregon) came into being, a cover letter is available. Feel free to call me at 971-235-8481.

Thanks for listening to my heart.

"The Lord's Light Within"

Lord, we reflect with thankful hearts On the wonder of your birth The love you expressed when you left Your glory to come to earth

For your life was like a beacon, Lord Shining brightly in the night Filling the world with the radiance of The Father's glorious light

And we, too, long to have inside Your light for others to see The beautiful reflection of your grace And the wonder of your majesty For as your life indwells our hearts, We can shine wherever we are And arise to take hold of each new day With your light ablaze in our hearts

So rekindle the flame within us, Lord So it will not flicker nor dim Ignite us with the light of your love, So you will shine brightly within





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01...Katie Morris 08...Michael Korcek 09...Jensen Lee 10...Landon Brown 10...Kassandra Denue 12...Dorothy Grove 13...Kylee Brown 18...Aimee Andrews 20...Will Birkett 22...Katelyn Williams 23...Bella Korcek 27...Gracie Crowe 28...Sara Glaser 30...Melissa Canniff 30...Isaac Straw 31...Zach Lee 31...Toby Korcek



<u>12/11</u> Dan & Ruth Christensen

<u>12/19</u> Matthew & Emily Straw

<u>12/26</u> Greg & Vickie Musil

<u>12/26</u> Jeremy & Kristen Zderad

<u>12/28</u> Walt & Beverly Darling

<u>12/30</u> Stan & Karen Wilkinson

<u>12/30</u> Ron & Joyce Ulshafer

<u>12/31</u> Adrian & Christina Griffiths