INTERFAITH VOICES

Aiding physical and spiritual health

RELIGION

n 1833, a law of health was revealed and canonized as scripture for members of The Church of Iesus Christ of Latter-day Saints.

This health standard is called "The Word of Wisdom," and is found in latter-day scripture called



ALICE

the Doctrine and Covenants. Section 89. Health codes were not unique to the world in the 1800s.

We learn of religious and cultural groups since the beginning of recorded history with guidelines on using foods and beverages, and how they should be prepared.

For members of The Church of Jesus Christ of Latter-day Saints, "The Word of Wisdom" is a rev-

ABOUT INTERFAITH VOICES

The weekly "Interfaith Voices" column includes a regular rotation of writers representing the broad spectrum of spiritual voices throughout the mid-valley. The column is coordinated by the Reverend Barbara Nixon, who can be emailed at revbabs2000@gmail.com.

elation from God that provides guidance on healthy living, including spiritual sensitivity. Because we believe in ongoing revelation, we accept clarification over time regarding these guidelines.

We are reminded in "The Word of Wisdom" of the health benefits from the earth's bounties: "... all wholesome herbs God hath ordained for the constitution, nature and use of man every herb in the season thereof, and every fruit in the season thereof; all these to be used with prudence and thanksgiving.

"Yea, flesh also of beasts and of the fowls of the air,

Word of Wisdom." I, the Lord, have ordained for the use of man with thanksgiving; nevertheless, they are to be used sparingly ... All grain is good for the food of man; as also the fruit of the vine;

instruction is timely. In "The Word of Wisdom," we also learn of substances that can be harmful to our bodies and minds. We are asked to abstain from alcohol, tobacco, illicit drugs, coffee and tea. There are exceptions, such

that which yieldeth fruit,

whether in the ground or

above the ground." These

revelatory words, over

190 years old, may seem

old-fashioned, but their

as allowing herbal teas and drugs prescribed by health providers. Personally, I appreciate that hot chocolate isn't on the "abstain" list. No one is turned away from one of our chapels because they don't observe "The

When my husband and I attend community events where alcohol is served, we do not feel uncomfortable among those who drink responsibly. We also appreciate the growing service of nonalcoholic beverages. Prohibition failed. The use of alcohol actually increased before the temperance law ended in 1933. But I'm saddened by the deaths of two hockey players, mowed down on their bikes by a drunk driver.

Additionally, in travels to Ukraine, I have seen lives of vulnerable children upended by abusive, negligent or absent parents due to the consequences of irrespon-

sible drug or alcohol use. Guidelines have a purpose. The World Health Organization estimates alcohol consumption contributed to 3 million deaths globally in 2016, equaling 8,220 individuals daily (information from The Lancet).

Finally, one of the most important components of "The Word of Wisdom" is the promise of blessings to anyone who complies. Those who "remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones; and shall find wisdom and great treasures of knowledge, even hidden treasures; and shall run and not be weary, and shall walk and not faint."

That is quite a promise! Modern-day Apostle Boyd K. Packer said, "'The Word of Wisdom' does not promise you perfect

health, but it teaches how to keep the body you were born with in the best condition, and your mind alert to delicate spiritual promptings." We are mortal beings and will experience illnesses, aging and death. I am thankful for "The Word of Wisdom" guidance that is available for anyone.

By personal adherence to this law, I can attest to the increase in physical and spiritual health that is offered through "The Word of Wisdom."

Alice Rampton is a member of The Church of Jesus Christ of Latter-day Saints. She co-directs a nonprofit agency for Ukrainian children through the Corvallis Sister Cities Association, volunteers for the Benton County Historical Society, and has co-authored a book for grieving parents. She and husband Mark have seven children.

RELIGION CALENDAR

Sunday service: Shepherd of the Valley Lutheran Church, 2650 NW Highland Drive in Corvallis, will share God's Word and Holy Communion at 9 a.m. Sunday, Sept. 8. both in the sanctuary and via livestream worship at www.svlccorvallis.org and facebook.com/ shepherdcorvallis.

Pastor Eric Bohlmann's sermon, "Rethinking Right: Principles of Christian Ethics," continues a series which will last through the end of September. Shepherd of the Valley is a place of personal and group well-being and invites you to find rest and renewal in Jesus Christ.

Fellowship time will follow the

service. Multi-Gen Bible Study and Sunday School for younger children both begin at 10:30 a.m., as an opportunity for further study of the teachings of Jesus and how they might be applied to daily life. The topic for the Multi-Gen study will be "The Who, What, Where, When and Why of Jesus' Teaching," as recorded in Mark 7: 24-37.

Shepherd of the Valley is fully accessible.

Sunday worship: First United Methodist Church, 1165 NW Madison Ave. in Corvallis, will hold a worship service at 9:30 a.m. Sunday, Sept. 8, in person and at www. facebook.com/CorvallisFUMC/live.

As attendees gather around the table for the sermon series "Dinners with Jesus," they give thanks for the health, the work, the food and the bright skies that make their lives delightful, and for their friends in all parts of the earth. All are invited to join them at the table for Pastor Heather Semon's sermon "Grace," drawing on text from Luke 5:27-32.

Baha'i devotions and discussion: "Ordering Human Affairs" is set for 10:30 a.m. Sunday, Sept. 8, via Zoom. The Zoom room will open at 10:15 a.m.

We watch in wonder as humanity's awareness grows of the need to so order human affairs as to create a unified world. Sunday's readings and discussion will focus on achieving a dynamic coherence of the spiritual and practical requirements of a peaceful society. "Two calls to success and prosperity are being raised," the Baha'i Writings explain. "One is the call of civilization ... and the other is the soul-stirring call of God."

On Sunday, participants will read and discuss what it means for a person to independently investigate reality. All are welcome to enjoy fellowship, readings and discussion. Visit https://tinyurl.com/2ejv7cth, where you will find a copy of the readings for Sunday and a link to

ioin the meeting.

Prayer breakfast: The fourth annual Oregon Ag Prayer Breakfast is set for 8 a.m. Tuesday, Sept. 10, at the Linn County Expo Center, 3700 Knox Butte Road E. in Albany. Information: erik@smucker.net.

Dinner and program: After 5 Connection, affiliated with Stonecroft, will present "I Love Goat Soap" at 6 p.m. Tuesday, Sept. 17, at Ma's Restaurant, 2416 S. Santiam Highway in Lebanon.

Colette Kemper will speak. She is the owner of Midnight Oil Farms in Lebanon, a family-owned and -operated business making soaps and shampoos. Kemper will talk about

the products her farm produces and sells, from fresh goat milk to oils, butters and specific properties to benefit skin and hair. Tracey Mason of Kuna, Idaho,

will present "That One Call," saying, "When life stops in unfamiliar places that you never wanted to visit, it can be traumatic." She will talk about her journey, where God's mercy, love and provision were present when everything seemed to be plummeting.

Cost is \$18 inclusive. Reservations are available from Sherri at 541-258-6414 or Nancy at nancypinzino@comcast.net. The group is not credit card-ready.

NJ Diocese sues over green card changes for religious workers

GIOVANNA DELL'ORTO Associated Press

For more than a year, religious organizations lobbied Congress and the Biden administration to fix a sudden government processes green five of its priests whose legal of the priests as well as the Immigration Services, said ployment or family links to

which threatens the abilcontinue to minister in the United States.

cards for religious workers, status in the U.S. expires as hundreds of thousands of Raymond Lahoud, its attor- U.S. citizens. soon as next spring, sued the ity of thousands of them to federal agencies overseeing immigration. They argue the change "will cause severe and The Catholic Diocese of substantial disruption to the ment of Homeland Security category, which is generally procedural change in how the Paterson, New Jersey, and lives and religious freedoms"

Catholics they serve.

Paterson is the first diocese Department of State, Departney in the lawsuit.

to bring this suit against the maximum number of green cards available per year per and the U.S. Citizenship and either based on types of em-

But "there is a buzz out Congress establishes a there" among similarly impacted religious groups, Lahoud added, because of how reliant many are on foreign-born clergy who build strong ties in their U.S. parishes.

W MID-VALLEY W ORSHIP DIRECTOR THE CHURCH OF JESUS **EPISCOPAL MENNONITE CORVALLIS**

ANGLICAN

Light of Christ Anglican 2650 NW Highland Drive, Corvallis

(inside Shepherd of the Valley Bldg.)

Fr. Scott Browning

Sunday Service: 10:30am in person and on Zoom Our website https://corvallis-anglican.org has the zoom link

and other information

Baha'is of the Mid-Willamette Valley Devotional gatherings at various times.

Visit https://linnbenton.local.bahai.us/activities/meetingspray-and-meditate for contact information. or phone 541-753-5752 in Corvallis or 541-929-9448 in Philomath. For information on the Baha'i Faith in the U.S. see https://www.bahai.us/.

BAPTIST

541-757-7497

Redemption Church

1625 Grant Avenue, Corvallis A Gospel Centered Church Sundays at 9:15 and 11 am Redemptioncorvalllis.org

CHRISTIAN SCIENCE

First Church of Christ, Scientist

17th & Van Buren, Corvallis Sunday Service: 10 am Sunday School: 10 am Wednesday Eve. Meeting: 7:30 pm www.christiansciencecorvallis.org

CHURCH OF CHRIST Circle Church of Christ

2020 NW Circle Blvd. • Corvallis 541-758-4456 Wes Hanson, Minister Josh Stutzman, Campus Minister Sunday Bible Class: 9:30 am a cappella Worship: 10:30 am . Singing & Scripture 5 pm • Wed Evening: 7 pm

DISCIPLES OF CHRIST

First Christian Church, Corvallis 602 SW Madison Ave, 541-753-2671 Sunday Worship: 10 AM live and streaming heartofcorvallis.org/livestream

Church of the Good Samaritan

333 NW 35th St. Corvallis 541-757-6647

www.goodsamchurch-episcopal.org

8:am Rite I Service, and 10:30 am Rite II Service with live-stream viewing available through our website. All are welcome

IEWISH

Beit Am Mid-Willamette

Jewish Community 4318 NW Circle Blvd. • Corvallis

Rabbi Phil Bressler Services: Fri. PM. Sat. AM and Jewish holidays

www.BeitAm.org • 541-753-0067

LUTHERAN **Beautiful Savior Evangelical**

Lutheran Church

2605 NW 13th St. . Corvallis 541-757-8953 • Luke Tembreull, Pastor Worship - 10:15am • Bible Study - 9am pastor@corvallislutherans.org www.corvallislutherans.org

Grace Lutheran Church ELCA

435 NW 21st St. . Corvallis 541-757-1600

Worship services in person at 10:00am. For Livestream service on Youtube Go to; www.grace97330.org

Peace Lutheran Church 2540 Applegate . Philomath

541-929-5504 • Jeremy Lucke, Pastor peaceinphilomath.com Sunday School, all ages, 9 am

Adult Bible Study 8:30 am; Worship Service, 10 am. Worship available online at www.peaceinphilomath.com or on our Facebook site.

Transmitted live worship service in parking lot at 103.5FM Shepherd of the Valley Lutheran Church, LCMS

2650 NW Highland Dr. - Pr. Eric Bohlmann www.svlc-corvallis.org - 541-753-2816 9:00 a.m. worship in-person and online 10:30 a.m. Multigenerational Bible Study See our website for links and more info

Zion Lutheran Church Missouri Synod

2745 NW Harrison Blvd. . Corvallis 541-757-0946 • Ted Schaefer, Pastor www.proaxis.com/~zion Sunday Worship: 9 & 11 am Education Hour: 10am Wednesday Worship: 6:30 pm

Corvallis Mennonite Fellowship

Westminster House 101 NW 23rd St. 541-754-5388 www.corvallismennonite.org 10:30 a.m. Sunday Worship Sunday school and childcare are

available for children ages 6 months

METHODIST

through high school.

All are welcome here!

First United Methodist Church

1165 NW Monroe Ave. • Corvalli 541-752-2491 www.corvallisfumc.org Online and in-person service starts at 9:30. Online at https://www.facebook.com/CorvallisFUMC/live/ Rev. Heather Semon

NON DENOMINATIONAL

Suburban Christian Church 2760 SW 53rd ST . Corvallis Senior Pastor, Mike King Growing In relationship with: Christ • The Church • Our Community 9 AM, 10:30 AM suburbanchurch.com

Village Christian Church

Find hope and real connection, even now. Online and in-person groups for all. www.avillage.cc infor@avillage.cc facebook/I

Calvin Presbyterian Church (EPC) 1736 NW Dixon St., Corvallis

PRESBYTERIAN

541-757-8021 • calvin-church.org Pastor Zach Washburn 9 am Sunday School for all ages; 10 am Worship

First Presbyterian Church (PCUSA) 114 SW 8th St., Corvallis

541-753-2228 10 am Sunday Worship, in person and streaming at www.1stpres.org 11am virtual coffee hour

Follow us: www.Facebook.com/1stCorvallis

Westminster Presbyterian Church (OPC) 5005 NW Highland Dr. . Corvallis 541-753-4504, Minister: Pastor Charles Williams Williams.1@opc.org

@#&_@#&_@#&_@#&

www.wpcorvallis.org

Sunday Worship: 11am & 5pm

CHRIST

The Church of Jesus Christ of Latter-day Saints se habla español

Come worship Jesus Christ each Sunday with us

To find the Church near you, please visit: https://www.ChurchofJesusChrist.org/ComeUntoChrist/

Belong?lang=eng For more info: www.ChurchofJesusChrist.org UNITARIAN UNIVERSALIST

Unitarian Universalist Fellowship

2945 NW Circle Blvd. Corvallis 541-752- 5218

The Rev. Jill McAllister

Sunday Worship Service: 10 am Visit www.uucorvallis.org for information.

UNITED CHURCH OF CHRIST (CONGREGATIONAL)

First Congregational UCC 4515 SW West Hills Road

Corvallis, OR 97333 Sunday worship 10:30 a.m.



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