

BEHOLD!!

Smyrna

A Newsletter of Smyrna United Church of Christ

Ministers: All members of the church

Minister: The Rev. Dr. Deborah Patterson

Editor: Jeannie Rogers

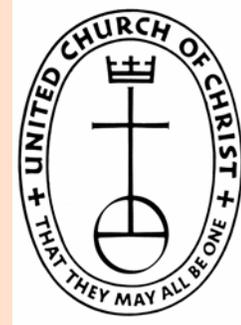
Asst. Editor: Elaine Daniels

Church Phone (503) 651-2131

e-mail: smyrnaucc@canby.com

Website: www.smyrna-ucc.org

31119 S. Highway 170, Canby, OR 97013



No matter who you are,
or where you are on life's journey,
you are welcome here.

February 2015

I'm not a quilter. I tried to become one, when I was a young pastor at St. John's UCC in Smithton, Illinois, in the 90's. But I kept sticking my finger with the needle and bleeding on the quilt. This made me even more grateful for the beauty of each and every quilt I see, for I know the care and grace that goes into them.

There are so many gorgeous designs for quilts – pinwheels and stars, basket weaves and maple leaves, mosaics and mazes, amidst thousands of other designs. But my favorite quilts are crazy quilts that seem to have no design, yet keep you warm and cozy when you need it the most.

I think that people are a little like quilts. Even the most well put-together person is a patchwork of different hues and shades. And the pieces and places that seem the darkest are important, too, for without them, well, the quilt would have holes, and the beautiful parts wouldn't stand out so gloriously.

We are called to keep patching our lives together, piece by piece, bit by bit. Something glorious is being created and the eye of God can see it all, even if we can't some days. Every bit of our lives can be made by God into something wonderful, even if we bleed on the fabric.

Thanks for being willing to share your gifts. Somebody might really need that bit which you have to share – it may be the perfect match for the patchwork quilt of their lives – just the piece they are looking for to help them be made whole.

May it be well with your soul, this February, and always.

Blessings,
Pastor Deb



ADULT EDUCATION IN FEBRUARY

9:45 am in the Pastor's Study

February 1st – The Ecstasy and Agony of Parenting and Grandparenting

February 8th – Bible Study – Stephen Patterson

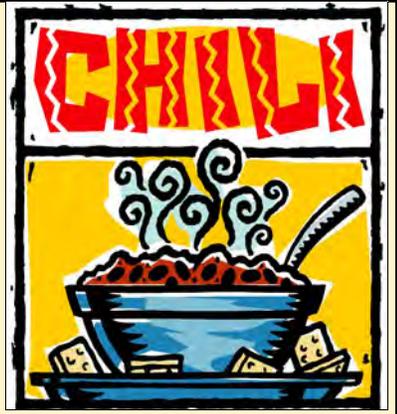
February 15th – The History of Mardi Gras and Lent

February 22th – Mystery!!

Our Girl

HOPE MARYLYN ITAMI
 January 22, 2015 at 3:25 pm
 6 pounds 9 ounces and 18 1/2 inches
 NICK, CARLY, ANGEL SISTERS EVELYN JUNE AND MARY GRACE

**“Super Bowl!”
 Chili Cook-Off
 — a Smyrna
 Church Fund-
 raiser**



On Sunday, Feb. 1,
 Bring your appetite
 and “vote” with con-
 tributions for your favorite chili made by a
 range of teams. Try ‘em all!
Table service will be provided

Confirmation Class



In January, the confirmation class covered a couple of topics. They spent some time talking about the Torah and will be reading the first five books of the Bible before the next class, which is February 8th. They also spent some time talking about drugs from a faith perspective.

On Sunday, February 22nd, they will be visiting the Sikh Temple in Salem with Amber Enfield and Jeff Marshall. The services are held in the Punjabi language, and men and women sit on the floor in separate parts of the building. Following the service, there will be a meal of Indian foods, which is offered to all members and guests each Sunday. We will look forward to hearing back from the Confirmation class about their experience.

**Renew a steadfast
 spirit within me.**

Psalm 51:10, NIV

"Renew Your Spirit" Lenten Series

"Renew Your Spirit" is the theme for our Lenten Series this year. We will begin the Lenten season with a Shrove Tuesday pancake supper at 6 pm on Tuesday, February 17th. (Gluten Free pancakes and sugar-free syrup also be available). The same evening, following the supper, we will have our Ash Wednesday service.

Then on Tuesday evenings beginning February 24th and running through March 24th, we will have soup suppers at 6 pm with a program on "Renewing Your Spirit" to follow each evening. (Exact topics TBA.) Our Holy Week evening service (for Maundy Thursday and Good Friday) will be on Thursday evening, April 2nd.

BE THE CHURCH God is still speaking,
 UNITED CHURCH
 OF CHRIST
Protect the environment. Care for the poor.
 Embrace diversity. **Reject racism. Forgive often.**
 Love God. **Fight for the powerless.**
 Share earthly and spiritual resources. Enjoy this life.

THIS MONTH'S RECOMMENDATIONS FROM THE PASTOR'S BOOKSHELF

Loving What Is: Four Questions that Can Change Your Life By Byron Katie with Stephen Mitchell
New York: Harmony Books, 2002

Byron Katie was the single mother of three kids with two broken marriages behind her when she hit bottom at the end of a “ten-year-long downward spiral into rage, paranoia, and despair.” According to her now-husband, Stephen Mitchell, with whom she co-wrote this book, “For two years, she was so depressed that she could seldom manage to leave her house; she stayed in bed for weeks at a time, doing business by telephone from her bedroom, unable even to bathe or brush her teeth. Her children would tiptoe past her door to avoid her outbursts of rage. Finally, she checked into a halfway house for women with eating disorders, the only facility that her insurance company would pay for. The other residents were so frightened of her that she was placed alone in an attic room.” (p. x.)

There, Katie (who goes by her last name), experienced a transformation that changed her life. She realized that her suffering was self-inflicted through her thinking, and identified four questions that could help her cut through the pain:

1. “Is it true?” Much of what we tell ourselves might not be true. (Look at the story)
2. If we think that it is true, ask again: “Can you absolutely know that it’s true? (Look at the evidence)
3. “How do you react, what happens, when you believe that thought?” (Look at yourself)
4. “Who would you be without the thought?” (Look at the possibilities)

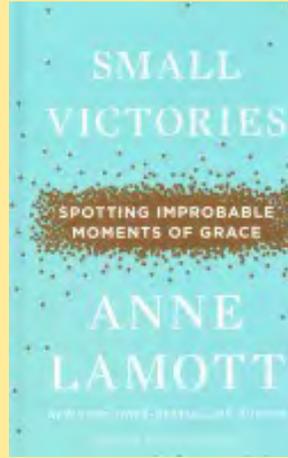
Then turn the thought around in three different ways....

When Katie returned home, her family and friends felt that she was a different person. She found that through inner questioning, she realized that all her old thoughts about her life were untrue, and she set about to share this form of inquiry, which she calls, “The Work” with others who asked her about this transformation in her life. She notes that “inquiry fits precisely with current research into the biology of mind. Contemporary neuroscience identifies a particular part of the brain, sometimes called ‘the interpreter,’ as the source of the familiar internal narrative that gives us our sense of self.” (p. xii)

This book walks the reader through verbatim conversations with people who are doing “the Work” to examine their thinking in a variety of situations, including relationships with spouses and children, workplace settings, and with one’s self. As she points out, “Which is more em-

powering? – ‘I wish I hadn’t lost my job’ or ‘I lost my job; what can I do now?’” (p. 2) It doesn’t mean that you condone or approve of what happens, but the “story” that you tell yourself makes all the difference in the world about how you act and move forward in your life.

Katie has several other books, as well. For more information, go to www.thework.com, where everything you need to do “The Work” is available free to download.



New York: Riverhead Books, 2014

Anne Lamott has been writing about grace for over twenty years, because she has been alive, and to be alive means that one needs grace. She found her way to a small church years ago during a difficult time in her life, and still find sustenance through what is found there through faith. And she shares it through her fresh and honest writing, with a healthy twist of humor.

The essays in this book talk about ladders, trail ducks, matches, and ashes, but what is really explored is friendship, parenting, grandparenting, grieving, living, giving, and forgiving in a way that will make you want to read the book very slowly so that it will last a long time.

For example, in her essay, “Forgiven,” Lamott explains how she really had trouble with another mom in her son’s kindergarten class, who wore Spandex workout clothes every day because *she could* and whose son read better than her son. But what really got her was when this woman said to her, “I read your book. Maybe it’s a good thing your son doesn’t read.” Anne knew she should forgive this woman. She knew that “not forgiving is like drinking rat poison and then waiting for the rat to die. Suggestive fortune cookies, postcards, bumper stickers began to pop up here and there – everything but skywriting – yet I kept feeling that I could not, would not, forgive her in a box, could not, would not, forgive her with a fox, not on a train, not in the rain.” (51) I will leave it to you to read how her experience turns out, but suffice it to say that it is wonderful and, will bless your soul. So will the other 22 essays.

I would also recommend Lamott’s other books, particular these: Traveling Mercies: Some Thoughts on Faith; Plan B: Further Thoughts on Faith; Grace (Eventually): Thoughts on Faith; Help, Thanks, Wow: The Three Essential Prayers; and Stitches: A Handbook on Meaning, Hope and Repair. She has also written several novels, and a few other nonfiction books, but I’m really partial to the collections of essays named above.

**SMYRNA UCC CEMETERY IN WINTER.
JANUARY 25, 2015**



Greetings from Carol

and her teddy bear and Cabbage Patch families I am busy with church activities at St. Michael and All Angels Episcopal Church in the Hollywood area of Portland. I go to church almost every Sunday and attend special events there.

In July we had a church picnic. I also celebrated my 69th birthday in July with a nice party at American Dream Pizza Parlor.

May 31, a friend took me to Canby to put flowers on my parents' graves, visit friends and do some shopping and have lunch.

June 24 I went to the Ice Cream Strawberry Social at the Smyrna Church in the Yoder-Canby area. I had a nice visit with friends and my cousins. I also attended the celebration of the 125th anniversary of the Yoder Lumber Mill.

I have been busy with my knitting and sewing and sold lots of my things at the All Saints Bazaar the first of November. It was my 15th year at that Bazaar and I made quite a bit of money. I also sold items at a bazaar at my church which was held December 6.

Friday, December 5, I went with a group from Providence ElderPlace to the Festival of the Trees at the Oregon Convention Center. I had my picture taken with Santa.

Have a wonderful new year!

Carol Loe



for facilitating the Christmas tree in Friendship Hall:

- Jim Daniels
- Rod Bullard
- Paul Yoder

For helping make the Christmas Pageant wonderful:

- Audrey Yoder
- Angie Stierle
- and all our other participants

We had one Youth Group meeting in January 2015. Beginning in February we will move Youth Group meeting time to after Worship approx. 12:30-1:30 p.m.

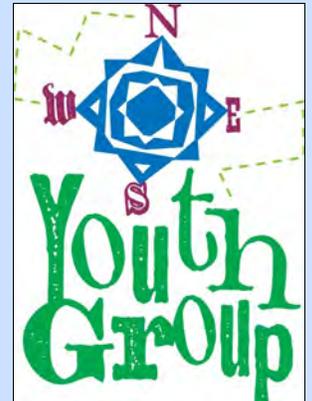
Upcoming plans:

Though the year has started slowly, we have several events planned for February.

- ⇒ The first is our participation in Smyrna's Annual Chili Cook-Off. Youth should arrive about 15 minutes before church so that we can make a sign for the table.
- ⇒ The last Sunday in February we have tentatively planned to take the youth to the Sikh temple in Salem. It should be an interesting experience.

For the congregation:

We are considering having a Valentine's Day Dinner hosted by the youth group at Smyrna. But we need to make sure that people are interested in attending and get an approximate headcount. If this is something you would like to attend, please see the Narthex bulletin board to reserve seats or contact Amber Enfield.



February 2015 at Smyrna

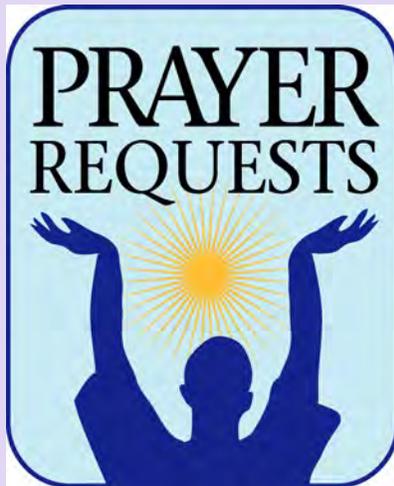
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:45 a.m. Adult Education 11 a.m. Worship and Sunday School</p> <p>Chili Cook-off</p> <p>Flowers: Irene Schriever</p>	<p>2</p> <p>7:30 AA and AI Anon</p> <p>b.d. Aurora Stanbro, Helen Daniels</p> <p>Winter Days of Giving</p>	<p>3</p> <p>1 p.m. Stitch Club @ Elaine Daniels'</p> <p>10 a.m. O.A. meeting at Smyrna</p>	<p>4</p> <p>b.d. Loretta Wallace</p>	<p>5</p> <p>b.d. Jean Akers</p>	<p>6</p> <p>Middle School Retreat at Camp Adams</p>	<p>7</p> <p>Middle School Retreat at Camp Adams</p>
<p>8</p> <p>9:45a.m. Adult Education 11 a.m. Worship and Sunday School 12:30-1:30 p.m. Youth Group</p> <p>Coffee Hour: Linda Dunn Flowers: Arlene Peterson</p>	<p>9</p> <p>7:30 AA and AI Anon</p>	<p>10</p> <p>10 a.m. O.A. meeting at Smyrna</p> <p>b.d. Rod Bullard, Elaine Daniels, Sandra Mahar</p>	<p>11</p>	<p>12</p> <p>12 Noon Women's Fellowship Luncheon</p> <p>b.d. Catherine Mosiman</p>	<p>13</p> <p>b.d. Peter Holt</p>	<p>14</p> <p>b.d. Holly Schriever, Virgil Foster</p> <p>Valentine's Day</p> <p>Wedding Ann: Hank & Angela Baker</p>
<p>15</p> <p>9:45a.m. Adult Education 11 a.m. Worship and Sunday School 12:30-1:30 p.m. Youth Group</p> <p>Coffee Hour: Volunteer needed Flowers: Rebekah Yoder</p>	<p>16</p> <p>7:30 AA and AI Anon</p> <p>b.d. Joe Yoder</p> <p>President's Day</p>	<p>17</p> <p>10 a.m. O.A. meeting at Smyrna</p> <p>6 p.m. Shrove Tuesday Pancake Supper at Smyrna</p>	<p>18</p> <p>Ash Wednesday</p>	<p>19</p>	<p>20</p> <p>b.d. Beryl Fisher</p>	<p>21</p>
<p>22</p> <p>9:45 a.m. Adult Education 11 a.m. Worship and Sunday School</p> <p>b.d. Ruth Hepler</p> <p>Coffee Hour: Diaconate Flowers: Virginia Yoder</p> <p>Washington's Birthday</p> <p>Youth Group Field Trip</p>	<p>23</p> <p>7:30 AA and AI Anon</p> <p>b.d. Eldon Blatchford</p>	<p>24</p> <p>10 a.m. O.A. meeting at Smyrna</p> <p>6 p.m. Lenten Soup Supper</p> <p>b.d. Johnny Bickers</p>	<p>25</p>	<p>26</p> <p>12 Noon Women's Fellowship Luncheon</p>	<p>27</p> <p>Wedding Ann: Joe & Joann Gribble</p>	<p>28</p> <p>b. d. Doug Stoneking</p>

Jan 2015

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Mar 2015

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Jean Epley
Joann & Joe Gribble
Debbie Hancox
Ruth Hepler
Mickey Hester
Blanche Kober
Orville & Dorothy Krebs
Bob Kyrk
Chuck & Helen Odell
Steve & Mary Pustay
Don Stoneking
Linda Younger

If you know anyone who should be on the prayer list in the Behold, please let Jeannie or Elaine know.

If they would enjoy receiving cards notify someone in the Diaconate.

For pastoral visits, contact Pastor Deb 503-689-4450 or debpatersonhome@gmail.com.

Mission Statement

Smyrna United Church of Christ is striving to be:

- ♦ A place of peace where we teach the word of God and the story of God's love.
- ♦ A spiritual haven where we accept and care for all humanity in an outreach of grace.
- ♦ A lighthouse of God's light, where worship, teaching, learning and spiritual growth take place in community powered by thought and action.
- ♦ A Christian people, working for God's realm in ecumenical harmony with other people of faith and conviction.