

BEHOLD!!

Smyrna

A Newsletter of Smyrna United Church of Christ

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

April 2015



What a blessing our Tuesday evening, “Renew Your Spirit” series has been! We have talked about how we have been renewed through volunteering and helping others, we have renewed our spirits through the creation of a flock of beautiful peace flags, inspired by Audrey Yoder. We have renewed our spirits through Yoga led by Anne Bangs and Tai Chi led by Virgil Foster. And we have renewed our spirits through looking at prayer and meditation, led by Ione Jenson. I hope you will all join us for the last part of the Lenten Season: our Maundy Thursday supper and communion service (see article inside), and Easter Sunday for worship at 9:15 am with a brunch to follow. And I would be remiss if I did not share a word of thanks to all those who made soup for the soup suppers. Thank you!!

Our Memory Café began on the first Friday of March, with 21 in attendance. It was a lot of fun, and hopefully, folks took away good information to remember for later. The next gathering of the Memory Café will be the first Friday of April – April 3rd, when Kristi Murphy from the Aging and Disability Resource Connection of Oregon (www.ARDcofOregon.org) will talk about strategies for staying independent as we age. Come join us!

The youth had a great trip to the Sikh Temple – you can read some of their thoughts in this issue of BEHOLD. They will be having a service day over spring break, and on April 12th, they will be going to the Oregon Jewish Museum for a special exhibit on Anne Frank. You are welcome to join us – we will be leaving right after church for Portland that day.

We had hundreds and hundreds of cans donated for the Molalla Service Center, and a whole herd of animals for Heifer Project International! And don't forget to save the date – September 4th – for the “Drive the Hunger Away” golf tournament. Tell your co-workers and friends so that they can come have fun, and help us fill the shelves of the food pantries in Canby, Molalla, and Silverton.

The Little Free Library has new books each month (take a look next time you're near), and Rebekah Yoder is starting a new book group at Smyrna. There is also a prayer group forming, sponsored by the Health Committee. And Coffee & Friends is open to everyone....

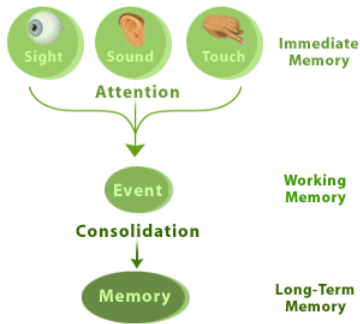
March also brought us a wonderful celebration of Lucia Schuebel's 100th birthday on March 12th (with a filled-to-the-rafters party here on the 14th) and the baptism of Hope Marylyn Itami on March 29th. From generation to generation, God is faithful.

Why do we gather together? We gather together to worship God, and to remind ourselves that we are not alone on our faith journeys. We are people of God, neighbors, and friends. We are all a part of the family of God.

May your April be blessed, Pastor Deb

Memory Café – Friday, April 3rd – Noon to 1:30 pm

Come join us on the First Friday of April for the next edition of the Memory Café, open to all!



This month we will welcome our guest speaker, Kristi Murphy, from the Aging and Disability Resource Connection of Oregon (www.ARDcofOregon.org). Kristi will talk about strategies and resources for staying independent as we age.

Come join us at noon for a delicious lunch prepared by Louise Adams and visit with friends. At 12:30 we will learn more about how to keep your brain healthy as long as possible, have some fun, and get information to take away for later use.

Please RSVP to Deb Patterson at 503-689-4450 or debpatersonhome@gmail.com by April 1st. And invite your friends – all are welcome!

Tai Chi Class offered at Smyrna

Reduce stress and the risk of falls while improving your balance, through the practice of Tai Chi. Virgil Foster, a longtime Tai Chi student and teacher, will be teaching Tai Chi twice a week at Smyrna. Classes will be offered on a pay as you go basis.



5p.m. Mondays beginning March 30
3:45 p.m. Wednesdays beginning April 1

For more information, contact
Virgil Foster, RNBA, 503-810-9376

GUESS WHO ???

At the All-Church Birthday Party, in May (more to come!) the Youth Group will host a contest to match baby pictures with congregation members. Donations will be collected for the Youth Group Fund when people submit their guesses. There will be a prize for the winner. Give or email a baby picture (infant to age 3) to Amber Enfield between now and May 5th. No charge to submit a photo



Maundy Thursday Service – March 26 at 6:00 pm

Come join us for a Maundy Thursday dinner and communion service on Thursday, March 26th at 6:00 pm. Our dinner will be potluck, with a Mediterranean theme, similar to the foods that Jesus would have eaten. We will eat together in the fellowship hall, and have

communion together at the tables.

Please bring a dish to share, and your own table settings so help make cleanup easy.

If you are wondering, “What kind of foods are on the Mediterranean diet?” (which is a very healthy diet, by the way), the Mayo Clinic says this:

“The Mediterranean diet emphasizes:

- Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts (in moderation).
- Replacing butter with healthy fats, such as olive oil
- Using herbs and spices instead of salt to flavor foods
- Limiting red meat to no more than a few times a month
- Eating fish and poultry at least twice a week”

Just use your imagination, or you can find recipes and more information at the Oldways Preservation Trust:

www.oldwayspt.org/recipes.

Easter Sunday Worship at 9:15 am on April 5th

Come join us for Easter Worship at 9:15 am. (No Adult Education or Sunday School that day.) Brunch follows the service, with an Easter egg hunt for the kids.

Volunteer opportunity!



All are invited to help with Smyrna’s Spring Road Clean-up along Highway 170 from Heinz Road to Highway 211. Meet in the church parking lot at 9 am on Saturday, April 18. Rod will co-ordinate the pick-up.

REPORT OF THE ENVIRONMENTAL MINISTRIES COMMITTEE

The Smyrna Environmental Ministries committee met Sunday February 22, firming up the regular meeting time going forward (fourth Sunday of the month at 12:30 pm), and appointing Katherine Holt as the Chair. Liz Burrows Chapin will be the secretary and communicate with BEHOLD. We discussed many ideas and ways that we could at once help our members reduce our collective carbon footprint and raise awareness of climate issues that face us. We discussed implementing projects, and came up with many great ideas. Stay tuned....Liz Burrows Chapin

Update by Pastor Deb:

We met again on March 22, 2015 to discuss the following items:

- A church inventory of environmental issues (such as light bulbs) by the youth.
- Learning more about solar panels.
- Learning more about Smyrna's recycling efforts.
- Wanting to grow our participation with the Mason bee efforts next spring.
- Consideration of starting a community garden with raised beds.
- Staying up-to-date with environmental ministries work of Ecumenical Ministries of Oregon, Oregon Interfaith Power & Light, and the Climate Action Network of the Central Pacific Conference of the UCC.
- Reports on the Advocacy Day in Salem on March 3rd attended by Katherine and Deb
- A training on disaster resilience to be offered at Smyrna on April 19th by Justin Ross from OHSU arranged by Katherine Holt.

Our next meeting is the fourth Sunday, April 26th.

DISASTER RESILIENCE TRAINING

Justin Ross, the Emergency Preparedness Program Coordinator from OHSU will be joining us on Sunday, April 19th from 12:30 to 1:30 pm to talk about "Disaster Resilience" and what we might do in our homes and in our church to prepare in case of an earthquake or other disaster in the area. This is being co-sponsored by the Environmental Ministries Committee, the Health Ministries Committee, and the Mission Outreach Committee. Justin will remain for a few minutes following his one-hour presentation to answer questions.



Adult Education

IN APRIL

9:45 am in the Pastor's Study

- April 5th – Easter Sunday – No Adult education class
- April 12th – Bible Study – Stephen Patterson
- April 19th – Mindfulness
- April 26th – "Mystery"

ENERGY-SAVING TIPS FROM THE ENVIRONMENTAL MINISTRIES COMMITTEE

Did you know that your water heater probably uses more energy than anything else in your house? On average, it costs more than \$200 a year to run, for just two people!

On-demand hot water heaters have been used for years in Europe and are growing in popularity here. But even if you don't change out your water heater, here are a couple of quick tips:

Use the right water heater for your home, insulate it and lower its temperature to 120 degrees, and use less water to avoid paying too much. And keep your kitchen tap turned to cold as a default, otherwise it draws hot water even if you don't need it.

More information at:

http://energy.gov/sites/prod/files/2014/09/f18/61628_BK_EERE-EnergySavers_w150.pdf

Music Program Review and Planning Process to Begin



The Church Council has authorized the formation of a committee to conduct a review and planning process for the music program at Smyrna, starting by the summer of 2015. Martin Tobias will conclude his position with the choir at the end of May 2015. We are grateful for his service to Smyrna over the past two years.

Please let Pastor Deb or a member of the Church Council know if you are interested in serving on this Music Committee. Feedback from the entire congregation will be solicited as part of this process over the course of the next few months as we plan for the future of the music program.

Our summer months will continue as in the past, with special music throughout the summer, and we will explore ways to fully utilize our diverse musical assets (chancel choir, hand bells, organ, piano, and other vocal and instrumental soloists and groups), as well as explore ways to more fully include children and youth in the music ministry of the congregation year-round.

April 2015 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																										
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During the month of March, the Rev. Dr. Deborah Patterson — our own “Pastor Deb” — has had an article published in The Canby Herald’s church page two weeks in a row. If you haven’t got copies, check out the bulletin board in the Narthex.

HEALTH COMMITTEE

Some highlights from the Smyrna Health Committee meeting of March 15, 2015 included discussions on our Mission Statement, organizing a prayer group, and facilitating a survey for volunteer helpers at Smyrna, plus including a Health Tip in our monthly Behold newsletter.

Virginia Yoder



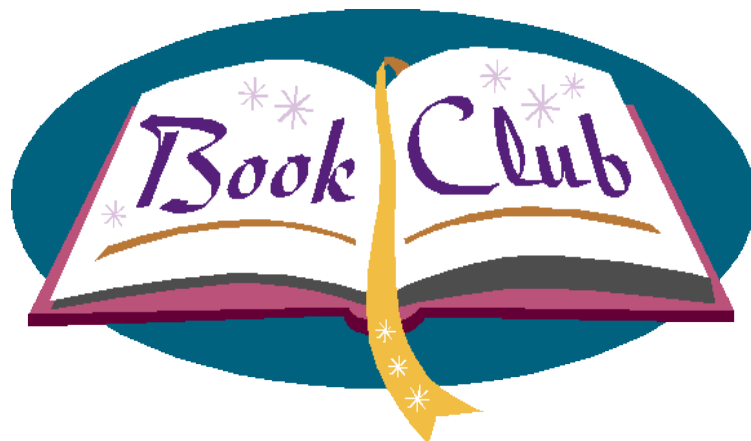
Health Tip: SLEEP

“When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.” Proverbs 3:24

Sleep is essential to your well-being. It is necessary for the body to recharge its batteries, heal its wounds, rest the spirit, and regroup for another day. Everyone needs a slightly different amount to sleep, but everyone needs good quality rest. This means deep, uninterrupted sleep for about 7-9 hours a night. Without good sleep you will experience fatigue, moodiness, irritability, poor memory, decreased dexterity, decreased energy level, and possibly depression.

If sleep problems occur more than three times in a week, consider seeing a doctor to determine if the problem might be medical in nature. Continued sleeplessness and fatigue may cause additional risks for high blood pressure, cardio-vascular problems, weight gain, or depression.

The worries and challenges of daily lives often cause problems during the waking hours which can carry over in to the nighttime. Turn your worries over to God, whose presence can help you achieve a restful night. (Source: Mayo Clinic www.mayoclinic.com)



Smyrna UCC Book Club Notes

Hello friends,

A month or so ago, Pastor Deb asked me if I would be interested in starting and hosting a book club for our church community. I was thrilled to be asked and agreed right away. I am proud to announce that the first meeting of our book club on Saturday, the 11th of April, at 1 pm. Please bring a snack to share with everyone, potluck style. Our meeting will be friendly and low key. Please feel free to bring a friend if they are interested.

Everyone is Always welcome!

Our first book is ‘ Animal, Vegetable, Miracle, A year Of Food Life, by Barbara Kingsolver. I hope everyone will have a chance to find a copy of the book, and start reading. I realize that this book has a lot of depth, and I don’t expect anyone to have finished reading it in time for our first meeting. I simply look forward to seeing your smiling faces, sharing some yummy things, and having a good talk.

We will be meeting every 4 to 6 weeks. This will hopefully give people a good length of time to read the selected book before the next meeting. I will announce the new book at each meeting. I will have some craft and activities for us to enjoy at our meetings, and I Always welcome ideas for new titles. One of our goals will be a service project to support literacy in the area. More details to come at our meeting.

If you have any questions about the book, the book club meetings, or what we might be doing next, please feel free to email me at :

Rebmy75@gmail.com <Rebmy75@gmail.com> . You can also reach me on my cell [503-504-0693](tel:503-504-0693), and you can either call or text.



As a result of the “chili challenge,” 435 cans were delivered to the Molalla Food Bank. Thank you to everyone who helped us reach our goal . . . plus even more!



YOUTH GROUP

Spring has sprung and the Youth Group has already made good use of the fantastic weather. On March 24th, six youth participated in our second annual Service Day. We started our day at 9 am and finished the day with the Lenten Soup Supper at 6 pm. Amongst our many activities were: making Easter decorations and centerpieces, making Lenten pretzels, playing games, weeding at the Canby Center, and cleaning fences at the home of Ethel and Ernie Henderson. I never fail to be impressed at how hard our youth work. They were amazing!



On April 5th, our group will help serve Easter Brunch **after** worship. There will not be breakfast before worship. The Sunday after Easter, April 12, the Youth Group will visit the Anne Frank exhibit at the Oregon Jewish Museum. The last two Sundays of the month will be regular Youth Group meetings after worship.



The Smyrna United Church of Christ/Glenda Yoder Sano Scholarship Committee will be accepting applications through **May 4th, 2015**. The applications are available in the narthex of the church or by contacting Rick Gano.



Eligibility Requirements are: the applicant must be a current or recently graduated high school senior or in a post high school program making satisfactory progress, and the applicant must be an active participant in Smyrna UCC with active participation during the past year in the life of Smyrna UCC (Examples would be participation or assistance with the worship, Sunday School, grounds cleanup, Strawberry Social, Chili Cook-off, Vacation Bible School, etc.).

This is the twelfth year that Smyrna has provided church members scholarships for furthering their education after high school. The church scholarship is granted in memory of **Glenda Yoder Sano**, a 1963 Molalla High graduate and a long time member of the Smyrna Church family, who, as many of you know, was instrumental in starting and continuing many youth programs in our church.

[Rick Gano, Smyrna UCC Scholarship Committee](#)



Notes from Some of the Youth on the Visit to the Sikh Temple on February 22nd.

With thanks to Amber Enfield, Jeff Marshall, and Rebekah Yoder, who accompanied the group!

“I believe that the Sikh religion has some beliefs that are logical and some that are not. Their reasons for being vegetarians are logical to me. Their reasoning is that if there is an apple tree and a pig, you take the tree’s apples instead of the pig’s life. The tree will live without the apples. I don’t understand the part about God being a part of all creatures. I just don’t think it’s logical.

I like the freedom of their services and how you can come and go as you wish, but I think that considering the Scripture, their Bible, alive and putting it to bed every night is a bit odd. We had two meals while we were there. I thought that some of the food was good and some of it was odd. I liked our trip there and thought it was intriguing.” *Donald Hammock*

“The visit to the Sikh Temple was really interesting. What spiked my interest the most was that during WWII the British recruited Sikhs to fight. They did this because when they colonized India the Sikh’s fought back with great ferocity. To honor the Sikh’s for fighting they have full religious freedom in Britain and its colonies.” *Josh Marshall*

“The Sikh temple was cool. I liked it because you can come and go and you are never late. Also, anything they are ever saying is a poem. My favorite thing was trying new food and seeing everything. The scripture sleeps in a bed.” *Spencer Chapin*

“The Sikhs are very different from us. They eat before they do church. They don’t have a sermon. They just read their Bible. They put it in a better bed than I have. They don’t eat meat and they don’t cut or trim their hair.” *Paul Yoder*

In preparation for our trip to the Oregon Jewish Museum, the confirmation class had a quick overview of Judaism.

BACKGROUND: Jesus was a Jew. His mother was Jewish, and so were all his relatives. He was killed as a Jew, the “King of the Jews.” Judaism is our faith ancestry as Christians, but most Christians don’t know much about that faith tradition.

“Judaism is a tradition grappling with questions rather than asserting answers.”

So, what are some of the big questions?

- How was the world created? (Creation)
- What is humanity’s relationship with God? (Covenant)
- How can we know things about God? (Revelation)
- Why do bad things happen? (Exile)
- What hope do we have? (Redemption)

Where do we learn more about these big questions?

- In the *Torah*. The *Torah* is the law of God in the first five books of the Hebrew Bible (the Pentateuch)
- From rabbis, who are teachers and interpreters. Here are two rabbinic interpretations:
 - Mishnah* - A written compilation of the oral tradition – the “Oral *Torah*”
 - Midrash* - An ancient written commentary on the *Torah*
- From our families and communities: Holidays are an important time to tell the stories, and teach the children.
- From the *Talmud*. The *Talmud* is a huge collection of doctrines and laws compiled and written before the 8th

Century, A.D., by ancient Jewish teachers. The *Talmud*, which often cites the Old Testament, is the basic book of Jewish law. *Halacha* is Jewish law, based on the *Talmud*.

Negative views of others toward Jews: Anti-Judaism and Anti-Semitism. Christians and Muslims have been pretty awful to Jews many times over the centuries. It’s important for us to see that part of our history, as well.

What about Israel? Return to the Homeland: Jewish Nationalism. Why?

What is the Jewish Identity today? There are many different kinds of Jews today, including Orthodox, Conservative, and Reform Jews, with the latter being the most “liberal.” Most Jews, like Muslims and Christians, consider themselves to culturally be part of their faith, but are not actively practicing their religion, such as eating only *kosher* food. What is *kosher*? Food which is prepared according to Jewish law, e.g., no pork, properly killed and prepared, don’t eat the blood, and other certain parts of the animals, don’t eat meat with dairy, and keep their cooking pots separate.

Adapted from <http://jewishstudies.washington.edu/uncategorized/introduction-judaism-syllabus/>

Keep These Friends in Your Heart



Barbara Daniels
Bob Kryk
Orville & Dorothy Krebs
Joann & Joe Gribble
Thelma Grove
Ernie & Ethel Henderson
Ruth Hepler
Mickey Hester
Blanche Kober
Cathy Mosiman

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 a Diaconate member. For visits, contact Pastor Deb.

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.