

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.

August 2015



Dear Friends,

Recently, we had a visit from an old friend back in the Midwest, who is an ordained deacon in his Catholic Church. It's a large Catholic church near Minneapolis. Very large. It has 12,000 members, to be somewhat exact. They have a staff that is nearly as large as our congregation.

But that's what's great about Smyrna. I think it is the best-kept secret in the world! While people are always searching the globe for that "great little restaurant," or that "fabulous boutique hotel" or "personal concierge service," we have all of those qualities. We're a little boutique congregation with concierge care. You will always be seated at a great table for communion (or coffee hour). Usually those great places are a little "out-of-the-way." Smyrna is, too. You have look a little to find it. It's on a highway (170) that doesn't even legally exist anymore.

But once you get here, you know you have found someplace special. Smyrna is a place where everybody learns your name, and where you learn who everybody else is, too. It is a place where you are needed. And wanted. And loved. And prayed with. And prayed for.

We have to take care of each other. We don't have dozens of staff members, like that large church. Together, we all have to pitch in to make things happen, like Peace Camp, the Salad Suppers, Picnic in the Grove, Drive the Hunger Away Golf Tournament, Sunday School, Memory Café, the Annual Bazaar, and all the myriad other things that take place here at Smyrna.

And we have to take care of ourselves. Sometimes we have to rest, and that's why I'll be out for a couple weeks with the family – just sitting and looking at the ocean. But I know that the church is in good hands – God's hands and your hands – and that's where it always is, anyway. When I get back, I will be returning to a wonderful jewel – a pearl beyond price. Go ahead, tell your friends about this great little place! Smyrna is worth the search.

Blessings,
Pastor Deb

P.S. We've got some exciting musical events coming up later this month and in early September. See inside for more details!



YOUTH GROUP COOKBOOK PROJECT

Smyrna's Youth Group is working on a big fundraising project: a cookbook. These books will be available for purchase in the fall and we need your easy, family-friendly recipes!

You can email recipes to Amber (email address is in Smyrna's

Annual Report book) or leave them in the box in the Narthex by **August 16**. Funds will be used for the National Youth Event in 2016 at Walt Disney World.

Peace Jam T-shirt Sale!

Smyrna's attractive Peace Camp t-shirts are

available for the low price of \$15. There are Youth sizes (small, medium, and large) and a few adult sizes in small, medium, large and 2x.



Caring for Creation – Smyrna Salad Suppers

If you missed the “Caring for Creation” Salad Suppers brought to you by Smyrna’s Environmental Ministries Committee, you missed some wonderful opportunities to learn a lot in a short time about ways we can reduce our carbon footprint and help the earth. But thanks to Andrew Mahar and Kaden Fisher, the presentations are all available on-line on our Smyrna UCC Facebook page. Thanks so much to you both!

Here are a few of the highlights and ways to get more information:

On July 1st, Doug Boleyn, a board member at Solar Oregon, spoke on the “Basics of Solar Energy.” He talked about how solar energy works, and various models for assessing whether adding solar energy to your home is right for you. One of the surprising things I learned is that, of course it pays for itself over time (even in rainy Oregon), but that even if you are planning to sell your home in the next few years, having solar energy adds value to your home.

Currently, there are a lot of incentives to help make this a good time to add solar panels to your home – with up to 80% of the cost covered by state and federal incentives. The Energy Trust of Oregon can help you assess whether this is feasible for your home, as there are considerations, such as the age of your roof, and the amount of shade covering your house, etc. They will also help you find reputable and approved contractors to do the work.

Tyler Graham, who is on the staff at Solar Oregon, also came along for the presentation. For more information, you can reach him at tyler@solaroregon.org, or call him at 503-231-5662.

Here are websites for more information: www.SolarOregon.org and www.energytrust.org.

On July 8th, Joel Daniels gave a presentation about increasing the energy efficiency of one’s home. He shared information from the Energy Trust of Oregon about current cash incentives for installing insulation, windows, fireplaces, heaters, fireplaces, boilers, heat pumps, ductless heat pumps, water heaters, solar electric, and appliances. In addition, some thermostat models are eligible for self-installation. Call the Energy Trust of Oregon at 1-866-368-7878 for more details or visit their website at <http://energytrust.org/residential/Incentives/>.

He also shared information about the different forms of light bulbs and passed out a handout which describes the various forms of lighting and a chart which compares watts (used to describe the brightness of old bulbs) with lumens (new measure of brightness). Visit energystar.gov/lighting for more information.

Finally, he walked the group through a sample on-line home energy audit available through the Energy Trust of Oregon. They also can schedule an in-home visit. More information at <https://oregon.energysavvy.com/>.



Solar Energy

Results of the Music and Worship Planning Survey

Thank you to those who were able to return the survey from the Music and Worship Planning Committee. Here is a summary of the results, which will help in our planning as we move ahead.

We received 34 responses, which is more than 1/3 of the congregation, and is a good response. Not everyone answered every question, so the totals you will see below don't always add up to 34. We also received a few written comments, and all the surveys are available to review in the church office.

To simplify, I have grouped together "Not important (1)" and "Somewhat important (2)," calling them "Not important," and "Important (3)" and "Very important (4)," calling them, "Important" so that we could see consensus more easily.

1. We need to sing more new hymns. Not important: 14, Important: 19
2. We need to sing more old favorite hymns. Not important: 7, Important: 27
3. We would like the choir to sing every week. Not important: 8, Important: 23
4. We would like the choir to sing twice a month, alternating w/special music.
Not important: 12, Important: 20
5. We need a choir director and handbell director. Not important: 6, Important: 25
6. We would like to have an occasional outside soloist or group providing special music.
Not important: 12, Important: 22
7. We need someone to lead music with the kids at Peace Camp and in Sunday School. Not important: 5, Important: 27
8. We like to have the youth present music in the worship service. Not important: 6, Important: 27
9. We need someone to coordinate soloists and special music. Not important: 12, Important: 23
10. We would like to welcome young musicians to work with the music program.
Not important: 1, Important: 33
11. The choir needs new robes. Not important: 19, Important: 22



What I glean from this is that the congregation likes the choir and handbell choir, and would like the choir to sing at least twice a month, preferably more, so we should probably stick with our three times a month pattern. There is strong interest in singing more old hymns, with openness to singing new ones. (One comment reminded us that we need a little more time to learn new hymns.) Most of those surveyed like to have an occasional outside soloist or group, and whether or not the choir needs new robes was split pretty evenly. One person commented that the choir might know best, as they are wearing them?

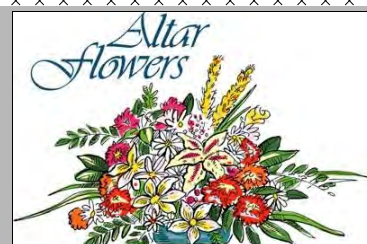
What is really surprising is the amount of interest in having someone help to lead music with the kids at Peace Camp and in Sunday School (5-27), to have the youth present music in the worship service (6-27), and an openness to having younger musicians work with the music program (1-33!).

Based on these results, we will begin searching for a part-time choir and handbell director for three Sundays a month, with a strong interest in supporting the participation of children and youth, as well. We hope to interview in late August to have someone begin in early fall.



Coffee Hour and Flower Volunteers needed

There are opportunities to provide Flowers for the sanctuary and Coffee Hour after worship services. Check the sign-up sheet in the Narthex for your spot.





Thank You!

Thanks to everyone who helped with the “Picnic in the Grove.” That means everyone who helped set up, decorate, furnish food, cook, serve, eat, and clean up. It wouldn’t have happened without all of you!



Heat Exhaustion/Sunstroke

www.cdc.gov/niosh/topics/heatstress/dept.ofhumanservices

The sun in moderation can be healthy but it is dangerous if the body becomes too warm. Excessive exercise in the sun will increase the body’s temperature which will make you sweat to release that extra heat. Sometimes the response becomes overloaded, shuts down and can be a potentially threatening condition causing heat stroke or sunstroke. Your symptoms can include sweating, shallow breathing, confusion, loss of consciousness, or even death.

The rise in body heat can also occur if you participate in excessive exercise without replacing the body’s fluid. To combat the risk of heat stress or stroke, you must drink 2 to 4 glasses of water each hour to replace the fluids lost in heating.

High risk individuals are infants, toddlers, and the elderly since they can’t control their body heat as well as adults can. Check with your doctor about side effects of any of your medications, stay in the shade when working or playing in the heat. Decrease the possibility of heat illness by dressing in cool clothing and drinking plenty of non-caffeinated liquids.

HEALTH COMMITTEE MEETING:



The Health Committee will meet on August 16, the third Sunday of the month, to discuss possible ideas for our Fall Programs. We will meet in the library at 12:30 p.m.



REPORT:

The Smyrna Prayer Group continues to meet at 11:00 a.m in Pastor Deb's office on the first, third and fifth Tuesdays of the month. Everyone is invited to attend. We, of course, pray with and for others,

but we also have some lively and wonderful discussions that center around topics such as prayer, spiritually and other concerns or questions that anyone would like to discuss. There is no commitment required and you are free to come and participate as you are able. The Health Committee sponsors this group as part of its commitment to provide opportunities for the congregation to grow strong in Body, in Mind, and in Spirit.

eionejenson@aol.com

Ione Jenson

ENVIRONMENTAL TIP FOR THE MONTH:

Observe an Eco Sabbath: For one day, afternoon or even an hour each week, don't buy anything, don't use machines, don't switch on anything electric, don't cook, don't answer your phone and in general refrain from using any resources.

(From Green Eco Tips for a Healthy Planet)





Worship and Picnic July 5, 2015

Yankee Doodle Grace (to the tune of Yankee Doodle Dandy)

Thank you, God, for daily bread
For rain and sunny weather
We thank you Lord for this our food
And that we are together
Thank you, thank you, thank you, God
Thank you, our Creator
Thank you lord, for this our food
And that we are together.



August 2015 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
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2 10 a.m. Worship b.d. Andrew Daniels Coffee Hour & Flowers: Irene Schriever	3 7:30 AA and AI Anon Wedding Ann: Elaine & Joel Daniels	4 10 a.m. O.A. meeting at Smyrna b.d. Lisa Havre	5	6	7	8 b.d. Emily Yoder																																																																																				
9 10 a.m. Worship Coffee Hour: Barb Daniels & Arlene Peterson Flowers: Rebekah Yoder	10 7:30 AA and AI Anon	11 10 a.m. O.A. meeting at Smyrna	12 b.d. Ted Gribble, Sheila Imdieke-Shul	13 b.d. Burt Gottwald, David Archer	14 b.d. Angelica Marine	15																																																																																				
16 10 a.m. Worship 12:30 p.m. Health Committee Mtg in the library. Coffee Hour: Amber Enfield Flowers: Jeannie Rogers DEADLINE TO TURN IN RECIPES FOR YOUTH GROUP COOKBOOK	17 7:30 AA and AI Anon b.d. Bill Chapin	18 10 a.m. O.A. meeting at Smyrna b.d. Rachel Peterson	19	20 Behold!! deadline	21	22 b.d. Twyla Blatchford																																																																																				
23 10 a.m. Worship Coffee Hour Volunteer needed. Flowers: Virginia Yoder Judy & Tony Kraxberger's group The Halfway Home Bluegrass Band provides special music at Smyrna. wedding ann.Doug & Michelle Stoneking	24 7:30 AA and AI Anon	25 10 a.m. O.A. meeting at Smyrna	26 b.d. Joann Gribble	27 b.d. James Yoder	28	29 Wedding Ann. Jim & Susan Buffington																																																																																				
30 10 a.m. Worship b.d. Anne Hudriik, Blanche Kober, Carly Itami Coffee Hour: Diaconate Flowers: Joann Gribble	31 7:30 AA and AI Anon b.d. Don Stoneking																																																																																									



September 4, 2015

Smyrna

Drive the Hunger Away

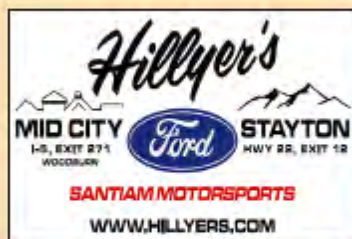
Your Support Will Help Fill Local Food Banks:

Silverton Area Community Aid

Molalla Service Center

Canby Center

Our Sponsors:



**Challenge
yourself
at the beautiful
Arrow Head Golf
Course**

September 4 2015

**18 holes of Golf
& dinner**

**Hole in one
prizes, Raffle, and
more prizes!**

**1 p.m. "Shotgun
Start"**

**Followed by
Dinner & Auction**

Entry Fee:
\$88 nonmembers
\$38 members

**Smyrna Drive the
Hunger Away**

31119 S. Hwy 170
Canby Or 97013

www.smyrna-ncc.org/golf

For more information contact:
David Yoder
971-221-6772
Jeff Marshall
503-828-6093



Jean Epley	Claudette Lach (Scott Stierle's aunt)
Debbie Hancox	
Ernie and Ethel Henderson	Arlene Peterson
Bob Kryk	Steve & Mary Pustay
Orville & Dorothy Krebs	Lucia Schuebel
Joann & Joe Gribble	Scott Stierle
Ruth Hepler	Don Stoneking
Mickey Hester	Vonda Stoneking
Mary Namit	

If you know anyone who should be on the prayer list in the Behold, please let Jean-nie or Elaine know. If they would enjoy receiving cards notify someone in the Diaconate. For pastoral visits, call 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.