

# BEHOLD!!

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](mailto:smyrnaucc@canby.com)

**Website:** [www.smyrna-ucc.org](http://www.smyrna-ucc.org)

31119 S. Highway 170, Canby, OR 97013

## October 2015

### Smyrna



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

### Dear Friends,

OK. I didn't think it was possible. I didn't think it was possible to pull off both the Smyrna "Drive the Hunger Away" golf tournament on the first Friday in September, along with starting up a Poutine booth at the Oktoberfest two weeks later to raise funds for mission projects. I simply didn't think it could be done.

But I was wrong.

AND as well as that, the Stitch Club sponsored, "Beans for Bones;" the Women's Fellowship Luncheons are starting again; we have delegates going to the Central Pacific Conference in Pendleton this weekend; Memory Café started back up with Go4Life; Coffee and Friends met three times; the Prayer Group met twice; and Angie Stierle cooked over 40 Frozen Assets meals. The Sunday School made cards for members with special prayer needs, and start their new curriculum in October, "Jesus and the Kingdom of Equals," which a number of folks had an overview of during Adult Education on September 6<sup>th</sup>. We had the special music of Jon Nilsen on that day, as well.

And that was just SEPTEMBER (and just part of what got done).

We also lost some dear members of our congregation: Roberta Daniels, Ruth Hepler, and Don Stoneking, and remembered other dear loved ones who were close to our hearts who passed away this past month. Several other dear members are very ill, or recovering from surgery. We held them all close in prayer, and we prayed for their families.

This, my friends, is why we need to gather: to pray, to pause, to reflect, to celebrate, to rejoice. To give thanks for what we have done together, and to give thanks for what God has done for us.

So, I'm looking forward to October. What will it bring? I'm waiting to find out what you all have in mind, dear Smyrna folks! I'm beginning to believe that with you, and God, all things are possible!

Blessings,  
Pastor Deb



### ADULT EDUCATION IN OCTOBER

9:45 am in the Pastor's Study

October 4<sup>th</sup> – Breaking Bread – Safely – Barbara Daniels

October 11<sup>th</sup> – "Meet the Confirmands" – A Visit with  
Paul Yoder

October 18<sup>th</sup> – Foods of the Bible

October 25<sup>th</sup> – Bible Study with Steve Patterson

October 31<sup>st</sup> - Mystery



## Smyrna's Annual Halloween Party—

Games! Crafts! Treats!

Bring your costumes to change into after worship on Sunday, October 25, and stay for the party!

Sign up sheets for helpers are on the Narthex Bulletin Board

### PRAYER and DISCUSSION GROUP:

We will meet 9:30-10:30 a.m. on the 2nd and 4th Tuesdays of the month, in Pastor Deb's office. We are an open group and invite anyone interested to join us as often or as seldom as you like. Each week's agenda happens according to the needs or questions presented for discussion, and to offer loving support and prayer for one another and for anyone who might request it. We have done visual prayer, affirmative prayer, and mindfulness prayer among others. All these are found in the scriptures, but have not been normally taught as such. No one may have the answers, but no sincere topic is "off limits." You are welcome to join us.



The latest Habitat for Humanity home is rapidly approaching habitable!

### Mental Health

Mental illnesses can affect any age, race, religion, or economic status and they are one of the leading causes of disability in the world. Without treatment, mental illnesses can result in unemployment, homelessness, incarceration, or suicide. There are more than 200 kinds of mental illnesses.

Depression is one of the most common illnesses. It can be experienced because of a chemical imbalance, environmental factors, or stress. We can't separate out physical, mental, or spiritual health.

Most mental illness can be successfully treated if help is sought early. Since it is not a visible wound, most families have difficulty accepting it as the illness.

Treatment options include medications, talk therapy, or a combination of various treatment modalities. One natural alternative for anxiety or depression is the use of chamomile — discuss this with your doctor first.

Mental illness affects more than the patient, so make sure that everyone who is physically and emotionally connected to the patient seeks assistance for the ramifications of the illness.

Clackamas County Community Resources include:

⇒ Clackamas County Mental Health Organization  
503-742-5335

⇒ Free 24-hour Mental Health Crisis Line  
1-888-414-1553

Resource: National Alliance on Mental Illness — offers support, education, advocacy, and research  
[www.nami.org/](http://www.nami.org/)

Virginia Yoder



Blanche Kober  
Somerset Lodge  
8330 Cason Rd., Room 203  
Gladstone, OR 97027  
Phone: 503-348-5993

Thelma Grove  
Molalla Manor  
301 Ridings Ave  
Molalla OR 97038

## MEMORY CAFÉ HELPS SENIORS STAY INDEPENDENT

Oregon Project Independence was featured during the program for the Memory Café held **Friday, October 2nd from noon to 1:30 pm at Smyrna United Church of Christ**, 31119 S. Highway 170. Kati Tilton, Human Services Supervisor from Clackamas County Social Services, was the guest speaker.

Oregon Project Independence (OPI) is a statewide program that works with people who are either over 60 or have dementia. Its purpose is to help people live at home safely and as independently as possible.

**Smyrna UCC's Memory Café** helps middle-aged and older adults learn ways to keep their brains healthy, and to learn about resources available to help them live independently, and/or care for loved ones with cognitive impairment. It meets the first Friday of each month from noon to 1:30 p.m. **There is no cost, although free-will donations are accepted for lunch. Reservations are required by the Wednesday immediately preceding the luncheon**, to [debpatersonhome@gmail.com](mailto:debpatersonhome@gmail.com) or by calling 503-689-4450.

## Memory Café in September - 4 Types of Exercise

From <https://go4life.nia.nih.gov/4-types-exercise>

*In Memory Café during September, we learned about "Go4Life" – an initiative of the National Institute on Aging (one of the National Institutes of Health). Remaining active – physically, mentally, emotionally, and spiritually – are critically important to one's well-being. Go4Life focuses on exercise, which has been shown to improve cognitive wellness. The following is from Go4Life, and you can find more information on the website above.*

Exercise and physical activity fall into four basic categories—endurance, strength, balance, and flexibility. Most people tend to focus on one activity or type of exercise and think they're doing enough. Each type is different, though. Doing them all will give you more benefits. Mixing it up also helps to reduce boredom and cut your risk of injury.

Though we've described each type separately, some activities fit into more than one category. For example, many endurance activities also build strength. Strength exercises also help improve balance.

Here are the four types of exercise:

**1. Endurance** - Endurance, or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs,

and circulatory system healthy and improve your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities.

Examples: Brisk walking or jogging, Yard work (mowing, raking, digging), Dancing



**2. Strength** - Strength exercises make your muscles stronger. Even small increases in strength can make a big difference in your ability to stay independent and carry out everyday activities, such as climbing stairs and carrying groceries. These exercises also are called "strength training" or "resistance training."

Examples: Lifting weights, Using a resistance band, Using your own body weight



**3. Balance** - Balance exercises help prevent falls, a common problem in older adults. Many lower-body strength exercises also will improve your balance.

Examples: Standing on one foot, Heel-to-toe walk, Tai Chi



**4. Flexibility** - Flexibility exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities.

Examples: Shoulder and upper arm stretch, Calf stretch, Yoga



## Adopt a T-shirt!



There are still a few of Smyrna's attractive Peace Camp t-shirts available for a low adoption

fee of \$10. There are Youth sizes – small, medium, and large – and a few adult sizes in small and medium, but only one large size.

Adopt your shirt today (guaranteed not to produce litters of kittens).



## The annual Drive the Hunger Away Golf Tournament

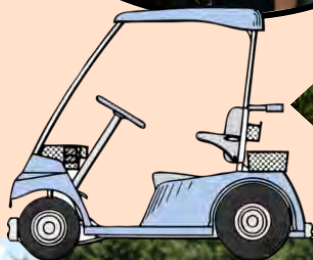
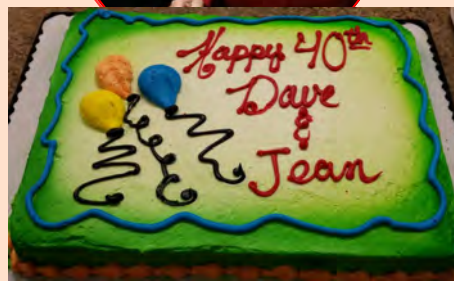
at Arrowhead was a smashing success again this year. 55 golfers joined in on a beautiful day with just a sprinkle or two. \$6,500 was raised that day for food banks in Canby, Molalla and Silverton. Later donations pushed the total to \$7,000.

A Big Thanks go to Jeff & Tina Marshall, David & Bernadette Yoder, other volunteers, our faithful sponsors and — of course — the golfers. The day concluded with a dinner, raffle, silent auction, and prizes. Thanks to Arrowhead for allowing this to happen.



Dave and Jean Akers

September 6, 2015





## Beans for Bones

In September Stitch Club issued a challenge: “Beans for Bones,”

to be donated to the Molalla Service Center. Rising to the challenge, Smyrna donated **122 bean items** — cans and bags of dried beans — as the Behold went to press.

**Did you know...?** Beans are a good source of calcium, to help keep your bones strong. Here are some with the highest calcium content:

Soy beans – 175 mg/cup, Wax beans – 174 mg/cup, White beans – 161 mg/cup, Navy beans – 128 mg/cup, Great Northern beans – 121 mg/cup. Green beans, kidney beans, and lima beans only have about 50 mg/cup.

(Source: University of Georgia)



## BEANS FOR BONES! and a recipe....

Don't forget it's not too late to bring in some “Beans for Bones” for the Molalla Service Center. Thank you to the Stitch Club for providing the starter for this service project!



And here's a recipe from the Church Health Center which calls for healthy garbanzo beans (chickpeas).

### Spinach Salad With Orzo, Chickpeas, and Feta (Serves 4)

Adapted from the Church Health Center's recipe website:  
[www.stalkingcelery.org](http://www.stalkingcelery.org).

Salads sometimes get a bad rap. Either they are so devoid of calories that they leave us hungry soon after lunch, or they are so smothered in dressing that we may as well have eaten that cheeseburger after all. What to do? Bring in the orzo! Make way for chickpeas! Say “hurrah” for feta! Toss on some grilled chicken and make it a healthy weeknight meal.

#### Ingredients:

- ½ cup whole wheat orzo pasta  
(Can substitute 1 cup cooked and cooled brown rice to make this gluten-free)
- 2 teaspoons olive oil
- 3 cloves garlic, minced
- 1 tablespoon freshly-squeezed lemon juice
- 1 teaspoon salt-free garlic and herb seasoning blend
- 1 14-ounce can artichoke hearts, drained and chopped
- 1 7-ounce can chickpeas (garbanzo beans), drained and rinsed
- 1/3<sup>rd</sup> cup feta cheese, crumbled
- 1 large tomato, chopped
- 2 cups fresh baby spinach, washed

#### Directions:

- Cook orzo according to package directions. Rinse under cool water and set aside.
- In a large bowl, whisk the oil, garlic, lemon juice, and seasoning.
- Stir in the artichoke hearts, chickpeas, feta, and tomatoes. Stir in cooked orzo.
- Place spinach on 4 plates. Divide chickpea mixture evenly over the four plates.

#### Nutrition Facts (per serving):

Calories: 216; Total Fat: 4 grams; Saturated Fat: 1 gram; Sodium: 285 mg.; Carbohydrate: 37 grams; Fiber: 5 grams; Protein: 9 grams

After 8 years of wildlife rescue work, I have decided to retire. The sleepless nights, constant demands, and physical nature of the job take a toll. I have moved my energy to Guide Dogs for the Blind in Boring, OR. I volunteer there at least once a week to help the service dogs.



So, no more saving corks or bottle caps! I will turn over all of those to another group.

Wildlife support is still needed and, in Molalla, the American Wildlife Foundation, <http://www.awildfound.org/>, does an amazing job. Dr. Janette Ackermann runs it and has been my vet for cases beyond my training.

Your support of my dream opportunity with wildlife has been phenomenal! Thank you so much.

Mary Namit

## Treasurer's Report

|                 |            |
|-----------------|------------|
| Balance 7/31/15 | \$2,141.68 |
| Receipts        | 8,052.21   |
| Expenditures    | (5,187.49) |
| Balance 8/30/15 | \$5,006.40 |





## Smyrna at the O' Fest —

Smyrna helped celebrate the 50th Oktoberfest in Mt Angel by introducing a Poutine — a Canadian dish — to festival attendees. Visiting Canadians were delighted to find a touch of home and locals enjoyed a new taste treat. Thanks to all the volunteers who made this venture a success!





*A Celebration of the Life of our Mother, Roberta Barbara (Eyman) Daniels, will be held:*

*Saturday, October 24, 2015, at 2:00 P M*

*Smyrna United Church of Christ, 31119 S Highway 170, Canby, OR 97013*

*(In lieu of flowers,  
the family suggests  
donations to:*

*The Donald and  
Roberta Daniels  
Family Scholarship  
in the Molalla High  
School Alumni Fund  
or to the Smyrna  
UCC Memorial  
Fund.)*

## Roberta 2015



March:  
Lucia's BD



April: MHS  
Alumni Lunch



May:  
Mother's Day



August: Reunion  
Beyer Lake

## *In Memory of Ruth Vivian Hepler*

*February 22, 1930—September 13, 2015*



Ruth was the 2nd of four children born to Louie and Bertha Zacher Walch in the Eby sector near Molalla, Oregon. There she remained through her school years, completing grades 1-8 at Eby Grade School and 4 years at Molalla High School. She graduated in 1947.

In 1950 Ruth met and married Donald Hepler. Together they built a family and created a home, until Don passed in 1997.

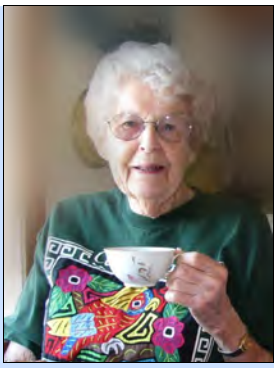
Ruth and Don had 3 children — Mickey, Tom, and Jeff who in turn gave them 8 grandchildren and 22 great grandchildren.

Ruth's love of music included many hours of playing both piano and accordion at events including radio, reunions, weddings and anniversaries. She was in a band the "Buckeroo Hot Shots" with her father Louie on violin, brother Fritz on accordion and several other relatives.

Ruth was active in PTA, 4H, Community and church choirs, a Pinochle Club, Home Extension, and Stitch Club at Smyrna UCC.

She delighted in traveling to places like Borneo, Indonesia, Hong Kong and a trip to Niagara Falls by train thru Canada with Don. Ruth was active with gardening, knitting, sewing and beach trips with the "Golden Girls" (Blondie, Esther, Milda, Mickey and Debbie). Family get-togethers and visiting her children and grandchildren filled her life with much joy!

Family suggests donations be made to anyone of the following organizations: Smyrna UCC, American Cancer Society (research division) or Providence Hospice.



## ***Roberta Barbara Daniels*** ***September 14, 1913 to*** ***September 7, 2015***

Roberta Barbara Daniels was born on the family farm west of Molalla, Oregon to Albert and Nellie (Yoder) Eyman, the eldest of four children. Roberta attended the one-

room Rural Dell School and in 1931, in Molalla, was the first in her family to graduate from high school. She went to Lou's Business School in Oregon City and began her career as a secretary for the Agricultural Extension Service, an adjunct of Oregon State College. Roberta spent the majority of her working career with that organization retiring 1978.

On August 28, 1937, she married her high school sweetheart, Donald (Jiggs) Daniels from Mulino at her parent's home. After an Oregon Coast honeymoon at Taft, they later went to Portland and stood on Powell Blvd. watching FDR's motorcade on its way back to the train station after dedicating Bonneville Dam and Timberline Lodge.

Roberta and Donald bought a small farm across the road from her parents in 1940, and began building a home. Asked by her father what crops they might raise, they just said "children." Donald was working away in road construction and made a quick trip back when word reached him that Joel was born. He was able to hire a carpenter and buy materials for the house and without incurring any debt. Barbara was born when they moved into their new home. The first twins Thomas & Terrance came nineteen months later making four children under four. There was a break and then more twins, Richard and James.

It was just understood that their children would take music lessons, be involved in church, 4-H, scouts and Camp Fire, and get good educations. It would not be unusual for the family to spend a Sunday at Washington Park in Portland listening to an opera in the amphitheater. Roberta had tickets to the Community Concert series in Oregon City, and the family went to special exhibits at the art museum.

Roberta was not afraid to try new things. She made some of the first pizza in the community, took Asian cooking instruction, and learned to decorate cakes. The family had a large garden with lots of produce to preserve. There was always a cow and chickens were occasionally raised.

Roberta and Donald were very active in their community, and both served on the Rural Dell School Board where she became the clerk. They joined the I.O.O.F. and Rebekah lodges and the Grange, Lions Lioness Club, and Elks. She was a member of the Rural Dell Extension Club (FCE) for

70 years. Roberta started attending Smyrna United Church of Christ, taking her children to Sunday School. She served in various church offices and continued to be active in Women's Fellowship and the Stitch Club which she helped found. She was keenly interested and involved in the new kitchen project at the church, and it is dedicated in part to honor her 100<sup>th</sup> birthday.

Roberta loved to travel, saw much of America and went to Europe several times. She toured Japan, and South America, and went on safari in South Africa. Donald became a pilot in later years, and they were members of the Oregon Pilot's Association at Mulino and the Oregon Flying Farmers. After retirement, they purchased a travel trailer and spent winters in the desert of Southern California as long as they were able.

Roberta remained actively interested in current events, politics and technology. After purchasing an iPad when she was 99 in order to read a magazine that discontinued print editions, she discovered that she could read books on it, too. Her radio and television were mostly tuned to public broadcasting to which she unfailingly contributed.

In later years, Roberta considered herself to be lucky to have Guillermo Velazquez live at her home, take care of the landscaping, and be on call. She became acquainted with many of his relatives and friends which broadened her understanding of a culture different from her own.

Longevity is no stranger to Roberta's family. She leaves two sisters, Lucia Schuebel, 100, and Anna Lou Case, 98. Their mother lived to age 104. Her only brother, Steven Eyman, died a few years ago. She is survived by her six children: Joel (Elaine) of Canby, James of Canby, Barbara of Keizer, Thomas of Oakland, CA, Terrance of Palm Springs, CA, and Richard (Kim Smith) of Eugene; eight grandchildren: Marcus Daniels, Philip (Barbara) Daniels, Beth (Ben) Kersens, Kate (James) Clark, Kristin Daniels and Lauren (Eric) Humphreys; ten great grandchildren: Helen, Andrew, Marina and Benjamin Daniels, Hadley and Celia Kersens, Noel & Alexander Clark, Skyler Wilson, and Oliver Humphreys.

There will be a memorial service on October 24, 2015 at 2 p.m. at Smyrna United Church of Christ, 31119 S. Canby-Marquam Hwy. (170), Canby. Memorials may be made to the Molalla Alumni Donald and Roberta Daniels Scholarship (Molalla Alumni, P. O. Box 1050, Molalla, OR) or the Smyrna United Church of Christ Memorial Fund.





# October 2015 at Smyrna

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |   |   |   |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |   |   |
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| S   | M   | T   | W  | T   | F  | S   |   |   |   |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |   |   |
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| S   | M   | T   | W  | T   | F  | S   |   |   |   |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |   |   |
| 1   | 2   | 3   | 4  | 5   | 6  | 7   |   |   |   |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |   |   |
| 8   | 9   | 10  | 11   | 12  | 13   | 14  |   |   |   |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |   |   |
| 15  | 16  | 17  | 18   | 19  | 20   | 21  |   |   |   |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |   |   |
| 22  | 23  | 24  | 25   | 26  | 27   | 28  |   |   |   |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |   |   |
| 29  | 30  |   |  |   |  |   |   |   |   |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |   |   |
| <b>4</b><br>9:45 a.m. Adult Education<br>11 a.m. Worship and Sunday<br>School<br><br>Coffee Hour and Flowers:<br>Carl and Barbara Menkel  | <b>5</b><br>5 p.m. Tai Chi at<br>Smyrna<br><br>7:30 AA and AI<br>Anon<br><br>b.d. Susan<br>Buffington                               | <b>6</b><br>10 a.m. O.A.<br>meeting at<br>Smyrna<br><br>1 p.m. Stitch<br>Club @<br>Genevieve<br>Freeman's                   | <b>7</b><br>3:30 p.m.<br>Tai Chi at<br>Smyrna  | <b>8</b><br>12 noon<br>Women's<br>Fellowship<br>Luncheon                                  | <b>9</b><br>b.d.<br>Levonne<br>Gano  | <b>10</b><br>10 a.m. Tai<br>Chi at Smyrna<br><br>b.d. Allen<br>Holt Virginia<br>Yoder |   |   |   |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |   |   |
| <b>11</b><br>9:45 a.m. Adult Education 11<br>a.m. Worship and Sunday<br>School<br><br>b.d. Arlene Peterson<br><br>Costco Dinner/Silent Auction<br>following worship<br><br>Flowers: Virginia Yoder  | <b>12</b><br>5 p.m. Tai Chi at<br>Smyrna<br><br>7:30 AA and AIAnon<br><br>b.d. Mariann<br>Haglund<br><br>Columbus Day<br>(Observed) | <b>13</b><br>10 a.m. O.A.<br>meeting at<br>Smyrna<br><br>9:30 a.m. Prayer<br>Group @<br>Smyrna<br><br>b.d. Paul E.<br>Yoder | <b>14</b><br>3:30 p.m.<br>Tai Chi at<br>Smyrna   | <b>15</b><br>Wedding<br>Ann: Joe<br>&<br>Rebekah<br>Yoder,<br>Charles &<br>Helen<br>Odell | <b>16</b>  | <b>17</b><br>10 a.m. Tai<br>Chi at Smyrna<br><br>b.d.<br>Caitlynne<br>Schuebel        |   |   |   |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |   |   |
| <b>18</b><br>9:45 a.m. Adult Education<br>11 a.m. Worship and Sunday<br>School<br><br>Coffee Hour: Volunteer<br>needed Flowers: Jeannie<br>Rogers   | <b>19</b><br>5 p.m. Tai Chi at<br>Smyrna<br><br>7:30 AA and AI<br>Anon  | <b>20</b><br>10 a.m. O.A.<br>meeting at<br>Smyrna<br><br>Behold!!<br>deadline   | <b>21</b><br>3:30 p.m.<br>Tai Chi at<br>Smyrna<br><br>b.d. Casey<br>Hampton,<br>Pat<br>Peterson<br><br>7 p.m.<br>Church<br>Council @<br>Smyrna | <b>22</b><br>12 noon<br>Women's<br>Fellowship<br>Luncheon                                 | <b>23</b><br>b.d.<br>Patricia<br>Bullard,<br>Dan<br>Fisher,<br>Benjamin<br>Liechty | <b>24</b><br>10 a.m. Tai<br>Chi at Smyrna<br><br>b.d. Jimmy<br>Bickers,<br>Steve Dahl |   |   |   |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |   |   |
| <b>25</b><br>9:45 a.m. Adult Education<br>11 a.m. Worship and Sunday<br>School<br><br>Flowers: Deb & Steve<br>Patterson<br><br>Halloween Party following Worship  | <b>26</b><br>5 p.m. Tai Chi at<br>Smyrna<br><br>7:30 AA and AI<br>Anon  | <b>27</b><br>10 a.m. O.A.<br>meeting at<br>Smyrna<br><br>9:30 a.m.<br>Prayer Group<br>@ Smyrna                              | <b>28</b><br>3:30 p.m.<br>Tai Chi at<br>Smyrna<br><br>b.d.<br>Daniel<br>Liechty  | <b>29</b>   | <b>30</b><br>b.d. Anya<br>Shultz   | <b>31</b><br>10 a.m. Tai<br>Chi at Smyrna   |   |   |   |  |  |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |  |  |  |  |  |   |   |



Please remember:

- ♦ Thelma Grove
- ♦ Jean Epley
- ♦ Catherine Mosiman
- ♦ Jackie and Lindsey Miller
- ♦ John Beck

- ♦ Robert Kyrk
- ♦ Lucia Schuebel
- ♦ Joe and Joann Gribble
- ♦ Blanche Kober
- ♦ Vonda Stoneking
- ♦ Dorothy and Orville Krebs
- ♦ Robert Scheubel and family
- ♦ Chuck and Helen Odell
- ♦ Susan and Ken Groves and family
- ♦ Murlene Liechty's great-grandson, Brecken Conrad Davenport, and his parents, Remington and Megan Davenport, in Columbus, Ohio



*the families and friends of:*

Ruth Hepler  
Roberta Daniels  
Don Stoneking  
Dr. Cameron Bangs

## **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.