

# 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

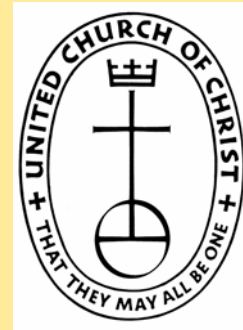
Asst. Editor: Elaine Daniels

Church Phone (503) 651-2131

e-mail: [smyrnaucc@canby.com](mailto:smyrnaucc@canby.com)

Website: [www.smyrna-ucc.org](http://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 2016



**Dear Friends,**

I know we just celebrated Christmas and Epiphany, but Lent begins in early February. Easter is very early this year! This year for Lent, I would invite you to join me in exploring the practice of mindfulness, which is the practice of paying attention to what is happening in your body, mind, and spirit, as well as the people you are with and the world around you, at each moment.

It is obviously a “practice,” because who can do that perfectly? Yet, I am convinced, that in our busy lives, with so many distractions and demands, we need mindfulness more than ever.

Here are some of the books that I will be looking at to explore this practice, and I look forward to conversation with you about this topic during Lent.

Mindful Tech: How to Bring Balance to our Digital Lives

By David M. Lewy, PhD, New Haven: Yale University Press, 2015

Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food

By Jan Chozen Bays, MD, Shambala Press, 2011

Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World

By Mark Williams, New York: Rodale Press, 2011

Dancing with Fire: A Mindful Way to Loving Relationships

By John Amodao, PhD, Wheaton, IL: Quest Books, 2013

Coming to our Senses: Healing Ourselves and the World Through Mindfulness

By Jon Kabat-Zinn, New York: Hyperion, 2004

One can't help but think that mindfulness must have been one of the traits that Jesus cultivated. From his awareness of his surroundings (“Who touched me?” he asked the woman with the flow of blood, who was healed), to his awareness of nature (“consider the lilies of the field”) to his awareness of human nature (in all of his parables), he lived a fully alive and mindful life.

I am mindful of what a wonderful community of faith Smyrna is. Thanks be to God for each one of us, and all the varied ministries we have together, in this 125<sup>th</sup> year of fellowship.

In peace and grace,  
Pastor Deb

## A Smyrna Church Fundraiser



**Chili Cook-Off!**

On Sunday, Feb. 7, Bring your appetite and "vote" with contributions for your favorite chili made by a range of teams. Try 'em all!

*Table service will be provided*

## ADULT EDUCATION IN FEBRUARY

9:45 am in the Pastor's Study

- ⇒ **February 7th** – An Introduction to Mindfulness
- ⇒ **February 14<sup>th</sup>** – An Insider's Look at a Catholic Religious Order - Virginia Furtwangler
- ⇒ **February 21<sup>st</sup>** — Mystery
- ⇒ **February 28<sup>th</sup>** — Bible Study with Steve Patterson

## Valentine's Luncheon After Worship February 14<sup>th</sup>.

*Avoid crowded restaurants  
and stay after worship  
to enjoy*

*a special Valentine's meal  
complete with gluten free options  
and dessert.*



*Donations  
will be  
accepted for  
the  
Youth Group  
Fund.*

## A Word to the Wise



Recently, the Hendersons were targeted by scammers pretending to be calling from the IRS. Luckily, they realized what was going on, and hung up before giving out information. They shared an article from the AARP with me, asking that I pass it on, and I did a bit more sleuthing.

According to the Federal Trade Commission, more than 54,000 Americans were targeted by IRS scammers in 2014. They are difficult to track, often calling from overseas, using relayed calls, and showing fake caller IDs, including, "IRS GOV."

So, I went directly to the IRS's website. They say that "phone scams first tried to sting older people, new immigrants to the U.S. and those who speak English as a second language. Now the crooks try to swindle just about anyone. And they've ripped-off people in every state...."

Stay alert to scams that use the IRS as a lure. Tax scams can happen any time of year. For more, see "Tax Scams and Consumer Alerts" at <https://www.irs.gov/uac/Tax-Scams-Consumer-Alerts>.

### The IRS will not:

- Call you to demand immediate payment. The IRS will not call you if you owe taxes without first sending you a bill in the mail.
- Demand that you pay taxes and not allow you to question or appeal the amount you owe.
- Require that you pay your taxes a certain way. For instance, require that you pay with a prepaid debit card.
- Ask for your credit or debit card numbers over the phone.
- Threaten to bring in police or other agencies to arrest you for not paying.

**If you don't owe taxes**, or have no reason to think that you do, do not give out any information. Hang up immediately. Then:

Contact the Treasury Inspector General for Tax Administration (TIGTA) to report the call. Call 800-366-4484 or use their "IRS Impersonation Scam Reporting" web page at [https://www.treasury.gov/tigta/contact\\_report\\_scam.shtml](https://www.treasury.gov/tigta/contact_report_scam.shtml).

Report it to the Federal Trade Commission at the "FTC Complaint Assistant" at <https://www.ftccomplaintassistant.gov> Please add "IRS Telephone Scam" in the notes.

**If you know you owe**, or think you may owe tax, call the IRS at 800-829-1040. IRS workers can help you.

Learn more here:

<https://www.irs.gov/uac/IRS-Urges-Public-to-Stay-Alert-for-Scam-Phone-Calls>

## “Mindful in All Things” Lenten Series Smyrna United Church of Christ

Soup Supper at 6 p.m.  
“Renew Your Spirit” Program / 6:30 to 7 p.m.  
Closing Worship / 7 to 7:15 p.m.

### Mindfulness....

**Tuesday, February 16<sup>th</sup>**  
Mindfulness and Eating  
**Tuesday, February 23<sup>rd</sup>**  
Mindfulness and Technology  
**Tuesday, March 1<sup>st</sup>**  
Mindfulness and Relationships  
**Tuesday, March 8<sup>th</sup>**  
Mindfulness and Stress  
**Tuesday, March 15<sup>th</sup>**  
Mindfulness and Healing the World  
**Thursday, March 24<sup>th</sup>**  
Maundy Thursday Service  
Soup Supper at 6 p.m.



### Women & Heart Disease

Statistics prove that Heart Disease kills more women than all forms of cancer put together. Women also have a higher death rate from stroke than men do.

The classic symptoms of heart attack are severe chest pain, a squeezing sensation in the chest that lasts 5-10 minutes, pain radiating down the left arm, or profuse sweating.

Up to 50% of women who suffer heart attacks have atypical symptoms such as sudden nausea or vomiting, unexplained fatigue, fainting or dizziness. A woman should call 911 if she is having a cardiac episode.

Women also respond to aspirin differently. In women, aspirin is more effective in preventing strokes, while for men it is more effective in preventing heart attack.

For a woman, the most important tip is to talk to your doctor to discuss your health history and determine potential risks for heart disease.

Depression is twice as common in women and women who suffer depression have double or triple the risk of heart disease than do women without depression. Lifestyle changes are encouraged to decrease the risk of heart attack.

Another important way to decrease the risk is to maintain a healthy weight and to promote good circulation with daily exercise. The optimum is 30-60 minutes of moderate exercise most days of the week. Walking is the most economical — the only cost is a good pair of walking shoes. A walking buddy can bring support to keep you on track.

[www.americanheart.org](http://www.americanheart.org)

—Virginia Yoder—

## Smyrna — newsworthy over a century

**Morning Enterprise Nov. 16, 1912:** Rev. Butler delivered a very interesting sermon at Smyrna church Sunday. Church at 2 P. M.; Sunday school at 3 P. M. on the 2nd and 4th Sundays. Sunday school at the usual hour, 10 A. M. on the first and third Sunday. Everybody invited.

**Oregon City Currier Dec. 18, 1896 RURAL DELL:** The Y. P. S. C. E. [Young People's Society of Christian Endeavor] monthly business meeting was held at the Smyrna church Monday evening, December 7.

**Oregon City Currier July 12, 1907:** D. B. Yoder and family attended the wedding of Miss Ida Yoder and Mr. Robarts, at the Smyrna Church Wednesday evening. [*For many years it was written that the first wedding at the church was about 1940.* Ed. Note]

**Oregon City Courier Dec. 20, 1907:** There will be a Christmas tree in the Smyrna church. Everybody go and see Santa Claus.

**OREGON CITY COURIER FRIDAY, JULY 24, 1908 Smyrna:** An Infant child of Mr. and Mrs. I. B. Hein, of Canby, was buried at the cemetery here last Saturday afternoon... Don't forget Rev. Calder's appointment at the Smyrna church on August 2, 8:00 p. m.

**OREGON CITY COURIER-HERALD. FRIDAY, APRIL 11, 1902:** All we can talk about now is the basket social to be given April 16. a good program will be rendered. The proceeds are to be used for the benefit of the Smyrna Sunday school. There will be preaching at the Smyrna church next Sunday at 11 o'clock as usual.

Compiled by Joel courtesy of *Oregon Historic Newspapers*





# February 2016 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>1</i>	<p style="text-align: center;"><i>2</i></p> <p>10 a.m. O.A. meeting at Smyrna</p> <p>b.d. Aurora Stanbro, Helen Daniels</p>	<p style="text-align: center;"><i>3</i></p> <p>3:30 p.m. Tai Chi at Smyrna</p> <p>Deadline to RSVP for Memory Cafe</p>	<p style="text-align: center;"><i>4</i></p> <p>b.d. Loretta Wallace</p>	<p style="text-align: center;"><i>5</i></p> <p>12 Noon Memory Cafe at Smyrna</p> <p>b.d. Jean Akers</p>	<p style="text-align: center;"><i>6</i></p> <p>10:15 a.m. Tai Chi at Smyrna</p>
<p style="text-align: center;"><i>7</i></p> <p>9:45 a.m. Adult Education 11 a.m. Worship and Sunday School</p> <p style="text-align: center;"><b>Chill Cookoff after worship</b></p> <p>Flowers: Rebekah Yoder</p>	<i>8</i>	<p style="text-align: center;"><i>9</i></p> <p>10 a.m. O.A. meeting at Smyrna</p> <p>9:30 a.m. Prayer Group in Pastor's Office</p>	<p style="text-align: center;"><i>10</i></p> <p>3:30 p.m. Tai Chi at Smyrna</p> <p style="text-align: center;"><i>Ash Wednesday</i></p> <p>b.d. Rod Bullard, Elaine Daniels, Sandra Mahar</p>	<p style="text-align: center;"><i>11</i></p> <p>12 noon Women's Fellowship Luncheon</p>	<p style="text-align: center;"><i>12</i></p> <p>b.d. Catherine Mosiman</p>	<p style="text-align: center;"><i>13</i></p> <p>10:15 a.m. Tai Chi at Smyrna</p> <p>9 a.m. Church Council 10:30 Committee Sessions I 11:15 Committee Sessions II</p> <p>b.d. Peter Holt</p>
<p style="text-align: center;"><i>14</i></p> <p>9:45 a.m. Adult Education 11 a.m. Worship and Sunday School</p> <p>b.d. Holly Schriever, Virgil Foster</p> <p style="text-align: center;">Flowers: Jane Dahl</p> <p>Valentine's Day Lunch after worship</p> <p>Wedding Ann: Hank &amp; Angela Baker</p>	<i>15</i>	<p style="text-align: center;"><i>16</i></p> <p>10 a.m. O.A. meeting at Smyrna</p> <p>6 p.m. Lenten Soup Supper</p> <p>b.d. Joe Yoder</p>	<p style="text-align: center;"><i>17</i></p> <p>3:30 p.m. Tai Chi at Smyrna</p>	<i>18</i>	<i>19</i>	<p style="text-align: center;"><i>20</i></p> <p>10:15 a.m. Tai Chi at Smyrna</p> <p>b.d. Beryl Fisher</p> <p style="text-align: center;"><b>Behold!! deadline</b></p>
<p style="text-align: center;"><i>21</i></p> <p>9:45 a.m. Adult Education 11 a.m. Worship and Sunday School</p> <p>Coffee Hour: Kristin Daniels, Rebekah Yoder Flowers: Virginia Yoder</p>	<i>22</i>	<p style="text-align: center;"><i>23</i></p> <p>10 a.m. O.A. meeting at Smyrna</p> <p>6 p.m. Lenten Soup Supper</p> <p>b.d. Eldon Blatchford</p>	<p style="text-align: center;"><i>24</i></p> <p>3:30 p.m. Tai Chi at Smyrna</p> <p>b.d. Johnny Bickers</p>	<p style="text-align: center;"><i>25</i></p> <p>12 noon Womens Fellowship Luncheon</p>	<i>26</i>	<p style="text-align: center;"><i>27</i></p> <p>10:15 a.m. Tai Chi at Smyrna</p> <p>b.d. Jane Dahl</p> <p>Wedding Ann: Joe &amp; Joann Gribble</p>
<p style="text-align: center;"><i>28</i></p> <p>9:45 a.m. Adult Education 11 a.m. Worship and Sunday School</p> <p>Coffee Hour: Diaconate Flowers: Larry &amp; Lisa Havre</p>	<i>29</i>	<p>b.day Doug Stoneking</p>				

Jan 2016						
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
31						

Mar 2016						
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	31	



Chuck & Helen Odell  
Marion Golonka  
Carl Cline  
Jean Epley  
Blanche Kober  
Burt Gottwald  
Mickey Hester  
Debbie Hancox  
Beverly Madeiros  
Joe & JoAnn Gribble  
John & JoAnn Beck  
Eileen Boss  
Dorothy Krebs  
Lucia Schuebel  
Dick Hall

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.

## **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.