

BEHOLD!!

Smyrna

A Newsletter of Smyrna United Church of Christ

Ministers: All members of the church

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

March 2016

Dear Friends,

As I write this, we are in the middle of Lent, and our theme this year is exploring mindfulness. We have much to learn from our brothers and sisters of other faiths, such as Buddhism, which has a strong focus on mindfulness and meditation, and we have much to offer from Christianity, such as a strong focus on prayer and Christian service. What a wonderful opportunity we have, here in the early decades of the 3rd millennium of the Common Era, to develop understanding and appreciation of the wisdom of sages from around the world.

In Christianity, Lent (the forty days not counting Sundays before Easter), symbolizes the 40 days Jesus spent in the wilderness. If anyone was trying to make chronological sense of Jesus's life based on the church calendar, they would be entirely confused, because the Gospels tell us that Jesus' wilderness sojourn happened before he began his ministry, not just before it ended, but then, he wasn't crucified three months after he was born, either. The church calendar was devised to cover up earlier pagan rituals, such as the Winter Solstice celebrations and the springtime celebration honoring the goddess, Eostre. (Gosh, doesn't her name sound like "Easter?" Surprise! The word "Easter" isn't in the Bible!)

What we have in the church year is not a chronology, but an attempt to convey ideas – we encounter the Divine here on earth, we have wilderness journeys, we suffer, we die, but death is not the end. These ideas are explored in all the world religions. "God is still speaking," we would say in the UCC.

So, as we go through this Lent, I would invite you to broaden your faith journey through mindfulness. Take time each day to meditate. Take time to read Scripture or other reflective texts. Come to a Soup Supper to explore one of the topics around mindfulness. Come to church and pray. Stay for coffee and explore your faith journey with an old friend, or a new one.



Spring is the perfect time to be mindful of all the changes happening in the world. It's a time of resurrection and rebirth. Take time to be mindful of the resurrection and rebirth happening in your mind, spirit, relationships, and life, as well.

We look forward to seeing you all on Easter Sunday, March 27th.
Lenten blessings to all!

In peace and grace,

Pastor Deb

“Yummies for their Tummies”

Thank you for all the contributions of breakfast items that will go to families who come to the Molalla Service Center.

On Monday, February 1, a total of 187 pounds was delivered.

The Stitch Club



Smyrna UCC — 125 years



On January 31, 2016, the congregation celebrated the 125th year to the day of the groundbreaking for Smyrna Church, Jan. 31, 1891. Joel Daniels gave a presentation about the Yoder family, one of the founding families of the church. Clearing and excavating was probably a simple affair. Trees were cut down and one of the stumps in the

northeast corner served with stones as the foundation. Yoder Mill, operated by Jonathan Yoder cut the lumber. The church, a rectangle, went up quickly and was closed in for the first service in early April of that year. The congregation sat on planks placed on rounds of lumber. There was lots of finish work to be done and pews to be built. The current sanctuary is that original building. The pews, build by Iddo Hein and Will Yoder, are solid planks cut from large trees across from the mill.

The Rev. Frederick Parker was the founding minister and the church was received into the presbytery of the Cumberland Presbyterian Church in the fall of 1892. A dedicatory service was held in November of that year. Within the next year, Rev. Parker had become a Congregational minister and Smyrna followed him into that denomination. The story was handed down that the congregation liked that denomination because in it the women could vote. Rev. Parker thought the church should be named for the church in Smyrna since the congregation was rich in spirit but poor in worldly goods as was its namesake in Turkey.

On April 10, 2016, we will have a special service of recognition, followed by a catered dinner and program. In the fall we will have a re-dedication.

From the annals of the Stitch Club

Since we are nearing the 125th year anniversary of the beginning of this church, we thought it would be interesting to report from some of the minutes our Stitch Club held in the 1950s.

This insert came from a meeting held Sept. 2, 1958, at the home of Dorothy Eyman:

“Our cronic (chronic) topic of how to raise money was discussed.” At this time the Stitch Club members were raising money to buy dishes so they were holding bake sales at Yoder Store and various members were sending in money as a birthday remembrance. At this time \$207.05 was due on the dishes. People were reporting they had money (\$8.15) from coffee lids to turn in and the club voted to pay \$20 on the dishes.

At a meeting in November of 1958 Stitch Club discussed moving the telephone when new ones were installed. At another meeting they decided to sell the old phone for whatever someone would pay.

In the minutes taken on May 4, 1959, it says that a motion was made to pay the Ladies Aid (Women’s Fellowship) the balance Stitch Club owed on the loan for the dishes. The balance was \$65.00. At this same meeting the members were asked to bring names for the club as they were looking to be called something else and not Stitch Club. The names suggested were Smyrna Country Club, Monday Club, Smyrna Service Club, Friendship Club, Friendship Circle, S. & S. Club and Stitch Club. After some discussion it was decided to table the name change until the next meeting. At the next meeting they decided not to change the name of the group.

Prior to July 6, 1959, Jean (Schriever) Epley went to Japan so Stitch Club decided to have her tell them about her trip at a special meeting sometime in August. No mention is made of that special meeting so I don’t know if it took place.

In September of 1959, Stitch Club was asked if they would cater an event at a neighbor’s home on September 17th. The group decided to charge \$15 unless paper plates were used, then they would charge \$10. Mind you this was not \$15 per person, just a flat \$15.

As we move though this year, we will bring you more notes on Stitch Club activities in future Behold articles.

Reported by Barbara Daniels.





Exercise May Prevent

Harmful Falls in Men

Males made greater gains than women, study says

By Robert Preidt

Thursday, February 4, 2016

THURSDAY, Feb. 4, 2016 (HealthDay News) -- Regular exercise reduces older men's risk of serious injuries from falls, a new study finds.

"The physical activity program was more effective in reducing the rate of serious fall injuries in men than in women," said study author Dr. Thomas Gill, a professor of geriatrics at Yale University, in New Haven, Conn.

Although the findings were mixed, they suggest that moderate exercise may help prevent serious falls, the leading cause of injury in people 70 and older, Gill said in a university news release.

The study included more than 1,600 inactive women and men, aged 70 to 89, randomly assigned to either a long-term, moderate exercise regimen or to a health education program.

The physical activity sessions included walking and flexibility, strength and balance training.

Compared to those in the health education group, men in the workout group had a 38 percent lower risk of serious fall injuries, a 53 percent lower risk of fall-related fractures, and a 59 percent lower rate of fall injuries requiring hospitalization.

The exercise program did not appear to reduce women's risk of serious fall injuries, according to the study published online Feb. 3 in the journal *BMJ*.

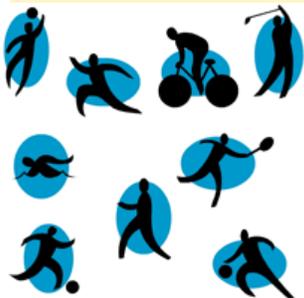
The men in the exercise group boosted their physical activity levels more than the women, and also had greater improvements in gait, balance and muscle strength, the researchers said.

"The results from the current study support continued evaluation of the physical activity program for possible widespread implementation in the community," Gill said.

SOURCE: Yale University, news release, Feb. 3, 2016

HealthDay

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Men's Health

By listening to your body and adopting good lifestyle habits, you can decrease your risk for life threatening health issues.

A healthy, balanced diet will greatly reduce the risk of the top five of the ten threats:

heart disease, cancer, stroke, kidney disease and diabetes

Depression is a major illness but is rarely acknowledged by men as it is viewed as a weakness or a threat to career and lifestyle. It is actually a treatable neurological malfunction. Medication, psychotherapy, or a combination of the two can improve health and happiness of about 80% of the men who are treated.

Smart men think about their health. They know health screenings are as important for men as for women. An ounce of prevention is worth a pound of cure.

www.nlm.nih.gov/medlineplus/menshealth.html

Topics on men's health from the US National Library of Medicine and the National Institute of Health



Thank you for your cards and words of comfort. Smyrna will always have a special place in my heart, as they did in Orville's.

Sincerely,
Dorothy Krebs



Coming in April . . .

The Mission and Outreach Committee will be collecting stuffed animals to distribute to police, Firemen, and memory care facilities.



Kristin Daniels, who grew up attending Smyrna UCC, was welcomed back as a member on February 21, 2016.



After worship on February 7, a hungry crowd sampled chili recipes and sweet treats then cast their votes with cash during this annual fundraiser. The Youth Group team — The Spicy Lumberjacks — beat out four strong contenders (The Hot Chili Chicks, The Carnitas Cartel, Senior Senorita and Beanboosled) to claim the coveted Rubber Chili Chicken Trophy.



The Youth Group served a Valenting luncheon after worship on Sunday, February 14. The menu included Gluten-free as well as gluten-full pasta and desserts. Satisfied diners donated over \$300 to the Youth Group fund.



March Memory Café: “Managing Your Medications to Stay Fog-Free”

Friday, March 4th from Noon to 1:30 pm



Lacey Muffett, a pharmacist at Cutter’s Hi-School Pharmacy in Molalla, will be the guest speaker on this challenging but important brain wellness topic. Over-the-counter medications can interact with prescription medications to give one a “foggy brain.” Certain drugs, such as anticholinergics, corticosteroids, and some beta-blockers and diuretics, are known to have a negative impact on cognitive function. Some medications have side effects that negatively impact cognitive functioning, and some have similar cumulative effects with other medications. Other medications, such as those used for chemotherapy, can cloud the brain for a time.

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. There is no cost, although free-will donations are accepted for lunch.

Reservations are required by Wednesday, March 2nd to debpatersonhome@gmail.com or by calling 503-689-4450.

ADULT EDUCATION IN MARCH

9:45 am in the Pastor’s Study

- March 6th – Jon Kabat-Zinn – Mystic and Healer
- March 13th – New Psalm Settings for a New Season
- March 20th - Mystery
- March 27th – Easter Sunday – No Adult Education



Prayer Group Announcement:

The prayer group continues to meet in Pastor Deb's Office at 9:30a.m. on the 2nd and 4th Tuesdays of the month. If you'd like to either join us or come to have us pray with or for you, it's an open group and visitors are always welcome.

Baked Potato Sunday — March 13, 2016

Stay after worship on March 13 for Smyrna’s annual fundraiser. Enjoy baked potatoes with loads of toppings. A goodwill offering will be taken.



Easter at Smyrna 9:15 a.m. Worship Followed by Brunch And Easter Egg Hunt

Organized by Christian Nurture

Want to help?

Watch the bulletin board
In the Narthex
For sign-up sheets



Tues, March 1st at 6 pm –
Mindfulness and Relationships: Family & Friends

Tues, March 8th at 6 pm –
Mindfulness and our Relationship with God

Tues, March 15th at 6 pm –
Finding Healing through Mindfulness

Thurs, March 24 at 6 pm – Maundy Thursday Potluck and Communion



Dear Friends,

We would like to invite your FCE Study Group and friends to join us for our annual Benefit Luncheon and Silent Auction Thursday, March 17th at noon in the Smyrna UCC Friendship House, located at 31119 S. Canby-Marquam Road, (also known as HWY 170), just ¼ mile north of HWY 211 at Hamrick's Corner.

There will not be a charge but donations will be welcome as proceeds benefit 4-H Camp Scholarships, Friends of 4-H, and prize money for the Glenda Sano 4-H Photography Award at the Clackamas County Fair.



There will also be a silent auction for all to shop. If you have some items you would like to add to the auction, please bring them along.

Our speaker will be Karen Graves, presenting 'Waters of the Molalla'. Karen is the author of "Lonely Trails: A Hiking, Biking Book for the Whole Family". She also leads the "Molalla Outdoor Adventures Classes and Trips".

Please RSVP by March 10th by calling Helen Reeder at 503-651-3346 or Joann Gribble at 503-829-4840 as to the number who will be able to attend from your group.

So, come out for a beautiful day. Hope to see you there!

Sincerely,
Joann Gribble
Rural Dell FCE Study Group President

Treasurer's Report

Balance 12/31/2015	\$4,389.63
Receipts	9,770.26
Transfers/Adjustments	(12.00)
Expenditures	<u>(6,752.15)</u>
Balance 1/31/2016	\$7,395.74

Health Committee Announcement:



The Health Committee has 12 willing volunteers that will be visiting some of the Smyrna congregation who are unable to attend church. We will be having an Orientation and Organizational meeting soon. The date is yet to be announced.



Thanks!

TO SHOW OUR GRATITUDE FOR BEING A VALUED PARTNER, WE WOULD LIKE TO OFFER SMYRNA UNITED CHURCH OF CHRIST CONGREGATION THE BEST OF THE BEST



1% AUTO LOAN FOR ONE YEAR*
*1% for the first year and then the loan converts to a predetermined fixed rate.



2.02% APY INTEREST EARNING CHECKING ACCOUNT
*Active checking account requirement must be met, see credit union for further details.



0% INTEREST ON TRANSFERS TO A CCCU VISA®
*Minimum transfer fee of 0% and credit union for details.



FREE APPRAISAL WITH HOME LOAN*
*\$540 value

*Promoted rates only, subject to change without notice. All offers and deals contingent upon loan. Credit approval required, see credit union for further details.

QUESTIONS?

CONTACT US

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www.consolidatedccu.com
503.872.9421



NMLS ID: 401937

Sponsor of Smyrna's Drive Away the Hunger Tournament

March 2016 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
<table border="1"> <thead> <tr> <th colspan="7">Feb 2016</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> </tr> <tr> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> </tr> <tr> <td>14</td> <td>15</td> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> </tr> <tr> <td>21</td> <td>22</td> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> </tr> <tr> <td>28</td> <td>29</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>		Feb 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						<p>1</p> <p>10 a.m. O.A. meeting at Smyrna</p> <p>6 p.m. Lenten Soup Supper</p> <p>9:30 a.m. Coffee & Friends in the Pastor's Office</p>	<p>2</p> <p>3:30 p.m. Tai Chi at Smyrna</p> <p>RSVP for Memory Cafe</p>	<p>3</p> <p>7-8:30 pm Choir Practice</p> <p>b.d. Mary Bickers, Kate Daniels Clark, Mickey Hester, Grant Stanbro</p>	<p>4</p> <p>12 Noon Memory Cafe at Smyrna</p>	<p>5</p> <p>10:15 a.m. Tai Chi at Smyrna</p>
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<p>6</p> <p>9:45 a.m. Adult Education 11 a.m. Worship and Sunday School</p> <p>b.d. Mary Lee Schuebel</p> <p>Coffee Hour: Barbara Daniels Flowers: Jeannie Rogers</p>	<p>7</p>	<p>8</p> <p>10 a.m. O.A. meeting at Smyrna</p> <p>6 p.m. Lenten Soup Supper</p> <p>9:30 a.m. Prayer Group in the Pastor's Office</p>	<p>9</p> <p>3:30 p.m. Tai Chi at Smyrna</p> <p>b.d. Kaden Fisher</p>	<p>10</p> <p>12 Noon Women's Fellowship Luncheon</p> <p>7-8:30 pm Choir Practice</p>	<p>11</p> <p>b.d. Heidi Hester</p>	<p>12</p> <p>10:15 a.m. Tai Chi at Smyrna</p> <p>b.d. Lucia Schuebel, Marvin Abbe, Jonathan Blatchford, Ethan Boss</p>																																																	
<p>13</p> <p>b.d. Gary Peterson, Philip Sano, Irene Schriever, Ed & Kathy Robinson</p> <p>9:45 a.m. Adult Education 11 a.m. Worship and Sunday School</p> <p>Baked Potato Sunday! Daylight Savings Time begins</p> <p>Flowers: Katherine Holt</p> <p>Wedding Ann: Don & Jeannie Rogers</p>	<p>14</p> <p>b.d. Amelia Marine</p>	<p>15</p> <p>10 a.m. O.A. meeting at Smyrna</p> <p>6 p.m. Lenten Soup Supper</p> <p>9:30 a.m. Coffee & Friends in the Pastor's Office</p>	<p>16</p> <p>3:30 p.m. Tai Chi at Smyrna</p> <p>Anniv: Jon & Susie Schriever</p>	<p>17</p> <p>7-8:30 pm Choir Practice</p> <p>b.d. Halaina Crispin</p>	<p>18</p>	<p>19</p> <p>10:15 a.m. Tai Chi at Smyrna</p> <p>b.d. Donald Hammock</p>																																																	
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<p>27</p> <p><i>9:15 a.m. Easter Worship followed by Brunch and Easter Egg Hunt</i></p> <p>Flowers: Easter Cross</p>	<p>28</p>	<p>29</p> <p>10 a.m. O.A. meeting at Smyrna</p> <p>9:30 a.m. Coffee & Friends in the Pastor's Office</p>	<p>30</p> <p>3:30 p.m. Tai Chi at Smyrna</p> <p>b.d. Patty Gribble</p> <p>Wedding Ann. Paul & Audrey Yoder</p>	<p>31</p> <p>7-8:30 pm Choir Practice</p> <p>b.d. Kristin Patterson</p>	<table border="1"> <thead> <tr> <th colspan="7">Apr 2016</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> </tr> <tr> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> </tr> <tr> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> </tr> <tr> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> </tr> </tbody> </table>		Apr 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
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Marion Golonka	Dorothy Krebs
Lucia Schuebel	Maurer Family
Mickey Hester	Larry Grant
Murlene Liechty	Eileen Boss
Chuck and Helen Odell	Lindsay Miller
Joe Gribble	John Beck
Burt Gottwald	Dick Hall
Blanche Kober	Friends and families of those who have lost loved ones
Jean Epley	
Carl Cline	
Vonda Stoneking	
Beverly Madeiros	

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.