

# 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.

## September 2016

*Dear Friends,*

It is good to be back from some vacation time — we had a peaceful couple of weeks visiting family and friends in Canada on Quadra Island, which is just off the northeastern coast of Vancouver Island near Desolation Sound. Being back, however, reminds me of how much I love Smyrna – the people, the place, and the varied and interesting ministries. When you open up this issue of Behold, you will see how many things are going on!

Doing work that we love, and enjoying our lives together is important. As the writer of Ecclesiastes states. “There is nothing better for people than to eat and drink, and find enjoyment in their toil.” (Eccl. 2:24) And certainly, we do enjoy eating and drinking together often, and my fervent prayer is that we enjoy our ministries together, as well.

This month brings many opportunities to participate in a variety of ministries, from joining in the music ministry, to working alongside Mission and Outreach to help with projects such as Habitat for Humanity, to meeting the challenges of Stitch Club and supporting the Women’s Fellowship Luncheons, to helping with the Intergenerational Art Nights and Christian Education events, to helping each other in many ways to care for ourselves, our families, and our communities.

We will have special music on several Sundays (see inside for more information), and on Sunday, September 11<sup>th</sup>, the Church Council and 125<sup>th</sup> Anniversary Committee invites you to invite a friend to join you for worship at “Smyrna Friends Sunday.”

And don’t forget, we resume our 11 am worship hour at Smyrna on Sunday, September 4<sup>th</sup>, when John Nilsen will be with us bringing special music for the beginning of our fall programming.

Blessings,  
Pastor Deb

*THANK YOU to Adam Erickson for leading worship services at Smyrna on August 7<sup>th</sup> and 14<sup>th</sup> when I was out of town!*



## CHRISTIAN ED

This year, the children of the church in Grades K-6 will be working with the "Whole People of God" curriculum, which is developed by the United Church of Canada, and is endorsed by the United Church of Christ for use in our denomination.

Beginning September 11, Christian Education for K-6 will take place during the worship hour, following the Children/Youth Sermon. Thank you to all the teachers who help our young people learn more about their faith.



## ADULT ED resumes on Sunday, September 11<sup>th</sup> at 9:45 am in Pastor Deb's office



September 11<sup>th</sup> – Why is there pain in the world if God is good?

September 18<sup>th</sup> – Wendy Patton, Habitat for Humanity

September 25<sup>th</sup> – Report on the Central Pacific Conference Annual Meeting

## AN INVITATION FROM THE MISSION AND OUTREACH COMMITTEE

Come join the Adult Education Class on Sunday, September 18<sup>th</sup> at 9:45a.m. to hear from the new Executive Director of Habitat for Humanity, Wendy Patton, who will be talking about all the exciting things that are happening there these days. And save the date for their annual fundraising dinner on Saturday, October 8<sup>th</sup> at XX. Let's try to fill a couple of tables at the dinner!



## MUSIC IN SEPTEMBER

- ⇒ September 4<sup>th</sup> – John Nilsen, professional pianist, will provide a musical message for our fall kickoff Sunday
- ⇒ September 11<sup>th</sup> – Donald Hammock and Chancel Choir will provide the music for "Smyrna Friends Sunday"
- ⇒ September 18<sup>th</sup> – Judy Kraxberger's bluegrass group, "Halfway Home," will provide the musical message for this special Sunday.

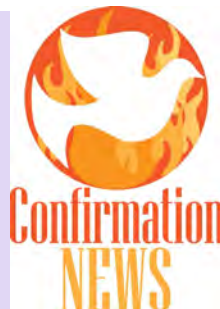


***The Church Council will meet Tuesday, September 20, from 7 to 8:30 pm.***

Confirmation class for all students in Middle School will begin in September, with a planning meeting following church on September 18<sup>th</sup>.

This two-year program, which culminates in Confirmation on Pentecost 2018, will consist of monthly visits to learn about other faith traditions and social issues, as well as service projects.

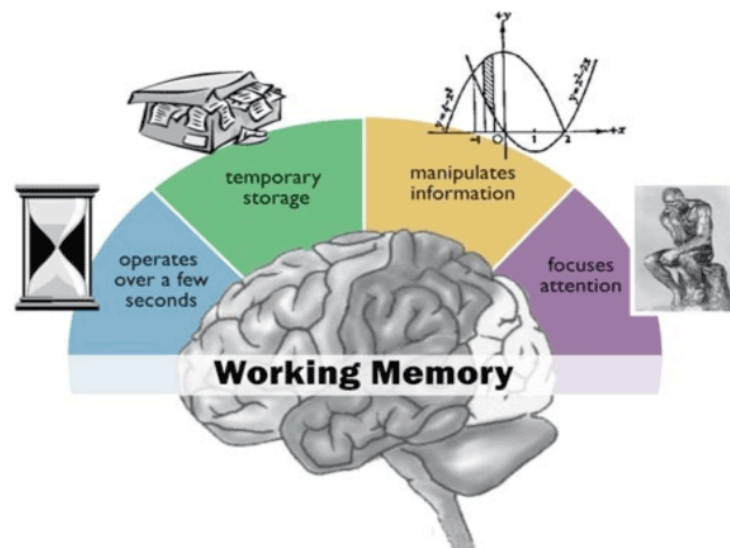
Pastor Deb and Adam Ericksen will be leading the confirmation class, and parents are encouraged to attend all the outings. Stay tuned for more.



## SMYRNA FRIENDS SUNDAY

Did you know that loneliness has been identified by the Center for Disease Control and Prevention as a leading cause of health issues? We need to be connected to others, and to something greater than ourselves to stay happy and well.

If you know a friend who might need a community of faith, invite them to join you on Sunday, September 11<sup>th</sup> for our 11 am service. All are welcome!



## MEMORY CAFÉ

The September Memory Café will be on Friday, September 9<sup>th</sup> due to the Smyrna Drive the Hunger Away Golf Tournament on September 2<sup>nd</sup>.

During our September Memory Café, we will have an overview of our fall programming, and will explore the power of gratitude to positively impact our health and well-being, including our cognitive health and well-being.

The Memory Café meets from noon to 1:30 pm, and don't forget to RSVP to Pastor Deb by Wednesday, September 7<sup>th</sup> at [debpatersonhome@gmail.com](mailto:debpatersonhome@gmail.com) or by calling her at 503-689-4450.



## "Women Take a Breath!"

### CPC Women's Retreat, October 7-9



This year's Women's Camp will focus on "Take a Breath: Embodying Our Faith" and will include opportunities to help bring our faith out of our heads and into our bodies through engaging with scripture and our own stories.

The **Rev. Jennifer Garrison Brownell**, (daughter, granddaughter, and great-granddaughter of ministers and missionaries) designated pastor at First Congregational UCC in Vancouver WA, will be our retreat leader. She earned her Master of Divinity degree from Seattle University's School of Theology and Ministry. In 2015, she published Swim, Ride, Run, Breathe: How I lost a Triathlon and Caught My Breath with UDD's Pilgrim Press. She co-edited a children's book, A Million Visions of Peace.

Join us at Camp Adams to worship, discuss, meditate, sing, and play together. It's our chance to greet old and new friends, walk in the woods, and share our joys

or sorrows as we build community among our Central Pacific Conference women. The weekend begins with dinner on Friday night and ends after brunch on Sunday morning.

#### Bring to camp:

Bible	Sleeping bag & pillow
Casual clothing	Warm sweater or jacket
Notebook, pen	Towel, toiletries
Flashlight	Comfortable shoes
Camera (optional)	Sense of humor

**Registration fee is \$105 is due by October 1st.** You may pre-register for \$65 with the balance of \$40 due upon arrival. Make checks payable to: United Church of Christ Women. Mail to: Nancy Klingeman, registrar, 3225 NW Elmwood DR, Corvallis, OR 97330.

**Financial Aid available.** Ask your pastor for an application form for a Rev. Anne Smith Educational Fund Grant or contact the committee chair at [deemason@aol.com](mailto:deemason@aol.com) or 503-255-7450. Send completed forms should to Deanna Mason, 9020 SE Market St, Portland OR 97216. **Deadline for financial aid forms is September 26, 2016**



## MISS THAT HOME COOKING?



Do you like the food at Memory Café and Women's Fellowship? Are you wondering about having wonderful home-cooked meals like that at other times?

Don't forget that you can head over to

Leona's in Mt. Angel — located at 415 South Main Street — for some outstanding fare for breakfast or lunch, cooked by none other than our own Twyla Blatchford, sister to Louise Adams and Arlene Hampton who cook for Memory Café (and are cooking for the September 22<sup>nd</sup> Women's Fellowship Luncheon). You can view the menu on the website: <https://leonasbakery.com/menu.htm>

Twyla, Louise, and Arlene are three of Virginia Yoder's daughters. And don't forget to take a look at Virginia Yoder's YouTube video on the Smyrna Facebook page!

## INTERGENERATIONAL ART NIGHTS

On our second Intergenerational Art Night, July 27, about 30 people made jewelry, ornaments, and other objects from polymer clay, led by Heather and Lulu Anderson.



The group includes all ages, and is a lot of fun, regardless of artistic ability. As this goes to print, Heather will be leading a felted soap project on August 31.

In September Christine Foster will be leading an Intergenerational Art Night project – stay tuned for details.

Thanks also to Audrey Yoder and Carl Cline who are on the Art Committee and will be leading future art events!



# ministering TO Seniors

## AN INVITATION FROM THE EARTH CARE AND HEALTH COMMITTEES

The Earth Care and Health Committees have been working together to discuss the idea of exploring the possibility of looking into seeing if we could develop a few units (4-6) of senior housing next to the church, similar to what churches have done in other rural areas. This might help to eliminate the need for seniors in our congregation and neighborhood to move away, and be more affordable than other senior housing options in the area.

There is a project at Bethel UCC in White Salmon, WA, that we would like to visit on Tuesday, September 13. While it is much larger, it will give us a sense of how they went about exploring their options. Please let a member of the Earth Care or Health Committees know if you would like to join them on their visit. They will leave Smyrna about 10:30 a.m. and return about 4 pm.

## AGING BACKWARDS

"Aging Backwards" is a program offered through Oregon Public Broadcasting which helps adults regain flexibility and strength, and address pain. Mary Namit and Carl Menkel lead the Aging Backwards classes using the DVDs on Mondays at 10 am. Come join the group, and continue the daily practice on your own at home – the program is available weekdays on OPB.



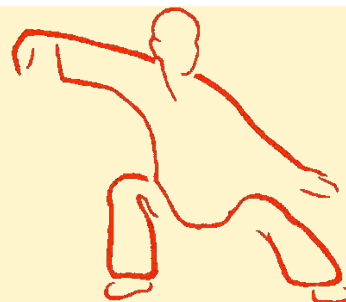
## Tai Chi classes resume

Tai Chi is an excellent way of staying healthy by increasing your ability to maintain your balance. Virgil Foster leads Tai Chi classes at Smyrna twice a week:

10 a.m. Wednesdays

9:30 a.m. Saturdays

The first three classes are free, after that there is a \$5 per class fee. No preregistration is required.



## Health Committee

Summer is drawing to an end, and we hope everyone has had some relaxing leisure time to renew the body,

the mind, the soul and the spirit. To remain healthy, the body needs periods of rest and pleasure just as it needs meaning and purpose in order to thrive.

The Health Committee continues to support and encourage the various programs in Smyrna that enhance the well-being of those participating. Tai Chi classes, Aging Backwards exercise class, Memory Café, Calling on the homebound, Prayer Group, Adult Education, and Sunday Services.

The Health Committee will be joining forces with the Earth Care Committee in exploring the idea and feasibility of some Senior Housing on the property that Smyrna owns next to the church. Look for any additional announcements from The Earth Care Committee. At this point, it is only in the idea and exploration stage.

## Everyday is Earth Day!



**REUSE  
REDUCE  
RECYCLE**

During our week of Peace Camp, the campers learned about being at peace with the earth. There are several things that families can do to protect our earth. Reuse, Reduce, Recycle!

1. Teach children how to recycle. They can be in charge of a certain item or many items. The whole family can be involved.
2. Turn off lights when they are not in use.
3. Donate books that are not needed any more.
4. Use both sides of a sheet of paper.

5. Save leftovers, only take as much food as you will eat.
6. Save water. Turn off water while brushing teeth, take shorter showers.
7. Take a cloth bag to the store.
8. Leave campsites and parks cleaner than they were found.
9. Think of many things that can be reused, reduced, or recycled. Always be kind to the earth.

Statistics: Each person in the United States throws out about four pounds of garbage a day. Forty-three thousand pounds of food is thrown out in the U. S. each day. Every ton of paper that is recycled saves seventeen trees. Only about one-tenth of all solid garbage in the U.S. gets recycled.



# ***DRIVE THE HUNGER AWAY***

## ***GOLF TOURNAMENT***

### ***& Dinner @***

# ***ARROWHEAD GOLF CLUB***

See us @ [www.smyrna-ucc.org/golf](http://www.smyrna-ucc.org/golf)

**SEPTEMBER 02, 2016**

*Shotgun Start 1 p.m.*

**18-HOLE-TEAM SCRAMBLE**

**Proceeds support local food banks in MARION & CLACKAMAS COUNTY**

## **Fall Worship Schedule**

Just a reminder that worship returns to the 11 a.m. hour beginning Sunday, September 4<sup>th</sup>. Adult Ed resumes on September 11<sup>th</sup> at 9:45 a.m., and Christian Education for children and youth resumes on September 11<sup>th</sup> following the Children's/Youth Sermon.

## **Prayer Group**

The prayer group continues to meet on the 2nd and 4th Tuesdays of the month. We meet at 9:30 a.m. in Pastor Deb's Office. If you have a prayer need or want to join us in prayer, please join us for conversation about prayer, meditation, and life, as well as for a time of prayer. And if

**you can't join us, set aside a few minutes on your calendar on those mornings to join us in spirit! No commitment required. For more information, talk to Pastor Deb.**



## **New Grandchild for Dave & Jean Akers**

Lily Gaekle was born on August 16, 2016. She weighed in at 5 lbs 15 oz, 20.5 inches long and according to her mother, Josie, she is perfect.

Grandma and Grandpa are smiling a lot and making sure big brother Patrick still knows he is special ( he turns 2 on September 4). Dave and Jean plan to move on October 15 to a house about 5 miles from the grand children and near 2 parks.





# September 2016 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
<div> <div> <b>Aug 2016</b> <table> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <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>30</td><td>31</td><td></td><td></td><td></td></tr> </table> </div> <div> <b>Oct 2016</b> <table> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div> </div>			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				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							<b>1</b> b.d. Rachel McKee  Wed. Anniv. Scott & Angela Stierle	<b>2</b> 1 p.m. Drive Away the Hunger Golf Tournament  b.d. Margaret Adams Wedding Ann. Dan & Beryl Fisher	<b>3</b> 9:30 a.m. Tai Chi at Smyrna
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<b>4</b> 11 a.m. Worship Coffee Hour: Barbara Daniels Flowers: Linda Dunn  <i>John Nilsen, professional pianist, will provide a musical message for our fall kickoff Sunday</i>	<b>5</b> 10 a.m. Aging Backwards @ Smyrna 7:30 p.m. AA and AI Anon  <b>Labor Day</b>	<b>6</b> 1 p.m. Stitch Club @ Elaine Daniels' 10 a.m. O.A. meeting at Smyrna  b.d. Scott Schuebel	<b>7</b> 10 a.m. Tai Chi at Smyrna  Deadline to RSVP for Memory Cafe  Wedding Ann. Philip and Barbara Daniels	<b>8</b> b.d. Paula Martin	<b>9</b> 12 Noon Memory Cafe at Smyrna	<b>10</b> 9:30 a.m. Tai Chi at Smyrna  b.d. Audrey Yoder, Lulu Anderson																																																																																											
<b>11</b> 9:45 a.m. Adult Education 11 a.m. Worship, Sunday School, and Youth Group  Coffee Hour: Volunteer needed Flowers: Terri Milliren  <i>Smyrna Friends Sunday -- Invite a friend -- Special music by Donald Hammock and the Chancel Choir</i>	<b>12</b> 10 a.m. Aging Backwards @ Smyrna 7:30 p.m. AA and AI Anon	<b>13</b> 10 a.m. O.A. meeting at Smyrna 9:30 a.m. Prayer Group in Pastor's office  b.d. Alexander Marine	<b>14</b> 10 a.m. Tai Chi at Smyrna	<b>15</b>	<b>16</b>	<b>17</b> 9:30 a.m. Tai Chi at Smyrna  Wedding Ann: Virgil & Christine Foster  Mt Angel Oktoberfest -- Smyrna's Poutine Booth																																																																																											
<b>18</b> 9:45 a.m. Adult Education 11 a.m. Worship, Sunday School, and Youth Group  b.d. Sarah Deumling, Jerry Wallace  Coffee Hour: Volunteer needed Flowers: Elaine Daniels  Smyrna Poutine Booth @ Oktoberfest  <i>Special music by Judy Kraxberger's bluegrass group, "Halfway Home"</i>	<b>19</b> 10 a.m. Aging Backwards @ Smyrna 7:30 p.m. AA and AI Anon  b.d. Laura Yoder	<b>20</b> 10 a.m. O.A. meeting at Smyrna 11 a.m. Diaconate mtg in the pastor's office. 7 p.m. Church Council  b.d. Paul R. Yoder  <b>BEHOLD!! deadline</b>	<b>21</b> 10 a.m. Tai Chi at Smyrna  b.d. Josette Waitman	<b>22</b> 12 Noon Women's Fellowship Luncheon  Wedding Ann: Joe & Josette Waitman	<b>23</b> b.d. Zane Shultz	<b>24</b> 9:30 a.m. Tai Chi at Smyrna  b.d. Angela Baker																																																																																											
<b>25</b> 9:45 a.m. Adult Education 11 a.m. Worship, Sunday School, and Youth Group  b.d. Ken Schriever Coffee Hour: Diaconate Flowers: Brenda Hammock	<b>26</b> 10 a.m. Aging Backwards @ Smyrna 7:30 p.m. AA and AI Anon  b.d. Mary Sparks, Kasha Wallace  Wedding Ann: Sandra & John Mahar	<b>27</b> 10 a.m. O.A. meeting at Smyrna 9:30 a.m. Prayer Group in Pastor's office  b.d. Louise Adams	<b>28</b> 10 a.m. Tai Chi at Smyrna  b.d. James Daniels, Richard Daniels	<b>29</b>	<b>30</b>																																																																																												





We will begin the month of September with a fishbowl. Youth group members will be invited to anonymously write down their questions, doubts, or faith statements on a sheet

of paper. Then we will place them in a fishbowl. Sheets of paper will be randomly selected for discussion over the next few weeks.

We will also discuss specific Bible passages during September. On the 14<sup>th</sup>, we will discuss Jesus' parable of the lost sheep and the woman who found her lost coin. Have you ever been lost? I'm told that when I was three years old, my parents lost me at the county fair. Both of my parents thought I was with the other one. Fortunately, a nice woman found me and took me to the lost and found. I have no memory of the event, but I'm certainly grateful to the woman who found me when I was lost and took care of me.

On the 21<sup>st</sup>, we will talk about a parable that Jesus tells about forgiveness. What does forgiveness do to our spirit? What happens to us when we hold onto grudges by refusing to forgive?

Finally, on the 28<sup>th</sup>, we will explore Jesus' parable of the rich man and Lazarus. Many have interpreted this parable to be about heaven and hell. The story reminds me of an old Jewish parable. It claims that hell is like many people who are sitting across from each other at a banquet table. Everyone's heads are looking straight down at their food, so that they are unaware of the people around them. Their arms are also locked straight forward so that they can't reach their own food. Heaven is similar, except that people look straight forward. Their arms are also locked, but since they are aware of others, each person feeds the other across from them. The rich man in Jesus' parable is living in hell on earth because he is unaware of Lazarus. Heaven on earth is to become aware of one another. It's a way of life that freely gives and freely receives spiritual nourishment. How can we participate in heaven on earth in our lives today?

I look forward to exploring these topics with the youth group!

Grace and peace,  
Adam



# Poutine (poo'tēn)

**noun**

(French Canadian) a dish consisting of French fries  
Topped with cheese curds and gravy  
Eaten primarily in Canada  
Now also in Mount Angel September 15-18, 2016

**Oktoberfest booth #3 Satisfy your craving for poutine**  
**Sponsored by Smyrna United Church of Christ, Canby, OR**  
**No matter who you are, or where you are on life's journey,**  
**you are welcome here.**



### ***Volunteers needed!***

*In every month this fall there are opportunities for providing flowers for the Sanctuary or food for the coffee hour following worship. Check the sign-up sheet on the bulletin board for the spot you can fill.*



- ♦ Burt Gottwald, recovering from a fall
- ♦ Adam and Angie Maurer and family, following the loss of his mother
- ♦ Linda Dunn, whose sister Sue Cozzins, recently passed away
- ♦ Helen and Chuck Odell and family
- ♦ Jeannie Rogers' Uncles Ted and Dick as they continue to recover from different health issues
- ♦ David Roddy (Brenda Hammock's brother), undergoing cancer treatment
- ♦ Jane Dahl's family facing health issues
- ♦ Jackie Miller's family facing health issues
- ♦ Blanche Kober, facing health issues
- ♦ Jean Epley, facing health issues
- ♦ Jon and Susie Schriever
- ♦ John Beck, recovering from cancer treatment
- ♦ Joe and Joann Gribble
- ♦ And let us hold each other, and our neighbors around the world, in prayer.



## **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.