

BEHOLD!!

A Newsletter of Smyrna United Church of Christ

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October 2016

Smyrna



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

Dear Friends,

August might have been a quiet month, but September was filled with wonderful activity, including the Smyrna Drive the Hunger Away golf tournament, and the Poutine Booth at the Oktoberfest, both of which were wonderful successes, and will be reported on elsewhere in these pages. But many thanks to the committees for both of these events, and to the many, many people who participated in making these events both possible!

It was wonderful to have John Nilsen play the piano at Smyrna on September 4th, and Judy Kraxberger's bluegrass band, "Halfway Home" on September 18th. Choir resumed on September 11th for the special "Smyrna Friends Sunday," and will rehearse on Sundays at 9:30 am. Welcome back to the choir!



Adult Ed meets at 9:45 on Sunday mornings – come join us. Or take advantage of one of the exercise classes at Smyrna, come to a Women's Fellowship Luncheon or a Memory Café, or join the choir. Bring something for a Stitch Club Challenge, attend the Habitat for Humanity Dinner, or give to support at UCC special offering. Or all of the above! There are many ways to participate in the varied ministries at Smyrna.

But most of all, the ministries of this church are strengthened by your prayers. We remember that first and foremost, this is a place where people gather to pray and to seek the presence of God's spirit and the fellowship of others who seek to serve God.

May God bless you this fall, as we look to the last few weeks of "Ordinary Time" before Advent, which begins on November 27th.

In Christian love,
Pastor Deb

ADULT ED upcoming topics:

October 2nd – Simone Weil, Mystic

October 9th – Religion and the Arts

October 16th – Meeting with the Confirmands and their Parents

October 23rd – Sexuality and the Bible

October 30th – Mystery

MEMORY CAFÉ

Our first Memory Café this fall, on September 9th, had 45 in attendance, when we explored the power of gratitude to impact our brain health and general well-being, looked at an overview of the programming for the year, and took home a homework assignment to work on three areas of brain wellness in the 2016-2017 school year.

Our next Memory Café will be Friday, October 7th from noon to 1:30 pm with JoDean Sampson, from the Clackamas County arm of SHIBA (Senior Health Insurance Benefit Assistance) with the State of Oregon. JoDean will discuss ways to maximize one's wellness benefits and other benefits of their Medicare and Medicare supplemental plans. Open enrollment is October 15-December 7th. She will also bring volunteers who will counsel people individually after the Memory Café. Please call 503-655-8269 to schedule an appointment for this



free service provided by volunteers who are trained and certified by SHIBA.

Memory Café Note

Certainly, we have much to thank God for when things are going well. But as we learned at the Memory Café this month, the act of gratitude itself helps to CREATE well-being. Researchers at the Benson-Henry Institute for Mind-Body Medicine at Mass General Hospital in Boston found that we when we actively practice gratitude, we become healthier. We become happier. We experience more well-being, as in, "It is well with my soul."

What researchers measured were the positive health benefits of writing a few minutes a week in a gratitude journal. People wrote just 20 minutes a week, for only three weeks. They found that this small exercise had positive effects up to three months later.

When we practice gratitude, we are better able to deal with stress, and fear, and even pain. We feel more connected to those around us, and more interested in life. Even the physical markers of well-being are changed. We experience improved sleep, lower levels of inflammation and hypertension, improved mood and improve immune system functioning. That's a lot to be grateful for!

grat-i-tude

[grat i tood]

noun

the quality of being thankful; readiness to show appreciation for and to return kindness

Costco Dinner/Silent Auction




October 2, 2016, we will sit down to a dinner of Costco's fine foods. We will be serving up Lasagna, salad and garlic bread followed by dessert. Plan on joining everyone in Friendship Hall for the dinner and taking part in the Silent Auction after church. If you have slightly used items to donate for the auction, we will be glad to accept them prior to the date or on October 2nd. There will be a free will offering for the dinner. Please come and make this a great success.

INTERGENERATIONAL ART NIGHT

Christine Foster will be leading an Intergenerational Art Night project at Smyrna on September 28th. Salad Supper at 5 p.m., Art Night from 6 to 7:30 pm.

Thanks also to Audrey Yoder, Heather Anderson, and Carl Kline who are on the Art Committee and will be leading future art events, including an art project at the Halloween Party on October 30th and the Advent Potluck on November 27th.





ADOPT-A-HIGHWAY

The road clean-up from Heinz Rd to Hwy 211 will be on October 8. Meet at the church at 9 am. Contact Rod Bullard if you have any questions.



Benefit Dinner

HABITAT FOR HUMANITY DINNER

Please join other Smyrna members in attending the Habitat for Humanity Dinner on Saturday, October 8th at the Mt Angel Festhalle, Mt Angel OR. Doors open at 5 p.m. More info at www.nwvhabitat.org.

Women's Fellowship Bazaar



The annual Women's Fellowship Bazaar will be held on Saturday, November 19, 2016. Beginning at 5 PM we will be serving Poutine and deep fried cheese curds, followed by cake, pie and homemade ice cream.

A preview of the auction items will begin at 6 PM followed by the live auction at 7 PM. Please come and enjoy meeting up with old friends and tasting a bit of Oktoberfest. (Smyrna has had a booth at Oktoberfest the past two years where we serve Poutine as a way to fund some charities.) We hope to see you there.



A recipe from... Memory Café

Every now and then the people who attend Memory Café at Smyrna request the recipe for the main luncheon dish. On September 9th we began the café again for the remainder of 2016 and Louise Adams prepared the following recipe which appeared in the New York Times cooking section by Martha Rose Shulman. The recipe is called Summer Squash Gratin and is as follows.

Summer Squash Gratin

Make 1 recipe sauteed Summer squash with 1 red pepper and onion as follows:

(heat 2 tablespoons olive oil over medium heat in a large heavy skillet and add ½ medium onion (about 1 cup chopped) cook until tender 5 to 8 minutes and add 2 plump garlic cloves, minced, 1 ½ pounds summer squash, cut in ½ inch dice, 1 small red pepper cut in ¼ inch dice. Turn heat on medium high and cook stirring, until squash is translucent and red pepper tender, about 10 minutes. Add freshly ground pepper, taste and adjust salt. Stir in 2 Tblspoons chopped fresh parsley and remove from heat. Use as a filling for the vegetable gratin.

Pre-heat the oven to 375 degrees F. Oil a 2 quart baking dish with olive oil. In a medium bowl, beat together the eggs, salt, pepper and milk. Stir in the rice, thyme, sautéed squash and the cheeses. Scrape into the baking dish.

2 large or extra-large eggs
1 cup cooked Arborio or Carnaroli rice (1/2 cup raw)
2 ounces Gruyere Cheese grated (1/2 cup, tightly packed)

½ teaspoon salt

Freshly ground pepper

½ cup low-fat milk

1 teaspoon coarsely chopped fresh thyme leaves

1 ounce freshly grated Parmesan (1/4 cup, tightly packed)

Bake 35 to 40 minutes, until nicely browned on the top and edges. Remove from oven and allow to stand for at least 10 minutes before serving.

Enjoy!

VISIT TO WHITE SALMON

We had a great trip to see the senior housing project sponsored by Bethel UCC in White Salmon, WA on September 13th with 10 in attendance.



The group that went to Bethel Congregational UCC in White Salmon, Washington on September 13, 2016. Left to right: Joel, Deborah, Elaine, Katherine, Tom, Paula, Virginia, Bill, Sophia, Christine, Virgil and Kelly

We were looking at the senior and low income housing complex that the church built. Rev. Kelly Ryan told us the history of the project and gave us a tour. It's called Beth-El Shalom and is located about 2 blocks from the church.



Mt Angel Oktoberfest/Smyrna Poutine

After a sunny start, two days of rain did not deter poutine lovers from visiting our booth. By Saturday we had already doubled the amount taken in last year.

Proceeds will be divided among Habitat for Humanity, food banks, and Camp Adams Camperships.

Thank you to all who contributed time, work, and appetites!



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.

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.



CONFIRMATION

Confirmation class for all students in Middle School will begin in October, with a planning meeting during Adult Ed on October 16th.

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 will be leading the confirmation class, and parents are encouraged to attend all outings.

YOUTH DIRECTOR:

Adam Ericksen has resigned as Smyrna's Youth Director, effective the end of September, to become the half-time Minister of Spiritual Direction at Lake Oswego United Church of Christ. We shall miss him, and we thank him for his all-too-brief ministry with us here at Smyrna! Stay tuned for details on the Youth Director Position.



Christian Nurture invites
you to
Smyrna's Annual Halloween
Party
Games! Crafts! Art Project!
And Treats!

Bring your costumes to change
into after worship on
Sunday, October 30, and stay
for the party!

Check the Narthex Bulletin
Board for Sign up sheets for
helpers



NEWS FROM OUR UCC NEIGHBORS:

Ainsworth UCC, 2941 NE Ainsworth Street, Portland, invites us to join as they honor Rev. Lynne Smouse Lopez, who has served as their pastor for 20 years. They will celebrate together on Sunday, October 9th at 10 am at Ainsworth. Sunday worship will be inspired by a powerful collection of spirit-filled musicians sharing Pastor Lynne's favorites! A reception immediately following worship in Michael Hall will feature delicious treats and joy-filled stories commemorating Pastor Lynne's journey with Ainsworth.

Questions: Contact Elvira Hudson, 503-289-0941. More information can be found on their website at www.ainsworthucc.com.

COFFEE AND FRIENDS

Meets the 1st, 3rd, and 5th Tuesdays at 9:30. Come join us to visit with friends and share joys and concerns.

PRAYER GROUP

Meets in the Pastor's office at Smyrna on the 2nd and 4th Tuesdays at 9:30.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																					
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Drive the Hunger Away

On September 2, a large group of enthusiastic golfers participated in Smyrna's "Drive the Hunger Away" Golf Tournament. Money raised in this annual event goes to food banks in Marion and Clackamas Counties.



To all the many volunteers, sponsors and golfers who made this fundraiser a success!





- ♦ Joe Gribble (on hospice), Joann Gribble and family
- ♦ Helen and Chuck Odell and family
- ♦ Lucia Schuebel, her family and caregivers
- ♦ David Roddy (Brenda Hammock's brother), undergoing cancer treatment
- ♦ Jane Dahl's family facing health issues
- ♦ Blanche Kober, Burt Gottwald and Jean Epley, in assisted living
- ♦ Mickey Hester, with health concerns
- ♦ Jon and Susie Schriever
- ♦ And let us hold each other, and our neighbors around the world, in prayer.

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.

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.