

# 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.

## December 2016



*Dear Friends,*

Today when I popped over to pick up Sophia from her work at the daycare where she is volunteering, I was running late because I got lost in thought working on the bulletin for this Sunday, and when I went into the building, I

tripped over a box of Legos and went sprawling, embarrassing myself and my young adult daughter in the process. Luckily, nobody got hurt, just some feelings. A good reminder that I need to slow down. And to remember the Lenten series that we did last spring on Mindfulness....

At the beginning of Advent, which begins a new church year, I have the perfect opportunity to make some spiritual "new year's" resolutions, about how I wish to live in the year ahead, and I would invite you to join me in considering any changes you might want to make for yourself.

Here are some of mine:

- Spend more time in prayer and meditation to gain more clarity and understanding about the direction of my life and ministry as it continues to unfold.
- Slow down and enjoy really being present with others rather than always worrying about the next thing on my list of things to do.
- Listen more. Talk less.
- Give thanks, a whole lot more, every day.
- Read more books about spirituality, like the book just recommended to me by Tina Marshall, "Living Buddha, Living Christ" by Thich Nhat Hahn.

Thank you for walking on this journey with me. We have much to learn together, and I am grateful for this opportunity, now starting my fourth year here, as one of the many pastors who have served in this place (and we are all ministers here), over the last 125 years.

Blessings,  
Pastor Deb

P.S. Please save the date for Sunday, December 4<sup>th</sup>, when our morning worship will celebrate the 125<sup>th</sup> anniversary of the first service held in the Smyrna sanctuary. On that day, we also will dedicate a special 125<sup>th</sup> anniversary bench in memory of Robert Kyrk, donated by his family.

### YOUNG PARENTS' PROGRAM

Starting in the New Year, the Church Council has approved the launch of a Young Parents' Program to be facilitated by Carly Itami and Rebekah Yoder, which will meet in the evenings, twice monthly. Information on the program is on an inside page of this Behold.

And thank you to Nick and Carly Itami for their generous donation for the renewing of the nursery, in memory of their daughters Evelyn and MaryGrace Itami, and to Carly and to Rebekah Yoder, for their work in cleaning, painting, refurbishing, and decorating the nursery!

# December at Smyrna UCC

## MEMORY CAFÉ

Our November Memory Café was Friday, November 4th with Rene Garrett, Volunteer Coordinator for the Office of the Long-Term Care Ombudsman, along with Steph DeLage, the Deputy Long-Term Care Ombudsman for Clackamas County, who helped folks learn about advocating for themselves or their loved ones in Long-Term Care.



Our December Memory Café will be on **Friday, December 2<sup>nd</sup> from noon to 1:30 pm** with Stan Paine, from the Aging and Spirituality Network, along with special musical guests. Please RSVP by Wed, Nov. 30th to Pastor Deb at 503-689-4450 or [debpatersonhome@gmail.com](mailto:debpatersonhome@gmail.com).

**Special Music**

A special thank you to Louise Adams, Barbara Daniels, and Genevieve Freeman for the wonderful lunches!

## SPECIAL SERVICE ON DECEMBER 4<sup>th</sup>

On Sunday, December 4th, we will have a special service at 11 am to celebrate the 125th anniversary of the first worship service in Smyrna's Sanctuary, and will dedicate the new 125th anniversary bench which has been installed in the cemetery in memory of Robert Kyrk by his loving family: Julia and Bill Peterson, Juliana Kyrk, and their families.



## Confirmation Class

Confirmation continues on the 2<sup>nd</sup> Friday of each month from 5:30 to 7 p.m., with a light supper served.

## THE TREE OF WARMTH

Mission and Outreach would like to invite you to bring hats, mittens, scarves, and socks for all ages to put on the Christmas Tree now through Christmas.



Some will be delivered mid-December to the Molalla High School for homeless youth, and the rest will be delivered to the Canby Center for families in need in the weeks following. Thank you!



*Women's Fellowship will serve a Christmas Luncheon on Thursday, December 8<sup>th</sup> at noon – all are welcome!*

## ADULT EDUCATION IN DECEMBER

All classes meet at 9:45 in Pastor Deb's office

- ◆ December 4th – The Next 125 Years – What are Your Dreams?
- ◆ December 11th – The Six Generations of Smyrna
- ◆ December 18th – Revisiting the Christmas Story
- ◆ December 25th – Merry Christmas! No Adult Ed class today
- ◆ January 1st – Happy New Year! No Adult Ed class today

## STITCH CLUB NEWS

Stitch Club will next meet on **Tuesday, December 13<sup>th</sup> at 1 pm** in the Friendship House at Smyrna for the annual tradition of assembling Christmas baskets.

## Christmas Services

**Sunday, December 18 —11am** Youth and Children's Christmas Program

**Saturday, December 24<sup>th</sup> —9 pm** Eve Candlelight Service

**Sunday, December 25<sup>th</sup> —11 am** Christmas Day Worship Service





# ***Molalla Community Choir presents a free Christmas Concert!***

***“A Christmas Delight  
on a Winter Night!”***

**Hear the musical talents of the choir and their friends,  
including an audience carol sing-along!**

**7 PM Friday, December 2  
at Smyrna United Church of Christ**

**31119 S Hwy 170, Canby, OR 97013  
(Canby-Marquam Highway)**

***Please bring Can Food Goods***

***as we share in addressing our community's needs***



## **Stitch Club update:**

Thank you to everyone who helped out the Molalla Food Bank by bringing items during the month of October.

The final total was:

- 133 cans of corn
- 112 cans of soup
- 153 rolls of toilet paper.



## **EXERCISE CLASSES**

Smyrna has a variety of exercise classes to help you keep your balance.

- “Aging Backwards” happens here each Monday Morning from 9:30 to 10:30 (two sessions, —9:30 and 10:0a.m. )
- Tai Chi takes place on Wednesdays at 10:00 and Saturdays at 9:30 am.





# Halloween at Smyrna



## The Thankful Tree Branch

During the Halloween Party at Smyrna, the Art Committee provided materials to create the Thankful Branch now hanging in the sanctuary. Each leaf on the branch holds the name of something church members are thankful for — a person, a place or something more intangible.

The top three were:

1. Family
2. Health
3. Smyrna community



Here are some of the other things Smyrna is thankful for:

- My whole interconnected family
- Home
- Friends
- Grandkids
- People
- Blessings
- My bed
- The internet
- My pets
- My mother & father
- Fall leaves
- Love
- My freedom
- Peaceful community
- Water
- The children of Smyrna
- Stitch club
- Women's Fellowship
- I'm grateful I got my license
- Steens Mtn
- Continual living on my own
- Music
- My school
- Rain
- Car
- Our heroes
- Indoor plumbing
- Good neighbors
- Sunshine
- New mattress
- Singing birds
- Love & kindness
- Life
- Peace
- Connections: Service, Friends, Spirituality, Church, Family, Friends,
- All those who give time to our Community & Church



## Parenting Program offered at Smyrna in the New Year



Smyrna's Friendship house will be hosting a twice monthly parenting/ caregiving for today's children meet-up and support group. Join us the 1st and 3rd Tuesday of EVERY month starting January 3rd, 2017. Meet-ups will take place from 6-8 PM and include a lite supper. The topics of the classes will be most suited for first-time expectant parents (whether they choose to raise their child or place their child for adoption), through parents of pre-school aged children.

On the 1st Tuesday of each month we invite the expectant mother or the individual that is or will become the primary care-giver for the child. The 3rd Tuesday of each month we invite the support system of the primary care-giver to attend as well. The separation of attendance will allow the primary care-giver a safe space to learn, grow, and ask questions about the various topics that will be presented. The class in which we invite the support system to attend, will be a time to implore the primary care giver to educate about the topic and communicate how they need support to obtain desired goals.

We are an open and affirming group that accepts all families and all parenting situations. If you have any questions or would like to RSVP for the first class, please call or email Carly Itami (Supportive Birth Doula) Smyrna Parent Meet-up Peer Facilitator.

503-954-6318 or [carly.itami@gmail.com](mailto:carly.itami@gmail.com)

### Class Schedule:

**January 3, 2017-** Self Care/ Edification (For primary caregivers only and their children\*)

**January 17, 2017-** How to support self-care and edify a primary caregiver (For primary caregivers and their support system\*\*)

\*Your children are always welcome here at Smyrna and we encourage you to bring them to these Tuesday's meet-ups.

\*\*A support system can look like a lot of different things; a co-parent, a spouse, a sibling, a cousin, a best friend, a grandparent, or one of the peer leaders found here at Smyrna.



## COFFEE FELLOWSHIP

Join us!



## COFFEE AND FRIENDS

Meets on the 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Tuesdays at 9:30 a.m. Come join us to visit with friends and share joys and concerns.

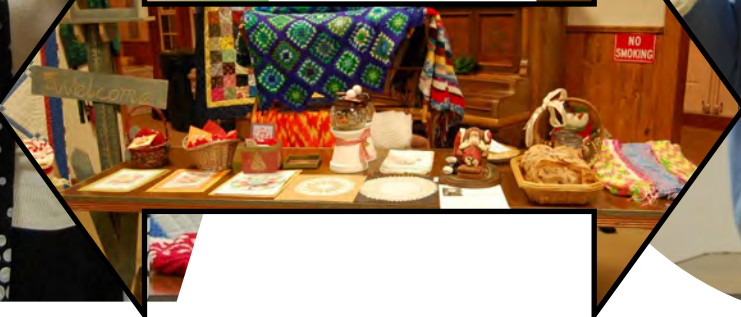
## PRAYER GROUP

Meets the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays at 9:30 a.m. in the Pastor's Office at Smyrna.





Smyrna Women's  
Fellowship Bazaar  
November 19,  
2016





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div> Nov 2016 <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 </div> </div> <div> Jan 2017 <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 </div> </div> </div>				1 <div> b.d. Ruby Becker, Julia Peterson </div>	2 <div> 12 noon Memory Cafe  7 p.m. Molalla Community Choir @ Smyrna </div>	3 <div> 9:30 a.m. Tai Chi at Smyrna  b.d. Michelle Stoneking </div>
4 <div> 9:45 a.m. Adult Education 11 a.m. Worship, Sunday School, and Youth Group  Coffee Hour: Volunteer needed Flowers: December Committee  <i>Special Service - 125th Anniversary of the first worship service in Smyrna's Sanctuary</i> </div>	5 <div> 7:30 p.m. AA and AI Anon  9:30 &amp; 10 a.m. Aging Backwards @ Smyrna </div>	6 <div> 10 a.m. O.A. meeting at Smyrna  9:30 a.m. Coffee &amp; Friends </div>	7 <div> 10 a.m. Tai Chi at Smyrna  b.day: Barbara Daniels </div>	8 <div> 12 Noon Women's Fellowship Christmas Dinner </div>	9 <div> b.d. Nikolas Peterson  5:30 - 7 p.m. Confirmation Class </div>	10 <div> 9:30 a.m. Tai Chi at Smyrna  b.d. Beverly Madeiros, Jeff Marshall </div>
11 <div> 9:45 a.m. Adult Education 11 a.m. Worship, Sunday School, and Youth Group  b.d. Chris Bangs  Coffee Hour: Volunteer needed Flowers: December Committee </div>	12 <div> 7:30 p.m. AA and AI Anon  9:30 &amp; 10 a.m. Aging Backwards @ Smyrna  b.d. Jeannie Rogers </div>	13 <div> 10 a.m. O.A. meeting at Smyrna  1 p.m. Stitch Club @ Smyrna  9:30 a.m. Prayer Group </div>	14 <div> 10 a.m. Tai Chi at Smyrna  b.d. Genevieve Freeman, Rebekah Yoder </div>	15 <div> b.d. Paulette Eyman, Tina Marshall </div>	16 <div> b.d. Jeff Shultz, Theresa Schuebel  Wedding Ann: Keith &amp; Theresa Schuebel </div>	17 <div> 9:30 a.m. Tai Chi at Smyrna  b.day Josh Marshall </div>
18 <div> Wed. Anniv Bill &amp; Paula Day  Coffee Hour: Volunteer needed Flowers: December Committee  9:45 a.m. Adult Education  11 a.m. Youth and Children's Christmas Program </div>	19 <div> 7:30 p.m. AA and AI Anon  9:30 &amp; 10 a.m. Aging Backwards @ Smyrna </div>	20 <div> 10 a.m. O.A. meeting at Smyrna  9:30 a.m. Coffee &amp; Friends  7 p.m. Church Council </div>	21 <div> 10 a.m. Tai Chi at Smyrna  b.d. Kevin Yoder </div>	22	23 <div> b.d. Emma Blatchford </div>	24 <div> 9:30 a.m. Tai Chi at Smyrna  9 p.m. Christmas Eve Candlelight Service </div>
25 <div> 11 a.m. Christmas Day Worship Service  Coffee Hour: Diaconate Flowers: December Committee </div>	26 <div> 7:30 p.m. AA and AI Anon  9:30 &amp; 10 a.m. Aging Backwards @ Smyrna  b.d. Eileen Boss, Paula Day </div>	27 <div> 10 a.m. O.A. meeting at Smyrna  9:30 a.m. Prayer Group </div>	28 <div> 10 a.m. Tai Chi at Smyrna  b.d. Beth Kersens  Wedding Ann. Leo &amp; Marsha Sano </div>	29 <div> b.d. Anna Marine </div>	30	31 <div> 7:30 p.m. AA and AI Anon  9:30 &amp; 10 a.m. Aging Backwards @ Smyrna  9:45 a.m. Adult Education 11 a.m. Worship, Sunday School, and Youth Group </div>



- ⇒ Joe Gribble (on hospice), Joann Gribble (recovering from surgery) and family
- ⇒ Helen Odell, in Memory Care
- ⇒ Chuck Odell, recovering from knee surgery
- ⇒ Lucia Schuebel, her family and caregivers
- ⇒ David Roddy (Brenda Hammock's brother), undergoing cancer treatment
- ⇒ Jane Dahl's family facing health issues
- ⇒ Blanche Kober, Vonda Stoneking and Jean Epley, in assisted living
- ⇒ Mickey Hester, with health concerns
- ⇒ Jon and Susie Schriever
- ⇒ All those mentioned for prayer in church
- ⇒ 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.