

# 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.

## April 2017



### Dear Friends,

Some days I feel like I am running the Indy 500 with my list of things to do. Between bulletins and sermons, meetings and gatherings, reports, articles and planning, new Psalm settings to write, along with driving to and fro, there is plenty to do. Then there are the other things on the list, from serving on the peace and music committees with Rotary, to volunteering as chair of the Marion County Intellectual and Developmental Disabilities Advisory Committee, to volunteering with the Willamette Valley Hospice, to helping Sophia with her activities, to walking the dog, and meals and laundry, and, well, you get it. Those of you with kids or grandkids in your care are still doing this. Those of you employed outside the home experience this. And I know there are plenty of folks (most of them?!) who are retired and still wonder how they ever had time to work. It's easy to fill one's plate to the brim, for there is much in life to be involved in.

It's important to stop and take breaks, but it is also important to give thanks in the middle of the bustle, for life here on earth is limited. We have only so many days here. And, when "giving thanks in all things," even for that list of things to do, one gets a heightened sense of awareness that we can't do everything we want to do. We need to choose. The time – each day – is precious.

And also precious is each person with whom we share our days. I give thanks for each of you, for your willingness to walk together in love and compassion during these days of Lent, as we move toward the Easter season.

And I give thanks for that list of things to do, and I invite you to do the same for yours. On it is meaning and purpose, for the blessing of our finite days here in this place.

In gratitude,

Pastor Deb

P.S. Easter Sunday, April 16<sup>th</sup>, we will worship at 9:15 am, with a brunch to follow. Stay tuned for further details.

**Confirmation** will meet for dinner and conversation about "The Easter Narratives" on Friday, April 14<sup>th</sup> from **5:30 to 7 pm** in the Fellowship House.

### Adult Education

April 2<sup>nd</sup> – Sue Monk Kidd, Mystic

April 9<sup>th</sup> – The Easter Story

April 16<sup>th</sup> – Easter Sunday – no Adult Education

April 23<sup>rd</sup> – Nature and the Divine

April 30<sup>th</sup> – Mystery

## Scholarships available

The Smyrna United Church of Christ/Glenda Yoder Sano Scholarship Committee will be accepting applications through **May 1st, 2017**. The applications are available in the narthex of the church or by contacting Rick Gano. Eligibility Requirements are: the applicant must be a current or recently graduated high school senior or in a post-high school program making satisfactory progress, and the applicant must be an active participant in Smyrna UCC with active participation during the past year in the life of Smyrna UCC (Examples would be participation or assistance with the worship, Sunday School, grounds cleanup, Strawberry Social, Chili Cook-off, Vacation Bible School, etc.).

This is the thirteenth year that Smyrna has provided church members scholarships for furthering their education after high school. The church scholarship is granted in memory of **Glenda Yoder Sano**, a 1963 Molalla High graduate and a long time member of the Smyrna Church family, who, as many of you know, was instrumental in starting and continuing many youth programs in our church.

Rick Gano,  
Smyrna UCC Scholarship Committee



## Tending the Body-Mind Connection through Meditation

Tending the body-mind connection through meditation and visualization is a powerful tool to help maintain your physical and cognitive well-being in so many ways, including stress reduction, improved concentration, lowered blood pressure, improved motor planning and balance, better sleep quality, and improved self-awareness of other health practices, such as healthy eating habits.



Our speaker for Smyrna's April 7<sup>th</sup> Memory Café will be Ione Shockey Jenson, a counselor, dream therapist and former teacher who holds degrees in education, psychology, and counseling. She is author of Women Alone: Creating a Joyous and Fulfilling Life and the recently published, Coming Full Circle through Changes, Challenges, and Transitions. Prior to retiring, she was a co-founder of the Holo Center, a retreat community in Hayden Lake, Idaho.

Managing hypertension, reducing stress, avoiding falls, and leading a healthy lifestyle through getting enough exercise, eating a wide variety of fruits and vegetables and omega-rich foods, along with managing your medications and getting enough sleep are so important to cognitive well-being, and meditation is able to help with many of these areas.

**Smyrna's Memory Café on Friday, April 7<sup>th</sup> from noon to 1:30** will include other brain health information, handouts, and activities, and will include a light lunch. **There is no cost, although free-will donations are accepted for lunch. Reservations are required by Wednesday, April 5<sup>th</sup> by calling 503-689-4450.**

For more information about the Memory Café, visit the Smyrna UCC website at [www.smyrna-ucc.org](http://www.smyrna-ucc.org).

## Remember the ARK!

Lisa Havre and Larry Sumpter have issued a challenge to help fill the ark by the end of 2017, by buying a pig for the ark and would like to invite others in helping to fill the ark with animals. We are already over \$1000 – isn't that exciting?



Did you know that each family who gets an animal is expected to share the gift by giving away the first female offspring of their animal to another family?

Here are the prices of the animals:  
Cow - \$500, Fish Fingerlings - \$300, Water Buffalo - \$250, Alpaca or Llama - \$150, Goat, Sheep, or Pig - \$120, Rabbits - \$60, Bees - \$30, Flock of Ducks, Chicks, or Geese - \$20. The Ark (\$5000) contains a whole boatload of these animals!

And, thank you to David and Jean Akers, who have also donated an animal to the ark! Blessings to all.

### Lenten Soup Suppers Theme: – "Gratitude"

Come join us on Tuesdays in Lent for soup, and for discussions around the theme of "Gratitude." We will continue meeting at **6 pm** on Tuesdays through April 4<sup>th</sup>. Palm Sunday is April 9<sup>th</sup>. That week, we will meet on **THURSDAY, April 13<sup>th</sup>** for our Maundy Thursday potluck dinner and Communion Service. And Easter Sunday worship will be at **9:15 am**.

## Stitch Club Outing

The Stitch Club is planning a "field trip" on Thursday, April 6<sup>th</sup>. Our plan is to attend the Elaine Annen Doll Museum at the Mount Angel Festhalle, followed by lunch at Leona's. All are invited and if you can join us, let any member of Stitch Club know and we can work out car-pooling arrangements.



## Coffee and Friends

"Coffee and Friends" is now an inclusive group who gather for discussion and friendship. As we are finding through research, friendships and socialization are imperative for maintaining a strong mind as we age! However, it's never too early to start! Everyone is welcome and encouraged to join in regardless of age. The

broader the span, the healthier the perspective.

Pastor Deb has also posed some thought-provoking questions that lead into a multitude of directions and give birth to some lively discussions as we explore ourselves and our experiences. Discussions are spontaneous and hold space for both serious thoughts as well as time for laughter and joy. The group atmosphere is warm and accepting and embraces honest sharing.

"Coffee and Friends" meets on the first, third and fifth Tuesdays of the month at 2 p.m. in Pastor Deb's office. Come have a cup of coffee or tea and join the lively roundtable discussions and shared camaraderie. You'll be glad you did! There is no commitment, just drop in whenever you can.

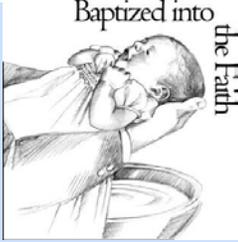
## Health Committee

The Health Committee has formed a sub-committee for disseminating information on Emergency Preparedness. As we know, sometimes disasters strike areas unannounced or on short notice, and if we look at our own country and abroad, it becomes evident that disasters of all kinds do occur from time to time. However, if we plan ahead a bit, and are prepared, we are able to cope much easier.

Jane Dahl has taken on the challenge of heading up this committee and is developing plans. She is seeking a few people who will assist her in developing this information. If you are willing or have an interest or expertise in this, please see or contact Jane!!



Like arrows in the hand of a warrior, So are the children of one's youth. How blessed is the man whose quiver is full of them" Psalm 127: 4-5



Baptized into the Faith

**JOIN US FOR  
NICKSON RAY ITAMI'S  
BAPTISM**

**THE CEREMONY WILL BE HELD  
April 9, 2017 AT 11:00 AM  
AT  
SMYRNA UNITED CHURCH OF CHRIST  
31119 S HWY 170, CANBY, OR**

\*Luncheon reception immediately following (free will donations will be accepted for the Itami Family Campaign to equip OHSU Labor and Delivery with a CuddleCot in memory of their Angels)

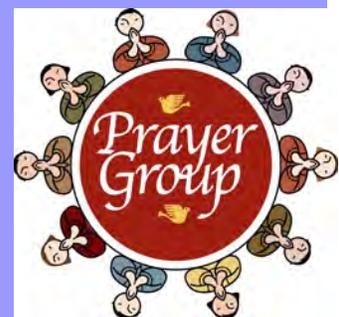
\*\*Bring your baskets for an Easter Egg Hunt all Children ages walking-12 welcome to collect Treat-filled eggs.

CuddleCot is a tool Bereaved parents can use after delivery to stay bedside with their baby for up to 24 hours. They cost \$2,700 for the cradle, cooling system, and training for hospital staff. We would like to purchase one in memory of Evelyn and Mary Grace Itami for OHSU Labor and Delivery. <http://flexmort.com/cuddle-cots/>

## Prayer Group

The prayer group meets on the 2<sup>nd</sup> and 3<sup>rd</sup> Tuesdays of each month. We meet at 2 p.m. in Pastor Deb's office. This group is always open to "drop-in's" or new members. We gather, we discuss, and we pray together. We move as the spirit moves us. If you, or someone you love is in need of prayer or some compassionate listening ears, drop in and share with us. The power of prayer is a gift that is not only effective, but it "keeps on giving."

If you like to pray aloud, or if you prefer to just sit quietly and add your love and energy to the group, both are equally appreciated and needed. Please consider joining us when you can, whether it's only once or often. We'd love to have you.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																					
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<p style="font-size: 2em; color: red; margin: 0;">16</p> <p style="color: blue;">9:15 a.m. Easter Service followed by Easter Brunch</p> <p style="color: blue; text-align: center;">Easter</p> <p>Flowers: Jane Dahl</p>	<p style="font-size: 2em; color: red; margin: 0;">17</p> <p>7:30 p.m. AA and AI Anon</p> <p>9:30 &amp; 10 a.m. Aging Backwards @ Smyrna</p>	<p style="font-size: 2em; color: red; margin: 0;">18</p> <p>10 a.m. O.A. meeting at Smyrna</p> <p>2 p.m. Coffee and Friends</p> <p>7-8:30 p.m. Church Council</p> <p>b.d. Tim and Tom Odell, Sarah Philips</p> <p>3:30 p.m. Emergency Preparedness mtg</p>	<p style="font-size: 2em; color: red; margin: 0;">19</p> <p>10 a.m. Tai Chi at Smyrna</p> <p>b.d. Kara Tellinghuser</p>	<p style="font-size: 2em; color: red; margin: 0;">20</p>	<p style="font-size: 2em; color: red; margin: 0;">21</p>	<p style="font-size: 2em; color: red; margin: 0;">22</p> <p>9 a.m. Road Clean-up</p> <p>9:30 a.m. Tai Chi at Smyrna</p> <p>b.d. Mary Smidt Jernstrom, Ginger Redlinger</p>																																																																																					
<p style="font-size: 2em; color: red; margin: 0;">23</p> <p>9:45 a.m. Adult Education 11 a.m. Worship, Sunday School, and Youth Group</p> <p>b.d. Nell Blatchford</p> <p>Coffee Hour: Volunteer needed Flowers: Pat Bullard</p>	<p style="font-size: 2em; color: red; margin: 0;">24</p> <p>7:30 p.m. AA and AI Anon</p> <p>9:30 &amp; 10 a.m. Aging Backwards @ Smyrna</p>	<p style="font-size: 2em; color: red; margin: 0;">25</p> <p>10 a.m. O.A. meeting at Smyrna</p> <p>2 p.m. Prayer Group</p>	<p style="font-size: 2em; color: red; margin: 0;">26</p> <p>10 a.m. Tai Chi at Smyrna</p>	<p style="font-size: 2em; color: red; margin: 0;">27</p> <p>12 Noon Women's Fellowship Luncheon</p>	<p style="font-size: 2em; color: red; margin: 0;">28</p>	<p style="font-size: 2em; color: red; margin: 0;">29</p> <p>9:30 a.m. Tai Chi at Smyrna</p>																																																																																					
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## Camp Adams Scholarships for Smyrna UCC youth are available through Smyrna Women's Fellowship.

Please Register for Camp as soon as possible, simply click on Summer Camp Registration located on the Camp Adams website:

<http://campadams.org/>

Then fill out the Women's Fellowship Scholarship Form — available in Smyrna's Narthex. If accepted, each camper will pay \$132 of the cost and Women's Fellowship will cover the rest.

Summer camps are age graded as follows:

### Taller and Smaller -

an age-appropriate length of three days introductory experience for youth who have completed K- 3rd grade

**July 5- July 8, 2017**

### Genesis/Seekers —

for kids who have completed grades 2nd-3rd.

**July 30- August 5, 2017**



### Discoverers -

for kids who've completed grades 4th-5th. **July 23- July 29, 2017**

### Sojourners -

for kids who've completed grades 6th-8th.

**July 16- July 22, 2017**

### Exodus -

for teens who've completed grades 9th-12th.

**July 9- July 15, 2017**

## Homeless Packs

by Jane Dahl

I would like to share a mission idea I have found very enriching. I give packs to the homeless when I am out driving. I include a small amount of money (\$3 per bag) in a gallon lock bag filled with things you would need if living on the street. I print out a little note that says GOD LOVES YOU and tuck that in the bag also.



Ideas for bag contents:

Toothbrush/toothpaste	gloves	socks
Hand sanitizer	lip gloss	combs
Hand/foot warmers in winter	dry shampoo	
Cheese and crackers	peanut butter and crackers	
Fruit snacks	boxes of juice	
Tuna/chicken salad and crackers		

I tailor some for women which include lotion, sanitary pads, etc. They are always so grateful when they receive them.

## Wearing of the Name Tags



Smyrna United Church of Christ

*Your Name*

It might sound like the wearing of the green, but here at Smyrna Church it is the wearing of our name tag. We have printed up name tags for most everyone; however; some of you may be missing yours as this goes to print. If you have a name tag, please wear it when you attend church. If you are missing your name tag or don't have one, please let a greeter or usher know so that one can be printed up for you.

### ADOPT-A-HIGHWAY



The spring road clean up from Heinz Rd to Hwy 211 will be on April 22 (Earth Day). Please plan on meeting Rod at the Smyrna parking lot at 9 am.



IN OUR



# Thoughts and Prayers

- ◆ Chuck Odell and all the Odell family at the recent passing of Helen Odell
- ◆ Lucia Schuebel
- ◆ Amber Enfield
- ◆ Kirstin Gano
- ◆ Joann Gribble and her family
- ◆ Jean Epley
- ◆ the Itamis
- ◆ Debbie Hancox and her family
- ◆ Christina Lydy-Mills
- ◆ Allison Graves and her family
- ◆ the family of Heather Pease
- ◆ Jean Akers
- ◆ Jon and Susie Schriever
- ◆ Mickey Hester
- ◆ and all others mentioned during prayer time and on the HeartLine.

## **Mission Statement**

Smyrna United Church of Christ is striving to be:

- A place of peace, where we offer to all an extravagant welcome wherever you are in your life journey regardless of your ethnicity, marital status, religion, gender, race, age, disability, national origin, or sexual orientation, and where we teach the stories of God's love and call on our lives.
- A spiritual haven, where we accept and care for all people and God's creation in an outreach of grace.
- A lighthouse of God's compassion, 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.