

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.

February 2018

Dear Friends,

Here we are in the middle of winter. Soon we will be in February, that short, cold, rainy and dreary little month which has no Thanksgiving, no Christmas, no New Year's Day to sweeten it. It has Valentine's Day in the middle, which is lovely, and President's Day, celebrated on the third Tuesday of each February, and the charming tradition of Groundhog Day, when each February 2nd we wait to see if the groundhog named Punxsutawney Phil, who lives at Gobbler's Knob near Punxsutawney, Philadelphia, sees his shadow, predicting six more weeks of winter. And the Super Bowl, of course.

Here at Smyrna, we have a lot going on during February. On Groundhog Day, we will welcome Dr. Paula Baldwin to the Memory Café, who will talk with us about "Life Skills for Expanding Your Horizons." We will

hold the annual chili cook-off following church on Sunday, February 4th, a fundraiser for our general fund, which needs a boost. On Tuesday, February 13th, Lent begins, with a pancake supper and worship, to start a season of reflection and introspection. The youth will have OWL, and Confirmation during a February, with a field trip for the latter. And there will be Stitch Club gatherings, and Women's Fellowship Luncheons, and more.

Every season has its challenges – February is still a cold, dark, dreary, month, and for many of us, there are cold, dark, dreary parts of our lives, as well. But when we are open to the presence of God with us – through the Holy Spirit, through the lives and blessings of others, through our acting on that which we have agency to change by making things happen that would not have happened otherwise – we are blessed.

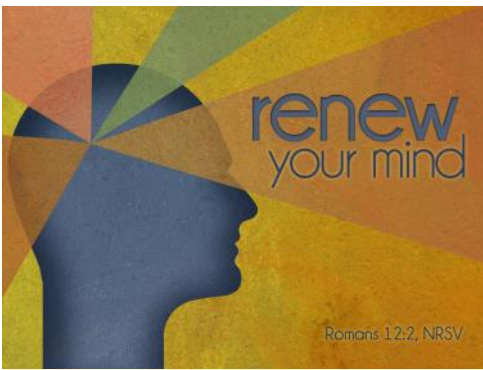
Smyrna UCC is a blessing to me, and I hope to you, as well. Thanks be to God!

Blessings,
Pastor Deb

Confirmation Class— Stay tuned for details about a field trip that we will take in February!

Adult Education in February

- February 4th – Religion and Sports
- February 11th – Who Was St. Valentine?
- February 18th – Field Trip with Confirmation Class – No Adult Ed
- February 25th – Mystery



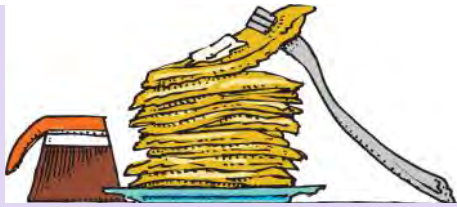
Memory Café

Memory Café will meet on Friday, February 2nd with guest speaker Dr. Paula Baldwin, Associate Professor of Communication Studies at Western Oregon University,

who will speak on “Life Skills for Expanding Your Horizons.”

Please RSVP by Wednesday January 31st to Pastor Deb at debpatersonhome@gmail.com or call 503-689-4450.

Pancake Supper and Lenten Worship



On Tuesday, February 13, the Lenten season begins with a pancake supper served at 6 pm followed by a Lenten worship service.

The Church Council will meet on Tuesday, February 13, after the Pancake Supper and Lenten service



CHILI COOK-OFF

Souper Bowl Chili Cookoff

This annual fundraiser for our general

fund is SOUPER! Held on Superbowl Sunday (February 4 this year) following worship, it is a fun and festive way to help raise needed funds for its varied ministries, and a great time of fellowship and festivities. And you will be home before the Super-Bowl kick-off, guaranteed!

Smyrna Women's Fellowship February Luncheons

will be held on:

- ⇒ **12 noon, February 8th**, served by Beryl Fisher, Paulette Eyman, and Angie Maurer.
- ⇒ **12 noon, February 22**, served by Irene Schriever, Florence Peace, and Barbara Menkel.

Open to all – ages, genders, communities – and a wonderful luncheon every time!



The final count for Little Hats knitted and crocheted by the Big Hearts at Smyrna UCC was 64! A huge thank you everyone who donated their time and talents.

Youth Events

Our Whole Lives: Sexuality Education for Teens will meet on February 2nd at 4:30 pm. Stay tuned for more.

Regional Youth Event

Registration is now open, and we will meet in February to keep planning details for this trip. At least three youth have confirmed their interest in attending the National Youth Event, June 25-29, 2018, along with Kristin Wishon and some parents. Theme: *Come to the Water = E Hele Mai I Ka Wai* More information will be coming soon.

Mustard Seed Parenting Group

continues to meet on the 1st and 3rd Tuesdays at 6 pm. The first Tuesday of the month is for the parent/primary caregiver and child or children, and the 3rd Tuesday is for the parent/primary caregiver, partners, and other family supports, along with the children.



Please review the following list of regular meetings and Smyrna events. Inform Jeannie of any errors or changes

Regular meetings and events at Smyrna January – May 2018

Weekly

- Adult Education – Sunday, 9:45 am
- Worship and Sunday School 11 am
- Tai Chi – Wednesdays 9 am

Monthly –

- ♦ 1st Tuesday:
Health Committee – 3:30 pm
Stitch Club 1 pm
- ♦ 1st Friday:
Memory Café – 12 noon
4:30 pm Our Whole Lives: Sexuality for Teens
- ♦ 2nd Tuesday:
Church Council – 7 pm
- ♦ 2nd Friday
Confirmation Class – 4:30-6 pm
- ♦ 3rd Tuesday:
Earth Care Committee – 2:30 pm
Diaconate – 3:30 pm
- ♦ 4th Tuesday:
Emergency Preparedness – 3:30 pm
- ♦ 4th Sunday:
Blood Pressure Screening

Bi-monthly –

- * 1st & 3rd Tuesday:
Mustard Seed Parenting -- 6 pm
- * 2nd & 4th Tuesday:
Coffee & Friends – 2:30 pm
- * 2nd & 4th Thursday:
Women's Fellowship Luncheon -- 12 pm



24 Months to



When disaster strikes, what should you do? You could move away from the Northwest, but that would just allow more Californians to move in. You could build an apocalypse vault and fill it with dried elk meat, but who has the time? You could curl up into a ball, close your eyes and plug your ears, but you're smarter than that.

There's a sensible, cost-effective way to prepare. It involves taking things one step at a time over the course of a year. Breaking down tasks and shopping lists will make the work manageable and help you avoid overwhelming your schedule and your bank account.

With the help of disaster preparation experts, we've crafted a month-by-month guide to get you fully prepped with the basics by this time next year.

Month 8

Grocery Store:

- 1 can soup*
- liquid dish soap
- 1 large can juice*
- bleach
- Dried fruit and nuts
- 1 box heavy duty garbage bags
- 3 rolls paper towels
- saline solution, contact lens case, and other eye care products

To Do:

- ♦ Test smoke detectors. Replace if needed, or more than 10 years old.
- ♦ Arrange for a friend or neighbor to help your children if you're unable to respond or at work.
- ♦ Photocopy important papers and store safely.

Blood Pressure Screenings continue at Smyrna UCC.

Thank you to Jane Dahl of the Health Committee for making this possible.

February 2018

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; margin: 0;">Jan 2018</p> <table border="1" style="width: 100%; text-align: center; font-size: small;"> <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>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td></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 style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; margin: 0;">Mar 2018</p> <table border="1" style="width: 100%; text-align: center; font-size: small;"> <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>1</td><td>2</td><td>3</td><td></td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</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	<p style="font-size: 2em; color: red; margin: 0;">1</p> <p>b.d. Barbara Menkel</p>	<p style="font-size: 2em; color: red; margin: 0;">2</p> <p>12 Noon Memory Cafe 4:30 pm O.W.L.</p> <p>b.d. Aurora Stanbro, Helen Daniels</p>	<p style="font-size: 2em; color: red; margin: 0;">3</p>
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<p style="font-size: 2em; color: red; margin: 0;">4</p> <p>9:45 am Adult Education 11 am Worship and Sunday School b.d. Loretta Wallace Chili Cookoff after worship Flowers: Volunteer needed</p>	<p style="font-size: 2em; color: red; margin: 0;">5</p> <p>b.d. Jean Akers</p>	<p style="font-size: 2em; color: red; margin: 0;">6</p> <p>1 pm Stitch Club @ Barbara Daniels 3:30 pm Health Committee 6 pm Mustard Seed Parenting b.d. Carl Menkel, Skyler Wilson</p>	<p style="font-size: 2em; color: red; margin: 0;">7</p> <p>9 am Tai Chi @ Smyrna</p>	<p style="font-size: 2em; color: red; margin: 0;">8</p> <p>12 Noon Women's Fellowship</p>	<p style="font-size: 2em; color: red; margin: 0;">9</p> <p>4:30 pm Confirmation Class</p>	<p style="font-size: 2em; color: red; margin: 0;">10</p> <p>b.d. Rod Bullard, Elaine Daniels, Sandra Mahar</p>																																																																																				
<p style="font-size: 2em; color: red; margin: 0;">11</p> <p>9:45 am Adult Education 11 am Worship and Sunday School Coffee Hour: Volunteer needed Flowers: Arlene Peterson</p>	<p style="font-size: 2em; color: red; margin: 0;">12</p> <p>b.d. Catherine Mosiman</p>	<p style="font-size: 2em; color: red; margin: 0;">13</p> <p>6 pm Pancake Supper & Ash Wednesday Service followed by Church Council 2:30 pm Coffee & Friends b.d. Peter Holt</p>	<p style="font-size: 2em; color: red; margin: 0;">14</p> <p>9 am Tai Chi @ Smyrna b.d. Holly Schriever Koch, Virgil Foster</p>	<p style="font-size: 2em; color: red; margin: 0;">15</p>	<p style="font-size: 2em; color: red; margin: 0;">16</p> <p>b.d. Joe Yoder, Donna Yenne</p>	<p style="font-size: 2em; color: red; margin: 0;">17</p> <p>b.d. Jean Epley</p>																																																																																				
<p style="font-size: 2em; color: red; margin: 0;">18</p> <p>9:45 am Adult Education 11 am Worship and Sunday School Coffee Hour: Volunteer needed Flowers: Virginia Yoder Field Trip with Confirmation Class</p>	<p style="font-size: 2em; color: red; margin: 0;">19</p>	<p style="font-size: 2em; color: red; margin: 0;">20</p> <p>3:30 pm Diaconate 6 pm Mustard Seed Parenting BEHOLD!! deadline</p>	<p style="font-size: 2em; color: red; margin: 0;">21</p> <p>9 am Tai Chi @ Smyrna</p>	<p style="font-size: 2em; color: red; margin: 0;">22</p> <p>12 Noon Women's Fellowship</p>	<p style="font-size: 2em; color: red; margin: 0;">23</p> <p>b.d. Eldon Blatchford</p>	<p style="font-size: 2em; color: red; margin: 0;">24</p> <p>b.d. Johnny Bickers</p>																																																																																				
<p style="font-size: 2em; color: red; margin: 0;">25</p> <p>9:45 am Adult Education 11 am Worship and Sunday School Coffee Hour: Mary Namit & Ginger Redlinger Flowers: Volunteer needed</p>	<p style="font-size: 2em; color: red; margin: 0;">26</p>	<p style="font-size: 2em; color: red; margin: 0;">27</p> <p>2:30 pm Coffee & Friends 3:30 pm Emergency Preparedness b.d. Jane Dahl</p>	<p style="font-size: 2em; color: red; margin: 0;">28</p> <p>9 am Tai Chi @ Smyrna</p>																																																																																							



Flu vs. Cold

Know the Difference



Symptoms	Flu	Cold
Fever	Usual - 100° F or higher	Rare
Chills	Common	Uncommon
Body or muscle aches	Common – can be severe	Uncommon or mild
Headache	Common – can be severe	Uncommon
Feeling tired and weak	Common – can be severe	Sometimes – usually mild; you don't feel tired
Cough	Common – can last 2-3 weeks	Common – mild to moderate hacking
Sneezing	Sometimes	Common
Runny or stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort	Common – can be severe	Sometimes – can be mild to moderate

Prevent the Spread of Flu and Colds

GET A FLU SHOT – Getting a flu shot each year is the best way to slow the spread of flu.

STAY HOME WHEN SICK

CLEAN YOUR HANDS – Wash with soap and water or use hand sanitizer.

COVER YOUR COUGHS AND SNEEZES – Use clean tissues and discard after use.

KEEP SURFACES CLEAN – Make sure to clean all surfaces touched by you and others often, such as countertops, faucets, computer keyboard & mouse, light switches, TV remotes, phones, and handles on doors and cabinets.



www.publichealth.va.gov/InfectionDontPassItOn

VA



U.S. Department of Veterans Affairs
 Department of Health and Human Services
 Office of Public Health

Flu 14 - All

Please remember in prayer:

Carl Cline
Lucia Schuebel
Jane Dahl
Steve Dahl
Katherine Holt
Charlie Odell
Tina Marshall
Lois Johnson,
Joanne Gribble
Blanche Kober
Jean Epley

Vonda Stoneking
Ethel Henderson
Mickey Hester
Larry Grant
Steve Patterson
Robbie and Steve Rigg,
Debbie Hancox & family
Steven L. Watkins
Dick Hall
and all those mentioned in
prayer time at church.



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 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.