

BEHOLD!!

Smyrna

A Newsletter of Smyrna United Church of Christ

Ministers: All members of the church

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

May 2018

Dear Friends,

Last month, we had a really wonderful Memory Café, with our very own Louise Adams as the presenter. She talked about healthy eating, and strategies for finding interesting recipes and eating on a budget. And she served a lovely, healthy meal.

Jesus was most certainly a very healthy eater, as well. We know from the Bible that he ate whole grains, and fish, and the fruit of the vine – what we would call “The Mediterranean Diet” today, which, according to the Mayo Clinic, is a diet that may have a preventative impact on dementia. Jesus walked as he worked, bringing healing and hope to all. A strong and sturdy carpenter, he was able to lift and carry his cross. In the Jewish and Muslim faith traditions, there are stories of many strong men and women with healthy lifestyles, and we are called to follow in their footsteps.

Now that these beautiful spring days are here, with lovely edible greens starting to appear in gardens and farmers markets, it's a great time to renew our commitment to wholistic health as we care for our families and each other. And the evenings stay light longer – a good time to go for a walk with a friend, or a quiet meditative walk with God, as we pray for peace and healing for all.

Blessings,

Pastor Deb

P.S. Wishing a very happy Mother's Day to all on May 13th!



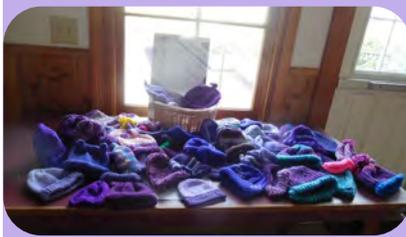
Confirmation Class –

On Sunday, May 6th, Smyrna's confirmands will be introduced in church, and on Sunday, May 20th, we will celebrate Confirmation Sunday.

Memory Café

Memory Café will meet in Smyrna's Friendship House on Friday, May 4th when we will welcome a guest speaker from the Alzheimer's Association, who will talk with us about recognizing the 10 Signs of Dementia.

Please RSVP to Pastor Deb by Wednesday, May 2nd at 503-689-4450 or debpatersonhome@gmail.com.



Click for Babies Purple Hat Project

Thank you to all our Smyrna crafters who knitted and crocheted purple hats to help educate parents about the Period of Purple Crying. The final count had not been taken at press time, how many do you think are done?



Smyrna's annual Soup and Pie Sunday coming up!

This annual fundraiser is scheduled to happen on Sunday, May 20th. The free-will offering will go into our general fund to help cover church expenses. Stay tuned for further details.



CENTRAL PACIFIC CONFERENCE WOMEN UNITED CHURCH OF CHRIST

WOMEN'S ANNUAL MEETING

SATURDAY, MAY 19, 2018

Beavercreek United Church of Christ
23345 S. Beavercreek Road
Beavercreek, OR 97004

Featuring: **Rev. Molly Carlson**
Molly is our CPC Conference Minister
She will discuss
"Ministry: By, With and for Women"

- 11:30 a.m. Registration \$10.00 (includes luncheon)
- 12 noon Luncheon
- 1 p.m. Opening Worship: Waverly Heights Congregational UCC Women
- Offering: to support Reverend Anne Smith Educational Loan/Grant Fund
- 1:15 p.m. Program: "Ministry: By, With and for Women"
- 2:15 p.m. Business meeting
- 2:45 p.m. Closing

**Please make reservations by May 15
with Barbara Droz (503-632-3042)
Or with the Beavercreek church office
(503-632-4553)**

Indicate child care, if needed

May Meetings and Events at Smyrna

Blood Pressure Screenings continue. Thank you to Jane Dahl of the Health Committee for making this possible on the last Sunday of each month.

Tai Chi meets Wednesdays at 9:30 am – thank you to Virgil Foster for leading this class, which is a great way to improve your balance in a very gentle and peaceful manner.

Sharing Our Stories (formerly Coffee and Friends) meets on the third Tuesday of each month at noon. Bring a sack lunch to share and we will meet in Pastor Deb's office to "Share our Stories." Next meeting: Tuesday, May 15th at noon.

Tuesday, May 8th—

- **Staff Parish Committee** will meet at 6 pm, prior to Church Council.
- **Church Council** will meet at 7 pm

Women's Fellowship Luncheon in May will be on May 10th, prepared by Elaine and Joel Daniels, and Rick and Levonne Gano. No Luncheons during the summer

Relay for Life Committee will meet at 6 pm on Wednesday, May 16, 2018.

Mustard Seed Parenting Group's last formal meeting was on April 28. Plans are in the works for future play date style meet ups at the park — dates to be announced.

Looking ahead to summer —

Sunday, July 29th will be Camp Adams Sunday with worship services at 11 am, followed by our potluck picnic.

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 11

Grocery Store:

- 1 can fruit*
 - 1 can meat/fish/beans*
 - 1 can vegetables*
 - 1 box energy bars
 - cookies, candy bars
 - paper plates, cups and plastic utensils
- * per person

To Do:

- Obtain current vaccinations, medical records, and extra medications for pets
- Practice home evacuations with family
- Store blanket or sleeping bag for each family member

Easter Egg Hunt at Smyrna

A small but determined group of hunters, undeterred by grey skies and damp grass, threw their all into finding hollow eggs at Smyrna's annual Easter Egg Hunt. Once the eggs were traded in for goodie bags, the lunch provided by Christian Nurture was consumed with gusto. Thank you to everyone who helped make this a fun event!





For a number of years Mother's Day has been the day Smyrna collects underwear for those in need.

- Continuing the tradition, you are invited to bring new underwear to church on Sunday, May 13. Underwear in all sizes is needed for children, teens, and adults.



Mother's Day Art Display
 promoted by the Art Committee (Audrey Y. & Christine F.)



Do you still have "Art" in your homes created by your kids? We would like to hang this "Priceless Art" in a special showing at Smyrna for Mother's Day Sunday this year. If you want to share the genius of the great artist (or artists) you raised, please contact Audrey or Christine.

14th Annual
MAYOR'S PRAYER BREAKFAST
Thursday May 3rd, 2018

6:30-7:30 AM

At Cutsforth's Old Town Hall



All are welcome to join Mayor Brian Hodson and Chief of Police Bret Smith as we share a meal and pray for our community, state, nation, and world.

EPHESIANS 4:3

Making every effort to keep the unity of the spirit through the bond of peace.

May 2018

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
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<p>6</p> <p>9:45 am Adult Education 11 am Worship and Sunday School</p> <p>Coffee Hour: Volunteer needed Flowers: Elaine Daniels</p> <p>Our Whole Lives Youth Class After church</p>	<p>7</p> <p>7 pm AA/AO</p>	<p>8</p> <p>10 am OA</p> <p>6 pm Staff/Parish Com. mtg 7 pm Church Council</p>	<p>9</p> <p>9 am Tai Chi @ Smyrna</p> <p>b.d. Mark Gano</p>	<p>10</p> <p>12 Noon Women's Fellowship</p> <p>b.d. Paul Hudrlik, Cheryl Sano-Kirkele</p>	<p>11</p> <p>b.d. Jeff Hammock</p>	<p>12</p> <p>b.d. Judy Burbank, Bernadette Yoder, Florence Pease</p>																																																	
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- David Yoder
- Ed Robinson
- Bryce Crispin at Basic Training
- Janet Bridge (Jane Dahl's daughter)
- Blanche Kober
- Dan and Beryl Fisher
- Dan and Louise Allee
- Jean Epley
- Vonda Stoneking
- Mickey Hester
- Debbie Hancox
- and all those mentioned in 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.