

# BEHOLD!!

A Newsletter of Smyrna United Church of Christ

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## September 2010

**Dear Friends,**

For those who have been at all the services lately, I have been doing a sermon series about nature and its relationship to our Christian faith and lives this summer. I started on July 28<sup>th</sup> for our Camp Adams Sunday, talking about wilderness, and its call on our lives for renewal and spiritual regeneration. August 4<sup>th</sup> we talked about mountains and the visions we can see to work for a better world, August 11<sup>th</sup> about trees and our role in caring for the environment, just as they spend their lives helping to take care of us, August 18<sup>th</sup> about grass and our interconnectedness, and August 25<sup>th</sup>, when Florence and John Pease's granddaughter Charlotte Pease was baptized, we talked about water and how it is a model for seeing life in its fullness.

We have also held Peace Camp (see article elsewhere here in Behold), so ably led by Sheila Daniels and with so many youth and adult participants. It was a wonderful week, when children (and we all) got to explore the connection between our faith and bringing peace to the world.

And now, we turn to the fall, which is both a time of harvest, and a time of starting again. Just as teachers and students start back to school, so do we start back with the weekly Christian Education offerings of our church, and with Memory Café and other opportunities to explore our faith and lives.

The church has always been involved in educational endeavors. The first "Sunday Schools" were places where people could learn to read and write in days of widespread illiteracy and before the advent of free public schools (supported by, yes, you guessed it – churches). Churches also started many of the historic colleges in our country, starting with Harvard and Yale, and spreading across the country. Churches were also leaders in founding clinics, hospitals, nursing schools, and medical schools.

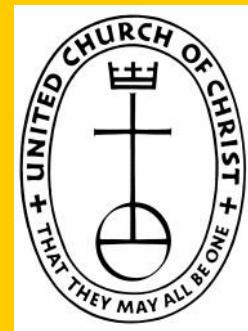
Each of these efforts started with a small group of people who believed that they could make a difference in the lives of others, and did what they could. We do that, too. We have been involved with many mission projects this year, including Quilts for Empowerment, which now is serving twice as many young women in Kenya as it was during Lent, when founder Mary Ann McCammon, RN, PhD., spoke at Smyrna, along with other visionary leaders such as the women who founded "One Fair World" and Jon Steiner, who founded Water and Education International (WE Care International), also in Africa. And there are many other projects we can help to grow!

Thanks to all who are helping with the Oktoberfest this September and who are so instrumental in helping Smyrna engage with faith and the wider world around us.

Blessings to all as we look forward to the months ahead in seeking to grow in faith and faithfulness.

Peace to all,  
Pastor Deb

Smyrna



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



### BOUNDARY TRAINING

Pastor Deb will be renewing her Boundary Training on September 27, which must be renewed every three years to remain in good standing as clergy in the UCC. This curriculum covers boundaries around financial, social, sexual, and social media issues as pertaining to clergy.



## IN SEPTEMBER

- **September 1<sup>st</sup> – No Adult Ed -** Labor Day weekend – but please remember that the worship hour moves back to 11:00 am on this day.

- **September 8<sup>th</sup> – Why Be a Member of Smyrna UCC?** This class is for long-time members, newer members, and people who would like to know more about becoming a member. Come join the conversation to learn more about this history, mission, vision and values of the UCC and how we try to live them at Smyrna.
- **September 15<sup>th</sup> – Walt Whitman and Spirituality –** This class will be led by Dr. John Mason, member of Smyrna and retired English professor and higher education administrator. Come learn more about “Leaves of Grass” and the life of Walt Whitman, one of our beloved American poets.
- **September 22<sup>th</sup> – Resilience** – How do we “keep our heads when all around us, people are losing theirs,” as Rudyard Kipling would say? How do we manage when we have said goodbye to too many loved ones? How do we cope with a serious diagnosis or a loved one who has many challenges? Come to learn and discuss this important topic of resilience in our time.
- **September 29<sup>th</sup> – Mystery** – Come join the conversation on our “mystery” topic for this week!

## HEALTHY EATING ON A BUDGET

In lieu of Memory Café in September, we will welcome Dianne Nuff (prior owner of Yoder Store), who teaches a six-week class on economical and healthy eating through the Oregon Food Bank. She will be coming to Smyrna after church on Sunday, September 8<sup>th</sup> to share highlights of that class for us. We will have a light lunch following worship before the presentation.



## COFFEE FUNDS

During coffee hour, we have a basket to collect for Thanksgiving and Christmas baskets. It's marked, "Coffee Fund," but it doesn't pay for the coffee or the snacks provided by members, it is all donated to Canby and Molalla food pantries for holiday baskets. Each year, we give away \$500 to each city for each of the two holidays (\$2000 total), so your support helps greatly! Many thanks.

The community is invited to a free event at Salem's Riverfront Park at 7:30 pm on September 5, 2019. Willamette Valley Hospice welcomes all who have experienced the death of a loved one to come celebrate, honor, and remember their loved ones with a short program including a veteran honoring ceremony.

In honor of the 1500 hospice patients Willamette Valley Hospice has served over the past year, a glowing luminaria will be placed along the park paths in remembrance of each patient. Community members can order personalized luminarias to honor their loved ones at [wvh.org](http://wvh.org). The lit paths will be open until 9:00 pm and a variety of musicians will be present while attendees enjoy the reflection walk.

Call 503.588.3600 for more information or questions.

## INTERNATIONAL RESCUE COMMITTEE

During the fall (September-November), the Mission and Outreach Committee has recommended that the **Children for Change** funds collected go to support the International Rescue Committee, which helps refugee children and families in 40 countries and 26 American cities. This organization was started in 1933 by Albert Einstein and a committee of over fifty others he called together, including Reinhold Neibuhr and John Dewey. Other prominent citizens, including Eleanor Roosevelt, soon joined the effort.

Charity Navigator ranks the IRC in the top 1% of efficient and trustworthy charities, Charity Watch gives it an A+ rating, and the IRC meets all 20 of the Better Business Bureau's "Wise Giving Alliance" accountability standards. Our own Kathy Robinson is familiar with their work from when she and her family were living and working in Rwanda, and knew of the good work done by their staff there. Learn more about the IRC at <https://www.rescue.org>

## MOLALLA SERVICE CENTER

Our donations for August 2019 totaled 74 pounds. Last year our August total was 94 pounds, but we did deliver one week earlier than usual this year. Looking ahead to September, our total for September 2018 was 214 pounds which may be difficult to surpass. Will we make it?

Needed now: Pancake mix, baking mixes, sugar, nail clippers, shampoo and toothpaste. Thank you all for your generosity!

## Central Pacific Conference Annual Gathering

The Annual Gathering of the Central Pacific Conference of the UCC will be held this September 27-29 at Pacific University, and all are welcome. Smyrna's official voting delegates include Pastor Deb (clergy delegate from Smyrna), along with Joel Daniels, Debi Veatch, Barbara Daniels, and Sheila Daniels. John Mason is our alternate delegate, in the event that one of the other lay delegates is unable to attend. Voting is important every year, but this year, they will also be voting on the recommendation for our new conference minister. (See article below).

For more information the Annual Gathering and how to register, visit the CPC UCC website at <http://cpcucc.org/wp14/>. The cost is \$125 for the whole conference, and \$100 for Saturday only.

## Guest Musicians



### WELCOME BACK, JOHN NILSEN

On Sunday, September 29<sup>th</sup>, we welcome back pianist John Nilsen, who will bring the "Meditation Moment" in lieu of a sermon. (This is the weekend of the Annual Gathering of the Central Pacific Conference of the UCC – see above).

To learn more about John Nilsen and hear some of his songs, visit his website at <http://www.magicwing.com>.

## ANSWER

3	9	6	2	7	8	4	5	1
4	8	5	9	1	3	7	2	6
2	7	1	6	4	5	8	3	9
5	4	7	8	2	9	6	1	3
8	1	2	7	3	6	5	9	4
6	3	9	4	5	1	2	8	7
1	5	8	3	6	4	9	7	2
7	6	3	5	9	2	1	4	8
9	2	4	1	8	7	3	6	5

## New Conference Minister Recommendation

Rev. John [Tyler Connoley](#) was recommended by the CPC Conference Minister Search Committee, with the unanimous support of the Board of Directors, to be called as the **next settled Conference Minister of the Central Pacific Conference of the United Church of Christ**. (See more information on the CPC website: <http://cpcucc.org/wp14/>)

Voting on this recommendation by the Conference delegates will take place on Saturday, September 28th at the CPC Annual Gathering in Forest Grove, OR.

There will be several opportunities to meet Tyler prior to the vote, including three "Meet & Greet" events to be hosted across the CPC the week of September 22-27, and a special reception scheduled for Friday, September 27th, at Pacific University. More details to follow soon!

Note from Pastor Deb:

Thanks to Rev. Molly Carlson, Interim Conference Minister, who was loved by our congregation, and will be missed!

Lake Oswego United Church of Christ and Congregation Beit Haverim present

### Fierce Love: Interrupting Hate in the Public Square



People of faith agree that we are morally responsible for creating beloved community. As tensions flare and incidents of public hate skyrocket, come explore the theological and scriptural foundations of this call to fierce love.

Using skills, tools, and methodologies proven over decades from *Pace e Bene* and Dr. Ervin Staub's *Training Active Bystanders*, together we will build a culture of peace by engaging in active nonviolence.

Join us for a faith based workshop  
Sunday, November 3, 2019  
2:00 to 6:00 p.m.

Lake Oswego United Church of Christ  
1111 Country Club Road  
Lake Oswego, OR

Registration: \$40  
Register by September 24 for \$5 off!

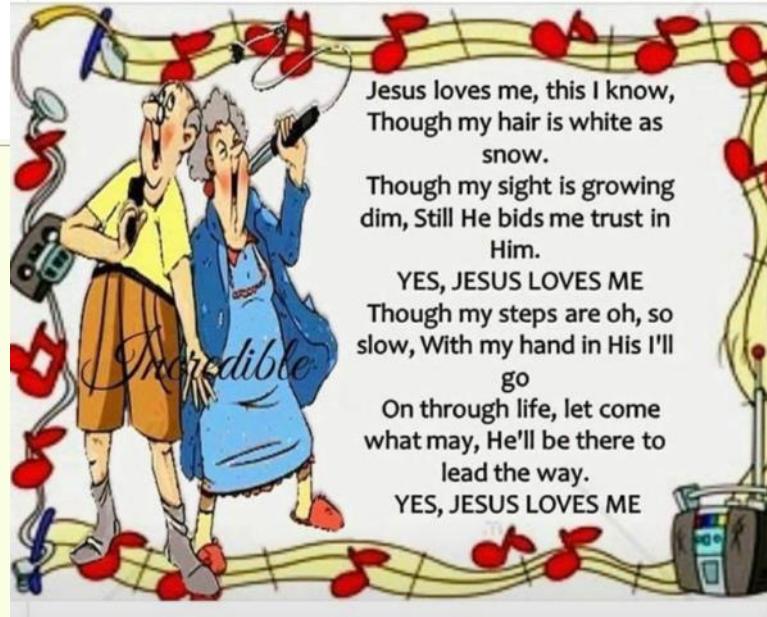
Register and get additional information at [www.loucc.org/fiercelove](http://www.loucc.org/fiercelove)

Questions about the workshop? Contact Jane Lovelady at [janelovelady@icloud.com](mailto:janelovelady@icloud.com) or (503) 502-4222  
Questions about registration? Contact Beth Stuart at [office@loucc.org](mailto:office@loucc.org) or (503) 635-4348

## Treasurer's Report

Balance 6/30/2019	\$15,539.59
Receipts	5,911.16
Expenditures	(6,344.52)
Balance 7/31/2019	\$15,080.23

**Jesus loves me, this I know, Though  
my hair is white as snow.**



# The Word Search

Word Search Maker

More Puzzles

Search

## Ice Cream Flavors

Y	M	A	N	S	E	S	E	R	E	S	V	E
E	I	E	S	S	R	O	C	K	Y	R	O	A
K	E	T	F	T	S	E	C	G	T	O	R	G
O	T	N	O	R	T	Y	A	O	H	A	R	E
P	A	E	C	A	E	G	D	U	F	H	F	L
Y	L	E	O	W	G	H	K	C	E	G	C	I
E	O	R	C	B	E	C	O	I	T	E	O	A
K	C	G	O	E	Y	I	P	E	C	A	N	T
O	O	S	N	R	A	W	O	V	O	I	O	R
H	H	I	U	R	T	G	E	R	L	L	E	E
N	C	C	T	Y	R	Y	T	L	S	O	A	G
M	O	O	S	E	T	R	A	C	K	S	T	I
E	T	N	E	O	P	O	L	I	T	A	N	T
S	Y	D	E	C	R	A	O	K	R	T	T	D

VANILLA  
CHOCOLATE  
STRAWBERRY  
MOOSE TRACK  
REESES  
PECAN  
FUDGE  
COCONUT  
HOKEY POKEY  
NEOPOLITAN  
ROCKY ROAD  
GREEN TEA  
TIGER TAIL

*"When you lie down, you will not be afraid, when you lie down, your sleep will be sweet"*

Proverbs 3:24 NIV

Sleep is essential to your well-being. It is necessary for the body to recharge its batteries, heal its wounds, rest the spirit, and regroup for another day. Everyone needs a slightly different amount of sleep but everyone needs good quality rest.

This means deep, uninterrupted sleep for at least six or more hours a night. Without good sleep you will experience fatigue, moodiness, irritability, poor memory, decreased dexterity, decreased energy level, and possibly depression.

Many things can cause a poor night's sleep: excessive napping, physical ailments, poor sleep habits, excessive worrying, or even hormonal changes. Many of these conditions can be remedied through behavior change or medical treatment. If falling asleep is difficult, establish a routine to train the brain to prepare for sleep. If sleep problems occur more than three times in a week,

consider seeing a doctor to determine if the problem might be medical in nature. Conditions like restless legs or hot flashes can be addressed medically. Continued sleeplessness and fatigue may cause additional risks for high blood pressure, cardio-vascular problems, weight gain, or depression.

Sleep is also impacted by the mattress you have. You spend approximately one third of your life in bed so make sure it supports you well and can give you a restful night. Consider looking for a new mattress if you routinely: wake up achy/numb/stiff, toss and turn during the night, sleep better on beds other than your own, feel yours is lumpy/sags or have a mattress between 5 and 7 years old.

Spiritually, sleep is important for active minds and good dispositions. The worries and challenges of daily lives often cause problems during the waking hours which can carry over into the nighttime. Turn your worries over to God. Work with His spiritual presence and His gift of medicine to achieve a restful night.

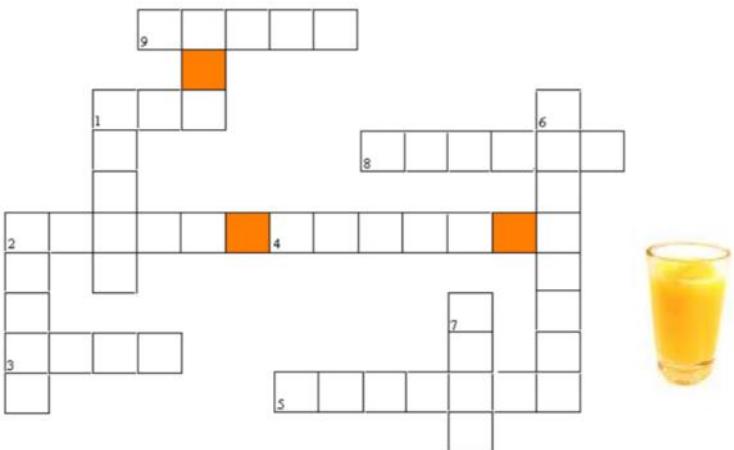
EngageEverywhere.org

Name \_\_\_\_\_

Date \_\_\_\_\_

### Crossword Puzzle – Breakfast Foods

**Directions:** Use the clues below to fill in the crossword puzzle with the correct words.



#### Across:

1. A type of fruit spread.
2. \_\_\_\_\_ and eggs.
3. These come from a chicken, served any way you like.
4. sliced, browned bread
5. Similar to pancakes, but these do not have smooth sides
8. This breakfast food is eaten with milk from a bowl.
9. A sweet sauce poured on top of waffles and pancakes.

#### Down:

1. This drink is made from squeezed or blended fruit.
2. A doughnut-shaped roll.
6. Light baked butter cakes that are cooked in a pan.
7. This drink comes from cows. It is high in calcium.

**X**

### SUDOKU

3	6		8	4				
	8		1	7	2			
2			4			9		
5	7		9	1				
		3		9	1		3	9
	3		5	2	7			
1	8		4					4 8
9	2		1	7	3			

Sudoku answer found on next to last page.

# Peace Camp



**Peace Camp** was held August 19-23 this year with the theme: "Peace NOW: Peace with Nature, Ourselves, Others, and Our World." We had a small group of children, but they were wonderful and fully engaged in the many activities.

Thank you to Sheila Daniels, Peace Camp Director, and Mary Namit, who also taught some of the classes, and brought her assistant, therapy dog, Jones. Other adult helpers included: Jane Dahl, Janet Bridges, Barbara Daniels, Audrey Yoder, Deborah Hancox, Jeannie Rogers, Amber Enfield, Anne Bangs, Pastor Deb and Sophia Patterson, and teen helpers Lucia Bangs and her friend, Cannon.

We had a wonderful time, as the photos here will show! Thank you to all!





## Smyrna UCC at the Mt Angel Oktoberfest

September 12<sup>th</sup> through 15<sup>th</sup>, 2019, we will be taking our booth to Mt Angel to join in the annual Oktoberfest.

We will again be selling Poutine, deep fried cheese balls, deep fried dill pickles and chili fries with all the toppings. As most of you know we do this annual money raiser to fund our various mission projects through the year. All of our food is gluten free which is a big draw at the festival.

This year we will be accepting debit and credit cards as well as cash. We are still looking for a few people to work in our booth on Sunday, September 15. So give Barbara Daniels a call at 503-390-4686 if you can help. Thank you and see you there.



# *September 2019*

## Please hold in prayer:

- ◆ Rod and Pat Bullard,
- ◆ Debi Veatch and her son, Garrett,
- ◆ Cheryl Kirkele,
- ◆ Mya White and her parents Julie and Rob White,
- ◆ Ethel Henderson on the death of her best friend from elementary school
- ◆ Asa and Ione Jenson,
- ◆ Vonda Stoneking,
- ◆ Blanche Kober,
- ◆ Beryl and Dan Fisher,
- ◆ Roberta Rigg,
- ◆ Steve Rigg,
- ◆ Dorothy Krebs,
- ◆ Ed & Kathy Robinson and family at the death of her father, Dr Albert Zieg. Service Sept 14, 11:00 Canby Methodist Church
- ◆ and all who have been mentioned 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 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.