

# BEHOLD!!

Smyrna

A Newsletter of Smyrna United Church of Christ

Ministers: All members of the church

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Editor: Jeannie Rogers

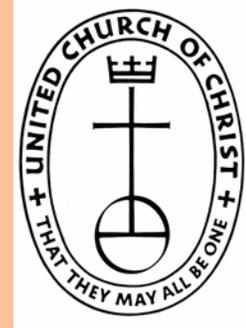
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No matter who you are,  
or where you are on life's journey,  
you are welcome here.

## October 2019



### Dear Friends,

October seems like the month when things really get going again at Smyrna. We return to having Women's Fellowship Lunch twice a month – and they are wonderful lunches, indeed, open to all – women and men and children. Memory Café starts back up, this month with a look at the importance of sleep for our cognitive well-being. We have Adult Education every Sunday, and Tai Chi and Ukulele classes continue. The Choir and the Bells are back in swing. The days are getting colder and darker, and it seems important to gather together over soup, over coffee, over prayer.

As we prepare for All Saint's Sunday on November 3, when we remember those who have gone before, it's a good time to both look at some serious issues, which we will do in adult education, and have some lighter fun – like the all-ages Halloween party sponsored by Christian Nurture.

I'm grateful for the many hands and hearts, minds and spirits that come together in a church community. Please remember to send cards to, or call, those who are going through a difficult time, for we are all in this together.

Blessings to all who, together, make up this church body, Smyrna United Church of Christ.

In Christian fellowship,  
Pastor Deb

### Adult Education

- October 6 – Suicide – Let's Talk About It. A Look at QPR and what that means in Oregon.
- October 13 – “Color Blind” by Waking Up White and Finding Myself in the Story of Race by Debby Irving (Chapter 18)
- October 20 – Mystery
- October 27 – The Spiritual Journey of a Living Saint – A Look at Sister Helen Prejean

### Memory Café

Memory Café will resume at noon on Friday, October 4<sup>th</sup>, when Jane Dahl, RN, will present information on the importance of sleep for our cognitive and physical health. Please RSVP for lunch by Wednesday, October 2<sup>nd</sup> to [debpatersonhome@gmail.com](mailto:debpatersonhome@gmail.com) or call 503-689-4450.



## Children for Change

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. Learn more about the IRC in Behold and at <https://www.rescue.org>.



Halloween Party at  
Smyrna UCC  
All ages are invited  
to share in the  
Fun, food, and games  
On Sunday, October 27, 2019  
After worship in  
The Friendship House  
culturally sensitive  
Halloween costumes encouraged  
Sponsored by  
Smyrna's Christian Nurture



## Recycle Computers and other Electronics



A good place to recycle electronics, almost anything that plugs in, is Free Geek, 1731 SE 10<sup>th</sup>, Portland. They are a non-profit that recycles computers all components, and has a retail shop of refurbished computers at good prices. They also allow people to work off the cost by volunteering. They ask for a modest donation. Free Geek is a very good alternative to the landfill. For more information go to [www.freegeek.org](http://www.freegeek.org)

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## Dear Smyrna Church Members and Friends,



October 20<sup>th</sup>, 2019, has been designated as the Day we prepare and serve up what we call "Costco Dinner". We will be serving the dinner following church services. We invite you to stay and join us for this meal. There will be a free will offering and the money will go to the General Fund.

The general fund helps with the upkeep of the church and keeping the lights on, in other words, we pay the electric bill, the gas bill, staff's salaries, repairs of the church, alarm monitoring, leasing of equipment and pulpit supply to just name a few of the monthly expenses. So please stay to eat and visit.

Thank you—The Fund Raising Committee

## Thank you Smyrna!

One hundred fifty different school supplies, including 200 pencils, were gathered to give to local schools. Also, they were the brands that are preferred.



## Quilts for Empowerment –

The Health Committee invites you to donate embroidery thread to share with women in Kenya who are quilting to earn income to support their community of girls and women impacted by sexual violence or birth injuries. There is a basket in the Narthex for your donations.

Dr. Mary Ann McCammon, their founder, will be returning to Smyrna to give a Mission Moment update on the first Sunday in Advent, and you are invited to their fundraiser in Newberg on November 2<sup>nd</sup>. More information at <https://www.quiltsforempowerment.org/>.

# CENTRAL PACIFIC CONFERENCE NEWS

New Editor for On the Way - Ginger Redlinger



Beginning with the November 2019 issue, Ginger Redlinger will be assuming the role of editor from Gayle Dee for the monthly newsletter, *On the Way*. Gayle and Ginger will work together for a couple of months to ensure a smooth transition. Gayle will continue to be involved with communications and technology services for the Conference.

From Ginger: "I am a member of Smyrna UCC, I am a school district Superintendent, I have a very large family when you include all the two-legged and four-legged members, and I love reading, watercolor painting, hiking, kayaking, and gardening."

## Congratulations to Anne Bangs!

Canby High School recently surprised their first CARE Award winner of the 2019-2020 school year. Each month, Canby Kiwanis and Canby School District honor a district staff member with this CARE Award. Canby Kiwanis established it to provide opportunities to recognize individual teachers, counselors, coaches and other school staff who make a difference in the lives of others and in the community.

The prospective recipients must be nominated, and the honoree is then decided by a CARE committee made up of members from Kiwanis and the community.

## Treasurer's Report

Balance 6/30/2019	\$15,080.23
Receipts	9,5703.27
Expenditures	<u>(5,242.48)</u>
Balance 7/31/2019	\$19,541.02

# Puzzle!

Each year, the Israelites had three harvests. Find and circle these foods that the people gathered.

almonds	gourds	nuts
apples	grapes	olives
barley	herbs	onions
beans	leeks	pomegranates
cucumbers	lentils	rye
figs	melons	wheat

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

A man asked his college aged daughter where the newspaper was,.

She replied "Oh Dad, no one uses the newspaper, anymore, - here try my tablet"

He tried it, and exclaimed "Wow, that fly didn't stand a chance!".



### 3 Reasons to stop drinking Diet Soda Today

Stuck on the artificially sweet stuff? Here's what you can look forward to when you put down the can.

You know regular sodas are sugar bombs. But that zero-calorie can of diet soda you crack open instead in the name of better health? It's not as harmless as you think.

In fact, it might be the opposite.

No-calorie does not mean good for you, says Nathan Myers, R.D. a clinical dietitian at James J. Peters VA Medical Center in New York City. In fact, it doesn't even mean you'll have an easier time reaching your weight loss goals, which is why most people switch from regular soda to diet.

Here are three top reasons to break up with your favorite diet soda - **right now!** Plus - see ideas for healthier sips.

#### **Reason #1: The scales will tip in your favor**

Ever since the very first no-calorie carbonated beverage - called No-Cal Ginger Ale - hit the store shelves in 1952, marketers have spun fizzy drinks as a way to help weight conscious folks reach their targets on the scale.

But as enthusiasm for diet soda grew, so too did Americans' waistlines. And that caught the eye of health experts, who collectively wondered, "What gives?"

In recent years, researchers have focused on the role artificial sweeteners might play in the obesity epidemic. Myers says, "Major studies show an association between diet beverage consumption and higher body mass index" he notes "This opposes the advice that consuming low-calorie beverages supports weight loss."

But if no actual calories in diet soda are contributing to weight again, what is?

Myers explains that researchers over the years have tried to answer this question with two major theories. The first, called "compensatory calories," is when someone uses having a zero-calorie soda to justify other poor-eating and drinking decisions. An example "I'm having a diet soda, so it's okay to eat these cookies."

The second: addiction. Artificial sweeteners are much sweeter than sugar. Aspartame, for instance, is roughly 200 times sweeter than the natural stuff. The theory is that artificial sweeteners overstimulate taste receptors and make more nutritious foods, like fruits and vegetables, less palatable.

"This second wave of research hasn't reached the level of true consensus," Myers says, but it has health professionals taking a hard look at artificial sweeteners.

#### **Reason #2: Your Risk for Serious Health Problems May Drop**

Could soda cut your life short? Maybe

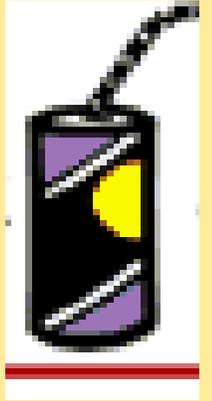
Drinking two sodas per day - whether made with sugar or artificial sweeteners - was associated with early death from any cause, according to a new JAMA Internal Medicine study that followed 452,000 people over 16 years. In particular, diet soda consumption was linked to higher risk of death from circulatory diseases, including heart attack and stroke.

It's not just your cardiovascular system that takes a hit. Another study found people who drink one or more artificially sweetened beverages a day were almost three times more likely to develop Alzheimer's disease compared with those who didn't drink any.

And because diet sodas are tricking you into drinking and eating more, they've been linked to excess weight and related conditions like type 2 diabetes.

While the research behind diet soda and these health problems isn't conclusive and is still ongoing, Myers says that your safest bet is to cut back on sugar and artificial sweeteners.

"Reduced consumption of foods and beverages with added sweeteners - artificial or otherwise - can potentially benefit everyone," he says. "And especially folks over 50, who face the challenges of slower metabolism and increased risk of health issues like high blood sugar in the years ahead."



Cutting down on artificial sweeteners might also rekindle a love of healthier foods, Myers points out.

The nutritional quality of your diet may improve, as you cease drowning out the subtle flavors of nutritious foods," he explains.

### Reason #3: Your Bones Get Stronger

As we get older, our bones get weaker. Women over the age of 60, in particular, are at a greater risk for osteoporosis. Add in a daily glass of diet soda, and your chances only go up.

In a *American Journal of Clinical Nutrition* study, for example, women who drank diet or regular cola daily had nearly 4% lower bone mineral density in their hips, compared with women who didn't drink cola.

Other researchers, looking at data from the Nurses' Health Study, found each daily serving of diet or regular soda was associated with a 14% increased risk of hip fracture.

Here again, experts haven't been able to determine how soda weakens your bones, although many suspect it's related to the combination of added sugars, caffeine, and high phosphorus content.

### Swap for These Healthier Sips

Want to play it safe? While your best beverage option is water, you might try fruit infused water. To make your own, add berries, citrus, cucumber or mint to plain water. Another trick: add a few frozen prunes.

"Diluted coconut water, unsweetened almond milk, and low-sodium vegetable juices also bring flavor to hydration with less than half the calories of traditional sodas" Myers adds

**Smyrna's Library Committee** would appreciate some feedback to assist in updating our library. Please share your thoughts on the books of Smyrna Library by filling out the survey below and turning it in to a member of the Library Committee: Jeannie, Rebekah, Debi, or Ione.

If you would be willing to write a short book review for the *Behold*, keep these questions in mind — Tell us what you think of the book. Were the characters well written? Did they make good decisions? How was the setting? Did things make sense to the time period?

## Smyrna UCC — Church Library Survey 2019

Are you aware that Smyrna has a church library? Yes No

If yes, have you used the library? Yes No

Would you be willing to write a short review for the *Behold*? Yes No

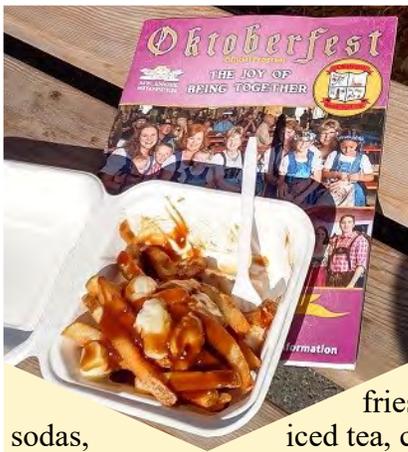
Please circle the types of items you would like to see in and use from Smyrna's library:

Large Print	Paperbacks	Hardbacks	Audio Books	DVDs
Fiction	Non-fiction	Biographies	Instructional	
Philosophy	Children's	Young Adult		
Other	_____			

Book Suggestions:

\_\_\_\_\_  
\_\_\_\_\_

## Smyrna's Poutine Booth at Mt Angel's Oktoberfest



We can't begin to tell you how everyone pitched in and helped Smyrna make a success with our Poutine Booth in Mt Angel, September 12-15. The booth was open from 10 a.m. until 11 p.m. required a captain and six people on three shifts each to prepare balls, fries and sodas, iced tea, coffers and friends who come by the say hello. This year we served before expenses.

We want to give a shout out out to help us. Making the event shall, Joel Daniels, Barbara Dan-their daughter Tracey, Elaine Lois Johnson, Virgil Foster, Lin-tine Foster, John Mason, Mary Brenda and Donald Hammock, Beth Kersens, Richard Daniels, Kim Peterson, Steve, Deborah and Sophia ert Schuebel, Donna Yenne, Angie son Dunn, Janet Bridges, Jane Dahl, Paul worked multiple shifts. We are already starting to plan next year and welcome any suggestions.



and sell Poutine, fried fried dill pickles, chili just plain fries in addition fee and water. We meet our booth to buy our gluten free over 1.000 people, and we



and day cheese cheese to some family mem-products and took in \$7,600

AND BIG THANK YOU to all of you who came such a success were Captains, Jeff & Josh Mar-iels and shift workiers, Carl and Barb Menkel and Daniels, Irene Schriever, Paul and Mary Ashton, da Dunn, Almeta Peterson, Larry Sumpter, Chris-Namit, Ginger Redlinger, Tina Marshall, Jeff, Karyl Carlson, Kristin Daniels, Lauren Humphreys, Smith, Sheila Daniels, Debi Hancock, Bill and Julia Patterson, Chris, Anne, Lincoln & Lucia Bangs, Rob-Stierle, Kirstan Rigg, Carly Itami, Mattie Harmon, Emer-and Audrey Yoder.. A significant number of these people

And of course a big thanks to the fellows who get us moved into our space in Mt Angel. We couldn't do it without them as there wouldn't be a booth and they are Adam Maurer, Derek Crispin, Jeff & Josh Marshall, Carl & Barbara Menkel, Barbara Daniels and Joel Daniels. Carl & Barb Menkel also took on the booth cleanup after it was moved back to the church.

### Barbara Daniels

The Church Council voted to give \$1,000 each, from the 2018 O'fest Booth fund, to Habitat for Humanity, International Rescue Committee, Heifer Project for Mental Health.



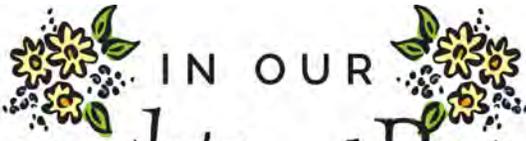
## Neighbors in Need –

We will be receiving our Neighbors in Need offering next Sunday, October 6<sup>th</sup>. This is the UCC offering which is shared with the national church to help our neighbors in need around the country, and around the world. More information available at: <https://www.ucc.org/nin>



# OCTOBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
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# IN OUR *Thoughts and Prayers*

Please hold in prayer:

- Rod and Pat Bullard
  - Paul Burkert
  - Virginia Yoder
- Asa and Ione Jenson
  - Dorothy Krebs
  - Vonda Stoneking
  - Blanche Kober
- Beryl and Dan Fisher
- Debi Veatch and her son, Garrett Veatch
- and all who have been mentioned at church.

If you know of anyone who should be on the prayer list in the Behold, please let Jeanne 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.