

# 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.

## December 2019



*Dear Friends,*

It is hard to believe that it has been six years already since my family and I arrived at Smyrna for the first Sunday of Advent in 2013. In some ways, I feel like I just got here!

It is really wonderful how much is going on here – from Memory Café to Women's Fellowship luncheons, to Adult Education, to the Ukulele group, to the Bell Choir, to Tai Chi, to the newly formed "Sugar Plum Players," to Chancel Choir, and Peace Camp. Then there are all the committees – just take a look in the Annual Report and you will see that the list is long, and all of them are up to something! And there are the groups that we welcome to Smyrna, which are a great service to the community: AA/AI-Anon, OA, Relay for Life, among others. And we welcome all the families and groups who use Fellowship Hall for their reunions and celebrations.

Smyrna is a wonderful church, whose members minister in so many ways. I'm pretty new here, but I certainly do love it, and I'm so excited that there are several other folks who are joining the church this fall, too: Larry Sumpter from Corvallis, Jo Algiers and Michael O'Rear from Canby, Karyl Carlson from Mt. Angel, George Edmonston from Newberg, and David and Ann Clites from Silverton. Our church fellowship is growing, and we look to the future as our ministries unfold and grow.

May the Advent season that is upon us all fill us with the wonder of God's love, which continues to bring glad surprises. And may the light that shines in the darkness and casts out all fear, surround and guide us all.

In Christian fellowship, Pastor Deb

### Adult Education

**December 1:** Visit with Mary Ann McCammon, RN, PhD., the founder of "Quilts for Empowerment," which helps girls and women recovering from gynecological injuries. She will have their new video available to view on her laptop, and will have items for sale that were made by the women at their program in Kenya.

**December 8:** "Mystery"

**December 15<sup>th</sup>:** Advent – "Prepare the Way"

**December 22<sup>nd</sup>:** Christmas – "What are You Hoping For?"

**December 29<sup>th</sup>:** No Adult Ed – Come to church at 11:00 am for our Carol Singing Sunday.

## Quilts for Empowerment

On Sunday, December 1<sup>st</sup>, we will welcome Dr. Mary Ann McCammon, who will bring us an update on the work of Quilts for Empowerment, which serves girls and women who have suffered childbirth and related traumas in Africa, helping them with educational and vocational opportunities, and providing them with a safe place to work and live.



We will also be collecting a special offering and donating money from our Children for Change collections, which will be matched by a contribution from our Oktoberfest funds. If we are able to raise \$1200, we will be able to sponsor the education, room, and board for a young girl escaping trauma for a year. Can you imagine living on \$100 a month? Thank you for your help!

Mary Ann will arrive early to bring their new video, along with new items the women in Africa have made. You are invited to stop by during the Adult Ed hour to visit with Mary Ann, watch the video, and do some Christmas shopping, as she will be leaving for another event right after church.



## Christmas Program at Smyrna UCC

The newly formed theatre group at Smyrna, the "Sugar Plum Players," is planning a special Christmas program on Sunday, December 15<sup>th</sup>, and everyone is invited to participate, with meetings on Tuesdays at 11:30 am. All ages are welcome!

Please arrive at 10:30 am for a part, and wear a Christmas story costume of your choice. There are also costumes available at church. The program will include a new song written by Jo Algiers and Michael O'Rear. Please join us!



### Christmas Concert – December 15<sup>th</sup>

John Nilson will return to Smyrna for an afternoon Christmas concert on December 15<sup>th</sup> at 1:00 pm, with a freewill offering.

### Ukulele Christmas Sunday —

The Ukulele Group has been practicing each Wednesday, and will provide special Christmas music for the worship service on Sunday, December 22<sup>nd</sup>. Thank you!

## First Sunday in Advent activities

There will be a Mediterranean themed pot luck Dec 1 (first day of Advent) in honor of our Lords coming birth in the area.... **Dried fruits, olives, almonds, figs, citrus fruit, dates, grapes, lentils, couscous, hummus, salads with olive oil dressing, bagels, Pita Bread, couscous, farfalle, baklava** are a few suggestions, however, we would love to partake of anything you would like to share with us. Please bring your own table service

After eating our fill of the potluck, Christian Nurture will be leading Christmas Crafts for all ages. Make your own snowflakes, snow globes, and more!

Mitten and Scarf Tree — Smyrna will continue its tradition of decorating the Christmas tree with mittens, scarves, and hats for donation.



## Memory Café

Approximately 40 people were in attendance for the Memory Café on Friday, November 1st, when Jo Algiers, a certified leader in "Time Slips," brought us a storytelling and memory activity which is offered in area senior centers and other settings, assisted by Michael O'Rear.

This month, on December 6<sup>th</sup>, we will have a Christmas Memory Café, when Joel Daniels will lead us in remembering Christmas carols and stories.

Please RSVP to Pastor Deb by Wednesday, December 4, at 503-689-4450 or [debpatersonhome@gmail.com](mailto:debpatersonhome@gmail.com), to let her know if you can attend. We hope you can join us!



## Advent Schedule and Christmas Schedule

- \* **Sunday, December 1st** – Advent Potluck & Crafts after church
- \* **Friday, December 6th at noon** - Memory Café Christmas Program
- \* **Thursday, December 12th at noon** – Christmas Luncheon
- \* **Sunday, December 15th** – Christmas Program during worship
- \* **Sunday, December 15th** – John Nilson Christmas concert at 1:00 pm
- \* **Sunday, December 22nd** – Ukelele Christmas Sunday
- \* **Tuesday, December 24th at 9:00 pm** – Christmas Eve Candlelight Service
- \* **Sunday, December 30th** – Carol Singing Sunday



**BOOK  
REVIEWS**

## Smyrna's Church Library

Have you read a book from Smyrna's Library? What did you think of it? Are there other books you would like to see in Smyrna's Church Library? Write a review for the Behold! It doesn't have to be long, just a paragraph or two, including these things:

Title and Author

What the book was about — don't spoil the ending!

Why you did or did not like it.

Would you recommend it for an adult or a child?

**Borrowing from Smyrna's Library** is on the honor system. Browse the shelves located in the meeting room across from the church office and in the first Sunday School room. There will be a notebook in which you write the name of the book, your name, and the date. There is no due date or late fees. We trust you to bring it back when you are done and jot down the date returned. This will assist us in locating the book if someone else wants to read it.

## Annual Reports due date approaches!

January 5, 2020, the due date for turning in annual reports for the Annual Report book, is closer than you might think.

These reports will be needed:

Pastor

Moderator

Board of Trustees

Grounds Committee

Stitch Club —

Diaconate

Scholarship Committee

Finance Committee — 2019 Fundraising dates

Clerk's Report

Mission and Outreach

Staff/Parish Committee

Building Use

Board of Christian Education & Christian Nurture

Youth Group

Women's Fellowship Report

Nominating Committee — list of Officers, Board & Committee Members

Memorial Committee

Heartline

Cemetery Committee

Health Committee

Earth Care Committee

Camp Adams

Treasurer Report — separate from annual

Coffee Hour Volunteers — please sign up

Flower Volunteers — please sign up

## A Small Nativity

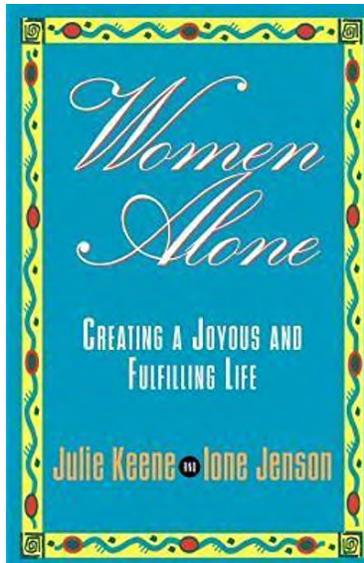
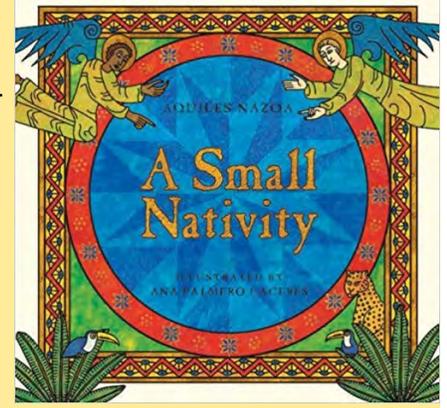
by Aquiles Nazoa, illustrated by Ana Palmero Caceres (found in Smyrna's Church Library)

A simple and visually pleasing retelling of Christmas story by a Venezuelan poet and illustrated by a fellow Venezuelan. This one is

set in an unnamed contemporary Latin American country. I love the warm reception given to Maria and Jose at the end of their search for a birthing room.

As I perused the book, I wondered about the illustrations, "Why is there a jaguar in this picture? Why are these people pictured as animals? What is this bird doing?" Much to my joy, I discovered at the end of the book pages of illustrator's notes explaining the symbolism she used in her illustrations. Thank you, Ana Palmero Caceres!

Submitted by Jeannie Rogers



(A copy of this book has been placed in the church library)

As Julie Keene and I traveled around the country doing workshops in various churches and other settings, we were constantly meeting women, both young and old, who for various reasons, found themselves alone. Some were widowed, some divorced, or some had never married and felt they'd always be alone. Many were fearful, and some almost dependent about their future. Many were very desperately looking for a partner.

But on the other hand, we were often amazed at the resilience with which some women were confronting their fears and finding alternative ways of creating a meaningful life. This book was written to honestly look at the issues women alone were experiencing and then to look at the ways many had found to pick up the threads of their lives, fulfill their needs, and create a new and meaningful life in spite of the situations they were encountering.

Written to be a self-help book, it covers a wide range of topics that being alone presents, such as how to confront loneliness and to build support systems, parenting in a single household, finances, and aging alone, among many other subjects. There are stories of real people who have given permission to have their stories told hoping to help others create their own ways of finding a new and meaningful life. Each chapter ends with both a summary and as list of action steps one may take.

Submitted by Ione Jenson



*Deadline for the January  
Behold is on December 15*



## Smyrna UCC WF Bazaar

The women of Smyrna held our Bazaar on Saturday, November 16, 2019, with John Cody, our auctioneer for the evening. We judged it to be a successful evening, as everything was sold to attendees bidding on the items for auction. Prior to the actual auction, people were offered a slice of pizza, pie, cake and homemade ice cream for a nominal charge. We took in over \$2,644 from the auction and food and a total of \$1,290 from the attendees for Camp Adams Scholarships. Women's Fellowship would like to thank everyone for making the event a success.



## Treasurer's Report

Balance 9/30/2019	\$15,341.21
Receipts	9,663.57
Expenditures	<u>(7,344.04)</u>
Balance 10/31/2019	17,660.74

## Flu Season tips

**How can you tell whether you have the flu or a common cold?**

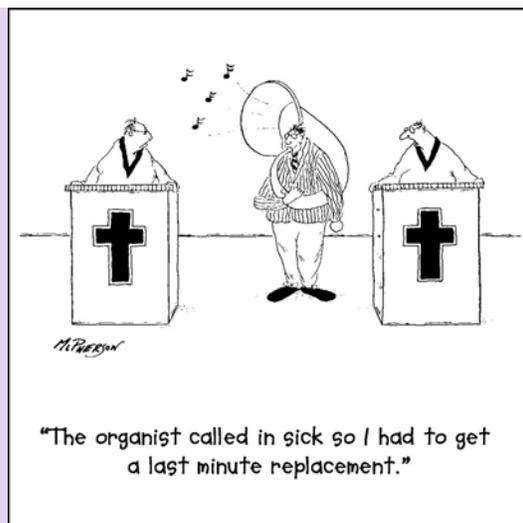
That can be tricky. The flu can cause a fever, headaches, body aches, a cough, a runny nose, and fatigue - all symptoms that

can also turn up among people who have a common cold. But the flu tends to cause a fever of 100 degrees or higher as well as headaches and body aches or chills, while the common cold typically does not. The common cold tends to come on gradually during a period of a couple of days, while the flu often lands more abruptly. If someone goes from feeling well to feeling crummy in the space of an hour or two, that's more indicative of the flu than of the common cold.

### How should you treat symptoms of the flu?

If you're otherwise healthy, the flu tends to cause unpleasant but mild symptoms. You may feel feverish and stuffed up, but you don't need urgent medical care. A few days rest and over the counter drugs such as aspirin or acetaminophen will relieve your aches and fever, and a decongestant can turn off your runny nose.

On the other hand, women who are pregnant, those who are 65 and older, kids age five and younger, and people with medical conditions like asthma, cancer, or diabetes are all at high risk for flu-related complications such as pneumonia or bronchitis. If you are a member (or a caretaker) of one of these at-risk groups, call a doctor if you think you have the flu. Your doctor may recommend that you take an "antiviral", to knock out the flu infection. But you need to start taking antiviral drugs 48 hours or less after your symptoms start, so don't wait to call your doc.



A police officer stops a minivan driving 25 MPH on a busy highway. The officer notices the vehicle is full of elderly ladies being driven by an old gentleman.

The policeman asks the old gentleman why he is driving so slow. The driver responds, "Well that's the speed limit, isn't it? There was sign saying 25 and everything!"

The policeman sighs, "No, sir, that's the number of the highway you're on. It has nothing to do with the speed limit."

The driver is shocked. "Oh, so that's what it means....."

The officer looks at the rest of the van and notices the elderly ladies are looking somewhat frozen and stiff.

"What's up with the ladies?" he asks the driver.

He scratches his head. "Oh. We just got off Highway 150"

# The Molalla Community Choir

*presents:*

## *A Free Christmas Concert!*

**7 PM Friday,  
December 6**

*“A Christmas Delight  
on a Winter Night!”*

**at Smyrna United  
Church of Christ**

31119 S Hwy 170, Canby, OR 97013  
(Canby-Marquam Highway)

**Hear the musical talents of the Choir  
*including audience carol sing-alongs!***

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***Please bring Can Food Goods  
as we share in addressing our community's needs.***



# December 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
<p><b>1</b></p> <p>10 am Quilts for Empowerment 11 am Worship</p> <p>b.d. Ruby Becker, Julia Peterson</p> <p><i>First Sunday in Advent</i> -- Potluck &amp; Crafts</p> <p>Flowers: Jane Dahl</p>	<p><b>2</b></p> <p>7 pm AA/AO</p>	<p><b>3</b></p> <p>10 am OA</p>	<p><b>4</b></p> <p>Deadline to RSVP for Memory Cafe</p>	<p><b>5</b></p>	<p><b>6</b></p> <p>12 noon Memory Cafe @ Smyrna</p>	<p><b>7</b></p> <p>b.d. Barbara Daniels</p>																																																																																																		
<p><b>8</b></p> <p>10 am Adult Education 11 am Worship</p> <p>Coffee Hour: Women's Fellowship Flowers: Jane Dahl</p> <p><i>Second Sunday in Advent</i></p>	<p><b>9</b></p> <p>7 pm AA/AO</p> <p>b.d. Nikolas Peterson</p>	<p><b>10</b></p> <p>10 am OA</p>	<p><b>11</b></p> <p>b.d. Chris Bangs</p>	<p><b>12</b></p> <p>12 Noon Women's Fellowship</p> <p>b.d. Jeannie Rogers</p>	<p><b>13</b></p>	<p><b>14</b></p> <p>b.d. Genevieve Freeman, Rebekah Yoder</p>																																																																																																		
<p><b>15</b></p> <p>10 am Adult Education 11 am Worship</p> <p>b.d. Paulette Eyman, Tna Marshall, Steven Rigg</p> <p>Coffee Hour: Health Committee Flowers: Jane Dahl</p> <p><i>Third Sunday in Advent/Christmas Program</i></p> <p>1 pm John Nilsen Christmas Concert</p>	<p><b>16</b></p> <p>7 pm AA/AO</p> <p>b.d. Theresa Schuebel</p> <p>Wedding Ann: Keith &amp; Theresa Schuebel</p>	<p><b>17</b></p> <p>10 am OA</p> <p>1:30 Diaconate mtg</p> <p>7 pm Church Council</p> <p>b.day Josh Marshall</p>	<p><b>18</b></p> <p>7 p.m. Cub Scout meeting</p> <p>Wed. Anniv Bill &amp; Paula Day</p>	<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b></p> <p>b.d. Kevin Yoder</p>																																																																																																		
<p><b>22</b></p> <p>10 am Adult Education 11 am Worship</p> <p>Coffee Hour: Flowers: Jane Dahl</p> <p><i>Fourth Sunday in Advent</i></p> <p>Ukkelele Sunday</p>	<p><b>23</b></p> <p>7 pm AA/AO</p> <p>b.d. Emma Blatchford</p>	<p><b>24</b></p> <p>10 am OA</p> <p><b>9 pm Christmas Eve Candlelight Service</b></p>	<p><b>25</b></p> <p><b>Christmas Day</b></p>	<p><b>26</b></p> <p>b.d. Eileen Boss, Paula Day</p>	<p><b>27</b></p>	<p><b>28</b></p> <p>b.d. Beth Kersens</p> <p>Wedding Ann. Leo &amp; Marsha Sano</p>																																																																																																		
<p><b>29</b></p> <p>10 am Adult Education 11 am Worship</p> <p><b>Carol Singing Sunday</b></p> <p>Coffee Hour: Diaconate Flowers: Jane Dahl</p>	<p><b>30</b></p> <p>7 pm AA/AO</p>	<p><b>31</b></p> <p>10 am OA</p>	<table border="1"> <thead> <tr> <th colspan="7">Nov 2019</th> <th colspan="7">Jan 2020</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td> <td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td> </tr> </tbody> </table>				Nov 2019							Jan 2020							S	M	T	W	T	F	S	S	M	T	W	T	F	S						1	2				1	2	3	4	3	4	5	6	7	8	9	5	6	7	8	9	10	11	10	11	12	13	14	15	16	12	13	14	15	16	17	18	17	18	19	20	21	22	23	19	20	21	22	23	24	25	24	25	26	27	28	29	30	26	27	28	29	30	31	
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PLEASE **PRAY** FOR:

- Paul Burkert
- Rod and Pat Bullard
- Virginia Yoder
- Asa and Ione Jenson
- Dorothy Krebs
- Ethel Henderson
- 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 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.