

BEHOLD!! SMYRNA

April 2021



UNITED CHURCH
OF CHRIST

Dear Smyrna friends,

Spring has sprung: cherry blossoms, daffodils, daphne, hyacinth - so many signs of new life!

On a recent drive through Aurora to Hubbard and back, the joy of seeing the vibrant and colorful signs of new life, was periodically pierced by sorrow at the sight of so many downed, broken-branch-ridden, and mangled trees.

The damage from February's ice storm will be visible for years – maybe for as long as the trees that were damaged live on. All across our state are trees bearing scars from natural disasters (whether due to wind, fire, or ice). They remind us how vulnerable *and resilient* the created beings of Creation are (trees and humans alike!). My scenic drive was a reminder of all the ways beauty and brokenness co-exist in our world.

April comes in the middle of Holy Week this year; on Maundy Thursday.

The root word for maundy is *mandatum*, meaning mandate or commandment. On the Thursday of Holy Week, it is common for churches observing the events of Jesus' Passion, to demonstrate or offer a foot washing, as Jesus had washed the feet of his disciples right before giving them a new commandment that they love one another. "Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another" (John 13:34-35).

Via Zoom, we will hear a reading of this commandment, commemorate The Last Supper, and listen to the telling of Jesus' Passion (the events that led up to his crucifixion) through excerpts from the four gospels.

My first Maundy Thursday service happened about 8 months into my first year of going to church weekly and participating in almost everything. It was during that service that I decided I would become a member of the church. I don't know what touched me most deeply – witnessing the intimacy and humility of Jesus' love in the washing of his friends' feet; sharing the meal "where death and life meet"; or how it felt to be with Jesus in his Passion (the way God is with us in our times of suffering). Maybe it was the combination. Maybe it was the way that experience prepared me to expect the transformative power of God's Love; the way it prepared me to expect new life after death (Easter would be coming!).

We won't be back in the building for Easter this year, but the time for re-gathering is coming (and we have a newly established committee to plan for it!).

Participating in Holy Week can help us embrace all the ways beauty and brokenness co-exist in our world. May you be blessed by all the signs of new life that spring, herd immunity, and the risen Christ among us will bring!

To new life,
Pastor Cat

Ministers: All members of the church

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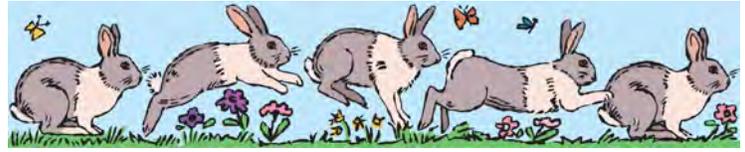
31119 S. Highway 170, Canby, OR 97013





Decorating the Cross

This year we will be decorating the cross on Friday, April 2, 2021 for Easter Sunday service. The cross will be out on the front porch of the church so come to the church at anytime during the day to add your flowers. The plan is to have pictures of the cross included in our Easter Sunday service on April 4, 2021.



Easter "Bunny Bag" Give Away

Christian Nurture will have treat filled Easter "Bunny Bags" available for pickup at Smyrna UCC from 1-5 pm Friday, April 2 and all day on Saturday, April 3, 2021.



Mission and Outreach:

The theme for this year's Great Hour of Sharing was "Let Love Flow." We want to thank everyone who contributed to this special offering and if you want to add to what has already been given, it is not to late.

Our Children for Change offering for April will go to our local Habitat for Humanity. Thank you.

Scholarship opportunity



The Smyrna United Church of Christ/Glenda Yoder Sano Scholarship Committee will be accepting applications through May 15th, 2021. The applications are available by contacting Rick Gano. Eligibility Requirements are: the applicant must

be a current or recently graduated high school senior or in a post high school program making satisfactory progress, and must be an active participant in Smyrna UCC with active participation during the past year in the life of Smyrna UCC (Examples would be participation or assistance with the worship, Sunday School, grounds cleanup, Strawberry Social, Chili Cook-off, Octoberfest booth, Canby/Marquam highway cleanup, Vacation Bible School, etc.).

This is the 17th year that Smyrna has provided church members scholarships for furthering their education after high school. The church scholarship is granted in memory of *Glenda Yoder Sano*, a 1963 Molalla High graduate and a long-time member of the Smyrna Church family, who, as many of you know, was instrumental in starting and continuing many youth programs in our church.

Rick Gano,
Smyrna UCC Scholarship Committee

Highway 170 Cleanup:

I'm scheduling April 24, 2021, (Saturday) at 9 am for our first road cleanup of the year on our adopted portion of Hwy 170 a.k.a. Canby/Marquam Highway. I will have the road signs, vests, yellow bags, and pickup devices on hand at the church at 9:00 am. It would be great to have as many



volunteers as possible which will make the job quicker. This is a good opportunity for scholarship applicants to provide service to the church. Any questions can be directed to Rick Gano at 503-651-2044.



Planning for Church Services Reopening

Over the next several months a committee will be evaluating the return to church and how the in person church services will look and work as we move through the pandemic. A committee has been formed to take everything under advisement and address how we deal with opening up the church. We know that we will not

be able to do any singing yet so we will need to consider recorded music as well as instrumentals.

If anyone has any thoughts or ideas or their concerns, please contact someone on the committee. Serving on the committee are: Ginger Redlinger, Audrey Yoder, Joel Daniels, Sheila Daniels, Jane Dahl and Barbara Daniels.



Cemetery Update

We are very pleased that so many willing hands have helped to clear away all the debris from the ice storm disaster in February. We have been giving away the wood first come, first served and asking for donations to be given to the food bank.

The church grounds and the cemetery will need extensive work by tree services to take care of the damage. Two trees need to be removed, one from disease and the other because a large portion broke away and fell across the fence. Part of the tree service will be to remove broken limbs high in the air and trim back all stubs from broken limbs. We need to do all we can to mitigate the exposure to disease caused by all the wounds. We will have to repair the brick columns at the gate and the wrought iron and chain-link fences.

Mary Yoder, a lifelong member of the church, who was born the year the church was founded and lived to be 99 years old, told me something about the oaks. I was remarking about the wonderful grove we had, and she said that they came up after the fire. I assumed that when land was being cleared around the church and brush was being burned, the fir trees that had been there were consumed. That would make the oaks about 125 years old. One of the ones taken down several years ago proved that to be true. **Wouldn't it be nice to cut a slice out of one of the trees to be removed to preserve and make a display of the oaks and our history?**

Joel

Hamrick's Corner Intersection

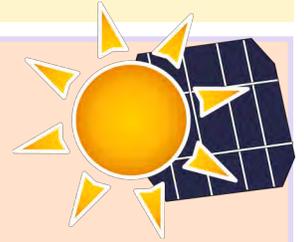
The church has received notification that ODOT is planning a project for 2022 to improve the intersection that has a higher than normal volume of accidents. They are asking for our feedback.

To view the project and see contact information go to:

www.oregon.gov/odot/projects and type in the search box 20142 to view the project webpage.

I thought I saw on some information earlier that there might be a **turn lane, but I don't see it on this page. I'm not seeing any intention to put in a stop sign or light.** They have budgeted around \$750,000.

You can sign up on the webpage for future project updates, and you can leave comments.



EarthCare Committee Report

Portland General Electric has chosen Smyrna to be one of nine nonprofit organizations in PGE's territory to receive grants for renewable energy projects. We have worked on this project for over two years with the able assistance of Energy Solutions of Oregon City. Chet Zimmer and Grant Lindsley met with us numerous times and developed a plan for installing a solar array to produce electricity. We will be able to sell back the energy we produce, and that money will be more than enough to cover our monthly bills.

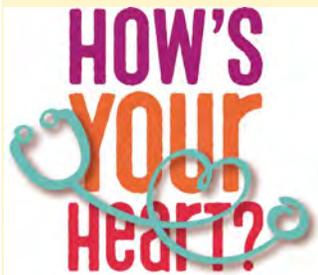
It was not enough to say in our grant that the main purpose of the grant is to pay our bills. We were required to develop a plan for educating the community about the methods and benefits of going renewable. The project will be started soon.

ENGLISH IS HARD

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full it had to refuse refuse.
4. We polish Polish furniture
5. He could lead if he could get the lead out.
6. The man decided to desert his dessert in the desert.
7. Since there is no time like the present, he thought it was time to present the present.
8. A bass was painted on the bass drum.
9. When shot at the dove dove into the bushes.
10. I did not object to the object.
11. The insurance for the invalid was invalid.
12. There was a row among the oarsmen about how to row.
13. The two of them were too close to the door to close it.

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

3 John 1:2



HEART HEALTH

Heart Attack Symptoms:

1. Pressure, tightness, pain, or a squeezing or aching sensation in your chest or arms that may spread to your neck, jaw or back
2. Nausea, indigestion, heartburn or abdominal pain
3. Shortness of breath
4. Cold sweat
5. Fatigue, weak
6. Lightheadedness or sudden dizziness

Not all people who have heart attacks have the same symptoms or have the same severity of symptoms. Some heart attacks strike suddenly, but many people have warning signs and symptoms hours, days or weeks in advance. The earliest warning might be recurrent chest pain or pressure (angina) **that's triggered by activity and relieved by rest.**

What is a Heart Attack?

A heart attack occurs when one or more of your coronary arteries become blocked . . . The blockage is most often a buildup of fat, cholesterol and other substances, which form a plaque in the arteries that feed the heart (coronary arteries), this is called Atherosclerosis. This condition, called coronary artery disease, causes most heart attacks

Sometimes a plaque can rupture and form a clot that blocks blood flow, starving the heart of oxygen and nutrients (ischemia).

Another cause of a heart attack is a spasm of a coronary artery that shuts down blood flow to part of the heart muscle. The interrupted blood flow can damage or destroy part of the heart muscle. Using tobacco and illicit drugs, such as cocaine, can cause a life-threatening spasm.

Infection with COVID-19 may also damage your heart in ways that result in a heart attack

What to do if you feel you are having a heart attack

1. **Call 911 Call immediately Don't hesitate.** Drive yourself only if there are no other options. Because your condition can worsen, driving yourself puts you and others at risk.
2. Take nitroglycerin if prescribed to you by a doctor
3. Take aspirin, if recommended.

Heart Attack risk factors include:

1. Age Men 45 or older and women 55 or older are most at risk
2. Tobacco – smoking and long-term exposure to secondhand smoke
3. High blood pressure. Over time, high blood pressure can damage arteries that lead to your heart. High blood pressure

that occurs with other risk factors, such as obesity, high cholesterol or diabetes, increases your risk even more.

4. High blood cholesterol or triglyceride levels. A high level of **low-density lipoprotein (LDL) , or "bad cholesterol"** is most likely to narrow arteries. A high level of triglycerides (a blood fat related to your diet) also increases your risk of a heart attack. A high level of high-density lipoprotein (HDL) or **"good cholesterol"** may lower your risk
5. Obesity is linked with high blood cholesterol levels, high triglyceride levels, high blood pressure and diabetes. Losing just 10% of your body weight can lower this risk.
6. Diabetes increases heart attack risk
7. Metabolic syndrome occurs when you have obesity, high blood pressure and high blood sugar making you twice as likely to develop heart disease.
8. Family history – if your siblings, parents, or grandparents have had early heart attack (by age 55 for males or by age 65 for females) you may be at increased risk.
9. Lack of physical activity contributes to high blood cholesterol levels and obesity.
10. Response to stress
11. Illicit drug use
12. Autoimmune diseases such as rheumatoid arthritis or lupus can increase your risk of a heart attack

Prevention:

It's never too late to take steps to prevent a heart attack – even if you've already had one. Here are ways to prevent a heart attack:

Medications – Take what your doctor has prescribed for you, and ask your doctor how often you need to be monitored.

Lifestyle factors – You know the drill: Maintain a healthy weight with a heart-**healthy diet, don't smoke, exercise regularly, manage stress and control conditions that can lead to a heart attack, such as high blood pressure, high cholesterol and diabetes.**

Submitted by Jane Dahl - Health Committee
In-



The ice storm's over tree branches litter the ground and daffodils bloom. Lois Johnson

April 2021 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
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**No matter who you are,
or where you are on life's
journey, we welcome
you.**

SMYRNA



UNITED CHURCH
OF CHRIST
a just world for all



David Schriever

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.