

BEHOLD!! SMYRNA

July 2022



UNITED CHURCH
OF CHRIST

Dear Friends,

Summer is here! As we finally transition from “rain for the foreseeable future” to “sun for the foreseeable future” the brilliant shades of green, the stunning blue skies, and the world around us abloom make me think of the hymn “For the Beauty of the Earth.” The notation about it in the New Century Hymnal says: *Folliott S. Pierpoint, author of numerous hymns, penned these verses near his native city of Bath, England, on a late spring day when flowers were in full bloom and all the earth seemed to rejoice.* The first verse and refrain is:

*For the beauty of the earth, for the beauty of the skies,
For the love which from our birth over and around us lies,
Lord of all, to thee we raise this our grateful hymn of praise.*

What if, for the month of July, we noticed or looked for all the ways the earth seems to rejoice? How might it bless us to sing the first verse and refrain every time we notice the beauty of the earth or sky? Sometimes we repeat to ourselves a worry or a resentment or a negative thought about ourselves over and over throughout the day (or throughout our lives) — not because we mean to, just because that’s how the mind works. Let’s practice training our brains to repeat a grateful hymn of praise.

Then, when we gather for **Smyrna’s annual Camp Adams Sunday on July 24th** we’ll sing it together for our opening hymn! Worship will begin at 11 am, and fellowship over a bring-your-own lunch will follow. Diaconate will provide coffee, water, and juice. Plans for post lunch activities (including swimming if we can find a lifeguard) are in the works. If you would like to be involved with planning a fun Camp Adams experience for all ages, please let me know!

For the beauty of the earth, for the love that surrounds us, for this community of friends with whom we can share the journey of life - thanks be to God!

Pastor Cat

Ministers: All members of the church
Ministers: Rev. Cat Allard; Rev. Janet Parker
Editor: Jeannie Rogers Asst. Editor: Elaine Daniels
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Womens Fellowship Cooks Return To The Kitchen

It is with a **LATE BREAKING NEWS ALERT** that we report WF will begin cooking in the church kitchen in September 2022.

While our schedule might be fluid in the beginning, we will start by cooking only one time per month. The first lunch will be served on September 8, 2022 at 12:00 Noon. As most of you remember, in the past we served lunch on the second and fourth Thursday of each month.

We will be working in groups of five people doing all of the cooking, including the dessert. People won't be able to bring side dishes to offset the cost of the lunch to those attending, as was our previous tradition. We will be raising the price of the meal but as of now haven't set a firm number.

Stay tuned for further news alerts as we continue planning for the return of the luncheons.

Glenda Yoder Sano Scholarship Program

Since 2004, the Glenda Yoder Sano Scholarship fund has provided over \$35,000.00 in scholarships to deserving young men and women who have been actively involved in the life of Smyrna United Church of Christ. All the recipients have used the funds to further their education either in a college or a technical program. As a congregation, we should be proud of being able to support our young people in preparing for their futures. Unfortunately, the scholarship fund needs continued donations to survive. The program started with a large donation from Larry Sano in his late wife's memory.

As many of you may remember, Glenda Sano was hugely involved in youth programs at Smyrna throughout her life, and Larry was interested in seeing this involvement continue. If you would like to help us maintain this program for our future young people, please do so by either making a check payable to Smyrna UCC Scholarship Fund or a cash donation. Either can be sent or given in person to Rick Gano, Committee Chair, or the Smyrna UCC treasurer.

This year, the scholarship fund has granted three scholarships to members of the Smyrna community. They are: Anna Maurer who will be attending Oregon State, Halaina Crispin who will be attending Oregon State, and Spencer Chapin who will be attending Willamette University. Please congratulate these young people for their accomplishments in their continued education!

Rick Gano, Scholarship Committee.

Camp Adams Sunday

July 24, 2022

18499 S Highway 211

Molalla, OR 97038

Worship at 11 am

Bring a lunch

**to enjoy after worship
Coffee, water, and juice
provided**

**Would you like to help
plan fun activities?**

Contact Pastor Cat

Transition Team Report

Background: The Search and Call Committee was elected at the beginning of the year. Their first job was to find an interim minister to serve the church. After meeting with Rev. Tyler Connolly, the Central Pacific Conference minister, we began our work. Most of the work in the beginning was working around creating the job posting, interviewing candidates, and determining compensation for the interim. We recommended Revs. Cat Allard and Janet Parker be called as our intentional interim pastors and the Council approved our recommendation. Pastors Cat and Janet began in March.

Next, it was time for a subgroup of people to shepherd the church through the first phases of the interim period—working with the congregation to explore the three questions for churches in transition (Who are we? Who is our neighbor? Who is God calling us to become?) and to work on the church profile. This is the transition team, made up of three search and call members, the interim pastors and one other person. (Jane Dahl, Sheila Daniels, Barb Menkel, and Debi Veatch)

Writing the church profile is an important part of the process, as it helps to find a good fit for Smyrna.

The Transition Team has met two times. We were asked to do some readings about meeting guidelines, and some articles about working through the interim time and working on the profile.

In order for the transition team to do their work, under the guidance of Pastor Janet and Pastor Cat, we will be having several "Transition Sundays". The first of these will be July 17, during the worship service, when we will focus on Smyrna's history. We will begin the process of gathering information to use in writing our church profile. We hope you'll help us by participating in our activities and keeping us in your prayers!

Sheila Daniels, Transition Team

SLEEP — Part Two

How much sleep do you need?

A published in the journal Heart a couple years ago, a Swiss study found that adults who took one or two daytime naps per week had a lower risk of heart disease and strokes than non nappers. More naps per week did not further decrease risk. A 20 minute nap is enough to reap benefits. These cardiovascular benefits did not apply as people aged - no benefits were found in people over 65.

Recommended hours of sleep by age group:

Newborns (0-3 months)	14-17 hours
Infants (4-11 months)	12-15 hours
Toddlers (1-2 years)	9-11 hours
Preschoolers (3-5)	10-13 hours
School-age children (6-13)	9-11 hours
Teenagers (14-17)	8-10 hours
Young adults (18-25)	7-9 hours
Adults (24-64)	7-9 hours
Seniors (65 and older)	7-8 hours



“I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety.”

Psalm 4:8, NIV

LONELY? Medical issues? Need Help?

Please visit the Smyrna Resource page. On Smyrna’s website, www.smyrna-ucc.org, just click the Resource tab



Ukulele Classes on Hiatus

There will be no ukulele classes during July. Classes resume on Thursday, August 4, at 11 am in the Friendship House.

Smyrna’s Health Committee is taking a Summer Break. Meeting will resume in the Fall.

Thanks,
Everyone!

THANK YOU TO:

- Jeannie Rogers for preparing the weekly bulletin and Jeannie and Elaine Daniels for putting together the Behold each month.
- Paul Yoder for recording the weekly service, Paul Ashton for taking care of the sound, and to all who have served as scripture readers.
- Tom Daniels and Nancy Bryant for editing and publishing the Sunday worship service to our Youtube channel by Sunday evening each week.
- Joel Daniels and Christine Foster for their weekly contributions of music and singing.
- Barb Daniels for securing pulpit supply when the pastors are away and for welcoming our guest preachers.
- Adam Maurer for playing Taps in the Smyrna cemetery on Memorial Day.
- everyone who helped with the graveside and Celebration of Life services for David Schriever, including help with the reception after the services.
- Sheila Daniels, Jeannie, Debi Veatch, and Anne Bangs for your role in honoring this year’s graduates.
- the Chapin, Crispin, and Sano families for participating in Graduation Sunday!

RESOURCE Page

A Helpful page for people in
our community.
(Click here.)



Mission Giving

Mission and Outreach:

In June we continued to collect money to purchase blankets through Church World Service for people in need. I am pleased to report that during May money was given for 83 blankets. A table for donations to the Molalla Food Bank continues to be set up in the sanctuary.

In July, our Children for Change will go to Doctors Without Borders. They provide independent, impartial medical humanitarian assistance to the people who need it most. They care for people affected by conflict, disease out-breaks, natural and human made disasters, and exclusion from health care in more than 70 countries.

Thank you for your support.

Hospice Volunteer Opportunity

Are you looking for a way to make a difference for people in your community? Volunteers with Willamette Vital Health Hospice step in with practical assistance and compassionate support for people facing life-limiting illnesses, as well as their loved ones. Others help behind the scenes in the office, or promote greater understanding of end-of-life care at community events. Schedules are flexible and volunteers can do deeply fulfilling work close to their own home.

For free online training, contact 503.588.3600 or VolunteerServices@wvh.org to schedule an interview. Find more information and an application form at www.wvh.org/volunteer.

Willamette Vital Health has been Salem's only not-for-profit hospice for over 40 years, offering comprehensive end-of-life care, grief support, and educational presentations throughout Marion, Polk, Linn and Yamhill counties.

Shelley Wagener
Volunteer Coordinator
Willamette Vital Health
Hospice Care
1015 3rd St NW
Salem Oregon 97304
503-588-3600



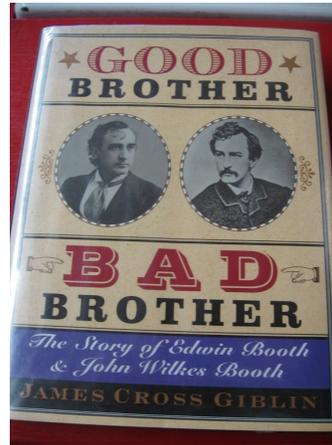
Willamette
Vital Health
HOSPICE CARE

JULY WORSHIP LEADERSHIP

- July 3 - Pastor Janet leading
- July 10 - Pastor Cat leading
- July 17 - Transition Sunday: History focus
- July 24 - Camp Adams Sunday (11 AM)
- July 31 - Pulpit Supply



Smyrna's Reading Group invites you to join this low-key, no-pressure, friendly group of book-lovers, let Audrey or Ann know. There is a private, hidden Facebook page for those who are on Facebook and an email group for those who prefer emails.



We have just begun reading Good Brother, Bad Brother by James Cross Giblin, a fascinating look at Edwin Booth and his brother John Wilkes Booth; the events leading up to and following Lincoln's assassination; and the aftermath effects on the Good Brother.

Church Library additions:

Three books newly added to Smyrna's library will be featured on the library cart in July

The Impossible Will Take A Little While: A Citizen's Guide to Hope In A Time of Fear, edited by Paul Rogat Loeb. Basic Books, 2004.

Loeb has collected essays and stories of political leaders and little-known activists from around the world all of whom believed that individual deeds still matter when it comes to working for peace, justice and the health of the planet.

Nature's Best Hope: A New Approach To Conservation That Starts In Your Yard by Douglas Tallamy. Timber Press, 2019. Tallamy outlines his vision for a grassroots approach to conservation. He gives practical advice for how homeowners everywhere can turn their yards into conservation corridors that provide wildlife habitats.

Transitions: Making Sense of Changes by William Bridges. Da Capo Press, 2004.

Bridges presents "strategies for coping with the difficult, painful, and confusing times in your life." Transitions takes readers step-by-step through the three perilous stages of any transition, explaining how each stage can be understood and embraced.

July 2022 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
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10 am Worship	7 pm AAAO b.d. Scott Stierle <i>Independence Day</i> wed ann: Ginger Redinger & Mary Namt	7 pm Diaconate Zoom meeting	7 pm Scripture Dialogue with Pastor Cat on Zoom																																																																																							
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10 am Worship b.d. Roberta Rigg	7 pm AA/AO		b.d. Vonda Stoneking	b.d. Jon Schriever																																																																																						
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10 am Worship Staff/Parish meeting after worship	b.d. Kirstan Rigg 7 pm AA/AO	b.d. Sheila Daniels Wedding Ann: Rick & Levonne Gano	7 pm Scripture Dialog with Pastor Cat on Zoom b.d. Angie Stierle, Lucia Bangs, Jim Buffington, Tracy McKee, Bryce Crispin	7 pm Church Council mtg via Zoom b.d. Leonard Sano, Deb Patterson, Derek Crispin																																																																																						
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b.d. John Mahar Camp Adams Sunday Worship at 11 am followed by Bring-your-own lunch	7 pm AA/AO b.d. Don Rogers	wed ann Paul & Mary Ashton	b.d. Tom and Terry Daniels																																																																																							
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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



Pat Bullard
Dan and Beryl Fisher
The Mahar family
Mary Namit and Ginger Redlinger
Irene Schriever and family

*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 no-
tify 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.