

# BEHOLD!! SMYRNA

## August 2022



## UNITED CHURCH OF CHRIST

*Dear friends,*

We had great participation in the first Transition Sunday activity of **building Smyrna's history timeline**. It's through the activities and conversations that engage as many voices of active participants as possible that the Transition Team, with the help of the Holy Spirit, will gain valuable insights for filling out the local church profile. If any of you have participated in online dating, or are close to someone who has, the pastoral search process is a little bit like that! Your profile is how you introduce yourself to clergy looking for who God is calling them to be in ministry with next.

My recent change in relationship status has given me an opportunity to reflect on who I am and what I want at this stage in my **life**. I've learned and grown a lot in the past six years. **Who I attract and who I'm attracted to is going to be different than who I might have attracted and been attracted to six years ago**. Most people have some experience navigating an "interim time" in their lives, after a change in a relationship-based identity.

After 18 (or more) years of focusing on the kid(s) in the household, some empty nesters look at each other and say — who are we now? What do we have in common? What kind of plans or new ways of being together might be fun in this stage of our lives? There are plenty of other questions that might be asked, or declarations that might be made! The point is, we can go on for a long time doing what works for our family — and for a long time that might work well for us. **When there's a big change in the family system - it's normal and helpful to ask big questions, because things aren't the same. You're not the same. The world isn't the same as it was when the most recent status quo was established**. A mom I know whose only child is now out of the

house, is asking herself: who am I? What are my interests? Have my values changed? *What is my purpose now?*

**In essence these are the same kinds of questions you're asking about yourself as a church. When a pastor leaves, it's a big change in the family system! You're not in the same condition you were when Pastor Deb arrived** (some of you have new knees!). Your membership is different — beloved members have died, or moved, or stopped engaging in the worship services and ministries of the church; and new members have joined. The world is very, very different. The political climate is different. Existential threats are different. Which social media platforms are popular with youth are different.

**That's why it's so helpful to be engaging with the questions the Transition Team will bring forward on Transition Sundays like the one they hosted on July 17th**. The questions come from the local church profile the Transition Team will fill out on behalf of the congregation so that clergy looking for their next call can get an accurate picture of who you are today in 2022, how conscientious you are about the meaningful moments in your history that have helped shaped your identity, and how connected you are to the wider church and the community outside the walls and membership of Smyrna UCC. **The average pastor seeking a call in today's world is different than the average pastor seeking a call in 1950, or 1980, or even 2015, or 2019**.

**You are on your way to "calling" this new relationship! Enjoy the process of engaging these important questions! The next Transition Sunday will be in September — date to be determined!**

In Love,  
Pastor Cat

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## Input for the Church History Timeline Still Welcome!

If you were not able to attend Smyrna's first Transition Sunday on July 17, and participate in the History Timeline exercise, It's not too late to contribute! The Timeline will remain up on the wall in Friendship House at least through August 7 so if you're at church between now and then, look for large, colored post-it notes and a pen or pencil and feel free to write down and post memories or facts that you know about Smyrna's history in the appropriate decade when it happened. If you can, put the year of the event or memory on the post-it note as well. (If you don't see post-it notes, it's fine to write directly on the timeline.)



And, if you are unable to come to church and still want to submit memories or facts/events that happened in Smyrna's history up to the present time that are significant, you may email them to Rev. Janet at [rev.janetylnnparker@gmail.com](mailto:rev.janetylnnparker@gmail.com).

ALSO, we would welcome you to email Rev. Janet answers to the questions that were discussed at the tables after we constructed the timeline and reviewed it. Even if you can't get to the church to look at the timeline you are welcome to email your responses to the following questions to [rev.janetylnnparker@gmail.com](mailto:rev.janetylnnparker@gmail.com):

1. What did you learn about Smyrna's history that surprised you?
2. What is a significant change that Smyrna UCC has managed in the recent past? How did the congregation manage the change?
3. In your view, what is the most exciting project or program that the church has engaged in (not just an individual or two in the congregation, but the congregation as a whole)?

The Transition Team thanks you for your help!



### AUGUST WORSHIP LEADERSHIP

- August 7 — Pastor Cat leading  
August 14 — Pastor Cat leading  
August 21 — Pastor Cat leading,  
Pastor Janet assisting  
August 28 — Pastor Janet leading

### Mission and Outreach:

This August we continue to support Doctors Without Borders who serve people in more than 70 countries.

I'm pleased to report that Paulette delivered 81 pounds to the Molalla Service Center the morning of July 25th. This included 23 pounds of food and 58 pounds of toilet tissue. Since paper products are very scarce, this was especially welcomed!

## SUN AND HEAT PROTECTION

The hot sun of summer is a temptation for all of us, but as with most things, moderation is the key!

- **Avoid the sun between 10 am and 3 pm when the sun's rays are the strongest. Don't be fooled by cloudy skies. Clouds block only 20 of UV radiation.**
- Use sunscreen block products. These lotions, creams, ointments, or gels absorb, reflect, or scatter some or all **of the sun's rays.**
- Wear a hat
- Wear sun glasses to protect your eyes
- Cover up. Wear lightweight, loose-fitting, long-sleeved shirts, pants, or long skirts when in the sun.
- Stay Hydrated! People should drink 8-10 glasses of water a day to stay hydrated – more if exercising outside. Those with developmental disabilities and senior citizens are more at risk for dehydration because of limited mobility, speech limitations and difficulty swallowing.



The more of these practices you can incorporate into your life, the greater your chance of reducing sun damage

Healthful Hints Volume 2.

2010 International Parish Nurse Resource Center

## THANK YOU'S

- Thank you to the Transition Team (Sheila, Jane, Barb Menkel, and Debi) for planning and leading the first Transition Sunday; and to everyone who participated.
- Thanks to the tech team for exploring options that will help us put to good use the grant we received from the Central Pacific Conference for increasing the quality and reach of our online presence.
- Thank you to Audrey Yoder for her service as Friendship House Coordinator.
- **Thank you to all who participated in the "sermon dialogue" on July 10th!**

## DISASTER TIP OF THE MONTH

Top 10 tips to prevent house fires:

- 1) TEST YOUR SMOKE ALARMS REGULARLY.
- 2) HAVE YOUR HEAT/ COOLING SOURCES CHECKED YEARLY
- 3) CLEAN YOUR STOVE AND OVEN
- 4) PAY ATTENTION WHEN COOKING
- 5) ALWAYS CHECK YOUR DRYER'S AIR-FLOW
- 6) BE CAREFUL WITH CORDS
- 7) STORE FLAMMABLE PRODUCTS SAFELY
- 8) PRACTICE CAUTION WITH CANDLES
- 9) KEEP YOUR FIREPLACE SAFE
- 10) INVEST IN A FIRE EXTINGUISHER

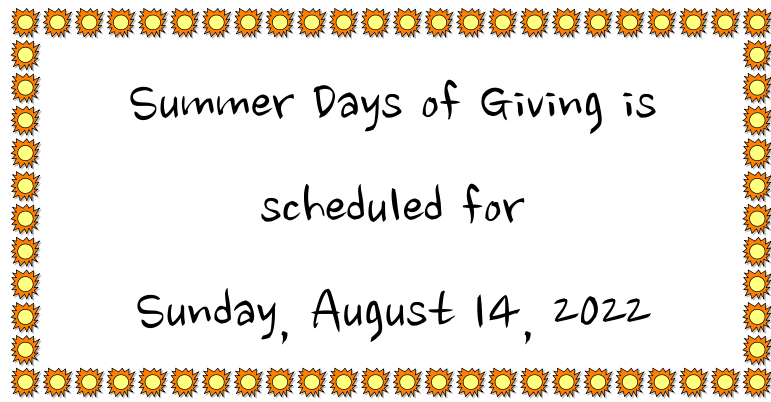


The National Suicide Prevention Lifeline has new digits – 988 – which you can call or text. It is more memorable, and is intended for people going through all types of mental distress.

LONELY? Medical issues? Need Help?



Please visit the Smyrna Resource page on Smyrna's website, [www.smyrna-ucc.org](http://www.smyrna-ucc.org), just click the Resource tab ....



Summer Days of Giving is  
scheduled for

Sunday, August 14, 2022



## Ukulele Class Resumes

On August 4, 2022, ukulele classes resume weekly meetings at Smyrna. Class begins at 11 am on Thursdays. Anyone interested is invited to join.



## BIRDS IN THE WORD

The Bible mentions many kinds of birds. How many have you seen?

*Directions: Unscramble the bird names, using the Bible references and pictures as clues. Then insert the final unscrambled bird name to complete the passage below.*



VIDEO

\_\_\_\_\_ (Genesis 8:8)



LWO

\_\_\_\_\_ (Psalm 102:6)



GEELA

\_\_\_\_\_ (Isaiah 40:31)



TOKRS

\_\_\_\_\_ (Jeremiah 8:7)



APROSWRS

\_\_\_\_\_

"Are not five \_\_\_\_\_ sold for  
two pennies? Yet not one of them is forgotten  
by God. ... Don't be afraid; you are worth  
more than many \_\_\_\_\_"

LUKE 12:6-7, NIV

## August 2022 at Smvna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																																
	<b>1</b> 7 pm AA/AO b.d. Marian Golonka	<b>2</b> 7 pm Diaconate via Zoom b.d. Andrew Daniels	<b>3</b> 7 pm Scripture Dialogue w/Pastor Cat via Zoom  Wedding Ann: Elaine & Joel Daniels	<b>4</b> 11 am Ukulele Class b.d. Lisa Havre	<b>5</b> Wedding Ann: Pat & Nancy Bryant	<b>6</b>																																																																																																																
<b>7</b> 10 am Worship Flowers: Audrey Yoder	<b>8</b> 7 pm AA/AO b.d. Emily Yoder	<b>9</b>	<b>10</b> 7 pm Scripture Dialogue w/Pastor Cat via Zoom	<b>11</b> 11 am Ukulele Class	<b>12</b>	<b>13</b>																																																																																																																
<b>14</b> 10 am Worship Flowers: Jeannie Rogers <i>Summer Days of Giving</i>	<b>15</b> 7 pm AA/AO	<b>16</b>	<b>17</b> b.d. Bill Chapin	<b>18</b> 11 am Ukulele Class 7 pm Church Council via Zoom	<b>19</b> Wed. Anniv. Steve & Deb Patterson; Kyle & Heather Anderson	<b>20</b> b.d. Adam Maurer																																																																																																																
<b>21</b> 10 am Worship Staff/Parish mtg after Worship Wed. Anniv. Derek & Heidi Crispin	<b>22</b> 7 pm AA/AO b.d. Twyla Blatchford	<b>23</b>	<b>24</b>	<b>25</b> 11 am Ukulele Class b.d. Oliver Humphreys	<b>26</b> b.d. Joann Gribble	<b>27</b> b.d. James Yoder																																																																																																																
<b>28</b> 10 am Worship	<b>29</b> 7 pm AA/AO Wedding Ann. Jim & Susan Buffington	<b>30</b> b.d. Carly Itami	<b>31</b>	<table style="margin: auto; border: 1px solid black; padding: 5px;"> <tr> <td colspan="7" style="text-align: center;"><b>Jul 2022</b></td> <td colspan="7" style="text-align: center;"><b>Sep 2022</b></td> </tr> <tr> <td style="text-align: center;"><b>S</b></td><td style="text-align: center;"><b>M</b></td><td style="text-align: center;"><b>T</b></td><td style="text-align: center;"><b>W</b></td><td style="text-align: center;"><b>T</b></td><td style="text-align: center;"><b>F</b></td><td style="text-align: center;"><b>S</b></td> <td style="text-align: center;"><b>S</b></td><td style="text-align: center;"><b>M</b></td><td style="text-align: center;"><b>T</b></td><td style="text-align: center;"><b>W</b></td><td style="text-align: center;"><b>T</b></td><td style="text-align: center;"><b>F</b></td><td style="text-align: center;"><b>S</b></td> </tr> <tr> <td></td><td></td><td></td><td></td><td style="text-align: center;">1</td><td style="text-align: center;">2</td><td></td> <td></td><td></td><td></td><td style="text-align: center;">1</td><td style="text-align: center;">2</td><td style="text-align: center;">3</td><td></td> </tr> <tr> <td style="text-align: center;">3</td><td style="text-align: center;">4</td><td style="text-align: center;">5</td><td style="text-align: center;">6</td><td style="text-align: center;">7</td><td style="text-align: center;">8</td><td style="text-align: center;">9</td> <td style="text-align: center;">4</td><td style="text-align: center;">5</td><td style="text-align: center;">6</td><td style="text-align: center;">7</td><td style="text-align: center;">8</td><td style="text-align: center;">9</td><td style="text-align: center;">10</td> </tr> <tr> <td style="text-align: center;">10</td><td style="text-align: center;">11</td><td style="text-align: center;">12</td><td style="text-align: center;">13</td><td style="text-align: center;">14</td><td style="text-align: center;">15</td><td style="text-align: center;">16</td> <td style="text-align: center;">11</td><td style="text-align: center;">12</td><td style="text-align: center;">13</td><td style="text-align: center;">14</td><td style="text-align: center;">15</td><td style="text-align: center;">16</td><td style="text-align: center;">17</td> </tr> <tr> <td style="text-align: center;">17</td><td style="text-align: center;">18</td><td style="text-align: center;">19</td><td style="text-align: center;">20</td><td style="text-align: center;">21</td><td style="text-align: center;">22</td><td style="text-align: center;">23</td> <td style="text-align: center;">18</td><td style="text-align: center;">19</td><td style="text-align: center;">20</td><td style="text-align: center;">21</td><td style="text-align: center;">22</td><td style="text-align: center;">23</td><td style="text-align: center;">24</td> </tr> <tr> <td style="text-align: center;">24</td><td style="text-align: center;">25</td><td style="text-align: center;">26</td><td style="text-align: center;">27</td><td style="text-align: center;">28</td><td style="text-align: center;">29</td><td style="text-align: center;">30</td> <td style="text-align: center;">25</td><td style="text-align: center;">26</td><td style="text-align: center;">27</td><td style="text-align: center;">28</td><td style="text-align: center;">29</td><td style="text-align: center;">30</td><td></td> </tr> <tr> <td style="text-align: center;">31</td><td></td><td></td><td></td><td></td><td></td><td></td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>			<b>Jul 2022</b>							<b>Sep 2022</b>							<b>S</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>					1	2					1	2	3		3	4	5	6	7	8	9	4	5	6	7	8	9	10	10	11	12	13	14	15	16	11	12	13	14	15	16	17	17	18	19	20	21	22	23	18	19	20	21	22	23	24	24	25	26	27	28	29	30	25	26	27	28	29	30		31													
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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

## PRAYER LIST

- Pat Bullard
- **Jane Dahl's daughter Beth**
- Mary Namit and Ginger Redlinger
- Florence Pease
- Irene Schriever
- Anne Stronko
- Virginia Yoder



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.