

BEHOLD!! SMYRNA

Nov. 2022



UNITED CHURCH
OF CHRIST

Our Faith, Our Vote: The UCC and the practice of democracy

On November 8, Americans will choose their new leaders through the biennial democratic (small-d) ritual of voting. I can still remember how excited I was to turn 18 and be able to vote for the first time. Over the many years that I have been eligible to vote, I have won some and lost some, but what is more important than whether I won or lost is the fact that I had the *right* to vote and the *access* to exercise that right. As an amateur student of American history, I don't take that for granted. My great-grandmothers were the first generation of women in my family who had the right to vote. If I were an African American, my parents' generation may have been the first generation in my family to be able to exercise their right to vote.

As many of you know, I've been co-teaching a class on "Faith and Democracy in Crisis" during September and October, and we've been learning about the crisis that our democracy is facing at this time. Regardless of which end of the political spectrum you're on, most people seem to agree that our democracy is in peril, even as we may disagree as to the causes and solutions for the crisis. But is this something Christians need to be talking about *in church*? I grew up learning that one of the cardinal rules of polite society was not to talk about religion or politics—much less religion AND politics. And yet, I have become convinced that Christians, and all people of faith, need to find a way to talk about politics because our faith was not meant to be sealed off from the rest of our lives, but to inform all of our lives.

To be clear, I am *not* advocating for partisan debates or endorsing particular candidates. I *am* advocating for the recognition that politics has a moral dimension that touches on the issues of justice, inclusion, and wholeness/shalom that Jesus cared deeply about. But don't take my word for it. I'd like to share with you, in closing, an

excerpt from a piece called "Voting Is Sacred," by the Director of the UCC Office for Public Policy and Advocacy, Sandy Sorensen. She writes about the UCC's "[Our Faith Our Vote](#)" campaign and the relationship between faith and politics as the UCC sees it:

"Throughout the Hebrew and Christian Scriptures, we encounter the core faith understanding...that to be in right relationship with God, we must be in right relationship with each other in human community. We are called time and again to love God and our neighbor by ordering our community life with justice and compassion. Public policy decisions and political structures are simply the way we order our common life. Those decisions reflect our moral values and priorities. The decisions made by those we elect have wide-reaching impact. We can amplify or undo countless acts of direct service ministry – serving meals, stocking food pantries, building affordable housing, working with at risk-children and youth, and so much more, by who we put into office to make policy decisions.

Since 2004, the United Church of Christ has invited members and congregations to participate in nonpartisan election engagement as part of living their faith and working to create a just world for all. The campaign includes resources for engaging in nonpartisan voter registration, issue education and voter mobilization and protection. The UCC Our Faith Our Vote campaign seeks to be faithful to the call of the 11th General Synod of the UCC, which affirms the work of the church in 'equipping the saints for the task of prophetic ministry within the biblical tradition' and to 'pursue this ministry by providing voter registration, public hearings on policy issues and encouraging participation in the political process.'"

Faithfully Yours,
Pastor Janet

Ministers: All members of the church

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NOVEMBER WORSHIP LEADERSHIP

November 6 - All Saints Day observance; Pastor Cat leading

November 13 - Music Sunday; John Nilsen (Pastors away)

November 20 - Pastor Janet leading; Pastor Cat assisting

November 27 - First Sunday of Advent; Pastor Cat leading

"What rock group has four guys who don't sing?
Mount Rushmore"



Transition Team Update

The Transition Team would like to thank everyone who was able to participate in the Transition Sunday exercise on October 16. During worship, we were delighted to hear from Vice Moderator, Ginger Redlinger, who offered a reflection on the interim process at Smyrna. Approximately 28 members were able to stay after the service and enjoy coffee and desserts before separating into discussion groups. The focus of the exercise was Smyrna's Mission Statement. The results of that exercise provided important and insightful information necessary to complete our Local Church Profile for our search for a settled pastor. It also helped us identify priorities for the church.

After the breakout groups did their work, everyone voted on what they wanted to give their energy to in the next year or so. Below, please find the outcomes from each of the three breakout groups that reflected on our Mission Statement, in order of the number of votes received. There is still some information to gather, but we are happy to share that we are now turning our focus to the writing of the Local Church Profile. We hope to have at least a rough draft done by the end of December.

Outcomes from reflections on the Mission Statement:

Ginger facilitated a group that reflected on the first section of the Mission Statement:

*(Smyrna UCC 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.

The group reflected on what it means in our time to offer an "extravagant welcome." They discussed the idea of offering transportation to church for elderly members, and they came up with two specific examples of how to live into Smyrna's commitment to be "a place of peace." These are: creating an intergenerational or adult-focused Peace Camp; and following through on Smyrna's interest in becoming a Just Peace Church (one of the congregational commitments that churches are invited to make in the United Church of Christ).

The six word statement that summarizes their discussion: Become a Just Peace Church Soon!

This statement received 18 "I have energy to give to this" votes.

Pastor Cat facilitated a group that reflected on the third section of the Mission Statement:

*(Smyrna UCC is striving to be) A lighthouse of God's compassion, where worship, teaching, learning, and spiritual growth take place in community, powered by thought and action.

The group focused on two examples of living out this mission priority in the year ahead: Re-starting Memory Café and offering another Peace Camp in the summer of 2023. They identified what would be needed to manifest these offerings.**

The six word statement that summarizes this is: Programs relevant to the wider community.

This statement received 14 "I have energy to give to this" votes.

Sheila facilitated a group that reflected on the second section of the Mission Statement:

*(Smyrna UCC is striving to be) A spiritual haven, where we accept and care for all people and God's creation in an outreach of grace.

The group focused on caring for God's creation and caring for one another. We can care for God's creation by addressing climate change and offering recycling workshops and helping people organize to purchase solar panels for their homes. We also want to be a Spiritual Haven of God's grace where people accept and care for one another. We can do more to welcome new people to our church while contacting members who have not been coming. We need to share our traditions and respect all faiths.

An eight-word statement that summarizes this: We work, we help, we respect, we serve.

This statement received 10 "I have energy to give to this" votes.

The fourth section of the Mission Statement, which reads, "A Christian people, working for God's realm in ecumenical harmony with other people of faith and conviction," did not draw enough attention from participants to warrant its own breakout group. But perhaps the sentiments and values expressed in this section can inform the work on all of the others. And it is certainly reflected in the importance of respecting all faith traditions that was lifted up in Sheila's group.

**Since our voting exercise didn't allow for people to indicate if they were interested in giving their energy to a particular program, please let Pastor Cat know if you would like to be involved in the effort to re-start Memory Café, and/or the effort to plan for next year's Peace Camp. When a critical mass has come forward to say "I'm in!" planning will begin!

EMERGENCY TIP OF THE MONTH

Never let your gas tank get less than 1/2 full. You never know ahead when you may need to evacuate. Or when you may be without power for an extended period of time. You may need to use your car to charge your phone, Or warm up if you have no heat. (just be sure not to do this in a closed garage!)

Health Committee



Dates to remember:

- **Tuesday, November 1** - 7 PM Diaconate on Zoom
- **Thursday, November 3** - 7 PM on ZoomScripture Dialogue with Pastor Cat
- **Saturday, November 5** - 10:30 AM - 1:00 PM Christian Education & Nurture Mini-Retreat in Friendship House, , RSVP to Pastor Cat, Lunch provided
- **Sunday, November 6** - Staff Parish Committee meets after worship
- **Tuesday, November 15** - 7 PM Church Council on Zoom
- **Saturday, December 3**— 3:00 PM, John Nilsen Concert in the Sanctuary
- **Sunday, December 4** — Advent Workshop after worship

RESOURCE Page

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

LONELY? Medical issues? Need Help?

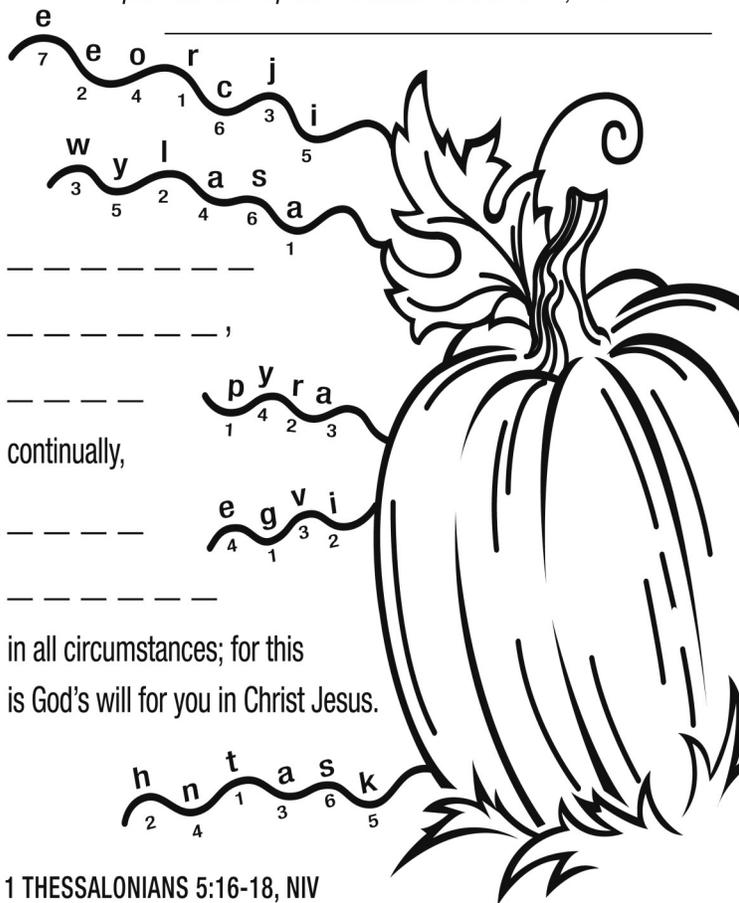
Please visit the Smyrna Resource page. On Smyrna's website, www.smyrna-ucc.org, just click the Resource tab



GOD'S WILL

God wants us to follow his will, but how can we know what that is?

Directions: Write the letters on each vine in the correct order on the lines provided to complete 1 Thessalonians 5:16-18, NIV.



continually,
in all circumstances; for this
is God's will for you in Christ Jesus.

1 THESSALONIANS 5:16-18, NIV

Answer: rejoice, always, pray, give, thanks

Women's Fellowship Bazaar/Auction

The dates are set for our yearly Bazaar/Auction. This year we will hold our online Bazaar beginning November 26, 2022 and continue through December 10th.

As before, when donating an item for the auction, you will need to submit a picture, name of article and price of the article so that we can include them on our online web sight. The email address to which to send your contribution is smyrnaucc.service@gmail.com.

If you have any question please feel free to contact Barbara Daniels, Joel Daniels or Tom Daniels.



Women's Fellowship will be serving their traditional Thanksgiving Luncheon in the Friendship House at 12 noon on Thursday, November 10, 2022. Bring your friends!

6:00 PM Congregational Moment of Prayer

One outcome of the October 22nd Christian Education and Nurture mini-retreat was to invite members of the congregation to observe a daily moment of prayer at 6:00 PM.

You're invited to plan to set aside a time of prayer every day at 6, or perhaps more realistically and spontaneously, to pause what you're doing, wherever you are, to pray for as long as you feel able or led. This can be a very nurturing practice! Not just for each individual in prayer, but for the whole body of Christ we call Smyrna UCC.

Imagine all of us praying together at the same time! I can't promise you'll feel a palpable feeling of connection (at first anyway), but some of you may. I've set a daily alarm with a special ringtone ("Ripples") on my phone. When it went off yesterday (my day off, which was spent cleaning and organizing my new apartment) I hadn't sat down once all day. When I sat down I thoroughly welcome the opportunity to pause, be still, and connect with Spirit. I prayed for specific members of Smyrna, for future members of Smyrna, for the vitality and future of the church, for the land Smyrna owns and stewards, for the communities within Smyrna's reach. It was such a beautiful experience, I allowed it to go on for more than a moment!

However long you pray, in whatever way - maybe you say the Lord's Prayer, or pause to look at your surroundings with awe and thanksgiving - your practice will be felt by those of us who "feel" the connection at 6 PM, and of course, it will be spiritual "clay" for God who continues to shape us as a community of faith!



Mission and Outreach

As we look ahead to November, we encourage you to consider these opportunities.

Smyrna's Fall Days of Giving is scheduled for Sunday, November 13th. This is a special offering for the general fund.

We will also be taking part in "Fill a Stocking, Fill a Heart" as we did last year. FILL A STOCKING, FILL A HEART fills and distributes handmade Christmas stockings to agencies in Clackamas County and their clients, young and old. Volunteers working with the community seek to brighten the holiday season by filling stockings with personal necessities and age-appropriate gifts for those less fortunate.

If you could help cut, assemble or sew stockings, please contact Barbara Menkel or Elaine Daniels. Money collected through Children for Change will go towards purchasing items for the stockings that are given out.

Five Healthy Eating Tips for the Holidays

Posted by Nutrition.gov Staff, National Agricultural Library in [Food and Nutrition](#)

Jul 29, 2021

Make time to eat well and move more this holiday season. Photo credit: Adobe Stock

Celebrate while sticking with your healthy habits this holiday season! Take time to eat well and move your body to help you feel your best. Use these five tips from [Nutrition.gov](#) to make your holiday with your household a healthy one.

1. **Start the day right with a healthy breakfast.** Get energized with recipes like [Applesauce French Toast](#) or [Breakfast Burritos](#), and check out our [Healthy Eating](#) resources for more nutrition tips.
2. **Make fruits and vegetables part of your holiday plate.** Browse our [Recipes](#) page to find dishes that are packed with flavor, including [Roasted Root Vegetables](#) and [Baked Acorn Squash with Apples](#). You can also sneak fruits and veggies into your holiday cookies with these [Banana Oatmeal Cookies](#) and [Healthy Carrot Cake Cookies](#).
3. **Choose nutritious cooking methods.** Find ingredient substitutions and recipe makeovers that can boost the nutrition of your holiday recipes on our [Meal Prep and Cooking Tips](#) page.
4. **Add exercise to the calendar.** Just like you would schedule a holiday activity with your household, schedule time for exercise that you enjoy. Get outside for some fresh air, or stay warm inside and follow along to one of our [Exercise Examples and Videos](#).
5. **Remember to hydrate.** It can be easy to forget to drink water during this busy time. Learn how much water to drink each day and what beverages can help you stay hydrated on our [Water, Hydration, and Health](#) page.

Cleanup at Smyrna

Grounds committee Linda, Barb and Mary were glad to have Irene's help and expertise in taking the Rhododendrons down a peg. We are going to put fabric down and bark on top to try and cut down on our weed time Jones supervised our efforts and kept us on task!



Road Cleanup Thank You:

I want to thank the following church members for their help on October 22nd with the road cleanup on the Canby/ Marquam Highway (Highway 170): Susan Connick, Pat Bryant, Carl Menkel, Paul Yoder, Mary Namit, LeVonne Gano and Mark Gano for assisting in the road cleanup. Right now, the April 2023 cleanup is scheduled for April 8th. Again, thank you for your help!!!
Rick



THANK YOU

- Rick and Mary for bringing treats for the dogs and cats that came to our Blessing of the Animals service.
- Barb, Irene, and others who have kept the garden beds beautiful!
- the Transition Team for planning and leading the third Transition Sunday and to everyone who participated!
- the Road Cleanup volunteers.
- Rebekah, Anne B, Janet F, Susan, and Sheila for participating in the first Christian Education & Nurture mini-retreat.
- Elaine for keeping us continually mindful of mission opportunities.
- Audrey for taking care of the messages on the road sign.
- Mary Ashton for suggesting we reach to John Mason to lead Adult Sunday School (coming soon!).

THURSDAY, NOV. 10 | 7:30 PM

Hybrid event: attend in person or online

Multnomah University | Main hall

8435 NE Glisan St., Portland, Ore.

REGISTRATION

\$20 General | Students Free

<https://emoregon.org/event/collins-2022/>

RELIGIOUS TRAUMA

In recent years, mental health professionals have underlined the way the religious experience can sometimes create trauma. It's important for people of faith to understand this phenomenon as we walk alongside our friends, family, neighbors, co-workers and even clergy.

FEATURING

The keynote speaker will be [Connie A. Baker](#). With a MA in counseling, Connie is a Licensed Professional Counselor working in Portland, Ore. She runs a private practice that specializes in helping people recover from religious abuse. Her book, *Traumatized by Religious Abuse: Courage, Hope and Freedom for Survivors*, is a comprehensive resource for those who have experienced religious abuse, be it psychological, verbal, sexual or financial. With authenticity, openness, and careful consideration of many different faith traditions, Connie provides a path to hope and healing.

Register now for EMO's 2022 Collins Summit

RELIGIOUS TRAUMA

Understanding the harm & supporting healing

THURSDAY, NOV. 10 | 7:30 PM
In person & online
\$20 General | Students Free

MULTNOMAH UNIVERSITY | MAIN HALL
8435 NE Glisan St., Portland, Ore.

LEARN MORE
emoregon.org/event/collins-2022

Advent Season Events

Advent and Christmas Worship Series — "Reflecting the Sacred" by Dr. Marcia McFee, Worship Design Studio

This series was informed by Dr. McFee's reading of Scripture (Year A lectionary texts) and two of Father Richard Rohr's books: *The Universal Christ* and *Everything is Sacred*.

The series itself offers visual aids for promoting our series online, as well as enhancing our in-person worship; original music; children's time suggestions; and small group ideas for anyone interested in reflecting on Rohr's material together. It even invites us to participate in an Advent "photo-a-day" challenge. There will be a myriad of ways for people of different ages, lifestyles, availability, and interest-levels to connect to the theme and each other during the Advent and Christmas seasons.

One size doesn't fit all — you get to engage with as much or as little as works for you! To learn more or to ask how you can help support the presentation of this series artistically, musically, technically, or liturgically please contact Pastor Cat!

Weekly themes are as follows:

Advent 1 (Nov 27) - Sacred Time (Hope)

Advent 2 (Dec 4) - Sacred People (Love)

Advent 3 (Dec 11) - Sacred Space (Joy)

Advent 4 (Dec 18) - Sacred Knowing (Peace)

Christmas Eve - Sacred Being

Christmas Day - Surprisingly Sacred

Sunday after Christmas - Sacred Doing

Advent Workshop

After worship on Sunday, December 4, 2022

There will be several craft stations for making Christmas tree ornaments and other "Reflecting the Sacred" Advent decorations. If you would like to host a craft station please contact Pastor Cat with your idea.

Sheila Daniels will host a craft for little ones, Christine Foster will host star-making with recycled paper, Janet Farrell will host crocheting snowflakes, Audrey Yoder will also host a craft.



We want to create minimal trash and use recycled or repurposed materials as much as possible. We welcome other ideas for low-environmental-impact crafts, especially those that reflect (no pun intended) our Advent theme "Reflecting the Sacred."

Anne Bangs remembers a long-ago Advent workshop where etched glass was an Advent workshop craft. Anyone willing and able to lead that? The Smyrna UCC Christmas tree will be up and ready for our ornamentations! Contact Barb Daniels for refreshments related questions and ideas.

John Nilsen Concert in the Sanctuary Saturday, December 3, 2022, 3:00 PM

John will play for 45 minutes. A free-will offering will be gathered during his last song. Following the concert all are invited to gather in Friendship House for refreshments and friendship building!

Contact Barb Daniels if you would like to be part of the Hospitality Team for this event. Do you like to bake Christmas cookies or other seasonal desserts? This event provides a great opportunity for sharing your goodies! Women's Fellowship even has to-go containers for those who want to take home a sampling of all the goods.

Contact Pastor Cat if you would like to be part of the publicity team. We hope to welcome lots of guests!

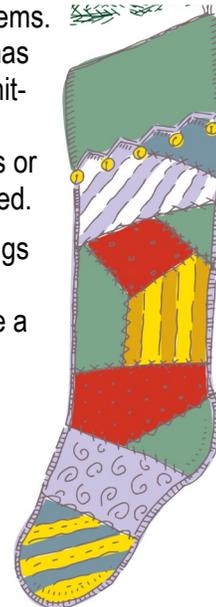


Fill A Stocking For Christmas

This year we would like you to turn your attention to filling a Christmas stocking with various hygiene items. In the past we have decorated our Christmas tree with socks, underwear, scarves and mittens and prior to Christmas Eve all of the items have been taken to warming shelters or other outlets to be given out to those in need.

This year, In conjunction with filling stockings we're also making stocking for the "Fill a Stocking, Fill a Heart" project. We will have a sample of the pattern and instructions following church next Sunday. Items to be purchased for Fill A Stocking can be an assortment of the following:

- Folding Tooth brush
- Travel size tube of tooth paste
- Travel size deodorant
- Travel size Kleenex
- Travel size shampoo/conditioner
- Travel size Tylenol tablets
- Travel size lotion



This is just a list of items you can purchase to put into the stockings. We will be filling sandwich bags with some of these items and adding a ribbon so that they can be hung from the Christmas tree as part of the decorations. Thank you for giving in the Christmas Spirit.

November 2022 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																								
		1 7 pm Diaconate on Zoom	2	3 11 am Ukulele Class 7pm Scripture Dialog on Zoom b.d. Ariene Hampton, Melissa Liechty, John Pease	4	5 10:30 am -1 pm Christian Nurture & Education Mini-retreat b.d. Mary Namit																																																								
6 11 am Worship Staff/Parish meeting after worship	7 7 pm AA/AO b.d. Karen Peterson	8 12 noon Health Committee via Zoom	9 b.d. Katy Bickers	10 11 am Ukulele Class 12 noon Women's Fellowship Luncheon	11 11 am Worship b.d. Paul Liechty, Brenda Hammock, Pastor Cat Allard	12																																																								
13 11 am Worship Blood Pressure Clinic following worship Fall Days of Giving	14 7 pm AA/AO	15 7 pm Church Council on Zoom b.d. Evan Rigg	16	17 11 am Ukulele Class	18	19																																																								
20 11 am Worship b.d. Joel Daniels	21 7 pm AA/AO	22	23	24 Thanksgiving	25	26 Women's Fellowship Online Bazaar Begins																																																								
27 11 am Worship	28 7 pm AA/AO	29 b.day Deborah Hancox, Steve Patterson	30 b.d. Richard Gano, Janet Farrell	<table border="1" style="margin: auto; border-collapse: collapse;"> <tr> <th colspan="7" style="text-align: center;">Oct 2022</th> </tr> <tr> <th style="text-align: center;">S</th> <th style="text-align: center;">M</th> <th style="text-align: center;">T</th> <th style="text-align: center;">W</th> <th style="text-align: center;">T</th> <th style="text-align: center;">F</th> <th style="text-align: center;">S</th> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td style="text-align: center;">1</td> </tr> <tr> <td style="text-align: center;">2</td> <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> </tr> <tr> <td style="text-align: center;">9</td> <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> </tr> <tr> <td style="text-align: center;">16</td> <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> </tr> <tr> <td style="text-align: center;">23</td> <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> </tr> <tr> <td style="text-align: center;">30</td> <td style="text-align: center;">31</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>			Oct 2022							S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	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
- The Holts' grand-son Barack
- Mary Namit's cousin Alex
- Jeannie Rogers' brother Steven and family
- Irene Schriever
- Anne Stronko
- Garret and Debi Veatch
- 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.