

BEHOLD!! SMYRNA

April 2023



UNITED CHURCH
OF CHRIST

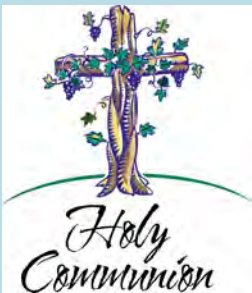
Search and Call Committee Update:

The Conference validated our Local Church Profile and has posted it to the UCC Ministry Opportunities website. You can see the position posting online:



https://oppsearch.ucc.org/web/fastdetails.aspx?id=5608&KeepThis=false&TB_iframe=true&height=&width=

Note that the web site summary lists 3/4 time; we are actually advertising for a 2/3 time position but the website does not have that in its selectable levels. **Click the "download more information" button to see the actual position posting, which shows 2/3 time.** The full profile document is not posted online to better control any personal and financial information it contains. The committee will send it to valid candidates as they apply.



In April, we will not be having Communion on the first Sunday of the month. Instead, We will be having Communion on Easter Sunday, April 9, 2023.

Smyrna UCC Glenda Yoder Sano Scholarships

The Smyrna United Church of Christ/Glenda Yoder Sano Scholarship Committee will be accepting applications through *May 15th, 2023*. The applications are available by contacting Rick Gano, rgano@canby.com. 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 19th 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](#)

Ministers: All members of the church
Ministers: Rev. Cat Allard; Rev. Janet Parker
Editor: Jeannie Rogers **Asst. Editor:** Elaine Daniels
Church Phone (503) 651-2131
email: smyrnaucc@canby.com
Website: www.smyrna-ucc.org



Dear Smyrna friends,

What is budding for you as we enter the Spring season? New plans? New love? A new hobby? Inner peace? Courage to change? Hope? As you look out your window or go for a walk or a drive and notice what is budding in your external world, do a **little scan of your internal world and ask “what is budding in me?”** Our seeking: *honest questions for a deeper faith* Lenten journey culminates this month in Holy Week, which starts with Palm Sunday on April 2nd and ends with Easter on April 9th. The questions in our worship series that were lifted from the scriptures we will read during Holy Week are **“where are you headed?” (Palm Sunday), “will you wash my feet?” (Maundy Thursday), “why have you forsaken me?” (Good Friday), and “who are you looking for?” (Easter).**

Engaging with the questions presented in our worship series materials as we have been **“seeking together for Lent”** has indeed deepened my faith — specifically, my faith in the value of spiritual community. Last month I offered a 3 class series before worship: Exploring the Meaning of Local Church Membership in the United Church of Christ and the Benefits of Common Understanding for Members and Friends of Smyrna UCC. In the last class we discussed the meaning of baptism and how joining a local church in the UCC is considered an affirmation of one’s baptism. When we become members of the body of Christ in a particular place the promises we make are parallel to the promises those who have been baptized in the UCC have made. By making those promises anew, we affirm our baptismal vows: **to be Christ’s disciple, to resist oppression and evil, to show love and justice, to be a faithful member of the church of Jesus Christ, etc. (we qualify our promises “with the help of God” of course!).**

On Easter Sunday, we will have a reception of new members (would you like to be one of them? Contact Pastor Cat!). As the UCC brochure **“So you’re thinking about joining the church” explains: it’s not just new members who join the church; rather, everyone — new members and existing members — join one another and promise to serve God together. We make a covenant — an exchange of holy promises. We also honor the new commandment Jesus spoke to the disciples on the night he was betrayed. He said: I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another (John 13:34).**

We get to say to new members who join the church: *We welcome you with joy in the common life of this church. We promise you our friendship and prayers as we share the hopes and labors of the church of Jesus Christ. By the power of the Holy Spirit may we continue to grow together in God’s knowledge and love and be witnesses of our risen Savior.*

And then we get to live out the covenant we’ve made to serve God together. We get to practice loving one another as Jesus loves us, in our own way(s) of showing love. See the following Maundy Thursday poem / prayer from our worship series for an acknowledgement of some of “all the ways.”

We get to give and experience forgiveness when others/we fall **short. We get to experience open armed welcome when we’ve** drifted away and are ready to return. We get to reflect on honest questions together. We get to play, pray, quilt, sing, serve, read, cook, eat, listen, dialogue, and sacrifice together — while giving glory to God for all that God has done.

May this season of budding things sustain your spirit as we **journey through Holy Week toward the flowered cross of Love’s** victory over death.

In Christ,
Pastor Cat

of all the ways Prayer by Rev. Sarah Speed | A Sanctified Art LLC | sanctifiedart.org

You could show up with sugar cubes and two plump oranges, delivering a pep talk as you hang your coat.

You could provide a meal, filling the house with the sweet smells of rosemary and sage, lighting the candles, playing music through the rooms.

You could leave rambling voice memos that start with, **Hey, it’s me,** *I was just thinking of you,* and carry on to share the details of your day.

You could get eye-level with the little ones, ask them questions like, **What should we put in your fort? And, what’s your favorite farm animal?**

You could remember people’s first and middle names, signs of an old-school love.

You could add your pronouns to your nametag and Zoom screen.

You could cry with her when her dog gets sick.

You could remember how he likes his cookies — soft or crispy.

You could deliver Thai food and order extra sticky rice, because sometimes we just need extra sticky rice.

You could drop off flowers.

You could tell the waitress, “It’s their birthday!”

There are a million ways to show someone your love. Footwashing was his.

APRIL WORSHIP LEADERSHIP

- April 2 — Palm Sunday; Pastor Janet leading, Pastor Cat assisting; seeking: *Where are you headed?*
- April 6 — 7 PM at Smyrna Maundy Thursday Service
- April 9 — Easter; Pastor Cat leading, Pastor Janet assisting, seeking: *Who are you looking for?*
- April 16 — 2nd Sunday of Easter; Pulpit Supply
- April 23 — 3rd Sunday of Easter; Pulpit Supply
- April 30 — 4th Sunday of Easter; Pastor Cat leading



The Mission and Outreach Committee chose to use Children For Change to support Guide Dogs For The Blind during the months of January and February. Volunteer Mary Namit brought her dog Jones to explain the selection and training process on two separate Sundays. Our Smyrna family was impressed with what we learned and was very pleased and excited to present a check to Mary for GDFB in the amount of \$1,311.10. We know that it will be put to good use.

Children for Change contributions during April will be in support of Second Home, a program of Ecumenical Ministries of Oregon. Second Home matches volunteer host homes with unaccompanied homeless high school students who need stable housing in order to complete their high school education and proceed on from there.

Via Second Home Pastor Cat has been working with an 18-year-old young lady who falls into this category. She needs some specific help in order to find and work a job. Things **as basic as a driver's license, car registration, car insurance, etc.** Your donations to Children for Change will be forwarded to Second Home and then directed to cover these needs. Donations made by check or credit card should be made out to Smyrna UCC with Second Home on the notification line. Your help has always been and will continue to be greatly appreciated.

Thank You!

- ⇒ Adam Maurer for sharing his time and expertise to get the wiring for the new Audio Visual equipment installed in the sanctuary!
- ⇒ all on the technology committee for your commitment to learning and to improving the AV experience of worship.
- ⇒ Rick Gano for power washing the exterior of the church building.
- ⇒ everyone who participated in the Spring Day of Giving, and who contributed to the One Great Hour of Sharing collection, and/or Second Home mission.



What if you lost your phone when away from home? It is a good idea to have a few emergency phone numbers in your wallet. If someone offers the use of their phone, whose # do you remember?

LONELY? Medical issues? Need Help?

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



Eat for a Powerful Heart

1. Here are some ways to improve your heart health, lower your risk of obesity and diabetes, and decrease the usual age-related loss of muscle mass.
2. Eat 25 to 30 grams of protein at each meal. Good sources of protein include lean meat, seafood, poultry, eggs, and dairy products.
3. Increase your intake of high-fiber grains, cereals, and beans.
4. Eat more colorful fruits and vegetables. Aim for 8 to 10 small servings a day.
5. Consume two servings a day of healthy fats and oils from seafood, nuts, seeds, olives, and avocados.
6. Consume three servings a day of dairy products (milk, **cheese, cottage cheese, etc.**). **Don't worry about whether it's low fat or whole fat; it's more important to get the three servings a day.**
7. **Don't drink your calories (or chemicals).** Avoid sweetened sodas, and especially avoid diet sodas. They have been linked to an increased risk of heart disease, dementia, and stroke. Stick to water, tea, or coffee. A little added milk is okay, but avoid added sugar.



The human body normally loses about 5% of total muscle mass every ten years after age 30, because we can't turn the protein we eat into muscle as efficiently as when we were younger.

Following this dietary advice can change that, as well as improving cardiovascular health and avoiding weight gain. Takeaway: Probably nobody is going to calculate their daily grams of protein intake. Just increase the amount of protein you eat, and try to include protein with each meal and snack.

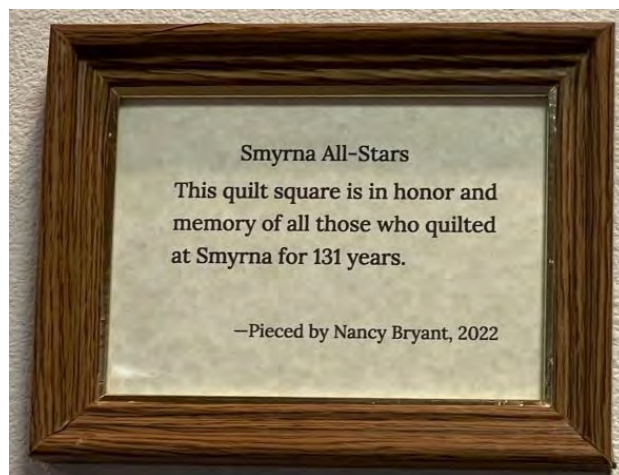


Save the date:

On May 7, following the morning service, we will have an informational presentation by NAMI, the National Alliance on Mental Illness. This is a nonprofit organization originally founded in 1979 as a grassroots group by family members of people diagnosed with mental illness. The presentation will be Intro to Mental Health, designed to increase mental health awareness and understanding, and is expected to last about 30 to 45 minutes, including time for questions.

Canby/Marquam Highway Cleanup:

I've scheduled April 29th (Saturday) at 9:00 am for our road cleanup on our adopted portion of Highway 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.



A quilted piece has been installed in Friendship House by Paul Yoder in honor and memory of all the quilters at Smyrna for over 100 years. Nancy Bryant put the beautiful star together and had it quilted. It was purchased at the Women's Fellowship Bazaar by Elaine and Joel Daniels and donated to the church.



April 2023 at Smyrna

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|--|--|--|---|---|---|---|---|---|---|--|--|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|---|---|---|---|---|---|---|--|--|--|--|--|--|--|---|---|---|---|---|---|--|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|---|
| <div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; margin: 0;">Mar 2023</p> <table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table> </div> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; margin: 0;">May 2023</p> <table style="width: 100%; text-align: center; border-collapse: collapse;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td></td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table> </div> </div> | | | | | | 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 | | 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 | | | | <p style="font-size: 2em; color: red; margin: 0;">1</p> <p style="margin: 0;">b.d. Dave Akers, Spencer Chapin</p> |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p style="font-size: 2em; color: red; margin: 0;">2</p> <p style="margin: 0;">11 am Worship Flowers: Barbara Daniels Health Committee mtg after worship <i>Palm Sunday -- Where are you headed?</i> Pastor Janet Parker leading, Pastor Cat Allard assisting</p> | <p style="font-size: 2em; color: red; margin: 0;">3</p> <p style="margin: 0;">7 pm AA/AO</p> | <p style="font-size: 2em; color: red; margin: 0;">4</p> <p style="margin: 0;">7 pm Diaconate via Zoom</p> | <p style="font-size: 2em; color: red; margin: 0;">5</p> | <p style="font-size: 2em; color: red; margin: 0;">6</p> <p style="margin: 0;">7 pm Maundy Thursday Service at Smyrna</p> | <p style="font-size: 2em; color: red; margin: 0;">7</p> | <p style="font-size: 2em; color: red; margin: 0;">8</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p style="font-size: 2em; color: red; margin: 0;">9</p> <p style="margin: 0;">10 am Worship <i>Easter Sunday -- Who are you looking for?</i> Flowers: Linda Dunn Pastor Cat Allard leading, Pastor Janet Parker assisting Wedding Ann. Paul & Melissa Liechty</p> | <p style="font-size: 2em; color: red; margin: 0;">10</p> <p style="margin: 0;">7 pm AA/AO</p> | <p style="font-size: 2em; color: red; margin: 0;">11</p> <p style="margin: 0;">11 am Worship</p> | <p style="font-size: 2em; color: red; margin: 0;">12</p> <p style="margin: 0;">b.d. Philip Daniels</p> | <p style="font-size: 2em; color: red; margin: 0;">13</p> <p style="margin: 0;">b.d. Penelope Enfield</p> | <p style="font-size: 2em; color: red; margin: 0;">14</p> | <p style="font-size: 2em; color: red; margin: 0;">15</p> <p style="margin: 0;">b.d. David Howard</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p style="font-size: 2em; color: red; margin: 0;">16</p> <p style="margin: 0;">11 am Worship b.d. Violet Humphries Flowers: Barbara Daniels</p> | <p style="font-size: 2em; color: red; margin: 0;">17</p> <p style="margin: 0;">7 pm AA/AO</p> | <p style="font-size: 2em; color: red; margin: 0;">18</p> <p style="margin: 0;">b.d. Sarah Philips</p> | <p style="font-size: 2em; color: red; margin: 0;">19</p> <p style="margin: 0;">b.d. Kara Tellinghusen, Larry Sumpter</p> | <p style="font-size: 2em; color: red; margin: 0;">20</p> <p style="margin: 0;">Behold!! deadline</p> | <p style="font-size: 2em; color: red; margin: 0;">21</p> | <p style="font-size: 2em; color: red; margin: 0;">22</p> <p style="margin: 0;">b.d. Ginger Redlinger</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p style="font-size: 2em; color: red; margin: 0;">23</p> <p style="margin: 0;">11 am Worship Flowers: Linda Dunn</p> | <p style="font-size: 2em; color: red; margin: 0;">24</p> <p style="margin: 0;">7 pm AA/AO</p> | <p style="font-size: 2em; color: red; margin: 0;">25</p> <p style="margin: 0;">7 pm Church Council via Zoom</p> | <p style="font-size: 2em; color: red; margin: 0;">26</p> | <p style="font-size: 2em; color: red; margin: 0;">27</p> | <p style="font-size: 2em; color: red; margin: 0;">28</p> | <p style="font-size: 2em; color: red; margin: 0;">29</p> <p style="margin: 0;">9 am Canby/Marquam Highway Cleanup</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p style="font-size: 2em; color: red; margin: 0;">30</p> <p style="margin: 0;">11 am Worship Flowers: Barbara Daniels Pastor Cat Allard leading</p> | <div style="border: 1px solid gray; background-color: #f0f0f0; padding: 10px; width: fit-content; margin: 0 auto;"> <p style="margin: 0;">Coffee Hour for the month will be provided by Barbara Daniels and Linda Dunn</p> </div> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

**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
Richard Daniels
Genevieve Freeman
Beryl and Dan Fisher
Tracy Hill
The Holt family
Ginger Redlinger
**Jeannie Rogers' brothers Steven and John, and
family**
Anne Stronko and her partner Roger
Audrey Yoder
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.