

BEHOLD!! SMYRNA

October 2024  UNITED CHURCH
OF CHRIST

Dear Smyrna Folks,

One of my favorite songs in recent years is Brandi Carlile's song Crowded Table. The chorus goes:

I want a house with a crowded table

And a place by the fire for everyone

Let us take on the world while we're young and able

And bring us back together when the day is done.

Autumn seems like the best time to gather around crowded tables, and Thursdays in October we are invited to create the crowded table described in the song! Every Thursday in October, you are welcome to the church at noon for lunch, fellowship and learning.

October 3rd is a return of Memory Cafe. We will have a delicious lunch from Louise Adams followed by a program of interest to all elders. There is a free will donation to cover the cost of this program, but an RSVP is requested so lunch will be ready for you. Signup sheet is on the front table.

October 10th and 24th we are delighted to resume women's fellowship delicious lunches. A \$10 donation is requested.

October 17 we will start something new called Chow and Chat. There will be a light lunch served and a prompt to conversation about a topic of interest. **Please join me for this informal gathering. It's free and no need to rsvp — just drop in when you can.**

October 31 we will have the labyrinth available at noon. Bring a bag lunch if you'd like and walk the labyrinth as we pray for the souls of those who have gone before.

I look forward to all the ways we are gathering around the crowded table this month. See you there!

Blessings,
Pastor Jennifer

Ministers: All members of the church

Interim Minister: Rev. Jennifer Garrison

Editor: Jeannie Rogers **Asst. Editor:** Elaine Daniels

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Website: www.smyrna-ucc.org

31119 S. Highway 170, Canby, OR 97013



Highway 170
Cleanup:

Saturday, October
19th at 9 am is
scheduled for our

next road cleanup on Smyrna's adopted portion of Highway 170 – Canby/Marquam Highway. I will have the road signs, vests, yellow bags, and pickup devices on hand at the church at 9 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.



Memory Cafe is Back!

Starting in October, the first Thursday of each month will be Memory Cafe Days. Starting at noon, we will have a lunch prepared by favorite chef Louise Adams followed by a short program. Please make sure to RSVP for Memory Cafe coming up on October 3 if you are planning to attend.



On Sunday, October 13 during worship we will welcome Rick Staggenborg, MD who will tell us about his work with Health Care of All of Oregon — a nonprofit working for universal health care in our state. Dr. Staggenborg is a retired psychiatrist living in Albany who volunteers for HCAO as the chairman of the Faith Caucus and attends First Christian Church in Albany. In his career, he exclusively worked in government programs for low income and disabled people and his specialty is the treatment of the psychological effects of trauma. Smyrna is a member organization of HCAO and we look forward to hearing more about the work we are supporting.

HARVEST FEST & TRUNK OR TREAT
SATURDAY, OCTOBER 26, 11-1



All are welcome to participate in the Harvest Fest and Trunk or Treat. This year we will be accepting donations rather than charging a set amount. Invite your friends, family and neighbors.

To be in Trunk or Treat, decorate your car's trunk and be ready to pass out candy to kids. There'll also be games outside. Inside, food and crafts will be available. Costumes encouraged but not required!

For more information contact
Kristin or Pastor Jennifer.

Women's Fellowship Luncheons — Good Food, Good Fellowship

On Thursday, October 10, 2024
Smyrna's monthly 2nd and 4th Thursday noontime lunches will begin again. The second lunch is scheduled for Thursday, October 24, 2024.



COMMITTEE meetings

The Pastoral Relations Committee will meet after worship on Sunday, October 13, 2024.

October Worship

October 6 — World Communion Sunday Psalm 8 Pastor Jennifer preaching	October 20 Mark 10:35-45 Pastor Jennifer preaching
October 13 Mark 10:17-31 Pastor Jennifer preaching	October 27 Mark 10:46-52 Joshua Barber preaching

Thank You!

THANK YOU!

- ◆ Joshua Gorrell and Rev. Caroline Murphy for filling in for music in Joel's absence.
- ◆ All who have attended a weekly book study before worship on *The Flag and the Cross: White Christian Nationalism and the Threat to American Democracy* and contributed to our lively discussions — David, Ann, Nancy, Pat, Rick, Levonne, Karyl, Janet Bess, Carl, and Barb.
- ◆ Thanks also to all who attended the showing of the movie *Bad Faith* by zoom or in person. Special gratitude to those in the building who welcomed a visitor who arrived looking for an AA meeting, but stayed for conversation — Susan, Ann, Christine, Levonne, Rick.
- ◆ **Our delegates to this year's annual meeting**, which will be held in two parts, in person the weekend of September 27-29 and virtually October 5 — Ginger, Joshua Barber, and Kristin,
- ◆ Our new and already beloved childcare assistant Lena Johnson.
- ◆ And, to the dedicated Sunday School teachers who are preparing lessons (even on days when we have a small number or even no kids) faithful to the hope that "if we build it, they will come." Rebekah, Emily, Sheila, Jeannie, Kristin.

LONELY? Medical issues? Need Help?

Please visit the Smyrna Resource page. On **Smyrna's website**,

www.smyrna-ucc.org, just click the Resource tab



Retreats for Women

Are you interested in a retreat with other UCC women? 2025 will bring two opportunities for spiritual and motivational renewal.



- First, is an ANNUAL Central **Pacific Conference Women's Retreat on July 28-31, 2025** in McCall, Oregon at our church camp there.
- Second, is a TRI-ANNUAL retreat for the women of both the CPC and our friends to the north, The Pacific Northwest Conference - THE NORTHWEST **REGIONAL WOMEN'S RETREAT. The retreat theme is "Embrace Joy!" and will be November 7-9, 2025** in Skamania Lodge in Stevenson, WA.

Let Pastor Jennifer know if you are interested in either (or both!) of these experiences.

It's the beginning of autumn and time to think of the traditional autumn ritual: getting your immunizations.

- The latest COVID booster is available, as is the latest flu shot.
- There is also a relatively new immunization for RSV, another respiratory virus which can be especially dangerous for infants and senior citizens. (You do not need an RSV shot every year, which may be some consolation.)
- If you have ever had chicken pox, you are at risk for developing shingles. Guess what? **There's another vaccine for that** (also not a yearly shot).
- You can usually get more than one vaccine on the same day, but some people are more apt to get very sore arms than others. Having two sore arms at the same time is not fun. You may not be able to raise your clean plates to the cupboard shelves for a few days. Think back to the last time you had a vaccination to gauge whether or not you are apt to have the dreaded sore-arm-syndrome, and make your decision accordingly.



If you are tired of hearing about vaccines, remember that these diseases still manage to kill people every year..

And remember that by getting a vaccination you are helping to protect not only yourself but your loved ones and the strangers you pass by in the grocery aisles.

October 2024 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
<table border="1" style="margin: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="7">Sep 2024</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> </tr> <tr> <td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td> </tr> <tr> <td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td> </tr> <tr> <td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td> </tr> <tr> <td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td> </tr> </tbody> </table>		Sep 2024							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						<p style="font-size: 2em; color: red; margin: 0;"><i>1</i></p> <p>Wedding Ann. Jeff & Tina Marshall</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>2</i></p> <p>7 pm Diaconate mtg via Zoom</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>3</i></p> <p>12:00 PM Memory Cafe at Smyrna</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>4</i></p>	<p style="font-size: 2em; color: red; margin: 0;"><i>5</i></p> <p>b.d. Susan Buffington</p>
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<p style="font-size: 2em; color: red; margin: 0;"><i>6</i></p> <p>10:30 AM Worship Service Scripture: Psalm 8 Pastoral Relations Committee mtg after worship Coffee Hour: Barbara and Carl Menkel Flowers: Volunteer needed b.d. Debi Veatch Neighbors in Need Offering</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>7</i></p> <p>7 pm AA/AO</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>8</i></p>	<p style="font-size: 2em; color: red; margin: 0;"><i>9</i></p> <p>b.d. Levonne Gano</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>10</i></p> <p>12:00 PM Women's Fellowship Luncheon b.d. Allen Holt Virginia Yoder</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>11</i></p> <p>b.d. Arlene Peterson</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>12</i></p> <p>b.d. Mariann Hagland</p>																																																	
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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

PLEASE **PRAY** FOR:

- Paul and Mary Ashton
- Pat Bullard
- Beryl and Dan Fisher
- Genevieve Freeman
- Lisa Havre
- The Holt family
- Jeannie Rogers' brothers Steven and John
- Virginia Yoder
- Anne Stronko and Roger Marin
- The Crispin family

Prayers of sympathy and comfort for the family and friends of Wes Peterson, **Sheila's father, who passed away** in September.



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