

# BEHOLD!! SMYRNA

## March 2025



UNITED CHURCH  
OF CHRIST

### *Note from Pastor Jennifer:*

Last month, I invited you to consider our role as a congregation in being Immigrant Welcoming. As it happens, the organization Braver Angels (formerly Better Angels) is hosting a conversation on this topic on Sunday March 16 at the Oregon City Library. I have registered for this conversation and invite you to join me. Here's more information for you:

Oregon Congressional District 5 Debate on Immigration Resolved: Oregon should provide sanctuary for unauthorized immigrants.

Sunday, March 16, 2025, 2:30 pm - 4:30 pm PDT  
Oregon City Public Library  
606 John Adams Street  
Oregon City, OR

Come join us for this debate, in which all participants from across the ideological spectrum will have an opportunity to speak and ask their questions. Tell us what you have experienced and what you think.

*Resolved: Oregon should provide sanctuary for unauthorized immigrants.*

**You probably haven't experienced anything like a Braver Angels Debate.** This is a highly structured conversation in which a group of people think together, listen carefully to one another, and allow themselves to be touched and per-

haps changed by each other's ideas. When done well, everyone walks out a little closer to the truth, more aware of the validity in opposing views, and with tighter community relationships.

For more information, to find upcoming events or view recordings of some of our past debates please visit: <https://braverangels.org/what-we-do/debates/>.

This debate is a free event brought to you by Braver Angels as part of our mission to depolarize America. We invite you to consider a gift to Braver Angels; all donations are tax deductible. Your support will allow us to offer more workshops and debates with the ultimate goal of uniting America. You will have an opportunity to make a donation as you register, if you so choose. Your choice will have no bearing on your registration.

<https://www.eventbrite.com/e/oregon-congressional-district-5-debate-on-immigration-registration-1206084253469?aff=oddtcreator&discount=BRAVER>

Jennifer Ruth Lynn Garrison

[PastorJenniferGarrison@gmail.com](mailto:PastorJenniferGarrison@gmail.com) 503-732-8761 please make a note of my new text/call number  
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**31119 S. Highway 170, Canby, OR 97013**



## Worship opportunities at Smyrna

Sunday, March 2

Selections from Jonah 3-4

WEDNESDAY, MARCH 5 at  
NOON

Ash Wednesday Service with  
ashes

Sunday March 9

First Sunday of Lent

Luke 4:1-13

Sunday, March 16

Second Sunday of Lent

Luke 13:31-35

Pastor Jennifer preaching

Sunday, March 23

Third Sunday of Lent

Luke 13:1-9

Pastor Jennifer preaching

Sunday, March 30

Fourth Sunday in Lent

Luke 15:1-3, 11b-32

Pastor Jennifer preaching



### ASH WEDNESDAY

Receive the mark of ashes on your forehead as we prepare to enter into the season of Lent with a short service of prayer and reflection. The season of Lent invites us repent which really means turn toward God. Traditionally we are invited to **“give something up” during Lent, but this may also be time to “take on” a new prayer practice, or act of service, or commitment to justice-building.** If you would like to receive ashes, but are unable to attend the service, let me know and I may be able to bring them to you.

### Ash Wednesday Service

WEDNESDAY, MARCH 5  
at 12 NOON

## Interested in membership in Smyrna UCC?

We plan to receive new members on Easter Sunday, April 20, 2025, but new members can join at any time. If you have questions about becoming a member of the church, or if you are interested in speaking with Pastor Jennifer about this process, please let me know.



[PastorJenniferGarrison@gmail.com](mailto:PastorJenniferGarrison@gmail.com) or +1 (503) 732-8761



2025 Lent  
Devotionals  
Available —

"Into the Deep" is a book of short daily devotionals for the church season of Lent which begins March 5th. The UCC's God Is Still

Speaking Writers Group writes these devotionals and Pastor Jennifer is one of them. The copies are available in the church entryway. Electronic PDF copies are available for \$3 by going to:

<https://thepilgrimpress.com> and typing "Lent" in the search box.

## UCC History — A Long View

WEDNESDAY MARCH 19, 5:30-8:00 PM

**Starting from “In the beginning...”, this is a creative and participatory overview of the United Church of Christ by Pastor Jennifer.**

*Which two 20th century US presidents were members of the United Church of Christ (or its founding denominations?) Who are the UCC's founders anyway? How does our denomination repent from racism? What do we have to believe about baptism? Actually, do we have to believe anything about ANYTHING? Were all Christians once Catholic? How do our faith ancestors model resisting injustice and speaking truth to power? What do two women, a baby, and a lion have to do with all of this?*

Answers to these questions and more in a special one-evening-only presentation on WEDNESDAY MARCH 19, 5:30-8:00. Especially recommended for people new to the UCC, but open and informative for everyone. Meal provided. Please RSVP to [PastorJenniferGarrison@gmail.com](mailto:PastorJenniferGarrison@gmail.com). The class and meal are free.

(I'm trying to track down my favorite textbook for this class, *An Unofficial Guide to the United Church of Christ* by Quinn Caldwell, which is currently out of print. If I'm able to locate some copies, they will be available for sale for \$20 each.)

## Good Microbes

Many, if not most, people have the idea that all bacteria are bad and to be avoided. (Think of all the antibacterial soaps on the market, as well as antibacterial wipes for your countertops, etc.)

Well, that is not the case. Most bacteria in the environment are harmless to human health, or harmful only if they get into the wrong place (an example is tetanus which lives harmlessly in the soil but can wreak havoc if it gets into the body through a cut in the skin). And the human body contains about 100 trillion bacteria, fungi, and other organisms essential to your health.

The vast majority of these microbes, weighing about five pounds, are located in the large intestine. The medical community used to believe that all the microorganisms in the intestines were useful only for the process of digestion, but now they have found that they are involved in many other aspects of human life and that we need to take steps to keep our microbiome in good shape. When the microbiome gets out of balance, the healthy microbes can decrease and the unhealthy ones increase, leading to chronic inflammation.

When your microbiome is balanced and healthy, you are more likely to:

- avoid being overweight or obese.
- **reduce the risk of Alzheimer's.**
- live longer.
- improve your mental health.

Who would have thought that the bacteria in our gut would influence our self-esteem, sleep, risk of alcoholism, and even how likely we are to fall in love?

Now on to how to improve your gut health. The main way is to decrease drastically the amount of processed food we eat and to concentrate on eating whole foods, especially fruits, vegetables, whole grains, nuts, seeds, and legumes. This helps the microbiome to create a variety of anti-inflammatory compounds that help lower our risk of age-related problems.

Fermented foods, such as sauerkraut, kimchi, and kefir, are packed with healthy microbes, but tend to be eaten relatively infrequently in our American diet. Yogurt, however, is more common. When you choose yogurt, avoid the ones with added **sugar and look for the words "live active cultures" on the label.**

Try to eat as many varieties of plant-based food as possible. You might try keeping a written record of how many varieties you eat each day and increase it regularly. Eat a green salad with multiple greens, add nuts and seeds and fruit to your yogurt, make your sandwich with 12-grain bread and add veggies to the filling. Snack on peanuts instead of cookies. Use your imagination and help increase your gut health in the process

## 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 ....



## ALL CHURCH RETREAT April 4 and April 5

All members and friends are cordially invited to these days **of conversation, remembering and imagining.** We'll meet on Friday evening from 5:30-8:00 pm for potluck and conversation about where we have been. Then, **we'll go home to sleep and come back to church on Saturday from 9:30 am -2 pm** to talk about where we are going. Please come for all or some of our time together — your voice matters!





## Chili Cook-off Results

On February 9, 2025, we held our first event of the year — a Chili Cook-off. We had three teams competing in the event.

Team Holy Molè which consisted of Ginger Redlinger and Mary Namit came in first with a total of \$320.00. They served the winning chili along with cornbread, shredded cheese and other toppings.

Rebekah Yoder, and her recipe of **Mom's Chili** came in second place with her servings of chili along side various toppings. Rebekah brought in \$258.00.

Bringing up the rear were The Dos Amigas women (Linda Dunn and Barbara Daniels) with their take on chili, tortilla chips and salsa. Their team brought in \$202.00 all for a grand total of \$780.00. Thank you everyone for your participation in this annual event.





## Smyrna's Reading Group Restarts March 20 —

You are invited to come to the Smyrna Reading Group meeting at Smyrna on Thursday, March 20, at 2pm. *James* by Percival Everett is the book we are reading. The book is a reimagining of Mark Twain's *The Adventures of Huckleberry Finn*, both harrowing and dark-

ly humorous, told from the enslaved Jim's point of view.

If you need a copy, there is one copy in Smyrna's Library which can be borrowed. If you have questions, want to borrow Smyrna's copy of the book, or need transportation contact Ann Clites (503-873-5083 or [annclites52@gmail.com](mailto:annclites52@gmail.com))



## Camp Adams – Summer of 2025

It is not too early to begin planning for Camp Adams this summer. Registration has begun for this year's sessions. Please go to: [Youth Camps — Camp Adams](#) to check them out. There is something for everyone.

Women's Fellowship will help pay a portion of the tuition. Application for camperships through Women's Fellowship should be available soon. Going to Camp Adams' website will also give information about how to volunteer.

There is a surcharge if you register later than April 1, 2025.

Don't forget to set your clocks forward one hour before you go to bed on Saturday, March 8, 2025. Daylight savings begins at 2 am on Sunday, March 9 — no one wants to get up that early to set their clocks!



## Spring Days of Giving

And it is starting to look like Spring. Today I noticed that our Daphne plant has the appearance of their spring

flowers, which might be the first flower to bloom when one thinks of Spring. Looking forward to Spring we might think about Spring Days of Giving, which we give notice to the four seasons we enjoy here in the west.

With the coming of Spring Days you might want to consider giving a monetary gift to Smyrna for a particular item. In the past members and friends have given money towards upkeep of the church facility, or a project we are working on such as the solar panels or the Oak Savanna.

The time this year for Spring Days of Giving is March 23, 2025. Here is your chance to make a difference. Thank you — Fund Raising Committee.

Save the  
Date —  
Peace

Camp at Smyrna  
June 23-27, 2025



# March 2025 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
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<p style="font-size: 2em; color: red; margin: 0;">9</p> <p style="font-size: small; margin: 0;">10:30 am Worship First Sunday of Lent Luke 4:1-13  b.d. Kaden Fisher</p>	<p style="font-size: 2em; color: red; margin: 0;">10</p> <p style="font-size: small; margin: 0;">7 pm AA/AO b.d. Judi Holman</p>	<p style="font-size: 2em; color: red; margin: 0;">11</p>	<p style="font-size: 2em; color: red; margin: 0;">12</p>	<p style="font-size: 2em; color: red; margin: 0;">13</p> <p style="font-size: x-small; margin: 0;">12:00 PM Women's Fellowship Luncheon  b.d. Gary Peterson, Philip Sano, Irene Schneiver, Ed Robinson, Katty Robinson  Wedding Ann. Don &amp; Jeannie Rogers</p>	<p style="font-size: 2em; color: red; margin: 0;">14</p>	<p style="font-size: 2em; color: red; margin: 0;">15</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

- Paul and Mary Ashton
- Pat Bullard
- Beryl Fisher
- Genevieve Freeman
- The Holt family
- Murlene Liechty
- **Jeannie Rogers'** brothers Steven and John
- Anne Stronko and Roger Marin
- The Crispin family
- Adam Wilson
- Kevin 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.