

# BEHOLD!!

Smyrna

A Newsletter of Smyrna United Church of Christ

Ministers: All members of the church

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31119 S. Highway 170, Canby, OR 97013



No matter who you are,  
or where you are on life's journey,  
you are welcome here.

## March 2017

*Dear Friends,*

We live in a world where so much information is coming at us, from so many different sources, and we don't always agree about everything. And that's ok. "Two heads are better than one," they say.

With so much information coming at us, we're almost forced to sort things quickly – "yeah, that sounds plausible, or no, it doesn't," based on what our experience is, what our friends and family think, and how trustworthy we consider the source.

Education teaches us how to think critically, and that is an important part of our denomination – it's why we have had Sunday Schools, and why we have founded colleges and universities, and strongly supported public schools for all children whether they are part of our faith tradition or not.



But I believe that, as people of faith, we have one additional layer of testing the validity of a teaching. Does it promote kindness, compassion, understanding, peace, and the good of all? If not, we probably need to take a closer look at what we are passing on.

I'm grateful to be a part of Smyrna, which is a part of the United Church of Christ. I recently read something that is on their national UCC's website: "Our faith may be 2000 years old, but our thinking is not."

God is still speaking, and calling us to think, and speak, and act, in a way that reflects love of God, and love of neighbor as ourselves.

Blessings,  
Pastor Deb



**Project –**

Thank you to the congregation for being willing to try new settings of all the Psalms, and singing a new one each week. It is a very gratifying project and spiritual discipline.

**Adult  
Education**

- March 5<sup>th</sup> – Looking at Drugs through the Lens of Faith
- March 12<sup>th</sup> – The Artist's Task in Troubled Times
- March 19<sup>th</sup> – God's Stories, Our Stories
- March 26<sup>th</sup> – Mystery

## Memory Café:

Cecily Rose, Director of the Molalla Adult Center will be our guest speaker at the Memory Café on Friday, March 3<sup>rd</sup> to talk about the many ways that Adult Centers can help folks keep their brains active and engaged. Please RVSP by Wednesday, March 1<sup>st</sup> to:

[debpatersonhome@gmail.com](mailto:debpatersonhome@gmail.com)  
or call her at 503-689-4450.

And many thanks to Virgil Foster for the wonderful program on Tai Chi at the last Memory Café, held on Friday, February 3<sup>rd</sup>, with an energized crowd in attendance!



**Baked Potato Sunday** is set for March 5 following our morning service. This fund raiser is used to help pay the operating expenses of the church. Please check the bulletin board for a list of committees that are needed. Thank you.  
-Finance Committee-



Thank you to everyone who helped make our bake sale a success. We were able to contribute \$203.50 toward the window replacement project for Friendship House. Our next bake sale will be March 19 with all profits going to the same fund. We appreciate your support.

—Stitch Club—



Confirmation will meet for dinner and conversation about the Parables on Friday, March 10<sup>th</sup> from 5:30 to 7 pm in Smyrna's Friendship House.

## Volunteer Activity:

Pastor Deb will lead the Strategic Planning retreat for the board of the Habitat for Humanity of the North Willamette Valley on Friday, March 17<sup>th</sup> in Mt. Angel, as a volunteer, working with Wendy Patton. Thanks to all the Smyrna folks who support the work of this important non-profit in our area. Please note that there is an opportunity to Sign a Stud!



Theme: – “Gratitude”  
Come join us on Tuesdays in Lent for soup, and for discussions around the theme of “Gratitude.”

We begin, though, with a Pancake and Sausage Supper on Tuesday, February 28<sup>th</sup> at 6 pm, which will be followed by a brief worship service and imposition of ashes.

We will continue meeting at 6 pm on Tuesdays through April 4<sup>th</sup>. Palm Sunday is April 9<sup>th</sup>. That week, we will meet on THURSDAY, April 13<sup>th</sup> for our Maundy Thursday potluck dinner and Communion Service. Easter Sunday worship will be at 9 am, April 16.

## Remember the ARK!

Yes, it has been raining a lot, and that's a good reminder to Remember the ARK! The children of Smyrna are raising funds to purchase an Ark full of animals from Heifer Project International to help families raise (and share) farm animals to help support their families, and their neighbors' families. Save your change to help BE the change in the world that we would like to see!

A special thanks to Audrey Yoder on the Art Committee for the wonderful display to help us work towards getting this ark filled in 2017!



Consider supporting Kiva, an organization that loans small amounts of money to small projects for individuals and groups in developing countries. You are able to select a person or group and make a small loan (\$25 or more) to help them reach their goal. When it is paid back, you can relend it to someone else. We have a Smyrna Kiva Lending Team with 27 members. We started on Jan 5, 2009, have made 221 loans totaling \$5,825. Please consider being a part of our team. Go to [www.kiva.org](http://www.kiva.org) If you need help getting signed up, ask Joel or Rick. Gift certificates work great.

## Website Update:

Thank you to the Church Council for approving an upgrade and update to our website, and to Tom and Joel Daniels for working to make this project happen in the next few weeks!

**Stitch Club will be collecting** the following items for the Molalla Food Bank during the month of March. As always anything you can contribute to the food bank is appreciated at any time. The food bank said the greatest need now is for the following.

- |                           |                |
|---------------------------|----------------|
| Shampoo                   | Bar Soap       |
| Feminine Hygiene products | Dental Floss   |
| Deodorant                 | Canned Corn    |
| Rice a Roni               | Soup, any kind |
| Broth, any kind           |                |



Registration for Camp Adams summer camps is now open on their website: <http://campadams.org/>  
 Camp Scholarships for Smyrna UCC youth are available through Smyrna women's Fellowship.

*Save the Date! Smyrna UCC Peace Camp is scheduled for June 26-30. More information coming soon.*

Recipe from Memory Café

The soup we had for the last Memory Café meal came from the cooking section of the New York Times by Melissa Clark. It should yield 8 to 10 servings and the time to prepare it should be about 1 hour and 45 minutes.

North African Bean Stew with Barley and Winter Squash

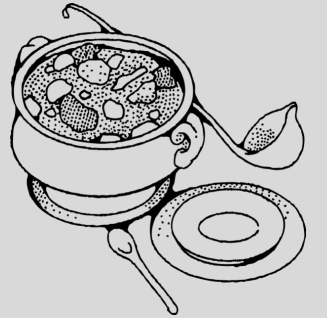
Ingredients

- |   |  |
|---|--|
| 1/3 cup of extra-virgin olive oil, more for serving | 2 leeks, white and green parts, dices                                |
| 1 bunch cilantro, leaves and stems separated        | 1 cup finely diced fennel, fronds reserved (1/2 large fennel fronds) |
| 3 garlic cloves, finely chopped                     | 2 1/2 tbsp. Baharat  |
| 1/2 cinnamon stick                                  | 2 tbsp. tomato paste   |
| 2 quarts chicken or vegetable broth                 | 1/2 cup pearled barley   |
| 2 1/2 tsp. kosher salt, more as needed              | Large pinch saffron, crumbled (optional)                             |
| 4 cups cooked beans or chickpeas                    | 2 cups peeled and diced butternut squash (1 small squash)            |
| 3/4 cup peeled and diced turnip (1 medium)          | 1/2 cup red lentils  |
| Plain yogurt, for serving                           | Aleppo pepper or hot paprika, for serving                            |

- Step 1. In a large pot over medium heat, heat oil and cook leeks until they begin to brown, 10 to 12 minutes.
- Step 2. Finely chop cilantro stems. Stir into pot, along with diced fennel and garlic. Cook for 2 minutes. Stir in Baharat, cinnamon and tomato paste, and cook until paste begins to caramelize, about 2 minutes.
- Step 3. Stir in broth, 3 cups water, the barley and the salt. Bring to a gentle boil, stir in saffron, if using, and reduce heat to medium. Simmer uncovered for 40 minutes. Stir in beans, squash, turnip and lentils; cook until barley is tender, about another 20 to 30 minutes. Taste and adjust seasonings, if desired. Remove cinnamon stick.
- Step 4. Ladle stew in bowls. Spoon a dollop of yogurt on top and drizzle with olive oil. Garnish with cilantro leaves, fennel fronds and paprika.

Baharat is a middle eastern spice mix. You can buy it in specialty markets or make your own.

To make it, combine 2 tbsp sweet paprika, 1 tbsp ground coriander, 1 tbsp ground cumin, 1 tbsp ground turmeric, 2 tsp black pepper, 1 tsp grated nutmeg, 1 tsp ground cardamom and 1 tsp allspice.



*Barbara Daniels*



# Smyrna OCC Chili Cook-off 2017



February 5 — Super Bowl Sunday — the Hot Chili Mamas reclaimed their crown in Smyrna's annual tasty fund-raiser.



Smyrna's Earth Care Committee arranged for special guest, Alex Mihm from Clackamas County, to speak during coffee hour on Sunday, February 12. Using informational flyers and helpful visual aids, he updated us on recycling here and in the area, answering question after question. More useful information (including the flyer pictured below) can be found at <http://www.clackamas.us/>





## Mustard Seed Parenting Group

After a wonderful kick off to Smyrna's newest ministry in January, Mustard Seed Parenting Support was forced to cancel the second class of the month due to inclement weather. Parents learned self care techniques and tools for expressing these needs at the first class.

February we moved to personal hygiene of the mother's body at the first class of month and also discussed the importance of correctly labeling the body and not feeling shame when doing so. We concluded the month by learning how to bathe a newborn, care for their skin as well as massage them for a deeper connection and aid in relaxation and sleep. Each participant got hands on experience in every step from diaper removal to dressing a newborn as Nickson Itami played the perfect teaching aid at just three weeks old. Both of February's classes were designed by and led by Rebekah Yoder, we are so blessed to have such a knowledgeable mother and natural educator in our church.

March's topic will be our Love Language. Knowing how we express love, and how our children express love will be vital in communication before language begins. Dinner is provided each Tuesday evening by Frozen Assets Curator Angie Stierle, we thank her and the congregation for this amazing gift to this ministry. Please join us 1st and 3rd Tuesday's from 6-8PM of each month in the Friendship House. As always we invite just the primary caregiver to attend the 1st meeting of the month and their support system to attend with them on the 3rd Tuesday of the month. [Carly.itami@gmail.com](mailto:Carly.itami@gmail.com) for any questions

Visit Mustard Seed Parenting on Facebook for links to articles both serious and humorous covering the many aspects of parenting.

\*Are you a loving and nurturing Smyrna "Grandmother" looking to hold babies, or entertain toddlers for two hours twice a month? Express your interest to Pastor Deb and we will have a job for you!

Do all the good you can,  
by all the means you can,  
in all the ways you can,  
in all the places you can,  
at all the times you can,  
to all the people you can,  
as long as ever you can.

John Wesley

[www.WhatWomenShouldKnow.org](http://www.WhatWomenShouldKnow.org)

**The Board of Directors of  
the Central Pacific Conference  
Requests Your Presence  
For Walter John's Retirement Farewell**

Sunday, March 19, 2017 at 2:00 PM for  
Worship, singing and dessert reception

First Congregational United Church of Christ  
1126 SW Park Ave., Portland 97205

If you are unable to join us in person, but would like to send a card, please send it to First Congregational UCC, 1137 SW Broadway, Portland, OR 97205, ATTN: Walter John's retirement.



What to bring:

If you are able to bring a dessert, please contact Rev. Michael Ellick, [ellick@uccportland.org](mailto:ellick@uccportland.org) or (503) 228-7219.

Thank You Gift:

We will be presenting Walter John with a monetary thank you gift. If you are interested in contributing to this gift please send checks payable to: Central Pacific Conference, to CPCUCC c/o Debbie Jacober, 0245 SW Bancroft Street, Suite E, Portland, OR 97239.

Questions:

Any other questions, please contact Rev. Tara Wilkins, [revtara@bridgeportucc.org](mailto:revtara@bridgeportucc.org) or text/call 503-484-3609.



You are invited  
to  
Adam Ericksen's  
Ordination  
2 p.m. Saturday, March 25, 2017  
Lake Oswego UCC  
1111 Country Club Rd, Lake Oswego, OR 97034

# March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																									
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<p style="color: red; font-size: 2em; text-align: center;">5</p> <p>9:45 a.m. Adult Education 11 a.m. Worship, Sunday School, and Youth Group</p> <p>b.d. Carl Cline</p> <p style="text-align: center;"><b>Baked Potato Sunday</b></p> <p>Flowers: Jeannie Rogers</p>	<p style="color: red; font-size: 2em; text-align: center;">6</p> <p>7:30 p.m. AA and AI Anon</p> <p>9:30 &amp; 10 a.m. Aging Backwards @ Smyrna</p>	<p style="color: red; font-size: 2em; text-align: center;">7</p> <p>1 p.m. Stitch Club @ Virginia Yoder's</p> <p>10 a.m. O.A. meeting at Smyrna</p> <p>6 pm Lenten Soup Supper</p> <p>6-8 pm Mustard Seed Parenting Class @ Smyrna</p>	<p style="color: red; font-size: 2em; text-align: center;">8</p> <p>10 a.m. Tai Chi at Smyrna</p>	<p style="color: red; font-size: 2em; text-align: center;">9</p> <p>12 Noon Women's Fellowship Luncheon</p> <p>b.d. Kaden Fisher</p>	<p style="color: red; font-size: 2em; text-align: center;">10</p> <p>7 p.m. Confirmation Class @ Smyrna</p>	<p style="color: red; font-size: 2em; text-align: center;">11</p> <p>9:30 a.m. Tai Chi at Smyrna</p> <p>b.d. Heidi Hester</p>																																																																																									
<p style="color: red; font-size: 2em; text-align: center;">12</p> <p>9:45 a.m. Adult Education 11 a.m. Worship, Sunday School, and Youth Group</p> <p>b.d. Lucia Schuebel, Marvin Abbe, Jonathan Blatchford, Ethan Boss</p> <p>Coffee Hour: Kristen Wishon Flowers: Beryl Fisher</p>	<p style="color: red; font-size: 2em; text-align: center;">13</p> <p>b.d. Gary Peterson, Philip Sano, Irene Schriever</p> <p>7:30 p.m. AA and AI Anon</p> <p>9:30 &amp; 10 a.m. Aging Backwards @ Smyrna</p> <p>Wedding Ann: Don &amp; Jeannie Rogers, Ed &amp; Kathy Robinson</p>	<p style="color: red; font-size: 2em; text-align: center;">14</p> <p>10 a.m. O.A. meeting at Smyrna</p> <p>6 pm Lenten Soup Supper</p> <p>b.d. Amelia Marine</p>	<p style="color: red; font-size: 2em; text-align: center;">15</p> <p>10 a.m. Tai Chi at Smyrna</p>	<p style="color: red; font-size: 2em; text-align: center;">16</p> <p>Anniv: Jon &amp; Susie Schriever</p> <p>b.d. Violet Humphreys</p>	<p style="color: red; font-size: 2em; text-align: center;">17</p> <p>b.d. Halaina Crispin</p>	<p style="color: red; font-size: 2em; text-align: center;">18</p> <p>9:30 a.m. Tai Chi at Smyrna</p>																																																																																									
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## Please remember in prayer:

- Lucia Schuebel
  - Amber Enfield
  - Kirstin Gano
  - Helen Odell
  - Joann Gribble
  - Jean Epley
  - the Itamis
  - Debbie Hancox and her family
  - Christina Lydy-Mills
  - Allison Graves and her family
  - the family of Heather Pease
  - Jean Akers (recovering from knee surgery)
  - the family of Tom Needham
- and all others mentioned in prayer time and on HeartLine.



## 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.

### Treasurer's Report — Irene Schriever

Balance 1/1/17	\$4,132.16
Receipts	\$8,179.52
Expenditures	<u>(\$7,958.69)</u>
Balance 1/31/17	\$4,352.99