

BEHOLD!!

Smyrna

A Newsletter of Smyrna United Church of Christ

Ministers: All members of the church

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

December 2018

Dear Friends

Happy New Year! In the church year, the new year begins with the first Sunday in Advent. This is a good time to begin a new season of spiritual reflection and growth. We will have all kinds of opportunities to learn and grow.

Please come and join us in Adult Education as we explore the Advent themes of Peace, Hope, Love and Joy in fuller measure, so that when we light the candles, we will have more to reflect on.

The Health Committee is sponsoring a "Walk to Bethlehem," to encourage everyone to walk 20 minutes a day (150 minutes of exercise per week is the latest recommendation from the National Institutes of Health).

We will have community-building: an Advent fair on December 2nd, a Christmas program for Memory Café on December 7th, the all-church, all-ages Christmas program on December 16th, and a Christmas potluck and concert on December 23rd. And don't forget our candlelight Christmas Eve worship service on December 24th at 9 pm.

Let us journey together as we welcome a new church year, and as we await the coming of the Christ, who longs to bring us newness of life!

Blessings of the Advent Season to all,
Pastor Deb



Adult Education meets at 9:45 am on Sundays in Pastor Deb's office.

Here are the topics for December:

- **December 2** – "Happy New Year! Welcome to Advent"
- **December 9** – Peace and Hope
- **December 16** – Love and Joy
- **December 23** – The Christ Child Enters In
- **December 30** – No Adult Ed this week

Intergenerational Mission Projects:

Kristin Wishon will be starting in December, planning monthly "Intergenerational Mission Projects" that will be open to folks of all ages. Stay tuned for more details, coming soon.

Smyrna's Memory Café continues on Friday, December 7th, when we will have a special Christmas lunch and program.

Please RSVP by Wednesday, December 5th to Pastor Deb at debpatersonhome@gmail.com or call 503-689-4450.

Advent and Christmas Schedule:

- * **Sunday, December 2nd:** **First Sunday in Advent** potluck and ornament creation following church
- * **Sunday, December 9th:** Planning for Bethlehem
- * **Sunday, December 16th:** All-Church Christmas Program — a Story Reader's Theater during worship
- * **Sunday, December 23rd** — John Nilson has offered to return to Smyrna for an early afternoon concert on at 1:30 pm (underwritten by a freewill offering).
- * **Sunday, December 23rd** —Potluck following church (before the concert) to kick off The Health Committee sponsored "Walk to Bethlehem" during the Advent season.
- * **Monday – December 24th** – Christmas Eve Service at 9:00 pm
- * **Tuesday, December 25th** – Merry Christmas!
- * **Sunday, December 30th** – Worship at 11:00 am (No Adult Ed class today)



Christmas Program at Smyrna:

The Christian Education and Christian Nurture Committee has planned an all-church, all ages Christmas Story Readers Theatre for Sunday, December 16th.

All families are invited to bring their children to Smyrna's Church Library at 10:30 am to choose a costume – there will be parts for all who wish to participate.

Thank you to Sheila Daniels, Audrey Yoder, and Amber Enfield for coordinating this program.

Dear Friends,

We want you to know how thankful we are to be part of a loving, supportive, and caring family at Smyrna. All your thoughts and prayers have been greatly appreciated at this time.

Carl's memorial service was truly a memorable and comforting one.

Thank you again — you have a very special place in our hearts,

—Christine and Virgil Foster—

Treasurer's Report

Balance 9/30/2018	\$8,088.92
Receipts	8,635.32
Expenditures	<u>(8,101.06)</u>
Balance 10/31/2018	8,623.18



The Molalla Community Choir will present a holiday program at Smyrna UCC on **Friday, November 30, at 7 p.m.** It's a good way to start the season.

Admission: food for the foodbank.

Refreshments will be served afterward.



Community Dinner

The Women's Fellowship Christmas Luncheon will be on Thursday, December 13th at noon. Bring your friends for a community holiday meal.

The Stitch Club will meet at Jane Dahl's house at 1 pm on December 17 to assemble Christmas Baskets.

New Carpet for Smyrna



Volunteers moved pews, tables, chairs, and nursery furniture in preparation for tearing up the old, worn, stained carpet and replacing it with new carpet squares.



Tearing up the old carpet revealed messages written on the floor before the last carpet was laid.

Check out the new Sanctuary, Friendship Hall and Nursery Floors!



"One day Jesus told his disciples a story to show that they should always pray and never give up."

Luke 18:1NLT

Are you overbooked this month? Do you look at your schedule and start to panic? How can you possibly do everything? There are meetings, birthdays, gifts, decorating, parties and too many other things, not including work, family and church.

It's time to trim your list instead of the tree. Consider fewer gifts, fewer decorations and not so many parties. Find quiet time to spend with devotional materials and in prayer. The only way to get to the heart of Christmas is with Jesus. All of the other things are fine, but they aren't necessary.

Practice some stress busting techniques. Here are some ideas:

- **Leave** If the noise level is too much or the crowds are closing in, just leave. You don't have to stay in the toy store with all of the screaming youngsters, and you don't have to converse with the know-it-all at the party. You can walk away.
- **Close the eyes** Take a break from the lights and activities. Closing the eyes is a great way to get re-centered.
- **Try some solitude** In the middle of so much activity it helps to have time alone. Use the quiet time to set priorities, to pray, or to count your blessings
- **Go outside** Fresh air and sunshine can make a difference in how you feel. Being in God's creation and going for a walk can help find extra energy
- **Locate some water** Listen to it, watch it, drink it or sit in it. Water refreshes in so many ways. He knows what we need: maybe that is why God put so much on earth.
- **Breathe!** Remember to exhale occasionally. When the shoulders are up to the ears, it's time to take some deep breaths. Fill the lungs completely from the bottom to the top. Pause for a couple of seconds. Exhale letting all of the air out of the lungs from the top to the bottom. Repeat three or four times. Your shoulders have relaxed with the rest of the body. Stress causes shallow breathing. Deep breathing releases it.
- **Listen to music** Choose whatever type makes you happy. Sing along. It's amazing how good this can make us feel.
- **Give yourself the gift of peace** in the midst of a world in chaos. Have a great holiday and share your peace with those around you!



Thank you to Donald Hammock and his team of workers (including Jeff and Brenda Hammock), for his work leading his Eagle Scout project at Smyrna, which included mapping the graves and creating a user-friendly map and stand for visitors, cleaning the cemetery gravestones, and installing electricity and lighting onto the Smyrna UCC sign in front of the church.

This was a lot of work! Please see the photos, which show some of the work in progress, and take the time to check out the results. Thank you to Donald and all of his crew, and we wish him well on soon earning his Eagle Scout designation.



December 2018

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																
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2 9:45 am Adult Education 11 am Worship and Sunday School <i>First Sunday in Advent Potluck and Ornament Creations after worship</i>	3 7 pm AA/AO	4 10 am OA	5 Deadline to RSVP for Memory Cafe	6	7 12 Noon Memory Cafe at Smyrna	8																																																																																																
9 9:45 am Adult Education 11 am Worship and Sunday School b.d. Nikolas Peterson Coffee Hour: Volunteer needed Stitch Club Bake Sale	10 7 pm AA/AO	11 10 am OA 6 pm Staff/Parish 7 pm Church Council b.d. Chris Bangs	12 b.d. Jeannie Rogers	13 12 noon Women's Fellowship Christmas Dinner	14 b.d. Genevieve Freeman, Rebekah Yoder	15 b.d. Paulette Eyman, Tina Marshall																																																																																																
16 9:45 am Adult Education 11 am Worship and Sunday School b.d. Theresa Schuebel The Christmas Story: Reader's Theatre during worship Stitch Club Bake Sale	17 7 pm AA/AO b.day Josh Marshall 1 pm Stitch Club @ Jane Dahl's - Christmas Baskets	18 10 am OA 1:30 pm Diaconate 2 pm Earth Care Committee 7 p.m. Cub Scout meeting Wed. Anniv Bill & Paula Day	19	20	21 b.d. Kevin Yoder	22																																																																																																
23 1:30 pm Concert by John Nilson at Smyrna 9:45 am Adult Education 11 am Worship and Sunday School b.d. Emma Blatchford Potluck After worship sponsored by the Health Committee	24 7 pm AA/AO 9 pm Christmas Eve Service	25 10 am OA Christmas Day	26 b.d. Eileen Boss, Paula Day	27	28 b.d. Beth Kersens Wedding Ann. Leo & Marsha Sano	29																																																																																																
30 11 am Worship and Sunday School Coffee Hour: Diaconate No Adult Education	31 7 pm AA/AO	<p><i>Flowers for the Advent Season will be provided by the December Committee: Jane Dahl, Barbara Daniels, Ginger Redlinger, and Mary Namit</i></p>																																																																																																				



PLEASE **PRAY** FOR:

- Catherine Mosiman
- Mickey Hester
- Dorothy Krebs
- Vonda Stoneking
- Blanche Kober
- Asa and Ione Jenson
- Chuck and Pam Jenson and family
- Maddie Harmon, and all who have been mentioned at church.

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.

*A big Thank You from Women's Fellowship
to everyone who worked so hard to make
their annual Bazaar such a success.*

*As a result of this and other fundraising
activities of the group, they have decided
to donate \$5,000 to help pay for the new
carpet.*



*Wishing for You a
most Blessed
Christmas Season*