

BEHOLD!!

Smyrna

A Newsletter of Smyrna United Church of Christ

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

February 2019



Dear Friends,

It's the most wonderful time of the year! It's the time when the greenhouses and other growers are hiring folks to start planting – I love to see those “help wanted” signs. That means in a few months there are going to be all kinds of plant starts for beautiful flowers and diverse vegetables. And then, soon, all kinds of vegetables and fruits to eat.

When is a good time to plant good works as Christians? Today! What should we plant? Whatever people are hungering for.

As the apostle Paul said to the church in Galatia:

“So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith.” (Galatians 6:9-10)

I see it at Smyrna all the time, from those who helped folks move, to those who shared food, warm hats, mittens, bedding, hygiene items, and money for wells around the world. And much, much more.

In the spirit of growth and well-being, blessings to all.
Pastor Deb

Adult Education in February:

During January, we would like to try something different, with a “Pastor Is In” sign on a table in the Fellowship House, starting at 10:00 am before church each Sunday. Each week, I will prepare a topic and some Q&A's for discussion in this more informal setting.

Walk to Jerusalem:

Please bring your miles walked (each 20 minutes of exercise counts as a mile, and housework counts!) as we walk together to Jerusalem by Easter. Check out the map provided by the Health Committee in the Fellowship House.



Oak Grove Tree Planting

The time is getting close.

In mid-January a group met on a mostly sunny afternoon to put out flags for our tree planting. We found that we had spots for about 120 trees, mostly oak.

The trees were delivered the following week. They are in gallon containers, not bare-root. We will also do some spot spraying, and dig the holes in the next week or so.

We are scheduling **Feb. 2, 9:30, Groundhog's Day**, as the day to plant the trees. We hope for sun even though that means the groundhog will see its shadow. We need teams to plant the trees, put down a groundcloth square and a tube over the tree.

We are confident that it will go fast, and a lunch will be served at noon.

Be sure you have rubber boots to wear. Where it's wet or soil is exposed it is very muddy & sticky. Bring a shovel or spade to move the dirt.

We had a splendid sign-up; anyone is welcome whether you signed up or not. If anyone needs to do community service, this would qualify.

SATURDAY, FEB. 2, 9:30 A.M. If it is raining, we will probably need to reschedule.

Thanks
Joel Daniels,

EarthCare Committee



Thank you,

to all those who have been sharing items with the Molalla Service Center, and to Elaine Daniels and Paulette Eyman for delivery. In mid-January, Paulette Eyman delivered the following items donated by Smyrna folks:

Toilet paper – 54 rolls	Soap – 35 bars
Shampoo – 41 containers	Conditioner – 2 containers
Toothpaste – 18 tubes	Dental floss – 6
Toothbrushes – 9	Mouthwash – 1 container
Paper towels – 3 rolls	Dish soap – 2 containers

Also, 7 hats, 7 pair of gloves and 7 scarves were taken to the warming center in Molalla.

Needed in February: Socks, toiletries, and food.

Memory Café –

Come join a few dozen others at Smyrna on Friday, February 1st from noon to 12:30 pm for a light lunch, brain health information, handouts, and an interesting speaker, Frances Chapple, PhD., retired Willamette University Chemistry Professor who balances intellectual, physical and community activities to keep her brain engaged in retirement. Please RSVP to Pastor Deb at: debpatersonhome@gmail.com.

"This is a permanent law for you, to purify the people of Israel from their sins, making them right with the Lord once each year"

Leviticus 16:34 NLT

In the Chinese culture, the New Year is the time dedicated to finish with the old and to start with the new. Their traditions include visiting friends and family to re-establish relationships, cleaning the house to prepare for the coming year, stocking cupboards with household provisions, settling all old debts, and putting forth their best behavior. All of these activities are to make the new year better and healthier.

What are you going to do for your health this year? Are you going to keep all of your old habits and ignore healthier one? For example, have you considered limiting your meals at fast-food restaurants? Can you develop healthier choices at the grocery store? Will you improve your exercise habits by walking or joining a health club? Have you considered the health benefits of practicing self-care and a well-balanced lifestyle? Any and all of these will guide you to a healthier life.

Once you decide to make an improvement, you must first choose what area to change and then make the commitment to see that change occur. Many of us take the first step of making the promise to change our behavior or habit but find it difficult to take the actual steps and then follow through on the lifestyle change. To be successful when making the commitment to alter behavior you need to have dedication, strategy, and action. Until you have a plan and begin to follow it, change is only a verbal statement.

The New Year is a good time to look at your life and determine what you need to change or improve. Start the year by considering your health. Follow the monthly tips in the Behold and bulletin blurbs to see how you can become healthy, prevent disease, or minimize complications to your current health. Focusing on the future and a well-balanced life will help you participate more fully in the love and joy of your family.

2018 Pastor's Report

First of all, thank you again for the privilege of being your pastor here at Smyrna. It is indeed a blessing. Together, we are all ministers in this place, from our staff to the many committed volunteers who make so many things happen all year long. Smyrna is now entering its 128th year!

I am grateful for the opportunity to be a part of your lives, and I am grateful that we, as a congregation, have the opportunity to serve beyond the walls of our church, which we have, in so many ways – from supporting camperships to helping with the Molalla Service Center and the Canby St. Vincent de Paul Center. From helping buy treadle pumps for clean water in three villages to helping with the women's sewing group in Palestine. From planning for our planting of hundreds of trees to help the environment to "Walking to Jerusalem" to support each other in staying active. And much, much more.

We have watched another class go through Confirmation, and have several young members set to graduate from local High Schools in 2019. We have welcomed several new members and said goodbye to those who have departed in the past year. Most of us (all of us?) are facing, "Changes, Challenges, and Transitions," just like the name of the Salad Series sponsored by the Health Committee last summer.

Some of the highlights from 2018 are below. What will 2019 bring? No matter what else it brings, it will bring the opportunity to serve and the opportunity to build community. It will bring the opportunity to worship and grow – to see God at work in the world, and to participate in that work.

God be with you, now and always,
Pastor Deb

Notes on 2018:

Our Whole Lives, which was facilitated by Kristin Wishon, Heather Anderson, and Rev. John Aney from Lake Oswego UCC, met over the 2017-2018 school year, ending in June, with 6-7 students in 7-9th grades in attendance each time from Smyrna. Parents were invited to the orientation, and were kept informed about the curriculum during the year.

Confirmation – several students participated in Confirmation classes during the two year period from the fall of 2016 through Pentecost of 2018. These students confirmed their faith in 2018, and others are always invited at a later date: Elsa, Anderson, Lulu Anderson, Sofi Davidson, Imani Robinson, and Tavi Robinson. Spencer Chapin and Anna Maurer also completed all the classes. Best wishes to all!

Memory Café met monthly during the school year. Speakers included Dr. Paula Baldwin from Western Oregon University; retired clergyperson and marathoner Rev. Bruce Swanson, Louise Adams talked about healthy eating; Doug

Wolfe from the Alzheimer's Association discussed "Knowing the Signs of Alzheimer's," we had a special musical program; Jan Irving, RN, PhD, discussed brain health activities and strategies; and we had speakers Amy Perrett and Kim Brashears from Rackleff Place talk about innovating models in assisted living. 2019 promises to be a fun and full year, as well.

Adult Education met weekly during the school year to discuss a wide range of topics from "Sabbath" to "Continuing the Conversation: Finding Myself in the Story of Race" to looking at authors from May Sarton to Terry Hershey and mystics from St. Francis of Assisi to Thomas Merton. During January 2019 we will meet in the Fellowship Hall at 10:00 am for coffee and conversation on topics related to spirituality.

Peace Camp under the direction of Sheila Daniels took place in the evenings during the week of August 7-10 with classes, yoga, tai chi, music, art, snacks, and more. We had 28 children and youth in attendance from Pre-K through Middle School. We had 14 adults helping, and others who donated materials or food, who were mentioned in the September BEHOLD. Thank you to all!

Lenten Series – Our Lenten series in 2018 changed formats with a series of ½ hour programs following worship. Most Sundays had soup or a potluck, and thanks to all who prepared and shared food. The theme was, "Looking Through the Lens of Lent." We had speakers from Salem 350.org (Gary and Linda Wallmark), who talked about climate change, and other speakers included Steve Patterson, speaking about "Honor and Shame," Ione Jenson, speaking about "Difficult Conversations," and we also had a presentation by Audrey Yoder and Christine Foster from the Art Committee.

Camp Adams Sunday was held on Sunday, July 29th at 11:00 with a potluck following. And many people took advantage of the warm weather to go for a walk or a swim following lunch.

Summer Salad Series. Our theme was "Changes, Challenges, and Transitions," and this series was sponsored and facilitated by the Health Committee, and led by Ione Jenson. Approximately 30 people attended each of the three evenings on June 26th, July 24th, and August 28th for a time of thoughtful reflection and conversation.



WE Care International (Water and Education International) February and March Children for Change

In November and December, we did such a wonderful job raising money for wells around the world – raising enough for 3 treadle pumps (\$900 total!) to help three communities get their water locally – allowing children to go to school, instead of carry water. This gift was made through Heifer Project International. Thank you so much to all who shared so generously.

In February and March, the Mission and Outreach Committee invites us to be raise money for Water and Education Care (WE Care). This small nonprofit organization was founded by a Molalla High School graduate, Jon Steiner, who went on to Willamette University, the Sorbonne in Paris, and the University of Kansas. Jon then taught French in high schools in Oregon Washington, and California for 40 years. Now retired, he visited a former college roommate, who was teaching in Kenya, where he met a man named Daniel, working for \$2 a day on a tea plantation, and unable to support his family, and the encounter changed his life. Jon writes,

“Daniel qualified to go to university, but couldn’t afford it. I offered to put him through college, and I supported him for five years through pharmacy school. Each time I visited Daniel’s family, I came across other students who were struggling. So, I put them through high school or college. I’ve always valued education, and it’s good to be able to make an immediate difference in someone’s life, especially when you know them personally. Education changes people’s lives – plus, it has ripple effects on an entire country. One of my students in Mali, now in his third year of radiology school, will be one of only 12 radiologists in the entire country. Other students have gone on to work as nurses, an accountant, a pharmacist, a doctor, a lawyer or in the hospitality and tourism industry.

When I reached the limit of my personal resources in 2017, I formed a nonprofit, WE Care (Water and Education International). The nonprofit recently drilled a well in Kenya to bring clean water to families in a village. We’ve helped over 30 students in Kenya, Mali, and Cambodia, from high school through post-graduate work. It costs about \$300 to send student to high school for a year, plus the cost of books and uniforms.”

Wouldn’t it be great if we could send a student to school for a year (for \$300)? If we did this one month a year for the next four years, maybe we could put someone through four years of medical school! What do you think?

You can learn more about Jon Steiner here:

<http://willamette.edu/alumni/community/recognition/recipients/2018/steiner.html>

You can learn follow WE Care on Facebook:

<https://www.facebook.com/waterandeducationcare/>

February 2019

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
<div style="display: flex; justify-content: space-around;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <caption>Jan 2019</caption> <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>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table> <table border="1" style="border-collapse: collapse; text-align: center;"> <caption>Mar 2019</caption> <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>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> </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>1</p> <p>12 noon Memory Cafe @ Smyrna</p> <p>b.d. Barbara Menkel</p>	<p>2</p> <p>b.d. Aurora Stanbro, Helen Daniels</p>
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<p>3</p> <p>9:45 am Adult Education 11 am Worship and Sunday School</p> <p>Coffee Hour and Flower Volunteers needed</p>	<p>4</p> <p>7 pm AA/AO</p> <p>b.d. Loretta Wallace</p>	<p>5</p> <p>10 am OA</p> <p>b.d. Jean Akers</p> <p>6 pm Staff/Parish mtg</p> <p>7 pm Church Council</p>	<p>6</p> <p>b.d. Carl Menkel, Skyler Wilson, Lois Johnson</p>	<p>7</p>	<p>8</p>	<p>9</p>																																																																																											
<p>10</p> <p>9:45 am Adult Education 11 am Worship and Sunday School</p> <p>b.d. Rod Bullard, Elaine Daniels, Sandra Mahar</p> <p>Coffee Hour: Women's Fellowship Flowers: Virginia Yoder</p>	<p>11</p> <p>7 pm AA/AO</p>	<p>12</p> <p>10 am OA</p> <p>b.d. Catherine Mosiman</p>	<p>13</p> <p>b.d. Peter Holt</p>	<p>14</p> <p>12 Noon Women's Fellowship</p> <p>b.d. Holly Schriever Koch, Virgil Foster</p>	<p>15</p>	<p>16</p> <p>b.d. Joe Yoder, Donna Yenne</p>																																																																																											
<p>17</p> <p>12:30 Health Committee Mtg</p> <p>9:45 am Adult Education 11 am Worship and Sunday School</p> <p>Coffee Hour: Volunteer needed Flowers: Arlene Peterson</p>	<p>18</p> <p>7 pm AA/AO</p>	<p>19</p> <p>10 am OA</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p> <p>b.d. Eldon Blatchford</p>																																																																																											
<p>24</p> <p>9:45 am Adult Education 11 am Worship and Sunday School</p> <p>b.d. Johnny Bickers</p> <p>Coffee Hour: Diaconate Flowers: Audrey Yoder</p>	<p>25</p> <p>7 pm AA/AO</p>	<p>26</p> <p>10 am OA</p>	<p>27</p> <p>b.d. Jane Dahl</p>	<p>28</p> <p>12 Noon Women's Fellowship</p>																																																																																													

- ⇒ Rod and Pat Bullard
- ⇒ Catherine Mosiman
- ⇒ Dorothy Krebs
- ⇒ Mickey Hester
- ⇒ Blanche Kober
- ⇒ Ione and Asa Jenson
- ⇒ Vonda Stoneking
- ⇒ Katherine Holt
- ⇒ Elaine Daniels
- ⇒ Beryl and Dan Fisher
- ⇒ and all those who have been mentioned at church, including the family and friends of those affected by the recent tragedy near Bremer's Corner.



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.