

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.

March 2019



Dear Friends,

Here we are in the season of spring, and Lent – death and resurrection, new life and hope for that which is to come.

It's a time for letting go of that which has gone before. It's a time for planting and looking toward the tending and that which is to come – like the oak trees that will grow from those tiny stalks that are out in the field right now.

It's a time for quiet reflection – like the seed in the ground, and for reaching up and out – like the plant which grows to become what we are called to become.

As the apostle Paul reminds the church in Corinth, Greece, “Behold, now is the acceptable time, now is the day of salvation.” (2 Corinthians 6:2)

All we have is NOW, so we enjoy the moment, and look forward to that which is to come, because all time – God's time – is in God's hands.

I hope you will take the time this Lenten season (which begins the first week of March) to go inward, and reach outward, to connect with God, with yourself, and with others. Check out the pages of Behold to see what is coming up during this Lenten season ahead. There are opportunities to care for yourself and to care for others.

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

Adult Education in March –

On Sunday, March 3rd, we will meet at 10:00 am for Adult Ed in the Friendship House, but starting March 10th, our programs will be after church during Lent.

And don't forget that on March 10th, we SPRING FORWARD one hour to Daylight Savings Time!





Memory Café –

Friday, March 1st, we will welcome Natascha Cronin from the Office of the Long-Term Care Ombudsman, who will talk about that program, and we will talk about the health benefits to your brain of volunteering. On Friday, April 6th, we will welcome Chantal Barton from Salem Health who will show us some brain-body yoga that can be done in a chair. See you soon!



LENTEN CALENDAR

Tuesday, March 5th – Shrove Tuesday Pancake and Sausage Supper, followed by a worship service with the imposition of ashes.

Sunday, March 10th we begin our Soup Lunches and Lenten programs after church. (Also, we need folks who are willing to make a pot of soup. Please see the sign-up sheet on the bulletin board in the narthex.)

Here is the schedule of programs, each of which will last approximately 30 minutes.

- ⇒ **March 10th** – KIVA – Sponsored by the Mission and Outreach Committee
- ⇒ **March 17th** – Mary Ann McCammon, RN, PhD., Retired nursing professor at OHSU, Quilt Program for Kenyan Women's Health (also be sure to visit their quilt exhibit in Canby at Gwynn's Place on Saturday afternoon, March 23rd).
- ⇒ **March 24th** – Rev. Jean Doane will give us an update on the YWCA program in Palestine
- ⇒ **March 31st** – Jon Steiner, founder and director of WE Care will be at Smyrna
- ⇒ **April 7th** – A Look at Cuba – Terri Millerin – we will also look at the United Church of Canada mission project there.
- ⇒ **April 14th** – Palm Sunday – program TBA
- ⇒ **April 21st** – Easter Sunday – WORSHIP IS AT 9:15 am
Children's Easter Egg hunt will follow worship

Blessings of the journey to all!

Baked Potato Sunday

On March 3rd following Sunday service, we will again have Baked Potato Sunday. Baked potatoes will be served with a variety of toppings.

There will be a sign-up sheet posted asking for help with set-up, providing toppings, serving and clean up. If you can help in any way, please do so. This is a fund raiser for the general operating fund of the church. So plan on joining together for this very popular fund raiser. See you there.

The Fund Raising Committee.



Children for Change

During March, we are collecting change for the WE Care Project in Kenya, which helps to provide Water and Educational Opportunities (WE) for youth and families, in an area where the average wage earned is around \$2 per day. Thank you for your support!



2019 Relay for Life



Smyrna (United Cancer Crushers)

Smyrna will have it's own team in this year's Relay for Life. To join our team, get information, or donate to our team follow the steps below:

1. Google Relay for Life
2. Choose join a relay
3. Choose join an event
4. Enter 97013
5. 6-29-2019 Relay for Life of South Clackamas County
6. Join this relay
7. Join a team
8. Scroll down to Smyrna UCC
9. Follow directions to register for the team
10. Smyrna UCC (user name)
11. Smyrna 1891 (password)

Questions? Contact Sheila Daniels.

Mission and Outreach projects for knitters and crocheters:

Period of PURPLE Crying Caps Program



Being a new parent can be overwhelming, and dealing with a crying baby can be stressful. It's important for parents to understand that babies go through a Period of PURPLE Crying, when a baby's crying intensifies and he/she may seem inconsolable.

To support this effort, you are invited to make purple caps for babies. The donated purple caps will go home with parents after the birth of their baby to raise awareness about shaken baby syndrome prevention.

Pick out a newborn size baby cap pattern! Please refrain from including any potential choking and strangling hazards to babies such as pom-poms, tassels, straps, bows, ribbons, or buttons.

Any shade of soft-to-the-touch, baby-friendly purple yarn. Other colors of yarn can also be used in your cap, but be sure that the cap is at least 50% purple in color.

Start knitting or crocheting! Infant heads come in a variety of sizes. As a general rule, caps should have a circumference of 14 in (13 in-15 in) and a height of 6 in. We will be collecting hats during March & April.

Friendship Knitting



Knitters and crocheters are invited to participate in the Friendship method of creating prayer shawls during church services and coffee hours. Beginning with Sunday, March 10, supplies will be available.

It's simple!

1. Choose a basket of yarn, knit or crochet a few rows (or a lot of rows) in the pattern of your choice.
2. When church and coffee hour are over, leave the project baskets at church for the next Sunday or church event.
3. The next time you are at church, choose a different basket and add rows to that one so that each shawl is created by many hands.
4. Each knitter or crocheter is encouraged to add rows in a different pattern than the previous one to create "sampler" shawls.

"Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me!"

Luke 10:40 NLT

Are you a Mary who is eager to sit back and learn new things or a Martha who worries about the details of a job and is upset when others can't multitask? Throughout the ages women have been taught to be organizers, nurturers, and caretakers for others while neglecting their own needs and desires. Even today you are expected to be superwomen and excel in the roles of wife, mother, daughter, volunteer, employee, caretaker, protector, and businesswoman. Unfortunately while accomplishing these tasks, women forget the most important tasks of a healthy life — balance and self-care.

You probably intellectually understand the importance of annual checkups and health screenings but often find excuses to ignore health issues because of the belief that caring for others is more important. In order to have the energy to care for others, it is important that you practice wholistic self-care. This means taking the time to rest, enjoy friends, and care for self.

Caring for the mind, spirit, and relationships through hobbies, meditation, morning devotions, lunch with friends, date or family night with a spouse or family will establish balance and stability. These activities will result in lower blood pressure, peace of mind, greater enjoyment of family, and renewed energy to tackle the difficulties of life and are just as important as medical appointments and screenings where health issues can be found before they become serious.

Being too involved in your work allows very little time for other things in life, so take a look at how your day is spent and ask yourself how you can reprioritize your activities. Plan ways to add personal time to your day and practice those changes. By balancing the work and fun in your life, you will experience immediate benefits of greater joy and fewer headaches.



Meditations

Family
Night

Oaks and Cedars come to Smyrna



Thank you to Joel Daniels, who led the work of the Earth Care Committee, in partnership with the Trustees, Grounds Committee, and many others, to plant nearly 100 native white oaks and cedars for a savannah restoration on the church property to help with carbon sequestration, and to provide habitat for wildlife.



I hope I have the names of all who helped here: Joel and Elaine Daniels, Paul Yoder, Mary Namit, Rick and Levonne Gano, Peter and Madeline Holt, Irene Schriever, Carl and Barbara Menkel, Virginia Yoder, Paul Ashton, Julia and Bill Peterson, Heidi, Derek and Halaina Crispin, Ron Lindland, Virgil and Christine Foster, and Steve, Sophia and Deb Patterson.



And a special thanks to Matt Van Wey from the Clackamas Soil and Water Conservation District for his help in acquiring a grant to purchase the trees and supplies, and for help with technical assistance.



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.

Coffee Hour Kitchen Use

As most of you know, we try to offer Coffee Hour following our Sunday Church service. This gives us a chance to visit with each other, get to know your pew mate and hold a meeting or two if needed.

We now have two groups of people who will provide the food for two Sundays a month. They are Diaconate and **Women's Fellowship. So we need people to fill in for the other two or sometimes three times a month there isn't a group or person taking care of providing something for us to eat.**

If you are able to provide something to consume during **coffee hour, but can't take on the set up or clean up, that is alright too.** The Coffee Hour Coordinator, me (Barbara D.) is usually there and is glad to set up and/or clean up.

Helpful tips for Coffee Hour set up and clean-up:

- ◆ For most of the Sundays, coffee is usually made and ready prior to church so you do not need to take on fixing the coffee.
- ◆ To set up, the dishwasher needs to be turned on and there are instructions posted as to how to turn it on. **If you don't understand the instructions, please ask me or someone who knows how to run the dishwasher if you have questions.**
- ◆ Next, because we have other people using our facilities during the week, it is advised to mix up a solution of a gallon of hot water and add a sanitizer tablet to the water. You will need to use a dishrag or cloth to dip into the solution, wring out and wipe down the **tables. If you decide you don't want to go that route,** you can use the disinfectant wipes that are under the coffee sink.
- ◆ The water dispenser under the automated coffee maker will need to be filled with water, trays of ice from freezer will need to be added and the dispenser put out on the counter. The glasses and cup racks will need to be put up on the counter.

- ◆ **There are glass plates in the cupboards in Ethel's Pantry** if you wish to put out cookies, cheese, vegetables or whatever. There are about ten gluten free people in our congregation so if you bring crackers it is nice to have something they can eat as well.
- ◆ **If you're wanting to know what people like at coffee hour, it can be whatever you feel like bringing. It doesn't have to be a full meal, just a snack.**
- ◆ The church usually has small six inch paper plates in the nursery area over the AA cupboards which you can use and there are napkins in that area as well. We like to put out the Coffee Hour basket as the money goes to our mission projects.
- ◆ To prepare the dirty dish area you will need to put the glass & cup racks on the counter leading to the dish washer. The liquids container will need to be added as well a container to hold any utensils they are used. There are signs to direct you as to how to clean up once you are finished with Coffee Hour and those are posted around in the kitchen. One of the important items is to be sure and take out all trash as food left in the waste paper baskets can draw mice and we do have them occasionally. And remember, leave it like you would like to find it if you are going to use it again.

Thank you,
Barbara Daniels



March 2019

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																			
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3 Baked Potato Sunday 10 am Adult Education 11 am Worship and Sunday School b.d. Mary Bickers, Kate Daniels Clark, Mickey Hester, Grant Stanbro Flowers: Carl and Barbara Menkel	4 7 pm AA/AO	5 10 am OA 6 pm Shrove Tuesday Pancake and Sausage Supper/Imposition of Ashes	6 6 pm Relay for Life mtg @ Smyrna	7	8	9 2:00 Cathy Mosiman Memorial Service @ Smyrna b.d. Kaden Fisher																																																																																																			
10 11 am Worship and Sunday School Coffee Hour: Women's Fellowship Flowers: Virginia Yoder Soup Lunches and Lenten Program -- KIVA Grants	11 7 pm AA/AO	12 10 am OA b.d. Jonathan Blatchford, Ethan Boss	13 b.d: Gary Peterson, Philip Sano, Irene Schriever 6 pm Relay for Life mtg @ Smyrna	14 12 Noon Women's Fellowship	15	16 Anniv. Jon & Susie Schriever b.d. Violet Humphreys																																																																																																			
17 11 am Worship and Sunday School b.d. Halaina Crispin Coffee Hour and Flowers: Linda Dunn Soup Lunch and Lenten Program -- Many Ann McCammon, RN, PhD, Quilt Program for Kenyan Women's Health	18 7 pm AA/AO	19 10 am OA b.d. Donald Hammock	20	21 1- 4 pm FCE meeting @ Smyrna	22 b.d. Katherine Holt	23 b.d. Marina Daniels																																																																																																			
24 11 am Worship and Sunday School Coffee Hour: Ginger and Mary Flowers: Audrey Yoder Soup Lunch and Lenten Program -- Rev. Jean D oane, YWCA program in Palestine	25 7 pm AA/AO	26 10 am OA	27 b.d. Heather Anderson	28 12 Noon Women's Fellowship	29	30 b.d. Patty Gribble Wedding Ann. Paul & Audrey Yoder																																																																																																			
31 11 am Worship and Sunday School b.d. Kristin Daniels Coffee Hour: Diaconate Flowers: Irene Schriever Soup Lunch and Lenten Program -- Jon Steiner, founder and director of WE Care																																																																																																									

**Please hold in
prayer:**

Rod and Pat Bullard
Dorothy Krebs
Mickey Hester
Blanche Kober
Ione and Asa Jenson
Louise and Dan Allee
Vonda Stoneking
Katherine Holt
Elaine Daniels
Beryl and Dan Fisher
and all those who have been mentioned at church.



Our friend and fellow church member Catherine Mosiman passed away in her sleep February 22nd.

At 2 pm on Saturday, March 9, a memorial service will be held at Smyrna UCC.

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.