

# BEHOLD!!

Smyrna

A Newsletter of Smyrna United Church of Christ

Ministers: All members of the church

Minister: The Rev. Dr. Deborah Patterson

Editor: Jeannie Rogers

Asst. Editor: Elaine Daniels

Church Phone (503) 651-2131

e-mail: [smyrnaucc@canby.com](mailto:smyrnaucc@canby.com)

Website: [www.smyrna-ucc.org](http://www.smyrna-ucc.org)

31119 S. Highway 170, Canby, OR 97013



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

## June 2019



*Dear Friends,*

I recently stopped by the gift shop at the Benedictine Center in Mt. Angel, which I hadn't visited before, to see if they had anything new. I found a book by Benedictine Sister Jill Aigner, who joined the order at Queen of Angels Monastery there in

1972 at age 49, after having been married for 30 years and raising two children. She became a parish social worker in Silverton, and also served as director for the Shalom Prayer Center at the Monastery for a decade. Ten years later, she became the director of the Bethlehem Retreat Center in Nanaimo, British Columbia, and she worked in a film company, called, "Priory Productions." She retired in 2010 back to Mt. Angel, and died just two years ago at age 94.

When she was in her early 80's, she wrote the following: "It seems as if an eighty-two year old finding something new is likely to be suspect. It was, at first, for me. However, I kept at it and now realize there is lots of newness going on."

"Lots of newness going on." The apostle Paul talked about the life of faith like that, as well. He said, speaking of our human condition, to the church in Corinth, Greece: "So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day." (2 Cor. 4:16).

It's almost summer now, and we are in the season of "lots of newness." New things growing, new places to see on vacation, new babies among our extended family and friends. But even at the times when we feel like we have seen and done it all, there is "yet more light to break forth," as Congregational minister John Robinson said to the Pilgrims as they left for America.

So, during these long days of June, let's embrace that which is new, and that which is becoming new, for our inner natures are being renewed day by day, as part of God's renewing creation.

Thanks be to God for each and every one of you.  
Sincerely, Pastor Deb

### Summer Worship Hours

Our summer worship hours begin on Sunday, June 2<sup>nd</sup>, when worship will move to 10 am. However, on Sunday, July 28<sup>th</sup>, worship at will be Camp Adams at 11 am.

### Adult Education

Adult Education at 10 am resumed following Easter, and I would like to express my thanks to Dr. John Mason, for providing more information about the history of the Smyrna in Turkey, for whom our church is named, and to Dr. Stephen Patterson, for teaching about faith and family on the two Sundays after Easter. We will start our summer break on June 2, when church moves to 10am for the summer months.

## Memory Café

Memory Café continued on Friday, May 3<sup>rd</sup> with 40 in attendance. Our speaker was Stefanie Reid, with Clackamas County Aging and Disability Services, who discussed area resources for seniors, as well as her own recovery journey following the removal of a brain tumor.



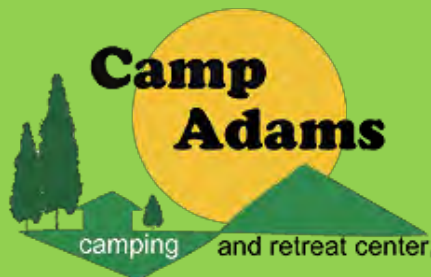
On June 7<sup>th</sup> there will be a video presentation by Gary Small, MD, who is the Founding Director of the UCLA Longevity Institute, called, "The Formula for Successful Aging."

Thank you to Joel Daniels, Carl Menkel, and Paul Ashton for arranging for the delivery and installation of a

large-screen TV, which will facilitate these presentations. Stay tuned, also, for a special, live guest! Please RSVP by Wednesday, June 5<sup>th</sup>.

## Young people:

If you are going to Camp Adams this summer, remember to register on line, complete the Smyrna Scholarship form and return it to Sheila Daniels by June 2.



## Relay For Life

I think fondly of the many friends we have lost to cancer and am blessed to know many survivors. In the last several weeks three friends have been diagnosed with cancer. Many people in our church are survivors and we all know church members who are in treatment or have died from this terrible disease.

I have been participating in Relay for Life for many years, it is a fun time and a wonderful fund raiser. This year I thought it would be fun to have a Smyrna team. So far no one has seemed interested but it's not too late to join!

I have raised \$250 of the \$1000 needed. Help me reach the goal by the end of June. We also need to provide three silent auction items. Please let me know if you can help with this. Also, plan on coming to Relay.

Sheila Daniels

Festival for a Cure!

Relay For Life of South Clackamas County

Saturday June 29<sup>th</sup> from 11am-11pm

Wooden Shoe Tulip Farm & Vineyard

33814 S. Meridian Rd. Woodburn, Or.

Opening Ceremony: 11:30am

Luminaria Ceremony: Dusk

Fight Back Ceremony: 10:30pm

<https://www.facebook.com/events/280080009559878/>



You are invited!  
To the  
All-Church Birthday Party  
Following worship  
Sunday, June 2, 2019

## Congratulations Graduates!

On Sunday, June 2<sup>nd</sup>, we will honor those Smyrna members who are graduating this year.

From Pre-School:  
Skyler Wilson.

From Middle School:  
Tavi Robinson

From High School:  
Lincoln Bangs, Donald Hammock, Josh Marshall, and Paul Yoder

From College:  
John Patterson



## Save the Dates:

**Saturday, June 15<sup>th</sup>, 5-7 pm** — Strawberry Festival @ Smyrna

**Sunday, July 28<sup>th</sup> 11 am** — Camp Adams Sunday – worship @ Camp Adams with potluck to follow.

**August 19-23 from 9 to noon** — **Peace Camp** for all students in Kindergarten through 6<sup>th</sup> Grade. Older students are invited to come and help. Stay tuned for more news about this event.



## Friendly Visitor Program

If you are able to make a difference in the life of one of our shut-ins by volunteering a couple of hours

a month to visit, please join Smyrna's Friendly Visitor Program by signing up on the sheet in the Narthex.

## Professional Development

On May 7 and 8, Pastor Deb attended the Central Pacific Conference Clergy retreat at Camp Magruder, near Rockaway Beach, Oregon. There were 18 retired and active clergy in attendance.

## Treasurer's Report

Balance 3/312019	14487.54
Receipts	8497.50
Trans/Adjustments	(.50)
Expenditures	(8518.55)
Balance 4/302019	14,465.99

## Quilts for Empowerment — Changing Women's Lives in Kenya



This organization was presented to us during one of our Lenten Soup programs. They provide fistula surgery for ladies in west Kenya who require it. They then teach them to make quilted products to sell to support themselves after their surgery as most of their families have abandoned them.

We have placed a lovely black and white musical themed box on the table in the Foyer to collect embroidery floss which will be mailed to these ladies to work with.

## Children for Change

During April and May, we collected funds for UNICEF for the Plumpy'Nut feeding program, which provides ready-to-use therapeutic food (RUTF) for severely malnourished children around the world. Thank you to the Mission and Outreach Committee for their leadership on this project. Stay tuned for the total!

June and July contributions will go to help families around the world obtain seeds which will grow to provide food for people who are hungry.

The Mission and Outreach Committee here at Smyrna encourages you to check this website <https://cwsbestgift.org/gifts/seeds-and-tools/> for more information. One example given is a Home Gardening Kit for 3 families in Indonesia at a cost of \$60.00.



Thank you, John Mason, for donating the book, The Church of Smyrna: History and Theology of a Primitive Christian Community, to our church library. The book is a study of the Smyrna in Asia Minor for which Smyrna UCC is named.

## Gardening:

*"I went down to the grove of walnut trees and out to the valley to see the new spring growth, to see whether the grapevines had budded or the pomegranates were in bloom"*



Song of Solomon 6:11 NLT

Spring gives us such pleasure as we see everything coming back to life, and it's a reminder of the new life that we have through Christ's resurrection. Gardening is a pleasure for most of us, but it is also an exercise and can lead to injuries. Raking, mulching, planting, trimming and digging are good physical activity yet can result in pain and stiffness in our necks, shoulders, elbows, wrists, knees, and backs if we over-extend ourselves. To enjoy the flowers, vegetables and fruits without pain try these tips from Dr. William Madosky, a St. Louis chiropractor.

### Treat gardening as a sport:

Warm up and stretch the muscles before beginning

### Be realistic:

Plan your work carefully to avoid injury. Set a moderate pace and time schedule to allow enjoyment of the task and minimize potential injuries.

### Remember good body mechanics:

When lifting heavy bags of dirt or mulch keep your back straight back, bend your knees, lift with the legs, and hold objects close to your body. While shoveling, lift the dirt and turn the entire body to empty it — don't twist.

### Change it up:

Use different muscle groups and frequently change activities to minimize the repetitive stress placed on joints and extremities.

### Use a cushion, stool, or small bench when weeding:

The support helps reduce stress placed on knees and spine from gardening movements.

### Take frequent breaks:

By stopping to stretch, getting a drink, or just enjoying the progress every half-hour, you minimize your chance of injury or dehydration.

### Stop gardening if fatigued or in pain:

That "one last thing" when tired leads to injury. If pain occurs, stop! If pain persists, apply ice to the affected area for 15-20 minutes at a time to reduce inflammation. **DO NOT USE HEAT** — it increases the inflammatory process. If pain still persists, contact your doctor.

We can spend time in the garden appreciating the glory of God's creation, while caring for our bodies at the same time

# Join us for the 72nd Annual Strawberry-Ice Cream Festival

**Date: Saturday, June 15**

**Time: 5:00-7:30 p.m.**

**Smyrna United Church of Christ**

**31119 S. Canby-Marquam Hwy. (170)**

**9 Miles South of Canby**

**\$5 for Poutine or Fried Cheese Curds**

**\$5 for Strawberries, ice cream, pie and cake**

**\$35 per family**



**Email: [smyrnaucc@canby.com](mailto:smyrnaucc@canby.com)**

**[www.smyrna-ucc.org](http://www.smyrna-ucc.org)**

**Contact person:**

**Barbara Daniels 503-390-4686**

## Congratulations!

At a Court of Honor, on May 11<sup>th</sup>, Donald Hammock and Justin Derrick were presented the Eagle Scout Award. We, here at Smyrna, are thankful for Donald's work in mapping and installing the sign at the entrance to the cemetery and for the lighting of our church sign. Thank you, Donald!



**Mother's Day, May 12**, was once again referred to as "Undie Sunday" here at Smyrna. When the final count was taken, we are pleased to report these numbers: 25 diapers, 89 pairs of children's underwear and 55 pair of women's briefs. Thank you to all who helped with the purchase of these items that Pastor Deb will deliver to the Women's shelter.

Mission and Outreach Committee



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; margin: 0;">May 2019</p> <table style="width: 100%; border-collapse: collapse; text-align: center;"> <tr><td style="border: none;">S</td><td style="border: none;">M</td><td style="border: none;">T</td><td style="border: none;">W</td><td style="border: none;">T</td><td style="border: none;">F</td><td style="border: none;">S</td></tr> <tr><td style="border: none;"></td><td style="border: none;"></td><td style="border: none;">1</td><td style="border: none;">2</td><td style="border: none;">3</td><td style="border: none;">4</td><td style="border: none;"></td></tr> <tr><td style="border: none;">5</td><td style="border: none;">6</td><td style="border: none;">7</td><td style="border: none;">8</td><td style="border: none;">9</td><td style="border: none;">10</td><td style="border: none;">11</td></tr> <tr><td style="border: none;">12</td><td style="border: none;">13</td><td style="border: none;">14</td><td style="border: none;">15</td><td style="border: none;">16</td><td style="border: none;">17</td><td style="border: none;">18</td></tr> <tr><td style="border: none;">19</td><td style="border: none;">20</td><td style="border: none;">21</td><td style="border: none;">22</td><td style="border: none;">23</td><td style="border: none;">24</td><td style="border: none;">25</td></tr> <tr><td style="border: none;">26</td><td style="border: none;">27</td><td style="border: none;">28</td><td style="border: none;">29</td><td style="border: none;">30</td><td style="border: none;">31</td><td style="border: none;"></td></tr> </table> </div> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; margin: 0;">Jul 2019</p> <table style="width: 100%; border-collapse: collapse; text-align: center;"> <tr><td style="border: none;">S</td><td style="border: none;">M</td><td style="border: none;">T</td><td style="border: none;">W</td><td style="border: none;">T</td><td style="border: none;">F</td><td style="border: none;">S</td></tr> <tr><td style="border: none;">1</td><td style="border: none;">2</td><td style="border: none;">3</td><td style="border: none;">4</td><td style="border: none;">5</td><td style="border: none;">6</td><td style="border: none;"></td></tr> <tr><td style="border: none;">7</td><td style="border: none;">8</td><td style="border: none;">9</td><td style="border: none;">10</td><td style="border: none;">11</td><td style="border: none;">12</td><td style="border: none;">13</td></tr> <tr><td style="border: none;">14</td><td style="border: none;">15</td><td style="border: none;">16</td><td style="border: none;">17</td><td style="border: none;">18</td><td style="border: none;">19</td><td style="border: none;">20</td></tr> <tr><td style="border: none;">21</td><td style="border: none;">22</td><td style="border: none;">23</td><td style="border: none;">24</td><td style="border: none;">25</td><td style="border: none;">26</td><td style="border: none;">27</td></tr> <tr><td style="border: none;">28</td><td style="border: none;">29</td><td style="border: none;">30</td><td style="border: none;">31</td><td style="border: none;"></td><td style="border: none;"></td><td style="border: none;"></td></tr> </table> </div> </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 style="font-size: 2em; margin: 0;">1</p> <p style="margin: 0;">b.d. Justin Peterson</p>
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 style="font-size: 2em; margin: 0;">2</p> <p>10 am Worship Coffee Hour: Christian Nurture Flowers: Audrey Yoder</p> <p style="text-align: center;"><b>Honor Our Grads/All-Church Birthday Celebration</b></p>	<p style="font-size: 2em; margin: 0;">3</p> <p>7 pm AA/O b.d. Brett Hester</p>	<p style="font-size: 2em; margin: 0;">4</p> <p>10 am OA b.d. Ethel Henderson</p>	<p style="font-size: 2em; margin: 0;">5</p> <p>b.d. Paul Ashton Deadline to RSVP for Memory Cafe</p>	<p style="font-size: 2em; margin: 0;">6</p> <p>b.d. Nick Itami</p>	<p style="font-size: 2em; margin: 0;">7</p> <p>12 noon Memory Cafe b.d. Aaron Liechty, Hadley Kersens</p>	<p style="font-size: 2em; margin: 0;">8</p> <p>b.d. Andrew Mahar</p>																																																																																				
<p style="font-size: 2em; margin: 0;">9</p> <p>10 am Worship b.d. David Yoder Coffee Hour: Women's Fellowship Flowers: Virginia Yoder</p> <p style="text-align: center; color: blue;">Pentecost</p>	<p style="font-size: 2em; margin: 0;">10</p> <p>7 pm AA/O b.d. Amber Rogers Enfield</p>	<p style="font-size: 2em; margin: 0;">11</p> <p>10 am OA 6 pm Staff Parish mtg 7 pm Church Council</p>	<p style="font-size: 2em; margin: 0;">12</p> <p>b.d. Nathan Gribble Blair</p>	<p style="font-size: 2em; margin: 0;">13</p>	<p style="font-size: 2em; margin: 0;">14</p> <p>b.d. Marcus Daniels, Marlene Seethoff Flag Day</p>	<p style="font-size: 2em; margin: 0;">15</p> <p>5-7:30 pm Strawberry Festival b.d. Emily Holt Borges, Imani Robinson</p>																																																																																				
<p style="font-size: 2em; margin: 0;">16</p> <p>10 am Worship Coffee Hour: Volunteer needed Flowers: Volunteer needed Father's Day Wed Am Steve &amp; Kirstan Rigg</p>	<p style="font-size: 2em; margin: 0;">17</p> <p>7 pm AA/O</p>	<p style="font-size: 2em; margin: 0;">18</p> <p>10 am OA 1:30 Diaconate mtg b.d. Bill Peterson Wed. Anniv Steve &amp; Jane Dahl</p>	<p style="font-size: 2em; margin: 0;">19</p>	<p style="font-size: 2em; margin: 0;">20</p> <p>b.d. Elsa Anderson Wed. Anniv. Asa &amp; Ione Jensen</p>	<p style="font-size: 2em; margin: 0;">21</p>	<p style="font-size: 2em; margin: 0;">22</p> <p>b.d. Benjamin Daniels</p>																																																																																				
<p style="font-size: 2em; margin: 0;">23</p> <p>10 am Worship Coffee Hour: Ginger Redlinger &amp; Mary Namit Flowers: Jeannie Rogers</p>	<p style="font-size: 2em; margin: 0;">24</p> <p>7 pm AA/O b.d. Joshua Fisher</p>	<p style="font-size: 2em; margin: 0;">25</p> <p>10 am OA</p>	<p style="font-size: 2em; margin: 0;">26</p> <p>Wedding Ann. Steven &amp; Eileen Boss</p>	<p style="font-size: 2em; margin: 0;">27</p> <p>b.d. DaNelda Strode, Beth Liechty Koberstein, Sophia Patterson</p>	<p style="font-size: 2em; margin: 0;">28</p> <p>b.d. Murlene Liechty</p>	<p style="font-size: 2em; margin: 0;">29</p> <p>11 am Relay For Life of South Clackamas County @ Wooden Shoe Tulp Farm b.d. Robert Schuebel, Heidi Crispin Wedding Am: Katherine &amp; Allen Holt</p>																																																																																				
<p style="font-size: 2em; margin: 0;">30</p> <p>10 am Worship Coffee Hour: Diaconate Flowers: Terri Millirin</p>	<p style="font-size: 3em; color: #008000; margin: 0;">June 2019</p>																																																																																									

## *Prayer Requests*

- ⇒ Rod Bullard
- ⇒ Rod and Patricia Rice following the death of his brother
- ⇒ Rick and Levonne Gano, following the death of their nephew
- ⇒ Asa and Ione Jenson
- ⇒ Mary Ashton
- ⇒ Paulette Eyman
- ⇒ Vonda Stoneking
- ⇒ Blanche Kober
- ⇒ Mickey Hester
- ⇒ Beryl and Dan Fisher
- ⇒ 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.