

# BEHOLD!!

A Newsletter of Smyrna United Church of Christ

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## July 2019



*Dear Friends,*

Pentecost has come and gone, and we are now in that long season, that lasts until Advent, simply called, “After Pentecost” or “Ordinary

Time.” Yet, this “ordinary time” can also be a time of great wonder, and I am grateful for this time, indeed, for so many reasons.

First of all, I’m grateful for each one of you. I’m grateful for the more relaxed and peaceful Sunday mornings, when we can linger over an extra cup of coffee following worship. I’m grateful for some family vacation time together, and I’m grateful for special events like Camp Adams Sunday, and Peace Camp, and the lunch and learn sessions that the Earth Care Committee is putting together (see article elsewhere in Behold).

I’m also grateful for the many ways that Smyrna touches the lives of others – through gifts shared (like the underwear which was delivered to the Women’s Crisis Center in Oregon City, and for which they were very grateful); through programs such as Peace Camp and Memory Café; and through prayer and support of all the members to their friends and neighbors.

Gratitude is always in season – in every time and place. I recently read the words of Albert Schweitzer, MD, the renowned medical missionary, musician, and theologian, who said,

“The greatest thing is to give thanks for everything. He who has learned this knows what it means to live. He has penetrated the whole mystery of life: giving thanks for everything.”

*From Thoughts for Our Times, edited by Erica Anderson (Boston: Albert Schweitzer Fellowship, 1975), p. 16.*

So, dear friends, enjoy these beautiful summer days, for which we all are grateful!

Blessings to all,  
Pastor Deb

## Children for Change

Seeds and Tools – During June and July, the Mission and Outreach Committee invites us to share our change with Church World’s Service’s “Seeds & Tools” program. This program helps to provide seeds, tools, and information on sustainable gardening and farming practices to families around the world.

More information at <https://cwsbestgift.org/gifts/seeds-and-tools/>



## Adult Education –

While Adult Education is on break until September, we will have three special Sunday lunch sessions, sponsored by the Earth Care Committee over the summer that will be educational and informative.

- On Sunday, August 11<sup>th</sup>, following worship, we will welcome Natalie and Bob Becker, who will talk about the long-term restoration work being done at Camp Adams.
- On Sunday, August 18<sup>th</sup>, we will have a session on “Good and Cheap,” when the congregation will be challenged to bring a healthy and inexpensive dish to share and we will consider the impact of our food choices on the environment (and our budgets).
- On Sunday, August 25<sup>th</sup>, we will welcome Chet Zimmer from Energy Solutions, LLC, who will talk about the possibilities of solar power for the congregation in the future.



Each of these three Sundays, we will have a light potluck following worship before the presentations.

## Memory Café

Memory Café continued on Friday, June 7<sup>th</sup> with 41 in attendance. We had a video presentation by Gary Small, MD, Director of the ULCA Brain Research Institute and Founding Director of the UCLA Longevity Institute, called, “The Formula for Successful Aging.” The new TV screen was great - thank you to the Technology Committee. Our next Memory Café will be on the first Friday in October.

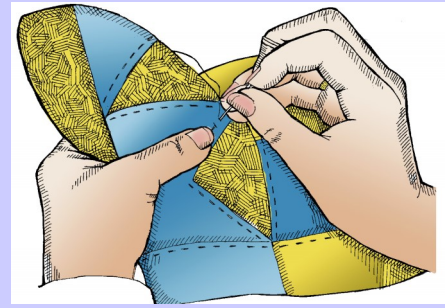
Thanks also to Louise Adams, Barbara Daniels, Linda Dunn, Genevieve Freeman, and Joel and Elaine Daniels for their help in making Memory Café such a success, since we started in March of 2015.

*Do you want to make an important impact on one person's life? Volunteering one hour a week for MOW is a great way to make a huge impact. Delivering nutritious food and a friendly visit helps home-bound adults continue to live independently with dignity at home. Become a Meals on Wheels Driver today and help make sure that no senior goes hungry or experiences social isolation. If you are interested in making a difference and want to volunteer for MOW, please contact us at 503.266.2970. Thank you.*

**Jeanne Vodka, Canby Adult Center  
MOW/Outreach**

## Quilts for Empowerment –

The Health Committee invites you to bring embroidery thread to share with the women in Kenya who are quilting to earn income to support their community of girls and women impacted



by sexual violence or birth injuries. I dropped off the first batch of thread on Saturday, June 10<sup>th</sup>, which will be taken to Kenya by QFE Founding Director, Dr. Mary Ann McCammon, who is a retired nursing professor from OHSU. They will also have a display of their quilts at the United Nations on May 23, 2020. Dr. McCammon will be returning to Smyrna to give a Mission Moment update on the first Sunday in Advent.

## Camp Adams Sunday

Smyrna's annual Camp Adams Sunday is scheduled for Sunday, July 28<sup>th</sup> at Camp Adams near Colton. Please note that the time for that one summer service is at 11:00 am, with a potluck to follow. Please bring a healthy dish to share.



## Annual Picnic

## Coffee Hour

Thank you to all who bring snacks for coffee hour, and the Health Committee would also like to thank everyone for their special effort to include healthy snacks for those with dietary restrictions.

## Molalla Food Bank need

Splenda  
Tuna  
Small containers of cooking oil

Paper towels  
Juice

Toothbrushes  
Shampoo



Peace NOW:  
with Nature, Ourselves,  
Others, the World!

Who:  
Children ages kindergarten  
through grade 6

What:  
Learn about being a peacemaker  
with songs, crafts, stories,  
and activities.

When:  
August 19-23 9 a.m.-12 noon

Where:  
Smyrna United Church of Christ  
Come and bring a friend or two!



Volunteers needed!  
It takes a church to put on a Peace  
Camp. Your talents and skills are  
sought for arts & crafts, games,  
preparing and serving snacks.  
Contact Sheila Daniels.

*"For everything there is a season, a time for every activity under heaven"*

Ecclesiastes 3:1 NLT

After the long winter and rainy spring, everyone is anxious for summer and the activities that take us outdoors. To be sure you enjoy all that summer has to offer, remember to be observant and practice safety measures.

Don't miss out on the summer fun. Follow these tips when making your plans:

- \* **Camping** - Be sure to plan for unexpected weather or storms, carry plenty of water if hiking, take a map/compass to prevent getting lost, wear comfortable walking shoes, wear a hat and sunscreen for sun protection, use insect repellent for mosquitoes, and ticks, and wear a whistle to use in case you get lost.
- \* **Swimming or Boating** - Drowning can occur in less than 2 inches of water so teach your children to swim, wear properly fitting flotation devices, keep children out of hot tubs (they get dangerously overheated), use the buddy system, dive only in areas marked for diving, watch for shallow depths in lakes, and supervise all activity.
- \* **Fireworks** - Explosives of any kind are dangerous so handle with care, keep sparklers outside and at arm's length (they can reach 1,800 degrees), have a bucket of water nearby in case of fire, don't allow children to handle them before, or after firing, and keep pets indoors as they get frightened and may get injured.
- \* **Bicycling** - Head injuries are common so protect children with properly fitting helmets, replace ones that have hit a hard surface, wear bright clothing for visibility, tie loose pant legs to prevent tangling in the chain, teach the rules of the road, never wear headphones, and maintain the bike (inflate the tires, oil the chain, adjust the handlebars, replace worn out brakes, and adjust the seat).
- \* **Sun Exposure** - Sun damage is cumulative (children gather 50% to 80% of their lifetime exposure before age 18) and cause wrinkles, sunburns, cataracts, damage to the immune system, and skin cancer. Be extra careful with skin protection if you have very fair skin/hair, a family history of moles, a family history of skin cancer, or take medicine that causes increased sun sensitivity.

### Treasurer's Report

Balance 4/30/2019	\$14,465.99
Receipts	8,489.99
Trans/Adjustments	1.00
Expenditures	(7,994.10)
Balance 5/31/2019	\$14,962.88



*Smyrna's Strawberry Festival on June 15, 2019 provided an opportunity for the community to both support the church and socialize while enjoying strawberries, ice cream, cake, pie, and poutine!*



## Please hold in prayer:

Rod and Pat Bullard  
Asa and Ione Jenson  
Vonda Stoneking  
Blanche Kober  
Mickey Hester  
Beryl and Dan Fisher  
Roberta Rigg  
Dorothy Krebs  
Bridget Milliren  
Debbie Hancox  
Kitty Aideen  
Mya White

and all who have been mentioned at church.

Our sympathy  
of support go  
of Lou Balmer  
away in June.



and prayers  
to the family  
who passed

We always thank  
GOD for all of you  
and continually  
mention you in  
our prayers.

1 Thessalonians 1:2, NIV

## 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.