

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.

August 2019



Dear Friends,

By the time you read this, July will be about over, and we will have had our Camp Adams Sunday, and will be looking forward to Peace Camp, which will be August 19th through the 23rd, from 9 am to noon, for kids in Grades K-6. We hope you will invite all the kids you know in that age group!

There is nothing else I can say about “by the time you read this.” I’m writing this on July 1st, before we leave on vacation, and I’m looking forward to the time to read, rest, and recharge. It’s all still a blank page before me. I don’t really know what the month of July will hold.

We can make plans, we can make lists of things to do, we can read the forecast, we can hope and pray, we can work toward a goal, but tomorrow is still, somehow, always a mystery.

What we do know is that the God of mystery is GOOD. Some of the things that happen in this world are devastating and terrible. More of the things that happen in this world are good – the blessings of life, of family, of friends, of community, of hope. And we KNOW that in ALL things God works for good. (Romans 8:28)

So, as we go through these summer days, let us look for, and contribute to, the good that is around us. For we are made in the image of God, and called “to do justice, and to love kindness, and to walk humbly with our God.” (Micah 6:8)

May God bless you now and always,
Pastor Deb

Coffee Funds

During coffee hour, we have a basket to collect for Thanksgiving and Christmas baskets. It’s marked, “Coffee Fund,” but it doesn’t pay for the coffee or the snacks provided by members, it is all donated to Canby and Molalla food pantries for holiday baskets. Each year, we give away \$500 to each city for each of the two holidays (\$2000 total), so your support helps greatly! Many thanks.





“Days of Giving”

In keeping with our planned giving sponsored by the Fund Raising Committee, Sunday, August 4, 2019 has been designated as the Summer Days of Giving.

As you know, some years ago the Fund Raising Committee thought we might designate a

time when we would initiate a call for donations from the congregation to help our general funds cover the expenses of our church.

We are still looking to add more to our sound system and adding another viewing screen to the Nursery area. We also want to add a camera security system outside our building as we’ve had items taken from our property over the past year.



Relay for Life

Thank you to all who helped support the “Smyrna UCC Cancer Crushers” team for the South Clackamas Relay for Life held June 29th at the Wooden Shoe Tulip Farm. You helped us surpass our goal of \$1000 for cancer research and the support of people undergoing cancer treatment. And a big thanks to our Team Leader, Sheila Daniels, who arranged for the sale of children’s books and silent auction items as well. Arlene Peterson and Lois Johnson were both honored as cancer survivors, and Lois made a beautiful quilted wall hanging as a silent auction item. Thank you to all!

Seeds and Tools —

During June and July, the Mission and Outreach Committee invited us to share our change with Church World’s Service’s “Seeds & Tools” program.

This program helps 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/>.

Thank you to all who support this important fundraising effort through “Children for Change.” Stay tuned for the total amount raised.



ukulele LESSONS

Now available at Smyrna! Did you ever think it would be fun to play the Ukulele? Here is your chance to learn! Starting August 7 lessons will be offered at the church. \$25.00 for 5 lessons this includes a lesson book.

Pat Kekua guarantees by the end of class you will be able to play a song. Classes weekly with the exception of August 14. Sign up sheet on the bulletin board or see Jane Dahl.

Summer Luncheons in August —

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



- On Sunday, August 11th, following worship, we will welcome Natalie and Bob Becker, who will talk about the long-term restoration and conservation work being done at Camp Adams.
- On Sunday, August 18th, we will have a session on “Good and Cheap,” when we will consider the impact of our food choices on the environment (and our budgets).
- On Sunday, August 25th, 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 lunch following worship before the presentations.

"I am in pain and distress, may your salvation, O God, protect me."

Psalm 69:29 NIV

Allergies are unusual, irritating, and potentially dangerous reactions of the immune system to a normally harmless substance. These reactions occur in about one out of every three people. They will attack the respiratory tract, digestive tract, or entire body, but the type and severity of the reaction will depend on the individual's level of sensitivity to the offending substance.

There are three categories of allergic reactions. Mild reactions are localized and include a rash, watery or itchy eyes, and congestion. Moderate reactions can spread beyond the original site of irritation and cause severe itching and difficulty breathing. The worst reaction, anaphylaxis, affects the whole body and is rare but life-threatening. Within minutes severe swelling will make breathing and swallowing difficult, and may include abdominal pain, vomiting, and mental confusion. Persons severely allergic to bees, shellfish, or peanuts should carry a dose of epinephrine to quickly reverse the reaction.

Since allergies can't be cured, it is important to determine and avoid the triggers for allergic reactions. Triggers can be environmental (wind, pollen, poison ivy, pollution), chemical (perfume, smoke, cleaning materials, latex rubber, medications), or foods (shellfish, peanuts, wheat, milk, soy, strawberries, eggs). In addition, do not overlook items from the surroundings like animals, mold, bee stings, or dust.

Whether an allergy is diagnosed through the medical testing of a physician or the detective process of an individual, finding the source of the allergy is like solving a mystery. Be observant to symptoms and the activities leading up to them. Look for connections between a reaction and any changes in diet, environment, or product use. Also consider others and eliminate bringing potential triggers into public venues whenever possible.

Through process of elimination, irritants can be discovered and reactions prevented.

Quilts for Empowerment –

Please watch for sales in craft stores or thrift stores on embroidery floss to help with this important project, helping women and girls who have suffered childbirth injury or other life-changing trauma in Kenya. They are making quilts to sell to help sustain themselves and their families, with assistance from retired OHSU nursing professor Mary Ann McCammon of Sherwood, OR, who will be back to speak with us in December.

Molalla Service Center

When Smyrna's July donations were weighed, the scales read 78 pounds, beating the 62 pounds we collected in July of 2018.

Needed now:

Pancake mix, baking mixes, sugar, juice, toothbrushes, toothpaste, shampoo, and other hygiene items Thank you all for your generosity!



HEAT EXHAUSTION		OR	HEAT STROKE	
Faint or dizzy			Throbbing headache	
Excessive sweating			No sweating	
Cool, pale, clammy skin			Body temperature above 103°	
			Red, hot, dry skin	
Nausea or vomiting			Nausea or vomiting	
Rapid, weak pulse			Rapid, strong pulse	
Muscle cramps			May lose consciousness	
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 		<h1>CALL 9-1-1</h1> <ul style="list-style-type: none"> • Take immediate action to cool the person until help arrives 		
Weather.gov/socialmedia Weather.gov/heat		@SacramentoOES SacramentoReady.org		

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.



Smyrna's ongoing Friendship Knitting Project continues!

We'd love for you to add a few rows of knit or crochet on the prayer shawls (available in the Narthex) during worship, coffee hour, or church meetings.

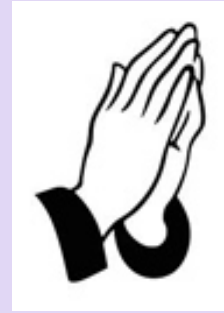
You can select from a variety of colorful yarns, donated by church members, and use a pattern of your own (or choose a pattern sheet included with the supplies) to create a sampler of stitches. There's no deadline, we'll knit or crochet until the shawls are done.

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																						
<table border="1" style="margin: auto; border-collapse: collapse;"> <caption>Jul 2019</caption> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>			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				<table border="1" style="margin: auto; border-collapse: collapse;"> <caption>Sep 2019</caption> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td></td><td></td><td></td><td></td><td></td></tr> </table>			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						<i>1</i>	<i>2</i> b.d. Andrew Daniels	<i>3</i> Wedding Ann: Elaine & Joel Daniels
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<i>4</i> 10 am Worship Altar Decorations for the month of August will be provided by Jane Dahl and the Art Committee b.d. Lisa Havre Coffee Hour: Mary Namit & Ginger Redlinger Summer Days of Giving	<i>5</i> 7 pm AA/AO	<i>6</i> 10 am OA	<i>7</i> 2 pm Ukulele Lessons @ Smyrna begin.	<i>8</i> b.d. Emily Yoder	<i>9</i>	<i>10</i>																																																																																						
<i>11</i> 10 am Worship Summer Lunch Session: Natalie & Bob Becker, Camp Adams restoration and conservation work.	<i>12</i> 7 pm AA/AO b.d. Ted Gribble	<i>13</i> 10 am OA 6 pm Staff Parish mtg 7 pm Church Council	<i>14</i> b.d. Angelica Marine	<i>15</i>	<i>16</i>	<i>17</i> b.d. Bill Chapin																																																																																						
<i>18</i> 10 am Worship b.d. Rachel Peterson Summer Lunch Session: "Good & Cheap" Bring a healthy and cheap lunch dish to share	<i>19</i> 7 pm AA/AO	<i>20</i> 10 am OA 1:30 Diaconate mtg b.d. Adam Maurer	<i>21</i> 2 pm Ukulele Lesson @ Smyrna Wed. Anniv. Derek & Heidi Crispin	<i>22</i> b.d. Twyla Blatchford	<i>23</i> Wed. Anniv. Steve & Deb Patterson; Kyle & Heather Anderson	<i>24</i>																																																																																						
9 am - 12 noon PEACE CAMP AT SMYRNA UCC																																																																																												
<i>25</i> 10 am Worship b.d. Oliver Humphreys Summer Lunch Session: Chet Zimmer from Energy Solutions, LLC, and solar power possibilities	<i>26</i> 7 pm AA/AO b.d. Joann Gribble	<i>27</i> 10 am OA b.d. James Yoder	<i>28</i> 2 pm Ukulele Lesson @ Smyrna	<i>29</i> Wedding Ann. Jim & Susan Buffington	<i>30</i> b.d. Anne Hudrlik, Blanche Kober, Carly Itami	<i>31</i>																																																																																						

Please hold in prayer:

Rod and Pat Bullard
Ethel Henderson on the death of her older sister, Johanna
Asa and Ione Jenson
Vonda Stoneking
Blanche Kober
Beryl and Dan Fisher
Roberta Rigg
Steve Rigg
Dorothy Krebs
and all who have been mentioned at church.



Prayers of sympathy and support for all the family and friends of Mickey Hester, who passed away in July after a long illness that she fought bravely. She will be greatly missed.

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.