

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.

November 2019



Dear Friends,

The nights are getting longer, the daylight hours are getting shorter. Sometimes the nights feel like we are wrestling with the angel that Jacob struggled with in the place he named Bethel, for his struggle with God.

Life is not always sweetness and happiness (although there is plenty of sweetness and happiness in life). Sometimes, it has its moments of struggle and we have been made as spiritual beings with the strength to prevail over that which seeks to overwhelm us.

We don't know what lies around the corner, but we know that there is more to life than meets the eye. In this month when we celebrate both All Saints Sunday (November 3rd), Ingathering Sunday (November 24th) and Thanksgiving (Thursday, November 28th), it's a good time to give thanks for all things. We give thanks for God's presence and gifts, for the friends and family that surround us, and the strength we have been given to laugh, love, share, and prevail over the challenges that face us.

We might limp a little from the struggle, but we can carry on – in this life, and the next. Thanks be to God!

In Christian fellowship,
Pastor Deb

Adult Education

- **November 3:** Remembering the Saints in Our Own Lives.
- **November 10:** The Leading Causes of Life
- **November 17:** Mystery
- **November 24:** Compassion: Keeping it Going
- **December 1:** No Adult Ed – we will have an Advent Potluck and special activities after church.

All Saints Sunday

November 3rd is All Saints Sunday. During the service, we will light candles for those who have passed away during the last year, and for others we remember in our hearts and minds, who are still with us in spirit.





Memory Café

On November 1st at noon, join certified “Time Slips” trainer and storyteller Jo Algiers, as she leads us through an exercise in creative use of our memory to add more joy to our lives.

Please RSVP by Wednesday, October 30th, to Pastor Deb at:
⇒ 503-689-4450 or
⇒ debpattersonhome@gmail.com
Thank you!

Thanksgiving Ingathering

Sunday, November 24, 2019, is designated as Ingathering Sunday whereby we will be bringing food items for the Molalla Food Bank.

There will be a table set up in the front of the altar and during our Sunday morning opening, people are invited to bring the food items they brought to fill the food boxes at the center at that time. All food must be non-perishable. You might bring items you like to eat.

The Mission and Outreach Committee is issuing a challenge to the congregation to bring in over 500 pounds of food on Sunday, November 24th, the Sunday before Thanksgiving.

If you have any questions, please contact one of the Diaconate members. Thank you.



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.

Dr. Mary Ann McCammon, their founder, will be returning to Smyrna to give a Mission Moment

update on the first Sunday in Advent, and you are invited to their fundraiser in Newberg on November 2nd. More information at <https://www.quiltsforempowerment.org/>.



November 3, 2019, has been designated as “Fall Days of Giving.” At this time we are asking you for a donation to be made to the church to help with the General Fund to keep the lights on and fire up the furnace on those cold Sundays.

We will be enclosing return envelopes in the Sunday Bulletin on November 3rd, for your use as well as with your mailed copy of the monthly Behold. Your continued support keeps our church moving forward with our continued projects. Thank you.

Theatre Group

The newly formed Theatre Group at Smyrna is planning a special Christmas program and everyone is invited to participate, with meetings on Tuesdays at 11:30 am.

There is a signup on the bulletin board, and it will include a new song written by Jo Algiers and Michael O’Rear. Please join us!



Smyrna UCC Holiday Bazaar



Smyrna United Church of Christ will hold their annual Women’s Fellowship Holiday Bazaar on Saturday, November 16, 2019.

We will begin the afternoon with a pre-view of items for sale starting at 4:00 pm along with offerings of pizza slices, cake, pie and ice cream for a nominal fee. There will be coffee and punch available.

At 5:00 pm the oral auction will begin and conclude when all items are sold. We again have a full/queen size quilt to be auctioned. If you have any questions, you can call Barbara Daniels at 503-390-4686. The address of Smyrna UCC is 31119 S. Canby-Marquam Hwy (170), Canby, OR 97013.

Foot Care



Your feet have carried you a lot of places in your life, mostly without complaint. Now it may be time to give them a little TLC. Feet change over time, beginning in your 30s, when muscles, tendons, and ligaments start to weaken. In your 40s you may start to experience foot problems such as bunions, hammertoes, nail fungus, and corns and calluses. In your 50s, 60s, and beyond, the fat pads in the bottom of your feet become thinner. Lower bone density in the feet may increase the risk of stress fractures.

Many people have sore feet after a long day of work or play, but there are some factors that can increase the problem:

- Abnormal foot anatomy, such as flat feet, high arch, and arthritis
- Obesity, which increases strain on ligaments, muscles, and joints
- Pregnancy, due to increased weight and hormone-induced relaxation of the ligaments
- Poorly fitting shoes or high heels (wearing high heels is the #1 cause of foot pain)
- Overuse (walking or standing too much, especially on hard surfaces)

Here are some ways to soothe foot pain:

- Soaking the feet in a basin of warm water for 5-10 minutes, using 1-2 tablespoons of epsom salts per gallon of warm water if desired
- Stretching the joints in your feet, using your hands or a strap, for 10-20 seconds, especially good just after a warm foot bath
- Exercising the feet and ankles:
 1. Pick up objects with your toes and move them from one pile to another.
 2. While standing, rise up on your toes, lifting your heels off the ground.
 3. Do ankle pumps, moving your foot up and down.
 4. Make circles with your ankles.
 5. Roll the bottom of your foot on a frozen water bottle, tennis ball, or golf ball.
- Massaging your feet, using oil or lotion (do not use lotion between the toes)
- Buying arch supports or orthotics if needed
- Replacing shoes which seem to contribute to foot soreness (possibly due to insufficient support, excess wear and tear, or poor fit)

People who have difficulty trimming their toenails can find help at foot care clinics at local senior centers or some healthcare systems, such as Legacy and Kaiser Permanente. Local nail salons are another resource.

If you trim your own toenails, be sure to cut them straight across, instead of rounding them at the edges, to help prevent ingrown toenails.

When washing the feet, use a bathtub, shower, or large basin, making sure the water is not too hot or too cold. Wash the entire foot, especially between the toes, using soap (but not antibacterial soap, which may cause skin dryness and irritation). Rinse with warm water. Dry the feet completely, including between the toes. Rub lotion on the feet, but not between the toes. This is a good time to inspect the feet, looking at the top and bottom of the feet, between the toes, and around the toenails.

Use a mirror to see the bottom of the feet more closely. Look for changes in skin color, such as redness. Check for tenderness or sores. Check for cold or swollen feet, burning, tingling, or numbness. Diabetics should inspect their feet daily. There are times when medical help should be sought for foot problems:

1. Diabetes or other conditions which cause peripheral neuropathy
2. Autoimmune diseases such as rheumatoid arthritis
3. Conditions which cause lower limb swelling, such as cardiovascular disease
4. Bunions which may require surgery
5. If you notice new changes, such as a sore, changes in skin color or temperature, swelling, burning, tingling, or numbness
6. When soreness increases in frequency or isn't alleviated by simple remedies like those listed above

Foot care for diabetic neuropathy (and some other conditions) is covered by Medicare. Ask your doctor for referral to an appropriate care provider. Whatever your needs, your feet will thank you for taking care of them. Happy walking!

Answer to Puzzle: "I will praise God's name in song and glorify him with thanksgiving." Psalm 69:30 NIV



Though Many Parts, We're One Body

2019 CPC Annual Gathering

September 27-29
Pacific University, Forest Grove OR

Notes from the Central Pacific Conference of the United Church of Christ Annual gathering

This year's theme was: *Though Many Parts, We're One Body.*

They gave a party at Pacific University and everyone who was invited came. The room at Pacific University was filled to capacity.

The main business was to elect the new conference minister: Tyler Connoley.

We hear that Camp Adams is doing well, and the OCWM monies are down. They are trying to hold the conference budget steady.

The communication projects that we have been working on at conference meetings will continue with different groups working with the local churches.

We voted on three resolutions and they all passed unanimously:

1. recognizing the sovereignty of first nations
2. safety and gun violence
3. gender equity for ministers.

The next meeting will be held in September 2020 in Ashland, OR.

One night a lady came home from her weekly prayer meeting and found she was being robbed and shouted out: Acts 2:38. "Repent and be baptized and your sins will be forgiven."

The robber quickly gave up and the lady rang the police. While handcuffing the criminal, a policeman asked: "Gee mate, you gave up pretty easily. How come you gave up so quickly?" The robber said, "She said she had an axe and two 38's!"

Children's Missions



Children for Change

During the fall (September-November), the Mission and Outreach Committee has recommended that the Children for Change funds collected go to

support the International Rescue Committee, which helps refugee children and families in 40 countries and 26 American cities. This organization was started in 1933 by Albert Einstein. Learn more about the IRC at <https://www.rescue.org>.

FLU Season Message From your Health Committee

Last year's flu season was a doozy. According to the CDC, the 2018-19 flu season lasted 21 weeks, making it the longest in a decade. Already this year, the flu has claimed at least one life — a 4 year old in California. The flu infects some 30 million or more Americans in a typical year.

Whether the 2019-20 flu season turns out to be merciless or mild, the early emergence of the flu should lead people to get their flu shot sooner rather than later — and **preferably by the end of October.**

The flu is a common, highly contagious type of viral respiratory infection. The virus that causes influenza comes in four different types or "lineages," which are known as types A, B, C, and D. Type D flu viruses don't make people sick (they usually affect cattle) and type C's tend to cause only mild infections. So experts usually focus their attention on type A and B flu viruses. Each of these influenza types can be further broken down into different subtypes and strains." (For example, H1N1 and H3N2 are common strains of influenza type A.



People should get their flu shot sooner rather than later — again, **preferably by the end of October.**

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
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<p>10 am Adult Education 11 am Worship</p> <p>b.d. Arlene Hampton, Melissa Liechty</p> <p>Coffee Hour: Kristin Daniels Flowers: Volunteer needed</p> <p><i>Fall Days of Giving</i></p> <p>All Saints Sunday</p>	<p>7 pm AA/AO</p>	<p>10 am OA</p> <p style="color: red; font-weight: bold;">Election Day</p> <p>11:30 am Theatre Group meeting</p>		<p>b.d. Karen Peterson</p>		<p>b.d. Katy Bickers, Jerry Holbrook</p>																																																																																				
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<p>10 am Adult Education 11 am Worship</p> <p>b.d. Rose Blatchford</p> <p>Coffee Hour: Women's Fellowship Flowers: Virginia Yoder</p>	<p>7 pm AA/AO</p> <p>b.d. Paul Liechty, Brenda Hammock</p> <p>Veterans Day</p>	<p>10 am OA</p> <p>b.d. Barbara Beyer Daniels</p> <p>11:30 am Theatre Group meeting</p>		<p>12 Noon Women's Fellowship</p>	<p>b.d. Evan Rigg</p>	<p>Womens' Fellowship Bazaar: 4 pm Preview, 5 pm Auction</p>																																																																																				
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<p>10 am Adult Education 11 am Worship</p> <p>b.d. Asa Jenson</p> <p>Coffee Hour: Diaconate Flowers: Jane Dahl</p> <p><i>Ingathering</i></p>	<p>7 pm AA/AO</p>	<p>10 am OA</p> <p>11:30 am Theatre Group meeting</p>		<p style="font-size: 1.5em; text-align: center;">Thanks giving</p>	<p>b.day Deborah Hancox, Steve Patterson</p>	<p>b.d. Richard Gano</p>																																																																																				

Please hold in prayer:

- Rod and Pat Bullard
- Paul Burkert
- Virginia Yoder
- Asa and Ione Jenson
- Dorothy Krebs
- Vonda Stoneking
- Blanche Kober
- Beryl and Dan Fisher
- Debi Veatch and her son, Garrett Veatch
- and all who have been mentioned at church.



We ask for prayers of peace to surround Ginger, Mary and Maureen, and all of Ginger's extended family on the loss of her dear father Gene Redlinger.

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.