

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.

January 2020

Dear Friends,

“Behold!” I love this name for our church newsletter, which was in use already when I came to Smyrna in 2013. It has so many meanings – pointing the way to that which has happened, and pointing the way to that which is to come.

So, it is fitting that, at the beginning of a new year, we should say, “Behold” and look back at some of what God has been doing through the life and work of our faith community. And it is fitting that we should also look forward to that which is to come in the year ahead – “behold!”

Our Annual Report, to be distributed at our Annual Meeting following worship on January 19th, will be, as always, filled with reports of that which has happened in the past year – new members, deaths, mission and outreach activities, educational offerings, among other things. And it is filled with the possibilities of that which is to come in the coming weeks and months. (Our reports for the Annual Report are due on January 5th.)

“Behold! I am doing a new thing, now it shall spring forth, do you not perceive it? I will make a way in the wilderness, and rivers in the desert,” as Isaiah proclaims the word of God. (Is. 43:19)

So, even though we are way out here in the country, in what some city folk might consider the wilderness, God is making a way for us to do our ministries, bringing forth newness of life in every season. May God richly bless you all this New Year with hope, love, peace, and joy.

In Christian fellowship,
Pastor Deb

P.S. Did you know that the word “Behold” appears 1298 times in the King James Version of the Bible, but only 27 times in the New Revised Standard Version, which is what we use at Smyrna (and none of those times are in the New Testament in the NRSV).



- Adult Education**
- ◆ **January 5:** Thoreau and “Walden Pond” – led by Dr. John Mason
 - ◆ **January 12:** Mystery
 - ◆ **January 19:** “Waking Up and Finding Myself in the Story of Race” Chapter 19: “My Good Luck”
 - ◆ **January 26:** How to Have a Good Death

A Day to GIVE

Winter Days of Giving

With winter weather upon us and heading into a new year, the Fund Raising Committee, would like to call your attention to the Winter Days of Giving designated as January 5, 2020. While you are sitting around your heat source, drinking that third cup of hot chocolate, think about what amount you might give to Smyrna Church to assist in the upkeep and daily care of the church. We do keep the heat at a higher temperature in the sanctuary to keep the piano and organ functioning at their best. This means we pay more during the winter months for gas and electricity. For those people using our building during the winter, the heat needs to be turned up as well. Smyrna's Friendship Hall is in use most weekends during the month of December for family gatherings. We're very proud of the fact that our facility is available to anyone who wishes to use it at any time. Our Committee wishes you a very Merry Holiday Season. Thank you.

Memory Café

Thank you to Joel Daniels for leading us in a special Christmas edition of Memory Café on Friday, December 6th, when folks gathered to share reminiscences of Christmases past, to sing Christmas songs, and to enjoy a lovely lunch prepared by Louise Adams. Thank you also, to Barbara Daniels for helping prepare the meal, Genevieve Freeman for decorating the tables, Linda Dunn for helping with registration and cleanup, and to Elaine and Joel Daniels for helping with the packets.



Please note:

Memory Café will resume on Friday, February 7th, when we will have a program on the importance of preventing falls to keep your brain healthy, presented by Sue and Scott Goetchius.

New Members

We are so glad to have welcomed the following new members into fellowship at Smyrna during November and December:

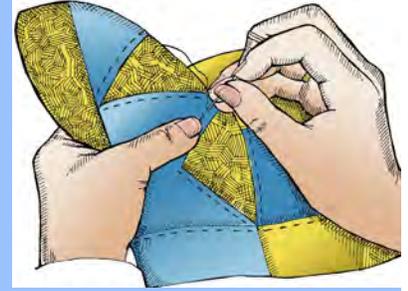
Larry Sumpter (Corvallis)



Jo Algiers and Michael O'Rear (Canby)
 Karyl Carlson (Mt. Angel)
 Ann and David Clites (Silverton)
 Linda Medaris (Canby)
 Garrett Veatch (Tualatin).
 Welcome, all!

Quilts for Empowerment

On Sunday, December 1st, we welcomed Dr. Mary Ann McCammon, who, in a conversation with Pastor Deb during worship, brought us an update on the work of Quilts for Empowerment.



QFE serves girls and women who have suffered childbirth and related traumas in Africa, not only helping them with educational and vocational opportunities, but also providing them with a safe place to work and live.

We collected a special offering, and are combining it with the Children for Change funds for December. The combined total will be matched by a contribution from our Oktoberfest funds. We raised over \$600 and will match it with \$600, to sponsor the education, room, and board for a young girl escaping trauma for a year. Can you imagine living on \$100 a month? Thank you for your help!

Ukulele Group

Thank you to the Ukulele group, taught and led by Pat Kekua, who performed during worship on Sunday, December 22. The group included: Jane Dahl, Rick Gano, Irene Schreiber, Arlene Peterson, Anna Mauer and Anne Stronko. Thank you to all!



The Ukulele class is taking a winter break the month of January. We will resume class on Wednesday Feb 5 — same time and thanks for the use of the church!

Christmas Concert at Smyrna

On Sunday, December 15th, John Nilson returned to Smyrna for an afternoon concert of Christmas music. We are grateful to him for sharing his musical talents with our congregation!





Christmas Program

Thank you to the newly formed theatre group at Smyrna, The Sugar Plum Players, for writing and presenting a special intergenerational Christmas program on Sunday, December 15th during worship, which was held in Friendship Hall.

The program was led by Jo Algiers, Michael O'Rear, Sheila Daniels, Karyl Carlson, Christina Lydy-Mills, Christine Foster, Arlene Peterson, and Rick Gano, and included Bridgit Milliren, Skyler Wilson and Archie Lydy-Mills.

Thank you to all who participated, and to the Health Committee for providing Coffee Hour twice this month!

CHRISTMAS PROGRAM Led by the Sugar Plum Players
and including all the Smyrna Community
'Twas the Week Before Christmas
Sheila Daniels and Children
A Poem by Walt Whitman

THE MIRACLE SONG By Jo Algiers and Michael O'Rear,
© May 5, 2011

Each and every day, somewhere along the way
I come upon a miracle in an unexpected place

A little bit of this, a little bit of that.
Put some in my pocket, wear some in my hat.

A warming cup of chocolate in a frosty winter breeze,
The friendly smile of strangers that puts my heart at ease,
The laughter of a baby, some happy tears of joy,
I store them up for later, like a special hidden toy.

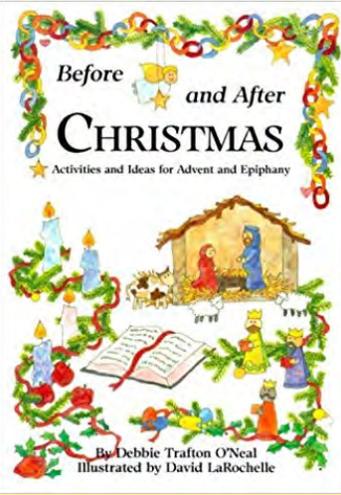
A little bit of this, a little bit of that.
Put some in my pocket, wear some in my hat.

I come across these miracles strewn across my path.
Some call it mere coincidence – **it's how you do the math.**
That little slice of sunlight, a shining star at night,
Add it up and multiply – it always comes out right.

A little bit of this, a little bit of that.
Put some in my pocket, wear some in my hat.

My life is full of miracles when I take the time to look.
They're just around the corner, or written in a book.





Before and After Christmas: Activities and Ideas for Advent and Epiphany by Debbie Trafton O'Neal, illustrated by David LaRochelle.

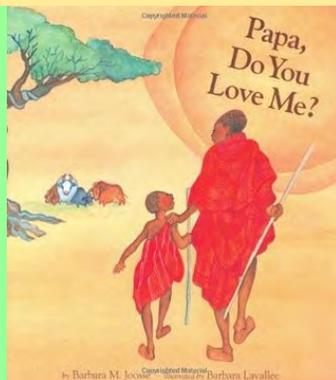
Christmas Day may have passed, but the season of Christmas continues through Epiphany, January 6. Debbie O'Neal's book offers fun ways to celebrate the history and traditions of the twelve days of Christmas between Christmas and Epiphany.

Intended primarily for families to use as resource for celebrating Advent, Christmas and Epiphany, Before and After Christmas devotes a page or two to daily family time ideas for each day in Advent and through January 6. Each day includes a Bible passage for reading together, a short story on a Christmas tradition, and specific activities, including crafts, recipes, and service projects. David LaRochelle's colorful illustrations are helpful in showing how to do the crafts which can be adapted for all ages. "Gifts to Share" are wonderful ideas for make-it-yourself gifts that are inexpensive and thoughtful.

In addition to crafts and activities, Before and After Christmas includes information about seasonal history and traditions that are interesting and entertaining reading, no matter what the season. Debbie O'Neal uses all of these things to inspire ways to create your own traditions for Advent, Christmas and Epiphany and family times throughout the year. It's part of Smyrna UCC's library collection, so check it out!

Papa, Do You Love Me?
By Barbara M Joosse
illustrated by Barbara Lavallee

"You are my Tender Heart, and I love you." the father responds to the child's question. But of course more questions follow. "How much?" "How long?" and then many, many "What if . . ." questions testing a father's response to various situations, including the child's failing his duty. "Then, Tender Heart, I would be angry. But still I would love you."



The story is set in Africa but the theme — a child's need to be loved and reassured of love — is universal. The beautiful illustrations warmly highlight the story. This is a great book for a snuggly story time with a special child. It is available in Smyrna's children's book collection which you can find in the classroom next to Pastor Deb's office.

Write a Book Review for the Behold!!

Have you read a book lately that you would recommend to others? Have you read one you would steer people away from? Here's your chance to reach a wider audience by writing a short review for the Behold!!

The Library Committee would love to get some feedback on books in Smyrna's Church Library or recommendations for future purchase.

Here are some considerations for writing your review:

- Start with the book title, author's name, and illustrator's name
- A brief summary of the book. Don't give away the ending!
- Was the book helpful? How? Or why not?
- What did you like about it?
- What didn't you like about it?
- Would you recommend it?
- Is it available in the church, public library, or bookstore?

A man dies and meets St. Peter at the Pearly Gates. Peter says to the man, "Here's how it works. You need to have one hundred points to get into heaven. You tell me about all the good things you've done. They are all worth a certain number of points. If your total is one hundred or more, you can come in."

"Well," says the man. "I was happily married to the same woman for 52 years. I never looked at another woman. I was attentive and loved her dearly."

"That's great," says St. Peter. "That'll be two points."

"Hmmm," says the man. "This is going to be harder than I thought. Well, I attended church regularly, volunteered my time and tithed faithfully."

"Wonderful," says St. Peter, "That's worth another point."

"One point!" says the man. "Okay, okay. I was involved with a prison ministry for twenty-five years. I went into the prison, at least monthly, and shared Jesus with them."



"When I type in your name and 'ein,' ein, there are over 20 million results."

"Wow!" says St. Peter. "That's another two points!"

"Only two points!" says the man. "At this rate, it'll be only by the grace of God that'll I'll ever get into this place."

"Bingo!" says St. Peter. "That's one hundred points! Come on in."

*Smyrna's annual meeting
will be held after worship
on January 19, 2019.
Lunch to follow.*

Annual Reports due date approaches!

January 5, 2020, the due date for turning in annual reports for the Annual Report book, is closer than you might think. The list will be posted on the Narthex bulletin board and reports checked off as they come in.



These reports will be needed:

- Pastor
- Moderator
- Board of Trustees
- Grounds Committee
- Diaconate
- Scholarship Committee
- Finance Committee — 2020 Fundraising dates
- Clerk's Report
- Mission and Outreach
- Staff/Parish Committee
- Building Use
- Board of Christian Education & Christian Nurture
- √ Library Committee
- Women's Fellowship Report
- Nominating Committee — list of Officers, Board & Committee Members
- Memorial Committee
- Heartline
- Cemetery Committee
- √ Health Committee
- Earth Care Committee
- Camp Adams
- Treasurer Report — separate from annual
- Coffee Hour Volunteers — please sign up
- Flower Volunteers — please sign up

Smyrna's donations to Molalla Service Center in 2019

January	318 lbs
February	76 lbs
March	141 lbs
April	172 lbs
May	174 lbs
July	286 lbs
August	36 lbs
September	132 lbs
October	194 lbs
November	910 lbs
December	168 lbs (delivered early as the center is closed later in the month)
Total:	2,607 lbs



Puzzle!

Each year, the Israelites had three harvests. Find and circle these foods that the people gathered.

almonds	gourds	nuts
apples	grapes	olives
barley	herbs	onions
beans	leeks	pomegranates
cucumbers	lentils	rye
figs	melons	wheat

H A C B R Y E B R V E N
G A U A S N O L E M S U
R L C R F I G S T A T T
A M U L I M B E H A N S
P O M E G R A N A T E S
E N B Y E S E L P P A K
S D E H R O N I O N S E
V S R E S G O U R D S E
T I S M E S L I T N E L
S E V I L O W H E A T H

From the Health Committee:

Notice: The flu season is upon us! There have been 1500 cases of the flu in Oregon so far in 2019 vs. 400 in 2018. **IT IS NOT TOO LATE TO GET YOUR FLU SHOT!**

Flu Season tips

How can you avoid spreading the flu to others?

Flu typically spreads when a sick person's mucous finds its way into a healthy person's body. This usually happens when people with the flu sneeze or cough, which sprays droplets of virus-containing mucous into the air where it can be inhaled or otherwise taken up by innocent bystanders. **A new study even shows that breathing alone is enough to spread the flu virus. Stay at home if you are sick.**

Flu can also spread when a sick person touches a railing, doorknob, or other objects that people will be handling. Washing your hands often — especially if you've been sneezing, coughing, or wiping your nose — this will reduce the number of flu-ridden germs you leave behind.

IF YOU HAVE THE FLU, YOU'RE MOST CONTAGIOUS DURING THE FIRST THREE OR FOUR DAYS. BUT YOU CAN STILL SPREAD THE FLU FOR UP TO SEVEN DAYS. YOU CAN ALSO GIVE OTHER PEOPLE THE FLU BEFORE YOUR SYMPTOMS SHOW UP. THIS IS WHY EXPERTS SAY, OVER AND OVER AGAIN THAT FLU SHOTS ARE THE BEST WAY TO PREVENT WIDESPREAD OUTBREAKS.

Can you get the flu twice in one season?

Unfortunately, yes. There are often several different flu strains circulating at the same time each year, and you can certainly get one after another. If you spend a lot of time in places where a lot of people intermingle, you're more likely to be exposed to different strains of the flu, and so more likely to contract an influenza infection more than once. The one bright spot; if the two strains of flu that you contract are closely related, your symptoms the second time around should be milder.

Is it ever too late in the season to get the flu shot?

No. You would like to be vaccinated before the season starts.... the CDC says people should consider getting a flu shot as long as flu season persists, which in some years could run into May. If you can get your flu shot before the end of October, that's usually ideal.

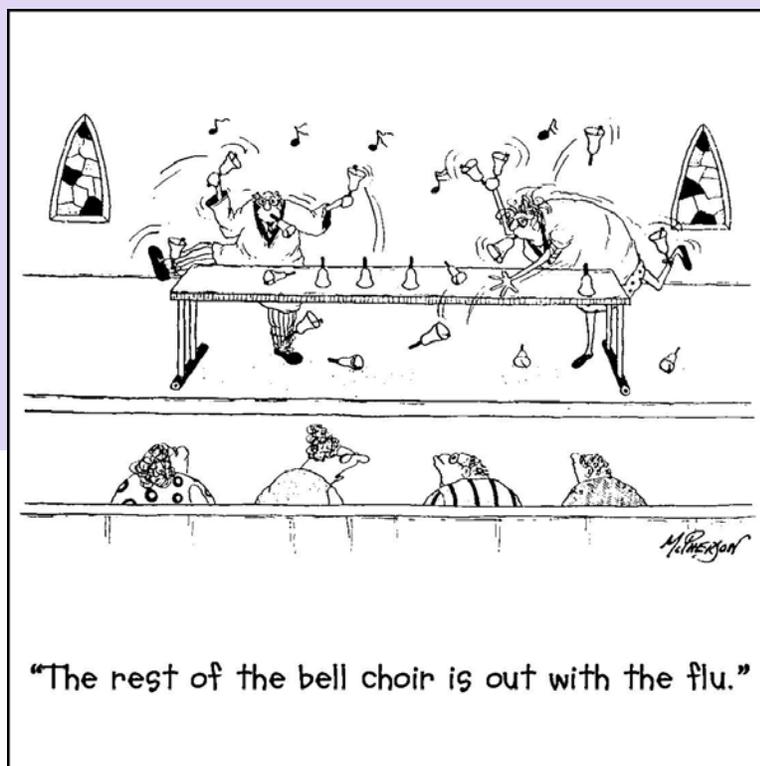
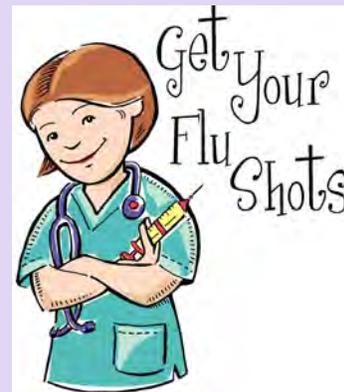
Why do some people feel flu-ish after they get the shot?

In rare cases, most involving kids, the inactive virus proteins in the flu vaccine can trigger a low-grade fever or other mild flu-like symptoms such as headaches. These symptoms tend to last for a day or two, which is much shorter than a full-fledged influenza infection.

More commonly, someone who has already contracted the flu or a common cold- but who hasn't yet begun to feel symptoms — mistakenly blames the vaccine when their symptoms emerge. Tens of millions of Americans will develop colds or flu each year, and tens of millions will get the flu vaccine. It's a statistical certainty that many, many people are going to develop cold or flu symptoms around the time they get the flu shot.

What are the chances that you'll get the flu even if you get a flu shot (and how is that possible in the first place?)

That's impossible to say for certain because the flu shot's effectiveness varies from year to year. But experts say that, even in the best years, the flu vaccine is only 50%-70% effective. There are hundreds of different flu strains, and any number of them may be circulating during a given flu season. While the experts sometimes guess wrong, there's evidence that symptoms of flu tend to be milder among people who are vaccinated, compared to those who are not, even when the vaccine isn't optimally matched to that year's strain.



Treasurer's Report

Balance 10/31/2019	\$17,660.74
Receipts	7,604.40
Expenditures	<u>6,305.75</u>
Balanced 11/30/2019	\$18,959.39

January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																					
<div style="display: flex; justify-content: space-around;"> <table border="1" style="border-collapse: collapse; text-align: center;"> <caption>Dec 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>31</td><td></td><td></td><td></td><td></td></tr> </table> <table border="1" style="border-collapse: collapse; text-align: center;"> <caption>Feb 2020</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></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> </table> </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	<p style="font-size: 2em; color: red; margin: 0;">1</p> <p style="font-size: 1.5em; color: red; margin: 0;">Happy New Year!!</p>	<p style="font-size: 2em; color: red; margin: 0;">2</p> <p style="font-size: 0.8em; margin: 0;">b.d. David Schriever, Linda Younger</p>	<p style="font-size: 2em; color: red; margin: 0;">3</p>	<p style="font-size: 2em; color: red; margin: 0;">4</p>		
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Please hold in prayer:

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



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.