

BEHOLD!! SMYRNA

June 2021



UNITED CHURCH
OF CHRIST

1 Thessalonians 3:9, NLT:

"How we thank God for you! Because of you we have great joy as we enter God's presence."

What an amazing and caring family in Christ we are! We will gather together in person on the pavement at 10 am, June 6, 2021 for worship. Bring your chair, and coffee cup for coffee hour following.



See Pastor Cat's letter inside for more details on guidelines.

Directory of Resources

We have a new Directory of Community Resources tile on our Smyrna Home Page. Click on the tile and it will open to multiple topics:

Food/Hunger — Caregiver Support — Grief — Medical — Mental Health — Housing — Senior Health Insurance Benefits Assistance — Medical Equipment — Showers/Laundry/Food boxes — Events for Seniors — Learning/Classes, etc. Click on the topic and each has available resources for that topic with contact information. Click on it and check it out!!

Camp Adams Sunday

Our church service on Sunday, June 13, 2021, will be held at the church camp, Camp Adams, which is located at 18499 S. Highway 211, Molalla. We have made this an annual part of our church life for a long time now and we are happy we can again hold our service among the towering firs. Since it is early in June, you may want to bring warmer clothes to put on as weather permits.

The service will begin at 11 AM, so come a little earlier to register and set up your chairs in the pavilion which is near Morris Lodge and the parking lot. We ask that you bring your own chairs to the service. If you forget your chair, there are chairs there that can be sanitized and moved to the pavilion. We would also like to ask that you bring a sack lunch so that we can all stay after the service and enjoy eating and visiting with others before we return home. Coffee and water will be provided by the Diaconate.

If you have any questions regarding the Camp Adams day, please call Barbara Daniels at 503-390-4686. Thank you.

Ministers: All members of the church

Minister: The Rev. Catherine "Cat" Allard

Editor: Jeannie Rogers **Asst. Editor:** Elaine Daniels

Church Phone (503) 651-2131

email: smyrnaucc@canby.com

Website: www.smyrna-ucc.org

31119 S. Highway 170, Canby, OR 97013



Dear Smyrna Friends,

It is finally here — the month we return to in-person worship (albeit outdoors) after over 14 months of remote worship. This is a big deal! The Next Steps Committee and the Diaconate are taking great care to ensure that we can worship together safely, keeping in mind that our faith calls us to care for the most vulnerable among us.

The Next Steps Committee has consulted and considered CDC and OHA guidelines. While we know a high percentage of regular Smyrna worshipers have been vaccinated, we would have to have proof upon arrival that *all* participants are fully vaccinated in order to have no mask requirements. The Committee has chosen not to require proof of vaccination, so that those who do not wish to disclose their vaccination status, or who are not vaccinated for personal or medical reasons (including children under 12) are not excluded from worship.

Our communal practice as we begin to gather again (for both worship and fellowship), will be to observe the 2-out-of-3 Rule. The 2-out-of-3 Rule is making sure your activity meets two out of the three following conditions: *outdoors, distanced, and masked*.

This means when we are outdoors the expectation is, even if you are fully vaccinated, that you will be either masked, or distanced from people outside your household by 6 feet. It is recommended that those who are not fully vaccinated, and those who are immunocompromised wear a mask at all times (except when actively eating or drinking). This is also true for unvaccinated children 5 and older.

As I mentioned in my opening, returning to worship in-person is a big deal after 14 months of worshipping remotely! The pandemic isn't over, so it is important to have protocols in place (that will be continuously under review). Some folks may want to wear a **mask at all times, even if they're vaccinated, outdoors, and physically distanced. That's OK!** Our Conference Minister Tyler has recommended some best practices that honor the values of consent and bodily autonomy: let people wear masks without **asking them why they're wearing a mask**, respect their medical privacy by not asking about vaccination status, and ask before you touch. Not everyone was comfortable with hugs and handshakes before the pandemic! We have an opportunity now to make it normal to ask (to get consent) before we touch people. Really give someone the space and time to say **yes or no if you ask them for a hug or a handshake (i.e. don't lean in as if you're expecting a yes, or as if no is not a real option)**.

If the 2-out-of-3 Rule feels too stressful to have to think about, just wear your mask at all times. The best practice for everyone will be to arrive with your mask on, so you can go

through the check-in process masked. If you arrive and realize you forgot to bring a mask, there will be disposable masks available. Check-in will involve signing the attendance register for contact tracing purposes. You will also be asked to write your name on a name tag and wear it (this is one of the most welcoming and hospitable things you can do – think of it from the perspective of a newcomer!).

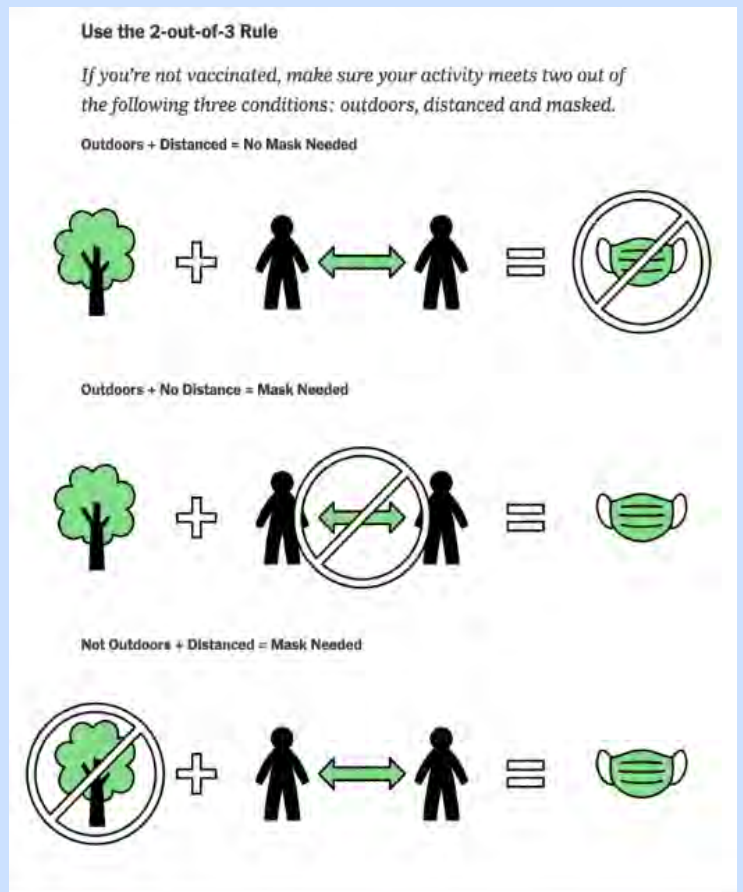
We'll have more details published about the June 6 worship via HeartLine. This message is to help prepare you for the masking and distancing expectations. If you or someone in your family cannot wear a mask for medical reasons, please contact me, and we will discuss what alternatives are possible. The outdoor services will be recorded (not livestreamed) and posted to YouTube Sunday afternoon.

Thank you to Next Step Committee Members: Jane Dahl, Barb Daniels, Joel Daniels, Sheila Daniels, Tom Daniels, Rick Gano, Carol Menkel, Ginger Redlinger, and Audrey Yoder for helping us prepare for this transition!

Spirit of the Living God, fall afresh on us as we regather in-person for worship and Holy Communion!

Pastor Cat

The graphic below, seen in the New York Times, gives a clear visual explanation of the 2-out-of-3 rule.





Strokes — Symptoms and what to do

A stroke happens when blood supply to part of the brain is blocked or reduced, so that brain tissue

doesn't get enough oxygen and nutrients. Brain cells start to die in minutes.

Here are some of the symptoms:

1. Trouble speaking or understanding what others are saying.
2. Paralysis or numbness of the face, arm, or leg, usually just on one side of the body.
3. Problems seeing in one or both eyes (blurred or blackened vision, or double vision).
4. Sudden, severe headache, possibly along with vomiting, dizziness, or altered consciousness.
5. Trouble walking, possibly with loss of balance, sudden dizziness, or loss of coordination.

If you are with someone who shows signs of a possible stroke, **think "FAST" and do the following:**

- **FACE:** ask the person to smile and check whether one side of the face droops.
- **ARMS:** ask the person to raise both arms and check if one **arm doesn't raise or drifts downward.**
- **SPEECH:** Ask the person to repeat a simple phrase and check if their speech is slurred or garbled.
- **TIME:** if you see any of these signs, call 911 immediately. **Don't wait to see if the symptoms go away; the longer treatment is delayed, the greater the potential for brain damage and disability.**

There are two types of stroke:

1. Ischemic stroke (the most common) is caused by a blood clot that blocks a blood vessel in the brain.
2. Hemorrhagic stroke is caused by a blood vessel that breaks and bleeds into the brain.

Another condition similar to a stroke is a TIA (transient ischemic attack), sometimes called a mini-stroke. Symptoms are similar to a stroke but last less than 24 hours. The damage to the brain cells is not permanent, but someone who has a TIA is at much higher risk of having a stroke. It is impossible to distinguish immediately between a stroke and a TIA, so anyone with symptoms of a stroke should have someone call 911.

Some of the risk factors for having a stroke are:

1. High blood pressure (the primary risk factor).
2. Diabetes.
3. Heart disease (atrial fibrillation, for example, is an irregular heart rhythm which can cause blood clots leading to stroke).
4. Smoking, which damages blood vessels and raises blood pressure.
5. Personal or family history of stroke or TIA.
6. Age (risk increases with age).
7. Race and ethnicity (African Americans have a higher risk of stroke).
8. Alcohol and illegal drug use.
9. Physical inactivity.
10. High cholesterol.
11. Unhealthy diet.
12. Obesity.

Treatment for stroke depends on what type of stroke it is (ischemic or hemorrhagic), and can include medication, surgery, and rehabilitation.

There are some ways to reduce the risk of having a stroke:

1. Eating a heart-healthy diet.
2. Aiming for a healthy weight.
3. Managing stress.
4. Getting regular physical activity.
5. Quitting smoking.
6. Managing blood pressure and cholesterol levels.

- ◆ Thanks to Joel, Mary & Ginger, Carl, Paul Yoder - and all who have helped with coordinating brick, tree, fence, and other grounds work both related to ice storm damage repair and the solar panel array installation.
- ◆ Thank you to Rebekah for baking cookies to share at an outdoor fellowship gathering.
- ◆ Thank you to Jeannie Rogers for continuing to prepare and send out the bulletin, and to she and Elaine Daniels for putting together the BEHOLD newsletter each month.
- ◆ Thank you to the Health Committee for reaching out to members and friends with phone calls, and to Mary Namit and Barb Daniels for sending cards.
- ◆ Thank you to Christine and Virgil Foster for hosting a fresh air walk around the perimeter of their farm.
- ◆ Thank you to Tom Daniels for another month of virtual worship production!
- ◆ Thank you to the Next Steps Committee and Diaconate for their help in planning for outdoor worship in June.
- ◆ Thanks to all who participate in Scripture Dialogue!
- ◆ Thanks also to all who continue to support the ministries of the church with your gifts and offerings.
- ◆ Thank you to our Church Treasurer, Irene Schriever, for keeping track of our finances.



Mission and Outreach:

Thank you to everyone who has given to the Mission Projects through the church.

This includes:

Local Food Bank: \$419.52

One Great Hour of Sharing: \$1,807

North Willamette Valley Habitat for Humanity: \$1,435

Our June "Children for Change" offering will be sent to Doctors Without Borders. Also, any items for the food bank may be left in the narthex and Paulette will deliver them to Molalla. She was able to take in 23 pounds in May. Thank you for this also!

It is also the time of year that our church supports one of the 5 for 5 offerings, "Strengthen the Church."



The Strengthen the Church (STC) Offering reflects the shared commitment of people across the United Church of Christ to cooperatively build up the UCC. Conferences and the national setting equally share the gifts given by members and friends through their local congregations. The funds raised support leadership development, new churches, youth ministry, and innovation in existing congregations. By your generosity to this offering, you build up the Body of Christ. As God calls our congregations to be the church in new ways, your generosity will plant new churches, awaken new ideas in existing churches and develop the spiritual life in our youth and young adults. Our first invitation to receive the offering was May 30th and it will remain an option on our website giving page this month!

Technology Grant

We have just received word from the Central Pac Conference that Smyrna UCC has received an \$1800 technology grant for equipment that will help us to record and put our services online once we are back to meeting in person.



Fun fact: Australia's biggest export is boomerangs. It's also their biggest import.



Honoring Our Graduates

In July, we will be celebrating the many of our church family who are graduating from one level of education to the next. Details will be published in the July Behold.

Glenda Yoder Sano Scholarship Program

Since 2004, the Glenda Yoder Sano Scholarship fund has provided over \$33,000.00 in scholarships to deserving young men and women who have been actively involved in the life of Smyrna United Church of Christ. All the recipients have used the funds to further their education either in a college or a technical program.



Scholarship Fund

As a congregation, we should be proud of being able to support our young people in preparing for their futures. However, the scholarship fund needs continued donations to survive. The program started with a large donation from Larry Sano in his late wife's memory.

As many of you may remember, Glenda Sano was hugely involved in youth programs at Smyrna throughout her life, and Larry was interested in seeing this involvement continue. If you would like to help us maintain this program for our future young people, please do so by either making a check payable to Smyrna UCC Scholarship Fund or a cash donation. Either can be sent or given in person to Rick Gano, Committee Chair, or Irene Schriever, Treasurer.

This year, the scholarship fund has granted six scholarships to members of the Smyrna community. They are Lincoln Bangs who is attending OSU, Lucia Bangs who will be attending Clackamas Community College, Imani Robinson who will be attending Pacific University, Donald Hammock who is attending Oregon Institute of Technology, Anna Maurer who will be attending Oregon Institute of Technology, and Elsa Anderson who will be attending Southern Oregon University. Please congratulate these young people for their accomplishments in their continued education!

Rick Gano, Scholarship Committee

June 2021 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																										
<p>If you would like a calendar to post, print off this page of the Behold!!</p> <p>There are copies on the table in the narthex for you to pick up..</p>		<p>1</p> <p>b.d. Justin Peterson</p>	<p>2</p>	<p>3</p>	<p>4</p> <p>b.d. Ethel Henderson</p>	<p>5</p> <p>b.d. Paul Ashton</p>																																																																																										
<p>6</p> <p>10 am Outdoor Worship at Smyrna b.d. Nick Itami</p>	<p>7</p> <p>7 pm AA/AO b.d. Aaron Liechty, Hadley Kersens</p>	<p>8</p> <p>b.d. Andrew Mahar</p>	<p>9</p> <p>b.d. David Yoder</p>	<p>10</p> <p>b.d. Amber Rogers Enfield</p>	<p>11</p>	<p>12</p> <p>b.d. Nathan Gribble Blair</p>																																																																																										
<p>13</p> <p>11 am Worship at Camp Adams</p>	<p>14</p> <p>7 pm AA/AO b.d. Marcus Daniels Flag Day</p>	<p>15</p> <p>7 pm Church Council b.d. Emily Holt Borges, Imani Robinson</p>	<p>16</p> <p>Wedding Ann: Steve & Kirstan Rigg</p>	<p>17</p>	<p>18</p> <p>b.d. Bill Peterson Wedding Ann: Steve & Jane Dahl</p>	<p>19</p>																																																																																										
<p>20</p> <p>b.d. Elsa Anderson Father's Day</p>	<p>21</p> <p>7 pm AA/AO b.d. Elsa Anderson Summer begins</p>	<p>22</p> <p>b.d. Benjamin Daniels</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p> <p>Wedding Ann: Steven & Eileen Boss</p>																																																																																										
<p>27</p> <p>b.d. DaNelda Strode, Beth Liechty Koberstein, Sophia Patterson</p>	<p>28</p> <p>7 pm AA/AO b.d. Murlene Liechty</p>	<p>29</p> <p>b.d. Robert Schuebel, Heidi Crispin Wedding Ann: Katherine & Allen Holt</p>	<p>30</p>	<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid blue; padding: 5px;"> <p style="text-align: center; margin: 0;">May 2021</p> <table style="width: 100%; border-collapse: collapse; text-align: center;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td></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> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div> <div style="border: 1px solid blue; padding: 5px;"> <p style="text-align: center; margin: 0;">Jul 2021</p> <table style="width: 100%; border-collapse: collapse; text-align: center;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td>1</td><td>2 3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</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
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**No matter who you are,
or where you are on life's
journey, we welcome
you.**

SMYRNA



UNITED CHURCH
OF CHRIST
a just world for all



- Pat Bullard and all her family
- Paul Burkert
- Katherine Holt
- Emily Holt and her family
- Karyl and her son Patrick Carlson
- Virginia Yoder
- Pastor Deb Patterson
- High school seniors and children of every age and stage of education (and teachers and parents too)

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.