

BEHOLD!! SMYRNA

July 2021



UNITED CHURCH
OF CHRIST

Dear Smyrna Friends,

It is with deep gratitude and great fondness for Smyrna UCC that I write my last Behold! article as your 6-month Supply Pastor. Kindness, generosity, good humor, commitment, care-giving (of people and creation) abound in this body of Christ! It has been a privilege to be in ministry with you. We traversed through winter (an epic ice storm), Lent, and getting vaccinated together - supported by the gospel of Luke, Wednesday evening spiritual practices, fellowship time over zoom, the work of many faithful servants, and lots of looking out for and praying for one another. Thanks especially to the Health Committee, and to Joel (and those whose reaching out was unknown to me) for **reaching out to community members who weren't connected in virtual ways**. We celebrated Easter, the return to in-person gatherings at church, receiving the PGE solar panel array and CPC technology grants, and the graduation milestones of eight youth. The community received new friends (Janet, and Pat and Nancy) into your fellowship.

This month, we find ourselves in yet another time of transition (the first bumper sticker I ever bought comes to mind: "The only thing that is constant is change"). Thank God for the other **"constant" - God's faithfulness! And for churches (and other spiritual communities and companions) who help us remember that.**

We have transitioned from pre-recorded worship to in-person outdoor worship; and at some point, you will (believe it!) transition to worshipping indoors again. As the percentage of people

vaccinated in Oregon slowly inches toward 70%, we look forward to the re-opening of the state. Your beloved Pastor Deb returns to you this month for a couple of weeks before a well-deserved vacation; and then will return to you, fully! I transition **from Supply Pastor at Smyrna UCC to the search for what's next in my life vocationally** - hopefully having enriched your spiritual life as much as you have enriched mine. I am grateful to God for you, and for the opportunity to be in ministry with you these past six months.

The high school graduates this year were gifted the book Love Poems from God: Twelve Sacred Voices from the East and West translated by Daniel Ladinsky. One of the poems (below) by St. Francis of Assisi is entitled WILD FORCES:

There are beautiful wild forces within us.

Let them turn the mills inside
and fill
sacks
that feed even
heaven.

Indeed, there are beautiful wild forces within us - within you, Smyrna UCC friends. Keep letting them turn the mills inside, to fill sacks that feed even heaven. And may you be blessed, ever blessed, in your ongoing life and ministry together.

In Christ,
Pastor Cat



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HEALTH SUNDAYS

As we are returning to in person worship, the Health Committee would like to designate the first Sunday of each month as "Health Sunday." This will involve us furnishing healthy snacks during the coffee hour, and various other health surprises.

Mission and Outreach

Thank you to everyone who has supported our various mission projects. As was reported, Paulette was able to deliver 23 pounds of food to the Molalla Food Bank in May and in June 67 pounds were already delivered. **Let's see what we can accomplish in July.** We did receive word that there is a need for toilet paper, personal hygiene items and quick meals like hamburger helper.

Children for Change during July and August will go to:

A Church World Service School Kit

Remember how great it felt to start school with all the right supplies? Give that same feeling to a student **who otherwise wouldn't** have the supplies they **need.** You'll give them a chance to succeed in

school, even if they are recovering from a disaster or living in other tough circumstances.

\$15.00

In 1946, in the aftermath of World War II, Church World Service was born. Seventeen denominations came together to form an agency "to do in partnership what none of us could hope to do as well alone." The mission: Feed the hungry, clothe the naked, heal the sick, comfort the aged, shelter the homeless.

75 years later the mission remains, though where and how it is accomplished has changed dramatically



The guy that invented the umbrella was gonna call it the brella. But . . . he hesitated.



*July has been designated as
Peace Month.
"Peace Begins with a Smile"
Mother Teresa*



Image by miyokogoto

For over a decade Peace Camp has been a **hallmark of Smyrna UCC's commitment to** nurturing peacemakers. We lament that this will be the second summer COVID-19 has impacted our ability to plan for and host a Peace Camp offering for children. We have high hopes for next year! In the **meantime, the Diaconate has designated July "Peace Month"** and our worship themes in July will reflect that. To support the congregation's intent to learn more about and consider becoming a Just Peace Church, scriptures and preaching **themes will be selected from the UCC's "Just Peace Church Handbook."** To introduce you to what a Just Peace Church is, the first paragraphs of the handbook's introduction are below:

"The Just Peace Church vision is a hallmark of United Church of Christ's (UCC) **theological identity.** For over three decades, the Just Peace Church pronouncement has informed UCC witness across the life of the church and inspired a grassroots movement of UCC congregations committed to corporately naming and boldly proclaiming a public identity as justice-doing, peace-seeking church. The Just Peace pronouncement, which was affirmed in 1985 at the 15th General Synod in Ames, Iowa, articulated for the first time a UCC position on war and peace as distinct from other historic Christian approaches, namely the theories and practices of Crusade, Pacifism, and Just War.

"Since 1985, the Just Peace paradigm has been further developed by scholarly research and the creation of ten corresponding 'Just Peacemaking Practices.' More recently, Just Peace has received increased attention and affirmation by the World Council of Churches and other ecumenical partners.

While acknowledging the UCC's groundbreaking proclamation, these new ecumenical efforts are interpreting Just Peace in new contexts and considering its merits as an emerging consensus on how to faithfully address critical justice and peace concerns among various faith traditions.

"WHAT IS JUST PEACE? Grounded in UCC polity and covenantal theology, the Just Peace Pronouncement and resulting church movement has at its core a call to alleviate systemic injustice of all kinds using non-violence, challenging us to explore the intersections between peace and justice, offering to the world the prophetic message, grounded in the hope of reconciliation in Jesus, that **'Peace is possible!'**

Sleep, Glorious Sleep

I once wrote a poem entitled “Sleep, Glorious Sleep” when I was working night shift and trying to sleep during the day. This was a difficult task due to daylight, noises from traffic and neighbors going about their daily lives, probably too much coffee at work, and lack of consistency in daily schedules (changing back and forth from sleeping during the day and sleeping at night on my days off). Almost all of us night shift workers suffered from chronic sleep deprivation. When we arrived for work, we greeted each other with the question “How did you sleep?” One of my colleagues was once stopped by police on her way home from work on suspicion of drunk driving; she was merely in her usual state of exhaustion after a hard night’s work.

Lack of sleep can lead to a greater risk of developing diseases, including hypertension, heart disease, stroke, cancer, diabetes, obesity, and depression. Night shift workers, for example, have an increased risk of developing breast cancer. Driving a motor vehicle is much more dangerous when the driver has not had enough sleep. You are twice as likely to be in a car accident when you have had six or seven hours of sleep compared to a full eight hours. You are four times as likely to crash when you have had less than five hours of sleep. Lack of sleep can also lead to decreased productivity and slower reflex responses. As a general rule, experts consider 7 to 9 hours of sleep to be adequate for most adults.

During World War II, the U. S. military recognized that fighter pilots who didn’t get enough sleep were at risk of errors resulting in their being shot down or shooting down friendly pilots rather than enemies. They developed a way to teach pilots to fall asleep quickly and reliably.

In simplified form, the steps developed were as follows:

1. Get into a comfortable position.
2. Relax your whole face, paying attention to all the muscles.
3. Release tension, starting with your shoulders and progressing down your body. Start with your dominant side, feeling the muscles become relaxed and heavy, then move to the non-dominant side.
4. Clear your mind for 10 seconds.

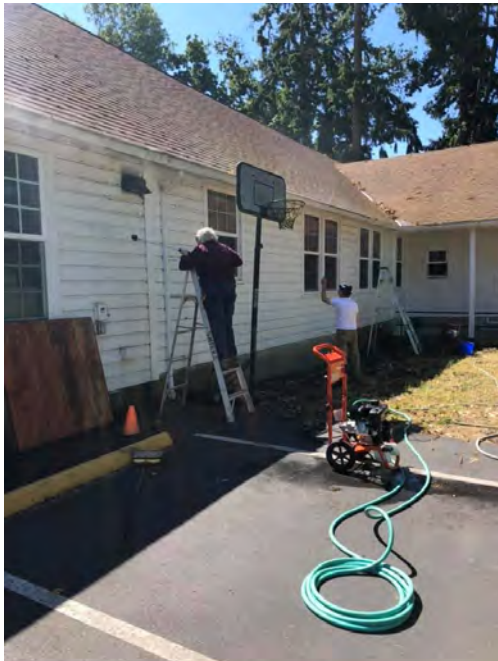
When pilots were taught these techniques and practiced them over a period of six weeks, about 96% of them were able to fall asleep within two minutes under all sorts of conditions.

Here are a few more tips to help people fall asleep:

1. Lower the room temperature at night and take a warm bath or shower before going to bed.
2. Try to stick to a regular schedule for waking and sleeping.
3. Expose your body to bright light during the day and keep the bedroom dark at night.
4. Practice yoga, meditation, or mindfulness.
5. Listen to relaxing music at bedtime, or block all noise from the bedroom.
6. Exercise during the day.
7. Do not use electronic devices late at night.
8. **Limit caffeine; it’s best to stop caffeine consumption at least 6 hours before bedtime.**
9. Sleep in a comfortable position; the side position may help prevent snoring and sleep apnea.
10. Read something at bedtime (a physical book is better than an e-book).
11. Visualize something that makes you feel happy and calm.

If you have persistent trouble sleeping and do not function well in the daytime as a result, consult your doctor





Smyrna Elves in action

If you missed Mary's post on facebook, read it now!

On June 16 our outdoor worship area got a good scrubbing by Dave Clites and Barb Daniels. Looks much better!

Irene Schriever and Mary Namit tackled the residual damage and debris from the ice storm. The beds are looking better and the tree will be happier without all the broken limbs.

General Tree company was on the third and last day of major pruning and trimming for the cemetery and grove area.

Thank you Smyrna Elves! Thank you for the pictures, Mary!



July 2021 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
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b.d. Don Rogers	7 pm AA/AO Wedding Ann: Paul & Mary Ashton	b.d. Tom and Terry Daniels				Wedding Ann: Kyle & Heather Anderson																																																																																				

**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
Paul Burkert
Katherine Holt
Pastor Deb Patterson

Roberta Rigg
Robert Schuebel
Danelda Strode
Kara Tellinghausen

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.