

BEHOLD!! SMYRNA

August 2021



UNITED CHURCH
OF CHRIST

Dear Smyrna Friends,

I can't tell you how glad I am to be back at Smyrna following the legislative session, and how grateful I am to Pastor Cat for her leadership during these past six months, and to all who kept Smyrna going through this pandemic.

It is hard to believe that we are really back together, enjoying **each other's company, getting to know new friends, and sitting on the beautiful new pew cushions.** The work of the committees continued – from the Technology Committee which made the virtual services possible (and continues sending out the services each week following worship) to the Health Committee which helped facilitate vaccinations and activities that could be done while socially distancing, to the Earth Care Committee which completed the solar panel installation, to the Grounds Committee which kept the church looking beautiful (and repaired the damage from the ice storm), to the musicians, to Jeannie Rogers, who kept our bulletins and Beholds coming.

And each and every one of you was a minister at Smyrna – welcoming new folks, and caring for those who needed care. You are a blessing!

I'm glad to be back in the flow of the life of this church, whose life flows on, in endless song. How can I keep from singing?

God bless you all,
Pastor Deb

Life Needs Us All by Edgar A. Guest

There is so much that we can do—
A kind word spoken here and there
Will ease another's weight of care;
Life needs us all. The splendid few
Who rise to fame, with all their skill
Your post and mine can never fill.

If we who have not wealth or fame
Should fail in all our little deeds,
The world would sink beneath its needs.
Not by the greatness of a name,
Nor by the splendor of success,
Are hearts restored to happiness.
About us all are those who need
The gifts which we have power to give;
We can be friendly while we live

And by some thoughtful, kindly deed,
Can help another on his way—
And that is service, come what may.
What though we miss the heights of skill,
The splendor of the greater few,
There is so much that we can do;
There is a place which we can fill—
Always about us while we live
Are those who need what we can give.

Reprinted from www.Gutenberg.org (public domain).

Ministers: All members of the church

Minister: The Rev. Deborah Patterson

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





On July 25th, we bade farewell to one of our dear friends, John Mason, who is moving to La Crosse, Wisconsin, to be near family. He will be missed, and we will welcome him back for visits anytime!

Coming Soon –

In just over one short month, we will return to our fall schedule, with Adult Education at 10 am and worship at 11 am. Please stay tuned for upcoming topics.

Liturgists Needed –

If you would be willing to read Scriptures during worship, please let us know. Please check the sign-up on the bulletin board.

Special Music –

Please let Joel Daniels or the Music Committee know if you would like to provide special music for any of our Sundays.

Coffee Hour –

There is also a sign-up on the bulletin board for folks to bring **snacks to share for coffee hour.** (Remember “KISS” – Keep it simple, Saints!)



A Celebration of Life for Blanche Kober will be held on Saturday, August 21st at 1 pm. Please stay tuned for more details.

Mission and Outreach:

As was reported in our July Behold, Paulette was able to deliver 67 pounds of food to the Molalla Food Bank in June. In July at press time, 51 pounds were delivered and more has been added to the container across from the bathrooms in Friendship House.

There is still a request for toilet paper, personal hygiene items and quick meals like hamburger helper. Items brought can be left in the container or on the bench in the narthex.



Children for Change this month will again go towards purchasing school kits through Church World Service which was formed over 75 years ago. Thank you for helping support these projects.

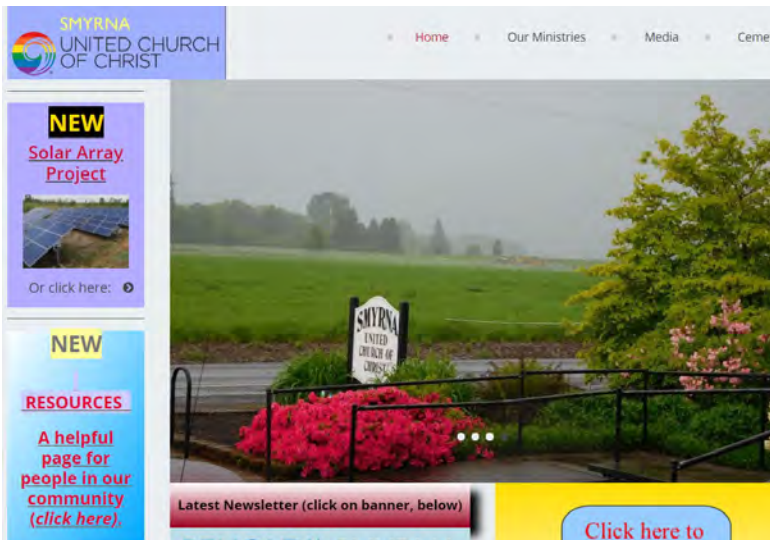


A display of books from the library will be in the Fellowship Hall each Sunday in August. Featured will be books written by Lone Jenson and Steve Patterson. Stop by and talk to a member of the library committee. Ask questions about the library and/or make suggestions for the library. If you do ask a question, you may

not get answers to the question right away, but your questions will help the committee know how the library can better serve the congregation.

Dedication of Solar Panels

Plans are underway for the official dedication of Smyrna's solar panel/electric system. The date has been set for Sunday, September 12. More details to come!



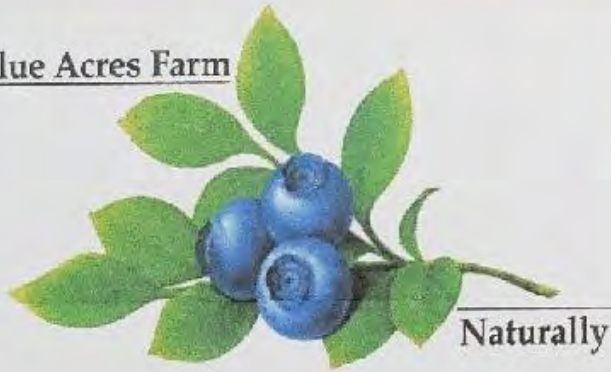
Do You Know?

Smyrna has a home page on the internet. Google Smyrna UCC Canby and you will find it. Summer and winter pictures of our lovely church, access to (just click on) ways to donate, listen to church services, view the BEHOLD, view our new Solar Panel project, AND find help on multiple topics under the RESOURCE tile. So much information at your fingertips!

Tai Chi has moved to Mondays at 9:30 am at the Foster's farm at 15555 S Herman Rd. Virgil Foster, RN, will lead the sessions.(\$5 per week). Following Tai Chi, you are welcome to Walk The Perimeter of the farm at 10:30 am. 15555 S Herman Rd, Molalla.

YOU ARE INVITED TO 2021 - Fourth Annual HARVEST POTLUCK PARTY

Blue Acres Farm



Jeff, Tina & Josh Marshall

R.S.V.P. to: 503-849-4103

Join us for some FUN
Bring something to SHARE
Bring a CHAIR
Spend the afternoon, day
or weekend.

Blue Acres Farm
3357 Cascade Hwy N.E.
Silverton, OR 97381

Saturday August 14th 2021

Potluck 3 to 5pm.

Band 5 to 9pm

(Bobby & the boys back for year 4)

**Sunday Morning Blueberry
Pancake**

/ blueacresfarm3357@gmail.com

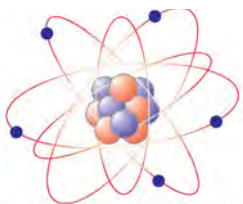
Ofest Committee Meeting

Monday night, July 26th, the Ofest committee met and discussed the upcoming Ofest taking place in Mt Angel from September 16 through September 19, 2021. **We've been** invited to again attend the festival this year, but after much soul searching and discussion, the committee decided Smyrna would not take our booth to the festival this year.

We feel we would like to concentrate on having more of a festival at our church next June when the strawberries are ripe and ready to eat. In addition to having our booth available to provide poutine and other foods we would have games and activities for one and all during an afternoon and evening of the one day event.

This is not to say we won't be back with our booth in Mt Angel in the following years, but for now, not this year. Thank you to all who have volunteered in the past.

The Ofest Committee.



Two hydrogen atoms meet.

One says: "I've lost my electron."

The other says: "Are you sure?"

The first replies: "Yes, I'm positive."

HEALTH COMMITTEE SURVEY

It's not too late to submit!

Do you have air conditioning in your home?

Yes ___ No ___

Do you have a generator in case of power outage?

Yes ___ No ___

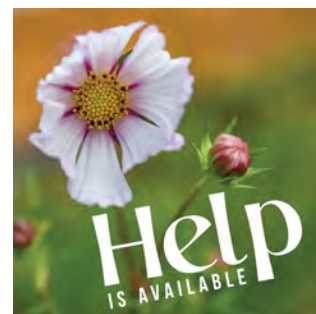
If no:

Would you have transportation to a cooling center?

Yes ___ No ___

Please sign if you respond no to above so we can assist you if needed.

This may be emailed or mailed to Jane Dahl.



HEALTHY EATING : A BALANCING ACT

What exactly is a healthy diet? Many people think it is all about cutting calories or reducing fat to help them lose weight or reduce their risk of heart disease. Indeed, reducing calories and fat has been the focus of many popular “dieting” programs. And it’s true that these are goals for most people. But there’s much more to healthy eating than reducing calories and fat. For example, you could eat a very low-fat diet but at the same time not get enough milk or calcium-rich foods. This might put you at risk for osteoporosis (weak bones) or other health problems. Likewise, if you cut way back on calories, you might not get enough protein, vitamins, or minerals for your body to work well.

Simply put, the foods and beverages we eat and drink are the primary sources of the nutrient building blocks that our bodies need. Our bodies use these nutrients to build tissues, regulate chemical processes, and generate energy to warm and move our bodies. Scientists have long identified these building blocks as **protein, different types of carbohydrates, vitamins, minerals, water, and yes, even fat.**

DIET AND DISEASE CONNECTION

Nutrition plays an important role in the prevention of many diseases and health conditions including heart disease, stroke, cancer, obesity, diabetes, and osteoporosis. In fact, some experts estimate that dietary changes could prevent as many as 35% of cancer deaths in many Western countries each year. Think about the difference this could make in your life.

Healthy eating is also essential in treating diseases such as diabetes, heart disease, and cancer. Of course, other factors such as exercising, not smoking, managing stress, and taking medications as prescribed also affect overall health. Whether for prevention or treatment, eating a healthy diet is good medicine.

Recent research has led scientists and health organizations to recommend certain healthy eating patterns. An eating pattern is the usual selection of foods eaten over the course of a day, week, or month. Not all eating patterns are healthy. Skipping breakfast, eating a burger and greasy side dish for lunch, devouring a large steak and potato at dinner, and snacking on sweets would be considered an unhealthy eating pattern.

The mission of Healthy Eating Every Day (HEED) is to help you enjoy better health by bringing your diet in line with the healthy eating patterns promoted by many health and nutrition experts around the world. To assist you, we focus on five dietary changes that most people

need to make. We call these the HEED goals.

1. Increasing fruits and vegetables
2. Decreasing fats
3. Increasing dairy products and dairy alternatives
4. Increasing whole grains
5. Balancing calories

In addition to the five HEED goals, we believe that several attitudes will be important in helping you make lasting changes in your eating habits:

FOCUS ON FOODS FIRST

In HEED, we encourage you to focus on getting your nutrients from whole foods as opposed to getting them from pills and powders. You probably already know that foods provide many nutritional benefits, such as vitamins, minerals, and carbohydrate. But scientists have recently discovered additional components in foods, especially plant foods, that seem to provide health benefits. Food synergy – the ability of different components in foods to work together to enhance health – is another good reason to focus on foods. Besides, foods are fun to eat!

BELIEVE THAT ALL FOODS CAN FIT

In HEED we emphasize eating a balanced diet of foods rich in nutrients. Still, we think that there is room in most people’s diets for moderate amounts of foods that are less nutritious. In other words, we believe there’s no such thing as “junk” food

MAKE CHANGES YOU CAN LIVE WITH

People are best able to maintain behavior changes if they make the changes gradually. We encourage you to be patient and not expect overnight results. Changing a habit is hard work!

EAT A BALANCED DIET

This is the key to reducing health risk factors and promoting health. Did you know your body needs more than 40 different nutrients to achieve and maintain good health? No single food or food group provides all the nutrients you need. You have to eat a variety of foods in appropriate amounts to get the important building blocks that keep your body healthy and strong. But what’s the right balance? More to come.....

Healthy Eating Every Day – Ruth Ann Carpenter, MS, RD, LD

Carrie E. Finley, MS



WILDFIRE MITIGATION

Our hot, dry weather has opened up wildfire season. We are already seeing many. What can we do? Undertaking wildfire mitigation can reduce or eliminate the risk of damages caused by wildfire to homes, neighborhoods, and communities by creating defensible space zones.

To Do Now:

Zone 1: 0 feet – 5 feet – The Immediate Zone is closest to your house and the most vulnerable – it should be most aggressively maintained for fire resistance

1. Remove any combustible outdoor furniture. Replace jute or fiber door mats with fire resistant materials
2. Remove or relocate all combustible materials, including garbage and recycling containers, lumber and trash
3. Clean all fallen leaves and needles regularly. Repeat often during fire season
4. Remove tree limbs that extend into this zone. No vegetation is recommended within five feet of structures
5. Do not store firewood, lumber or combustibles under decks or overhangs.
6. Use only inorganic, non-combustible mulches such as stone or gravel
7. Screen your vents with ¼ or 1/8 inch non combustible screening to prevent sparks from entering and igniting the structure. Vents typically feed the attic, crawlspace and lower portion of the roof.

Zone 1: 5 feet – 30 feet - The Intermediate Zone may include buildings, structures, decks, etc. Keep this area “Lean, Clean, and Green”

1. Remove dead plants, grass, dry leaves and pine needles from your yard, roof and rain gutters
2. Trim trees regularly to keep branches a minimum of 10 feet from other trees
3. Remove branches that hang over your roof, and eliminate dead branches within 10 feet of your chimney
4. Relocate wood piles into Zone 2, or at least 30 feet from any structures
5. Remove vegetation and items that could catch fire from around and under deck
6. Eliminate “fuel ladders” shrubs planted under trees

Zone 2: 30 feet to 100 feet – The Extended Zone may even include space more than 100 feet away if required by steep slopes, nearby vegetation conditions, and/or your local fire department

1. Cut or mow annual grass down to a maximum height of four inches
2. Remove fallen leaves, needles, twigs, bark, cones and small branches. However, they may be permitted to a depth of three inches if erosion control is an issue.

Check with your local fire department for any additional defensible space or weed abatement ordinances

Longer term :

When replacing your roof, consider non-flammable roofing as metal

When residing your home, consider non flammable siding as fiber cement siding (several brands available)



Puzzle!

Unscramble each set of letters to spell the name of a country.



1. ADEKMRN _____
2. GRBAAILU _____
3. HPEITIAO _____
4. DAUROHNS _____
5. OANMARI _____
6. GLEDANN _____
7. SHININECLTEET _____
8. HFNNAASTGAI _____
9. YNGARME _____
10. SATNKPIA _____

August 2021 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																								
<p>1</p> <p>10 am Worship Services at Smyrna</p>	<p>2</p> <p>7 pm AA/AO 9:30 am Tai Chi @ Foster's Farm b.d. Andrew Daniels, Marian Golonka</p>	<p>3</p> <p>Wedding Ann: Elaine & Joel Daniels</p>	<p>4</p> <p>b.d. Lisa Havre</p>	<p>5</p>	<p>6</p>	<p>7</p>																																																																																																								
<p>8</p> <p>10 am Worship Services at Smyrna b.d. Emily Yoder</p>	<p>9</p> <p>7 pm AA/AO 9:30 am Tai Chi @ Foster's Farm</p>	<p>10</p>	<p>11</p>	<p>12</p> <p>b.d. Ted Gribble</p>	<p>13</p>	<p>14</p>																																																																																																								
<p>15</p> <p>10 am Worship Services at Smyrna</p>	<p>16</p> <p>7 pm AA/AO 9:30 am Tai Chi @ Foster's Farm</p>	<p>17</p> <p>7 pm Church Council b.d. Bill Chapin</p>	<p>18</p> <p>b.d. Rachel Peterson Dunnell</p>	<p>19</p>	<p>20</p> <p>b.d. Adam Maurer</p>	<p>21</p> <p>1 pm Celebration of Life for Blanche Kober Wedding Ann: Derek & Heidi Crispin</p>																																																																																																								
<p>22</p> <p>10 am Worship Services at Smyrna b.d. Twyla Blatchford</p>	<p>23</p> <p>7 pm AA/AO 9:30 am Tai Chi @ Foster's Farm</p>	<p>24</p>	<p>25</p> <p>b.d. Oliver Humphreys</p>	<p>26</p> <p>b.d. Joann Gribble</p>	<p>27</p> <p>b.d. James Yoder</p>	<p>28</p>																																																																																																								
<p>29</p> <p>10 am Worship Services at Smyrna Wedding Ann: Jim & Susan Buffington</p>	<p>30</p> <p>7 pm AA/AO 9:30 am Tai Chi @ Foster's Farm b.d. Anne Hudrlík, Carly Itami</p>	<p>31</p>	<table border="1" style="margin: auto; border-collapse: collapse;"> <tr> <th colspan="7" style="text-align: center;">Jul 2021</th> </tr> <tr> <th style="text-align: center;">S</th> <th style="text-align: center;">M</th> <th style="text-align: center;">T</th> <th style="text-align: center;">W</th> <th style="text-align: center;">T</th> <th style="text-align: center;">F</th> <th style="text-align: center;">S</th> </tr> <tr> <td></td> <td></td> <td></td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td></td> </tr> <tr> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> </tr> <tr> <td style="text-align: center;">11</td> <td style="text-align: center;">12</td> <td style="text-align: center;">13</td> <td style="text-align: center;">14</td> <td style="text-align: center;">15</td> <td style="text-align: center;">16</td> <td style="text-align: center;">17</td> </tr> <tr> <td style="text-align: center;">18</td> <td style="text-align: center;">19</td> <td style="text-align: center;">20</td> <td style="text-align: center;">21</td> <td style="text-align: center;">22</td> <td style="text-align: center;">23</td> <td style="text-align: center;">24</td> </tr> <tr> <td style="text-align: center;">25</td> <td style="text-align: center;">26</td> <td style="text-align: center;">27</td> <td style="text-align: center;">28</td> <td style="text-align: center;">29</td> <td style="text-align: center;">30</td> <td style="text-align: center;">31</td> </tr> </table>		Jul 2021							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;"> <tr> <th colspan="7" style="text-align: center;">Sep 2021</th> </tr> <tr> <th style="text-align: center;">S</th> <th style="text-align: center;">M</th> <th style="text-align: center;">T</th> <th style="text-align: center;">W</th> <th style="text-align: center;">T</th> <th style="text-align: center;">F</th> <th style="text-align: center;">S</th> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> </tr> <tr> <td></td> <td></td> <td></td> <td style="text-align: center;">4</td> <td></td> <td></td> <td></td> </tr> <tr> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> <td style="text-align: center;">11</td> </tr> <tr> <td style="text-align: center;">12</td> <td style="text-align: center;">13</td> <td style="text-align: center;">14</td> <td style="text-align: center;">15</td> <td style="text-align: center;">16</td> <td style="text-align: center;">17</td> <td style="text-align: center;">18</td> </tr> <tr> <td style="text-align: center;">19</td> <td style="text-align: center;">20</td> <td style="text-align: center;">21</td> <td style="text-align: center;">22</td> <td style="text-align: center;">23</td> <td style="text-align: center;">24</td> <td style="text-align: center;">25</td> </tr> <tr> <td style="text-align: center;">26</td> <td style="text-align: center;">27</td> <td style="text-align: center;">28</td> <td style="text-align: center;">29</td> <td style="text-align: center;">30</td> <td></td> <td></td> </tr> </table>	Sep 2021							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		
Jul 2021																																																																																																														
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																																																																																																								
Sep 2021																																																																																																														
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																																																																																																										

**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



- Katherine and Allan Holt's grandson, Barak
- Dorothy Krebs
- Robert Schuebel
- Virginia Yoder
- **Mary Namit's sister, Dia**
- the family of Blanche
- Beryl and Dan Fisher
- and all others who have health issues or other concerns.

Our prayers of sympathy and support for the family and friends of Paul Burkert, who passed away on July 28..

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.