

BEHOLD!! SMYRNA

September 2021



UNITED CHURCH
OF CHRIST

Dear Smyrna Friends,

“When we make plans, God laughs.” That’s kind of a funny saying, but it makes me sad, because it makes God seem like a sadistic character, poking a pin through the fragile bubbles of our hopes and dreams. I feel even more sad for those who believe that God sent COVID-19 as a punishment or curse. What kind of a cruel God would that be?

There are some who believe that the covid-19 vaccines are evil or **“the mark of the beast.”** Honestly. Our denomination, which started colleges and schools, like Harvard, Yale, and many of the historically black colleges in this country, and which started many hospitals, as well, is a church that believes that God is still speaking and one of the ways that God speaks is through new discoveries in science. Thanks be to God (and the brilliant and dedicated scientists) for the vaccine.

We thought this pandemic would surely be over by May or June – of 2020! But here we are, entering the fall of 2021 with still no clear end in sight. We have lost two beloved church members to this terrible virus, and some of us have lost other loved ones, as well. We pray for **“the courage to change what we can, for the serenity to accept what we can’t change, and the wisdom to know the difference”** (as Rev. Dr. Reinhold Niebuhr, a pastor and professor from our faith tradition, once said).

We’ve learned how flexible we can be – with virtual services and virtual Peace Camp, gathering outdoors, wearing masks indoors, changing as often as necessary, whenever necessary. We’ve welcomed new friends, and we’ve said goodbye to some old friends. We had the blessing of Pastor Cat with us for six precious months.

We enter this fall with humility that we do not know what the future will hold. But as we make plans for the future, WE laugh. We laugh, because we know that, come what may, God is still speaking. And God will always – ALWAYS – be with us – now and forevermore.

Blessings,
Pastor Deb

Ministers: All members of the church

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Mission and Outreach

On July 26th, Paulette was able to take 13 pounds of items to the Molalla Food Bank. At present, I am pleased to report that the container in Friendship House is nearly full and will soon be delivered. There is still a need for toilet paper, personal hygiene items and quick meals. Thank you to everyone who has added to our collection.

In July, Irene our church treasurer, sent these donations:

Molalla Food Bank: \$155.33

Doctors Without Borders: \$928.52

Strengthen the Church Offering: \$1,036.03



Children for Change during September and October will go to support "Quilts for Empowerment." Their purpose is to help women who have experienced obstetric fistula. As most of these women are outcasts, they then teach them skills which include

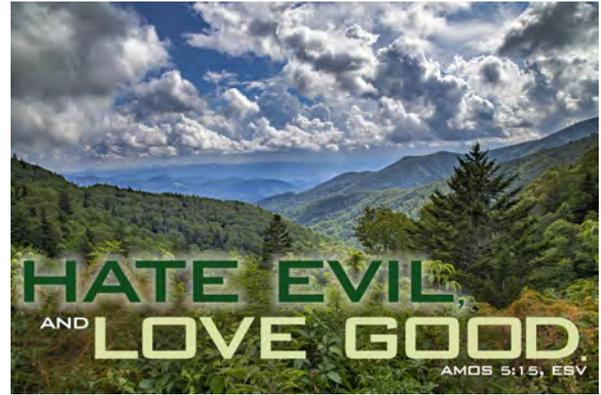
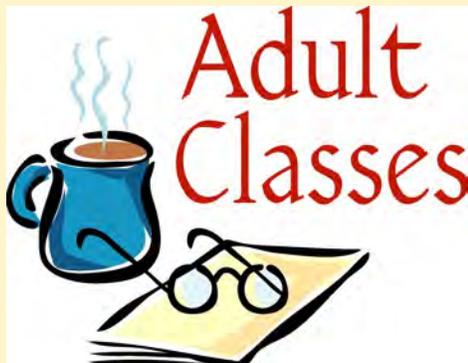
sewing and making quilts. This helps them gain self confidence and to become economically independent. Abused girls are also taken in and given an education and a place to stay. Each girl is allocated \$700 per year which is used for rent and to pay the salaries for their matron and teacher. In addition, our donations are added to an emergency fund which may go for medical expenses or other needed items. For more information go to www.quiltsforempowerment.org. In this article it tells that since 2015, over 100 women have been taught to use simple embroidery stitches and applique to tell their stories in quilts. Before this, none of the women had ever hand sewn, drawn a picture or with few exceptions, could use a treadle sewing machine.

--Elaine for Mission & Outreach

Adult Education Classes –

Through the fall, beginning after Labor Day weekend, we will have classes on "Faith in Action," "Mystics," "The Bible Makes Sense," "Mystery" and will have a few invited guest speakers. Please stay tuned for more.

Classes begin on September 19th. Our first class will be "Faith in Action," followed by "Mystic" on September 26th. Please join us at 10:00 am in the Fellowship Hall for coffee and conversation .



Becoming a Just Peace Church

In January 2021, a committee was elected to help the congregation learn about being a Just Peace Church, work together to come up with a plan to become a Just Peace Church, and be ready to vote in January of 2022. The committee members are: Sheila Daniels (Chair), Levonne Gano, Ann Clites, Larry Sumpter, Carl Menkel, and Steve Patterson.

Together with the global church, we are called to build: Just Peace with the Earth, Just Peace in the Marketplace, Just Peace among the Nations, and Just Peace in the Community. Becoming a Just Peace church, means to recognize work that has already been done and make plans to continue working together as a Just Peace Church. Between now and the annual meeting, there will be articles in The Behold and the bulletin, to help us all in this work. We will have some coffee hour, or Zoom discussions to discuss what we are doing and what we might do next.

In order to begin the process, There are two things that I want you to do:

1. Search in the Bible for text about what God and Jesus ask us to do as Peacemakers. Examples: are Luke 4:18-19, and Amos 5: 6-15. **One needs only to Google "Peace in the Bible"** and many suggestions will be there. Bible Gateway is a good place to find this information.
2. Think about Just Peace with the Earth and what Smyrna does in this area. Write down your ideas and we will share them at a coffee hour. That is what we will do to get started.

Thank you, Sheila Daniels

Smyrna's Fall Days of Giving is scheduled for:

Sunday, September 12th.

Arlene is celebrating 90 years!

Please help celebrate her birthday by joining her family Sunday, October 10th, 2021. 12:30 to 2:30

Smyrna UCC
31119 South Highway 170
Canby, OR. 97013

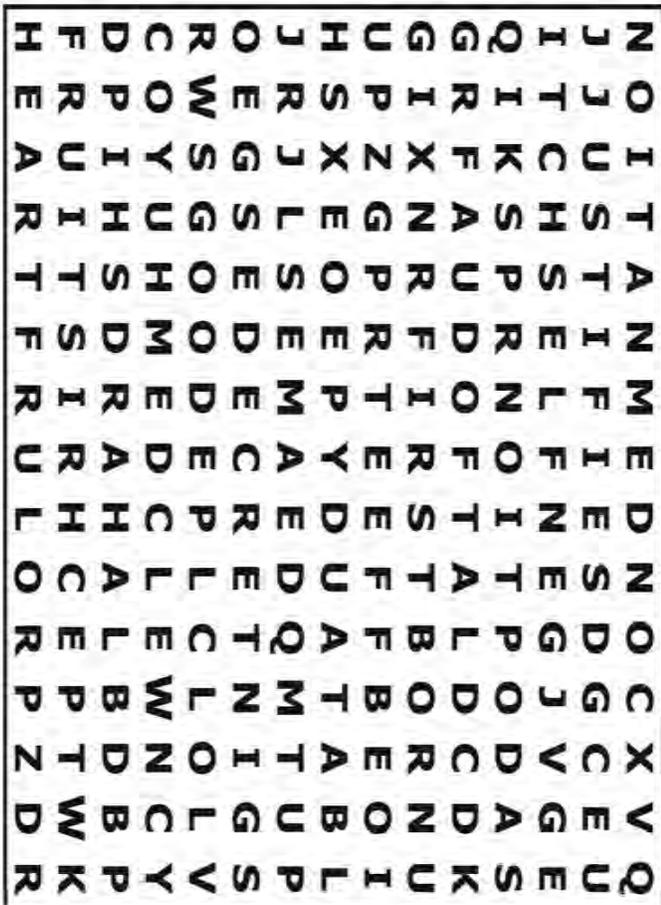
If health and safety protocol changes, the party will be held as a drive by at Smyrna.

No Gifts Please

Please join the family of Arlene Peterson to celebrate her 90th birthday with a special coffee hour after church on October 10, 2021

Puzzle!

Search for words found in Romans 8.



- | | | | |
|-------------|------------|--------------|-----------|
| Abba | elect | Jesus | adoption |
| family | justifies | angels | firstborn |
| Lord | bondage | flesh | love |
| called | freedom | peace | Christ |
| fruits | powers | condemnation | glorified |
| predestined | conquerors | good | purpose |
| creation | hardship | redemption | decay |
| died | intercedes | Spirit | heart |

Blanche Pearl Lebold Kober

August 30, 1941 - June 27, 2021

Blanche was born in Albany, Oregon to Ivan & Margaruite Lebold on August 30, 1941 along with her twin Barbara. They joined their older sister Eunice at the family home in Peoria, OR where her parents owned and operated a service station.

As a child, the family moved about every five years or so and they lived in many areas surrounding their families including the Albany and McMinnville areas. In the mid 1950's they came to Molalla, Oregon where she graduated from Molalla Union High in 1959. While attending school she met Larry Kober and on June 28th 1959, they were happily married, and lived in the small apartments that used to be behind Erickson's Tire Shop.

In 1960, they had their first child, Suzanne, followed by their second child, Sandra, in 1964. In 1962, her parents sold Larry and Blanche 9 acres across the road from their home. There Larry and Blanche built a small 2-bedroom house to which they later added a family room. In 1974

they built the big house and shop on top of the hill with the help of many good friends and neighbors. There they had room to grow and for Larry to start his own business, which Blanche helped by doing the bookkeeping. Before starting his own business, Larry and Blanche were able to visit Alaska and Hawaii. In the 1980's they purchased property in Rockaway Beach, which had two small houses and a duplex which they then refurbished together. Then they bought the adjoining bare lots and built two large 2 story duplexes. They enjoyed going to the beach very much, especially with their daughters and their grandchildren.

In 2001, Larry was diagnosed with Pancreatic Cancer, which took his life in April of 2002. This was a difficult time for Blanche as they had planned to travel after Larry retired. Being a strong person, Blanche traveled on her own and was able to see Australia, New Zealand, Guatemala, Panama, Japan, South Korea, and Russia (where they arrived late and could not disembark). She took a cruise down the Danube River to see the scenery and visit the countries bordering the river.

In 2005, Blanche had a smaller home built on the other half of the property and lived there for a couple of years before buying a home in Molalla, where she resided for several years before moving to Somerset Lodge, a retirement community in Gladstone.

Blanche enjoyed being around other people and doing crafts, along with her sister, Barbara, who preceded her in death in 2020. When she was younger, she was the Welcome Wagon Hostess of Molalla and met many new people and friends. She worked for the Emmerts at the Molalla Variety store for a couple of years. She was very involved with the Wildcat Extension Group and learned and shared many new ideas with wonderful friends. Blanche was also very involved with the Historical Society and the Apple festival here in Molalla. She was a member of Smyrna United Church of Christ and was active in the Molalla High School Alumni Association.

On June 26th she suffered a massive stroke which took her life the next day.

Blanche is survived by her 2 daughters, 9 grandchildren, many great grandchildren, and lots of cousins. She will be greatly missed.



HEED (Healthy Eating Every Day)

Physical activity helps you burn calories and maintain a healthy weight. In addition it is good for heart and cardiovascular health. The goal is to accumulate at least 30 minutes of moderate-intensity physical activity five or more days a week.

Eat more whole-grain bread. Potatoes and corn are now out of the vegetable food group and put with the bread group foods because their nutrient values are more like bread than most other vegetables. Bread, cereal, rice, pasta, sweet corn, and potatoes are now **“refined grains and potatoes” and whole grains and corn** are separated. This is because whole-grain foods are better sources of fiber, vitamins, and minerals than refined grains and potatoes. Whole-grain foods are also good sources of phytochemicals, a new class of substance that scientists think may lower risk for cancer and heart disease. Plus, they are less likely than refined grains to cause spikes in blood sugar levels that may be linked to health problems such as diabetes and obesity. Fruits and vegetable groups are combined to allow more flexibility. Both these food groups are sources of similar nutrients, so they go well together. Recommended 5-9 servings per day. Fruits and vegetables are very rich sources of vitamins, minerals, fiber, and phytochemicals.

DID YOU KNOW? Phyto-What?!

Phytochemicals are substances other than vitamins and minerals **that are found in plants and may protect our body's cells from the** damaging effects of harmful substances. This in turn may reduce the risk of cancer and heart disease. We still have a lot to **learn about the role of phytochemicals in health, but you can't go** wrong by including a lot of whole grains and colorful fruits and vegetables in your diet. Plant foods, not supplements, are the best sources of these new nutrition wonders.

Meats are divided into two subgroups. All foods in these two sub-groups are good sources of protein. Many are good sources of critical nutrients such as iron and zinc. The main difference between the two food groups is the saturated fat and cholesterol content. Both saturated fat and cholesterol are known to raise blood cholesterol levels and can increase your risk for heart disease. Beef, pork, lamb, chicken, and eggs contain artery-clogging saturated fat and cholesterol. You can minimize the amount of these harmful substances by choosing lean meats, skinless poultry, and egg whites. On the other hand, fish, legumes, nuts, and soy foods are very low in saturated fats. Fish does contain cholesterol but usually in low to moderate amounts. In addition, fish, legumes, nuts, and soy foods are good sources of healthy fats and, except for fish, are good sources of fiber. Dairy products (milk, yogurt, and cheese) are the best food sources of calcium. Calcium is important for bone health and may affect blood pressure and body weight. For health, ethical, or religious reasons, some people cannot eat dairy products that come from animals. Fortunately, there are many, calcium-rich dairy alternatives, such as milk, yogurt, and cheese made from soy. You can even find dairy-free **“milks” made from almonds, rice and oats.** When choosing a dairy alternative, be sure to se-

lect one that is fortified with calcium.

Although fats and oils should be a small part of the total diet, some are better than others. Unsaturated fats and oils provide important vitamins and fats that help reduce heart disease risk. Healthy oils include most vegetable oils, but especially canola, olive, and flaxseed oils. Soy, nuts, and fatty fish such as salmon, mackerel, and herring are also good sources of healthy oil.

That's why these foods are excellent alternatives to meat and poultry. On the other hand, you could live just fine without eating any saturated and trans fats. These types of fats significantly raise blood cholesterol levels, which can increase heart disease risk. **That's why foods that are high in these types of fats should be eaten sparingly.**

TALE OF TWO FAT CATEGORIES

Foods high in unsaturated fats and oils
Provide Vitamin E, help maintain healthy blood cholesterol levels, and reduce risk of sudden death heart attack

Canola, olive and flaxseed oils

Corn, soybean - cottonseed oils - fish oils

Soybeans – nuts – salad dressings

Foods high in saturated or trans fats

Raise blood cholesterol levels

Butter, lard, stick (hard) margarine, shortening

Coconut, palm, and palm kernel oils

Hydrogenated or partially hydrogenated oils

Fried foods

Commercially baked cakes, cookies, crackers, and chips

Fatty cuts of meat, pork, lamb, lunch meats, bacon, and sausage

Whole and 2% milk

Whole-milk cheese

WEIGHTY MATTERS – HOW SWEET IT ISN'T

Most people in Western nations have a sweet tooth. Sweets by themselves don't cause disease, but eating highly sweetened foods adds very few nutrients and a lot of calories – something most people can ill afford.

As with foods high in saturated and trans fats, you should limit your intake of sweetened foods:

Chocolates of other sweet foods made from sugar

Soft drinks and other sweetened beverages

Cakes and cookies - pies

Sugar and honey - jam

Healthy Eating Every Day – Carpenter and Finley



Encouraging words from the Health Committee:

Remember to lean on faith, not fear.

Fall Worship Schedule Coming Soon –

On September 12, we will return to our fall schedule, with Adult Education at 10 am and worship at 11. Please stay tuned for upcoming topics. Other activities, such as Women's Fellowship Lunches and Memory Café, are on hold for the moment until the pandemic situation is much improved.

Coffee Hour –

We are pausing on Coffee Hour for a few weeks due to the indoor mask mandate triggered by the delta variant of COVID-19, and will be revisiting this decision soon. Please stay tuned.



Ukulele Classes –

Ukulele classes will resume on Thursdays at 1 pm beginning September 2nd. There are still a few openings for anyone interested in joining. Here is a good chance to make music and be

with others while masked and remaining socially distanced. Contact Jane Dahl for more information.

Save the Date – Postponed

We will have a special celebration of the installation of the Solar Panels on Sunday, September 12th following worship. Stay tuned for more information.

PARAPROSDOKIANS: Figures of speech in which the latter part of the sentence is unexpected.

- *Where there's a will, I want to be in it.
- *If I agreed with you, we'd both be wrong.
- *War does not determine who is right— only who is left.
- *Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
- *They begin the evening news with "Good Evening", then proceed to tell you why it isn't.



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! And check out the new Emergency Preparedness tile, still under construction, but with information so far on heat (including cooling center locations) and wildfires.

Habitat for Humanity –



On Sunday, September 19th, we will have a special guest, Kari Johnson, the Executive Director of the North Willamette Valley Habitat for Humanity. This is an organization we have supported for many years, and we will have an opportunity to learn what is happening in our region. Learn more about this organization at www.nwvhabitat.org.

Pandemic Pastimes –

Thank you to all who shared what you had been working on as a hobby during the pandemic to while away the hours – whether it was a craft, cooking, TV shows you saw, or a new hobby you took up. During August these were displayed in the Friendship House

Peace Camp –

Thank you to Jeannie Rogers, Sheila Daniels, Debi Veatch, Anne Bangs, Christine Foster and Tom Daniels for all your work on pulling together this virtual Peace Camp for the children of our community this year. Next year – Peace Camp in person (we hope)!

September 2021 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
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<p style="font-size: 2em; color: red; margin: 0;">12</p> <p style="margin: 5px 0;">11 am Worship</p> <p style="margin: 5px 0;"><i>Smyrna's Fall Days of Giving</i></p>	<p style="font-size: 2em; color: red; margin: 0;">13</p> <p style="margin: 5px 0;">7 pm AA/O</p> <p style="margin: 5px 0;">9:30 am Tai Chi 10:30 am Farm Walk at the Foster's farm</p>	<p style="font-size: 2em; color: red; margin: 0;">14</p>	<p style="font-size: 2em; color: red; margin: 0;">15</p>	<p style="font-size: 2em; color: red; margin: 0;">16</p> <p style="margin: 5px 0;">1 pm Ukulele Class @ Smyrna</p>	<p style="font-size: 2em; color: red; margin: 0;">17</p> <p style="margin: 5px 0;">Wedding Ann: Virgil & Christine Foster</p>	<p style="font-size: 2em; color: red; margin: 0;">18</p>																																																																																											
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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



- Katherine and Allen Holt and their grandson Barak
- Virginia Yoder
- **Mary Namit, Ginger Redlinger and Mary's sister Dia**
- Eldon Blatchford
- The family of Dorothy Krebs

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.