

BEHOLD!! SMYRNA

November 2021



UNITED CHURCH
OF CHRIST

Dear Smyrna Friends,

As I contemplate my last two months at Smyrna, I give thanks for the many amazing people who make up this congregation. Each person at Smyrna brings unique gifts and talents, and all are needed and important. When we say that all of us are ministers at Smyrna, it is not just a nice thing to say. It is absolutely true.

Some reach out to visit with others by phone, some are incredible card senders (and makers), some make prayer shawls, some do administrative tasks, some provide music, some make coffee and snacks (these things will be back!), some visit the sick, some welcome the stranger, some feed the hungry, some share what they have with those who are in need, and much, much more. The creative ways folks have responded to this pandemic is truly awe-inspiring.

As I mentioned to Church Council, each action that we take is like a sound played by an instrument – the sound continues, into infinity, even when it can no longer be heard. The sound of Smyrna for me is a symphony of compassion and hope.

I am grateful for each one here, and for all that you do to bring music and joy to the hearts of others. May that music bless us all, now and always.

Blessings,
Pastor Deb

All Saints Sunday –

On Sunday, November 7th, which is Communion Sunday, and All Saints Sunday, we will be remembering all those who died since the beginning of the pandemic, including Rod Bullard, Rev. Asa Jenson, Terri Milliren, Blanche Kober, Mary Jo Chapin, and Paul Burkert. Family members and friends of each of these folks are invited to bring photos to share with others after church on tables in the Friendship Hall, and folks will be invited to share memories of these special Smyrna members during the service. Please let Pastor Deb know if there are other loved ones who should be included during this special service.



Adult Education Classes –

Each Sunday, we meet at 10 am in the Friendship House for Adult Education. Here are the classes in November:

- ◆ November 7: A Look at the Gospel of Matthew
- ◆ November 14: The Spirituality of St. Therese of Lisieux
- ◆ November 21: Faith in Action: Fanny Crosby
- ◆ November 28: A Look at the Gospel of Luke

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Mission and Outreach:

At the Behold deadline of October 20, Paulette had taken 90 lbs of food to the Molalla Food Bank. This is wonderful, so thank you to everyone who made this possible. We do have a request for toilet tissue and easy to prepare meals like hamburger helper.

In September, Smyrna sent \$886.38 to Church World Service for school kits.

Our Children for Change this coming month will go to the local organization, Fill a Stocking, Fill a Heart. It began in 1997 and became a non profit in 2000. They have no paid staff and their goal is to provide Christmas stockings, filled with useful items and small gifts, to Clackamas County agencies and their clients. The goal for this year is 500 stockings which will be given out beginning the first week in December. If you can sew and are willing to give time to this, please let me know and I will see that you get a copy of the pattern and the directions. So far, Barbara Menkel and Levonne Gano have already agreed to help.

Basic Items to fill stockings:

- Warm socks
- Gloves
- Hats
- Warm Scarves
- Bar Soap
- Toothbrush
- Toothpaste
- Dental Floss
- Deodorant
- Face Masks
- Shampoo/Conditioner (16 oz or smaller)
- Hairbrushes/Combs (no pointed ends)
- Chap Stick
- Razors
- Hand Sanitizer



Please — no medications, baby powder, perfume, lipstick or make-up. Cash donations can also be made to Children for Change and Irene, our church treasurer, will send a check to them at the end of the month.

I have also posted a brochure on the bulletin board in the narthex that will give you more information.



Coffee Hour

Due to the indoor mask mandate triggered by the delta variant of COVID-19, we are pausing for a time on the traditional Coffee Hour after worship. Please stay tuned for updates.



Ukulele classes have resumed on Thursdays at 1 pm. Here is a great opportunity to take part in an engaging social activity and to learn a new skill, in a covid-safe way! There are still a few openings for anyone interested in joining.

Women's Fellowship Bazaar

This year, Women's Fellowship Fall Bazaar will again be conducted online (Saturday November 27, 2021 through Monday December 13, 2021). We need items to put up for sale.

Some ideas: soft goods like knitted/sewn pieces, edible items (for example: baked goods, preserves), handicrafts and similar products like we've sold in the past.

We will need a photo of the item, a description, a price, size, and any additional relevant information. These can be sent to this e-mail address: smyrnaucc-service@gmail.com



Save the Date -

Thank you to John Nilson for coming to Smyrna to provide special music on Sunday, October 10th. Did you miss him? He will be back to provide a special concert of Christmas music following worship at 12:30 pm on Sunday, December 19th.



Road Clean Up — Thank You!

Thanks to all who came out on October 23rd for the adopt a highway road cleanup on the Canby/Marquam Highway in front of the church.

Many thanks to: Joel Daniels, Carl and Barb Menkel and their daughter and granddaughter, Hailey and Cyndi, Steve, Sophie, and Pastor Deb Patterson, Barb Daniels, Linda Dunn, Dave and Ann Clites, Mary Namit, Jeff Hammock, Paul Yoder, and Rick & Levonne Gano.

Having seventeen people turn out in this rainy weather made the task run very smoothly and quickly.

Thank you all again! Rick

And — Thank you to Rick Gano for leading the crew on October 23 (and bringing doughnuts!)



65 years or older? Interested in FREE Online Exercise Classes?

Exercise is essential for health and overall well-being during the COVID-19 pandemic. The Exercise & Healthy Aging research team at Oregon Research Institute (a non-profit research institute based in Eugene, OR - www.ori.org) is currently conducting a clinical study, supported by the National Institutes of Health, to evaluate the effects of THREE different types of exercise, delivered online with Zoom, on health-related outcomes in older adults (65 years and older and English Speaking).

Classes start: Early November 2021

Classes meet online: Tuesdays & Thursdays for 60 minutes each

Class times (Pacific Standard Time) – pre-determined, depending on program*: 9:30-10:30am, 11:00am-12:00am, or 12:30pm-1:30pm

Classes run for: 24 weeks

*Participants will be randomly assigned to one of the three exercise programs for the entire 24-week class period:

- (a) Conventional Tai Ji Quan
- (b) Stretching exercises, or
- (c) Complementary Tai Ji Quan. Program assignment will dictate class meeting time.

During the study, the research team will evaluate your general health, memory and other cognitive abilities, physical activity, and mobility. All assessment will be completed online. If you are interested in the study, want to find out if you qualify, or just want to know more about this project, please contact us at: 541-434-1548 or 855-434-1548 (toll free).

The process to determine if you qualify takes several steps, so please contact us at your earliest convenience if you are interested in learning more. We look forward to hearing from you.

Stay safe and healthy.

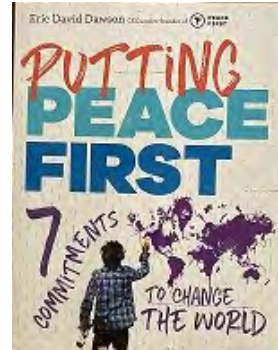
Research Staff of the Exercise & Healthy Aging team
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EMERGENCY TIP OF THE MONTH —

Have a headband flashlight. They come battery or rechargeable (remember, if you have no power the rechargeable may be an issue). Some come with a flashing mode to signal you need help. The advantage of this type of flashlight is that it leaves your hands free to carry your go bag, etc. Have one by your bed in case an emergency happens at night. They are widely available (Wal Mart, Amazon, most hardware or sporting goods stores), and are relatively inexpensive (\$ 10 - \$40) depending on how much you want to spend.....

Church Library Shelf

Putting Peace First: 7 Commitments to Change the World by Eric David Dawson. Viking, 2018. For ages 10 and up.



Eric Dawson uses first-person accounts and his own experiences to write about the peace-making projects of seven young people. Each one saw a problem in his or her community that harmed a particular group of people and took action. Eight chapters with occasional photos and notebook style format illustrations provide examples, self-guiding questions, and tips for planning, executing, and evaluating a **peace project. The Peacemakers' experiences of failure and unsuccessful attempts are not glossed over and emphasize that commitment to peace is hard. Their stories show that peace takes courage, time, and the efforts of many but it changes the world for the better.** For more information about this book and the author see www.PeaceFirst.org.

This book is available from the Chemeketa Cooperative Library System (CCRLS covers Marion, Polk, and Yamhill counties) and Libraries in Clackamas County (LINCC) .



Treasurer's Report

General Fund Balance 8/31/21	\$34,309.74
Receipts	7,842.08
Transfers/adjustments	(250.03)
Expenditures	<u>(10,747.86)</u>
Balance 9/30/21	\$31,153.93

**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



Please hold these Smyrna friends in prayer:

- David Schriever
- Jo Algiers
- Katherine Holt and her grandson, Barak
- Virginia Yoder,
- Dan and Beryl Fisher, their daughter Kara
- Louise Allee
- and others who are in our thoughts and prayers.

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.