

# BEHOLD!! SMYRNA

## March 2022



UNITED CHURCH  
OF CHRIST

### Pastoral Search Committee Update

The Pastoral Search Committee has recommended, and Church Council has approved, two ministers to share our Intentional Interim transition pastoral position, beginning March 1.

Rev. Catherine Allard, “Cat,” is a graduate of University of New Hampshire, Durham, and Andover Newton Theological School, Newton Centre MA. She was ordained a UCC minister in 2016, and has served in multiple roles and several states, most recently here at Smyrna UCC and prior to that at Meridian UCC in Wilsonville. She is a member of Christ the Healer UCC Church in Oregon City and lives in Wilsonville. Rev. Catherine will serve half-time and lead the primary pastoral roles of preaching and worship leadership, pastoral care, staff oversight, Christian education, and working with Council and key committees except for committees related to the interim transition process.



Rev. Dr. Janet Parker is a graduate of Furman University, Greenville, SC, Princeton Theological Seminary, and Union Theological Seminary. She was ordained in the Presbyterian Church (USA) in 1989, and transferred to the UCC in 2005. She has served in multiple roles, many states, and overseas in Taiwan. She is a certified Intentional Interim minister, and so she brings the transition skills Smyrna had sought. Most recently, she served as Interim Pastor at First Congregational UCC in Portland, and prior to that at St. James Lutheran Church in Portland. She is in the process of transferring her membership to Lake Oswego UCC. She lives in Beaverton with her wife, Rev. Robyn Hartwig. Rev. Janet will serve quarter-time and lead in matters relating to the process work of the interim period. In support of this transition work, she will preach roughly once per month.



We are pleased to welcome back Pastor Cat, and extend a new welcome to Pastor Janet. The shared effort is an innovative approach to this kind of transition ministry, and we are looking forward to working with both of them.

**Ministers:** All members of the church

**Ministers:** Rev. Cat Allard; Rev. Janet Parker

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**31119 S. Highway 170, Canby, OR 97013**

## Mission and Outreach:



Children for Change — During March, and again in April, we encourage you to consider making a contribution to the food bank and Habitat for Humanity. Make checks payable to Smyrna UCC with a note saying what it is for or submit an online payment: [www.smyrna-ucc.org/](http://www.smyrna-ucc.org/) donations.

Canned and packaged food items can also be left in the container in Friendship House as Paulette checks this and delivers items on a regular basis.

Habitat for Humanity recently dedicated the home built for the Ortega family in Woodburn and has just completed the application process for a home to be built in Silver-ton. Habitat was able to purchase land and this is the first to be built in this location.

Thank you for your support.

## Smyrna UCC Reading Group on Facebook and through Email

The Facebook/email group has gotten off to a great start. Our first read, Dewey, the Small -Town Library Cat Who Changed the World, was enjoyed by all. Posts of photos and videos of Dewey and his “mom” Vicki Myron have been heartwarming and enriched the book’s description of Dewey’s charming personality.



The Reading Group Facebook page is private and hidden. To join through Facebook, email Audrey Yoder at [yoderstore@canby.com](mailto:yoderstore@canby.com). You can only join by being invited. If you’re not on Facebook, the posts and video links are easily emailed to you and we post the comments you email to us on Facebook for other participants to read. Contact Ann Clites at [ann.clites@verizon.net](mailto:ann.clites@verizon.net) if you want to join the discussion by email.

Our next read will be.....announced in a few days! We’re still collecting suggestions and would very much welcome yours!

## Dress for Survival

We have probably all seen pictures of people fleeing a wildfire, flames licking at their doorsteps or at the doors of their vehicle. Here is a tip for anyone who may face that possibility. Get dressed for survival. Wear personal protective clothing which will protect you from heat, embers, and flames:

- ⇒ Long pants
- ⇒ Sturdy boots and wool socks
- ⇒ Floppy hat
- ⇒ Bandana
- ⇒ Goggles
- ⇒ Leather gloves
- ⇒ N95 mask to filter out particulates
- ⇒ Collared long-sleeve shirt

The best choices are 100% natural fabrics such as heavy denim or pure wool. Do not wear any synthetic clothing. It may burst into flame or melt, causing severe burns to anyone wearing it. Once you are in a safe place, you can go back to your fleece jacket, etc., if you want



## Smyrna UCC Library—Coming Attraction

During Smyrna’s February 20<sup>th</sup> worship service, the Rev. Alan Claasen used the Scripture Psalm 37 as read from the book Psalms for Praying by Nan C. Merrill.

Rev. Claasen recommended Ms. Merrill’s contemporary version as a resource for meditating on the psalms. Instead of traditional psalm language of judgement and violent retribution she uses language that conveys Jesus’ teachings of loving our enemies and becoming instruments of God “the Beloved’s” peace. Watch the worship service for a better understanding of the worldview-changing nature of this book.

Psalms for Praying has been ordered for the Smyrna UCC Library and should be available to borrow soon. If you’d like to read it, please email Ann Clites ([ann.clites@verizon.net](mailto:ann.clites@verizon.net)).

**Book Recommendations Wanted!** Have you read a book worth sharing? Send the title and author to Ann, Audrey, Debi, or Jeannie for inclusion on a list of books to read.

## **Good Advice, For People Over 60!** **By Arnaldo Liechtenstein, Physician**

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question:

What are the causes of mental confusion in the elderly?

Some offer: "Tumors in the head." I answer: No!

Others suggest: "Early symptoms of Alzheimer's." I answer again: No!

With each rejection of their answers, their responses dry up.

And they are even more open-mouthed when I list the three most common causes:

- uncontrolled diabetes
- urinary infection
- dehydration

It may sound like a joke, but it isn't.

People over 60 generally stop feeling thirsty and consequently stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

\*This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.\*

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

\*Conclusion:\*

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1. **\*Get into the habit of drinking liquids\***. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; orange and tangerine also work.  
**\*The important thing is that, every two hours, you must drink some liquid. Remember this!\***  
➔ **Alert for family members:** constantly offer fluids to people over 60. At the same time, observe them
2. If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Inspired to drink more water now? Send this information on to others! **DO IT NOW!** Your friends and family need to know for themselves and help you to be healthier and happier.

*It's good to share!*

## **LONELY? Medical issues? Need Help?**

Please visit the Smyrna Resource page. On Smyrna's website, [www.smyrna-ucc.org](http://www.smyrna-ucc.org), just click the Resource tab to access information on food, housing, mental health, senior living, medical, grief, caregiver support, and more.

**RESOURCE Page**

A Helpful page for people in  
our community.

(Click here.)

# Embodying the Way of the Prince of Peace Lenten Series

Sponsored by the Central Pacific Conference Palestine Israel Network

We have a rare privilege during Lent to walk with some outstanding human beings who embody the Way of the Prince of Peace in the Holy Land. Come meet Robi Damelin and Bassam Aramin, an Israel Jew and a Palestinian Muslim, both of whom lost children to this conflict. They work constantly for reconciliation and peace across the Wall through the Parents Circle. Listen to Daoud Nassar, owner of Tent of Nations farm, tell his family's story of peacemaking. He was beaten, and lives constantly under threat to give up his land to the Israeli settlers, or the state of Israel. Regardless of those constant threats, Daoud teaches nonviolence on his farm and practices peacemaking. Pilgrims of Ibillin trip leaders will share their vision for spiritual journeys they lead to the Holy Land. Joined by pilgrims who have traveled there, we will hear how their lives have been changed forever after meeting outstanding peacemakers and walking where Jesus walked. Finally, we will join together for a meditation of prayers, photos and readings on what we have experienced walking together through Lent in this Holy Land peacemaker series.

## Parents Circle Peace Witnesses Robi Damelin and Bassam Aramin

**March 12 - 10:00 a.m. Pacific/11:00a.m. Mountain/12 Central/1:00 Eastern**

Robi Damelin, an Israeli Jew, and Bassam Aramin, a Palestinian Muslim, share the unthinkable loss of their children to this conflict. They have forged an unbreakable friendship through the Parents Circle, a group of those who have this grief in common. They team up to comfort and bring hope to others who lose family to this continued conflict. Parents Circle members go into the schools to humanize those whom students see as the 'Other' and sponsor thousands of phone lines to stay in touch across the Wall. They go behind the Wall to meet with those with new losses.

Come meet these incredible peacemakers and hear how they work for reconciliation in Palestine/Israel. Let them inspire you with their stories.

## Daoud Nassar of Tent of Nations

**March 19 - 10:00 a.m. Pacific/11:00a.m. Mountain/12 Central/1:00 Eastern**

"Come in. Come in," says Palestinian Christian Daoud Nassar to Israeli settlers trespassing on his property, threatening him with guns. "Please lay down your weapons, take off your shoes, and come into my cave for tea." Some settlers do come in and leave changed by their peacemaking neighbor. Others have burned and bulldozed his olive tree orchards. Forbidden to build a home, a well, or even a shed for his animals on his land, he watches four illegal settlements spread over the hills around his property. The farm has been in the family for generations. It is often under attack and intense threat of seizure by the Israeli government. Daoud's response is nonviolence, teaching children his gentle way at a summer camp on his land, inviting internationals to come plant olive trees, and to continually fight in court to keep his land and orchards. Come hear this remarkable man's story who embodies the path of the Prince of Peace.

## Come and See. Go and Tell.

**March 26 - 10:00 a.m. Pacific/11:00a.m. Mountain/12 Central/ 1:00 Eastern**

The third segment of CPC PIN Network's Lenten Series is entitled "Come and See, Go and Tell" and incorporates the powerful stories of those who have traveled to the Holy Land and experienced walking in the footsteps of Jesus, the Prince of Peace. The Pilgrims of Ibillin have been making those pilgrimages possible for many years and are our partners in creating this segment and its messages.

Many visitors to Palestine hear these New Testament words of Jesus (John 1:39-41) from Christian Palestinians they meet.

Those who travel to the Holy Land and spend time meeting Palestinians find both Christian and Muslim folks eager to share their lives, tell their stories, and hear our stories in return.

Very few who travel to Palestine on a pilgrimage or witness trip come home unchanged. In addition to powerful spiritual experiences, we remember the people we have met. We find we cannot forget the difficult, unjust conditions under which the people we have come to know by name live their lives.

Most transformative is that, by the time we return home, we have met true peacemakers. In time we discover that we, ourselves, are called to act as peacemakers as well.

The Pilgrims of Ibillin has brought Americans and many others to Palestine-Israel to support the work of Archbishop Elias Chacour (BLOOD BROTHERS, WE BELONG TO THE LAND) and the Mar Elias Educational Institutions which he founded. Additionally, visitors meet peacemakers both in Israel and the West Bank. Trip leaders will share their vision and witness to those journeys and pilgrimages in the Holy Land ... and they will be joined by pilgrims who have returned home to become the makers of peace.



## Walking the Path of the Prince of Peace - Meditation on the Series

April 2 - 10:00 a.m. Pacific/11:00a.m. Mountain/12 Central/1:00 Eastern

An opportunity to reflect on what we have learned in this Lenten series and to lift the people of Palestine and Israel to the light. We will pray for peace and for the wisdom to know how to serve and support our siblings in faith with our deeds and our prayers.

[Click here to register:](#)

### March 2022 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
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6 11 am Worship	7 7 pm AA/AO	8	9 b.d. Kaden Fisher	10 11 am Ukulele Class	11	12 b.d. Jonathan Blatchford, Ethan Boss																																																	
13 b.d: Gary Peterson, Philip Sano, Irene Schriever 11 am Worship	14 7 pm AA/AO	15 1:30 pm Diaconate	16 b.d. Violet Humphreys, Kristin Wishon	17 b.d. Halaina Crispin 11 am Ukulele Class	18	19 b.d. Donald Hammock																																																	
20 11 am Worship Spring begins	21 7 pm AA/AO	22 b.d. Katherine Holt	23 b.d. Marina Daniels	24 11 am Ukulele Class	25	26																																																	
27 11 am Worship b.d. Heather Anderson	28 7 pm AA/AO	29	30 b.d. Patricia Rice Wedding Ann. Paul & Audrey Yoder	31 b.d. Kristin Daniels Wilson 11 am Ukulele Class	<table border="1"> <thead> <tr> <th colspan="7">Apr 2022</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> <td>2</td> </tr> <tr> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> </tr> <tr> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> </tr> <tr> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> </tr> </tbody> </table>		Apr 2022							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
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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



- The family of John Nilsen whose father passed away
- Lone Jensen
- Jo Algiers
- Joann Gribble
- Ethel Henderson
- Virginia Yoder

*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.