

BEHOLD!! SMYRNA

June 2022



UNITED CHURCH
OF CHRIST

Dear Smyrna Friends,

We recently sang a new song in worship from the *Sing! Prayer and Praise* song book entitled "There's a Spirit of Love in This Place." The second lyric says, "You can't see it, but it's there, just as precious as the air."

Perhaps the songwriter (Mark A. Miler) meant when there's a Spirit of Love in a place, it's more something you feel than something you can literally see. I feel it every time I enter Smyrna's sanctuary: *there's a Spirit of Love in this place*. I also do literally see it – in the ways you greet each other, in the myriad ways you care for one another and your community, as well as how you care for the operations and building and grounds of the church.

I also see so many of you carrying a Spirit of Love in *all* that you do, in how you live your lives.

On Pentecost Sunday (June 5) we celebrate the birthday of the Christian church, the day the promised Holy Spirit came to the disciples who had been told by Jesus before he ascended to heaven to stay in Jerusalem until they were "clothed with power from on high." That power is none other than the Spirit of Love.

As we welcome summer and the Transition Team begins its work, may a Spirit of Love invigorate our worship, our work, our outreach, and our fellowship together!

Pastor Cat

Summer Worship Hours

Beginning on Sunday, June 5, 2022, worship services will be held at 10 am every Sunday throughout the summer,

JUNE WORSHIP LEADERSHIP

- June 5 — Pentecost Sunday, Rev. Catherine Allard
- June 12 — Honoring Graduates, Rev. Catherine Allard
- June 19 — Rev. Dr. Janet Parker preaching, Rev. Catherine assisting
- June 26 — Pulpit Supply

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Transition News!

We have good news regarding the Transition Team at Smyrna! At the last Council meeting, the Council finalized the members of this team that will guide the congregation through the first part of the interim period and write the Local Church Profile. The profile is the tool that will be used by the Search Committee to introduce Smyrna to prospective applicants for the settled pastor position. Part of the Transition Team's work will be to help the congregation answer the three questions of the interim time: Who Are We? Who Is Our Neighbor? Who Is God Calling Us To Become? The team will also aid the congregation in reflection on its history, its leadership, its connection to the wider church and the community, its mission, and its vision for the future of Smyrna UCC.

We are so pleased to announce that the four members of the Transition Team are: Jane Dahl, Sheila Daniels, Barb Menkel, and Debi Veatch. Pastor Janet will be working closely with this team and Pastor Cat will support their work as needed. We hope that if the Transition Team calls upon you for assistance, to help out with their work in some way, you'll step up to the plate. This will be a team effort, and we count on the Smyrna "Elf Spirit" to rise to the challenge.

Blessings,

Moderator Rick Gano Pastor Janet Parker

Mission and Outreach

Forty six pounds of food and non-food items were delivered to the Molalla Service Center in April and last week Paulette took in an additional seventy eight pounds.

Please continue to bring food and other items and our committee will be having a table for donations.

We will also be extending the Children for Change purchase of blankets through Church World Services in June.



Thank you to everyone for their continued support.
Elaine

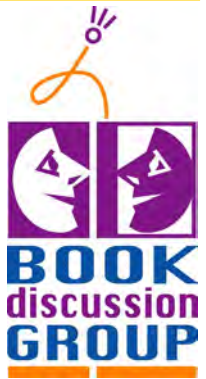
Smyrna UCC Reading Group

The next book for discussion hasn't been chosen yet, but the title will be drawn from a list of suggestions soon! If you have a book that you would like to recommend to the reading group, email Audrey Yoder at

yoderstore@canby.com or Ann Clites

ann.clites@verizon.net. Better yet, if you

would like to join this low-key, no-pressure, friendly group of book-lovers, let Audrey or Ann know. (Your **first name doesn't have to begin with the letter "A" to be in the group!**). There is a private, hidden Facebook page for those who are on Facebook and an email group for those who prefer emails. Watch the bulletin for the title of our next read.



This month the library cart display will feature books about racism. Have you read any books that broadened your perspective of racism? The first book below is in the Smyrna UCC Library. The rest are on indefinite loan from a Smyrna member and will be available to borrow.

Waking Up White and Finding Myself in the Story of Race by Debby Irving. Elephant Room Press, 2014.

Smyrna's Adult Ed class used this book as the basis for Sunday discussions. A good place to start delving into an important topic that affects everyone.

Caste: The Origins of Our Discontents by Isabel Wilkerson. Random House, 2020.

Me and White Supremacy: Combat Racism, Change the World and Become A Good Ancestor by Layla F. Saad. Random House, 2020.

Stamped From the Beginning by Ibram X. Kendi. Bold Type Books, 2016.

White Fragility by Robin DiAngelo. Beacon Press, 2018.

Thank you to:

- Jeannie Rogers for preparing the weekly bulletin and to Jeannie and Elaine Daniels for putting together the Behold each month.
- Paul Yoder for recording the weekly service, to Paul Ashton for taking care of the sound, and to all who have served as scripture readers.
- Tom Daniels and Nancy Bryant for editing and publishing the Sunday worship service to our Youtube channel by Sunday evening each week.
- Joel Daniels and Christine Foster for their weekly contributions of music and singing.
- Barb Daniels for securing pulpit supply when the pastors are away and for welcoming our guest preachers.
- Carl Menkel for lining the edges of our steps with yellow paint.

LONELY? Medical issues? Need Help?

Please visit the Smyrna Resource page. On Smyrna's website, www.smyrna-ucc.org, just click the Resource tab



Emergency Tip of the Month

Do you have a home fire extinguishers? Are they expired?

The National Fire Protection Association provides minimum recommendations for the home:

Install a 2-A:10-B:C rated extinguisher on every level of your home — no more than 10 feet apart.

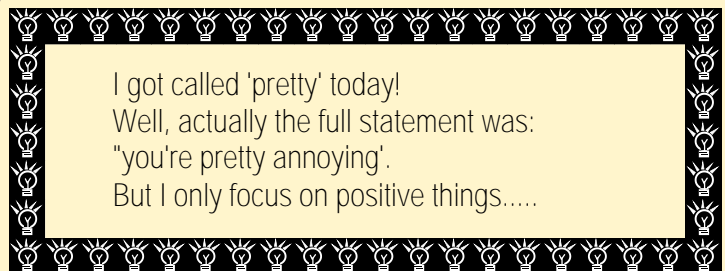
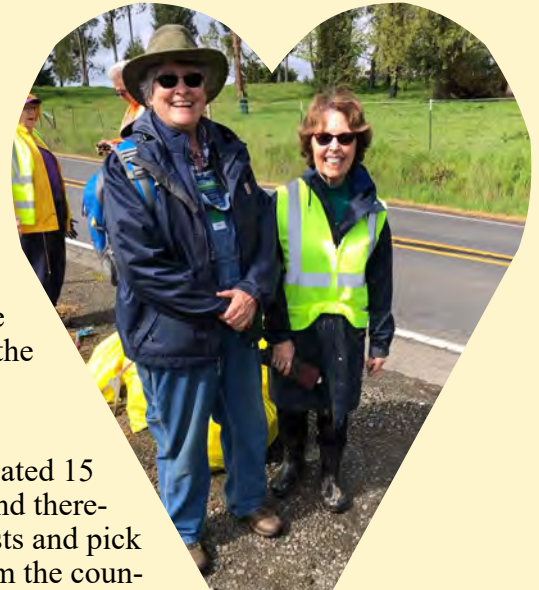


Road Cleanup – April 30th, 2022:

I want to thank every one of the 20 people who turned out Saturday, April 30th, for the semi-annual Canby-Marquam Highway road cleanup. By far, this was the largest turnout that we have ever experienced in the years I have been involved.

Unfortunately, I anticipated 15 people for this project and therefore only had enough vests and pick devices for that many from the county. Because of the large numbers, we were done quickly and escaped most of the rain. When we do our next road cleanup, in six months, I'll be sure to order more equipment.

Again, thank you all for the great turnout!!!
Rick Gano



SLEEP

Part One

Sleep – we do it every day. Some of us do it better than others, and some of us have trouble with it. Any of you have problems sleeping more than 3 or so nights a week? By problems I mean not getting 7 hours of uninterrupted sleep a night. Why do we do it, and why is it important?

First of all, why is sleep, good sleep important?

Sleep affects our overall health, including our hormones and immune system. Neurological processes that occur during sleep have a profound impact on brain health, and as a result, they influence mood, energy level, and cognitive fitness. We just don't feel or think well when we don't get enough sleep! Numerous studies have shown that the changes that occur in the brain during sleep affect our capacity for new learning. Sleep also plays a pivotal role in our memory, and has been shown to enhance attention, problem solving, and creativity. In a recent small study, losing just one night of sleep led to an increase in beta amyloid, a protein in the brain associated with impaired brain function and Alzheimer's disease. This suggests that sleep deprivation may increase the risk for beta-amyloid build up.

The CDC has found that lack of sleep and disordered sleep (sleep problems such as insomnia and sleep apnea) can raise your risk for heart disease, type 2 Diabetes and high blood pressure, and even lower bone density. For the 50 million Americans who suffer from sleep disturbance, this is an issue that can affect long-term health and longevity.

Circadian Rhythm

Your circadian rhythm is a 24- hour internal clock that is running in the background of your brain and cycles between sleepiness and alertness at regular intervals. This is your sleep/wake cycle.

For most adults, the biggest dip in energy happens in the middle of the night (somewhere between 2am and 4am, when they're usually fast asleep) and just after lunchtime (around 2pm - 3pm) when they tend to crave a post - lunch nap. Those times can be different if you're naturally a night owl or a morning person. You also won't feel the dips and rises of your circadian rhythm as strongly if you're all caught up on sleep.

It's when you're sleep-deprived that you'll notice bigger swings of sleepiness and alertness. A part of your hypothalamus (which is in your brain) controls your circadian rhythm.. That said, outside factors like light and dark can also impact it. How many of you are ready for bed earlier in the winter when it gets dark at 4:30? And stay up till 10:00 in the summer when it's light till then? We traveled to Norway in June and for over 2 weeks it never got dark.... we were wide awake and alert until we remembered it was 11:00 and we closed our room darkening curtains. When it's dark, your eyes send a signal to the hypothalamus that it's time to feel tired. Your brain then sends a signal to your body to release

melatonin, which makes your body tired. That's why your circadian rhythm tends to coincide with the cycle of daytime and nighttime.

Your circadian rhythm works best when you have regular sleep habits, like going to bed at night and waking up in the morning around the same time every day. When things get in the way, like jet lag, daylight savings time, or a really good movie on TV that keeps you up late, you can disrupt your circadian rhythm, which makes you feel out of sorts and can make it harder to pay attention.

Melatonin is available as non prescription supplements. The Mayo Clinic says your body likely produces enough melatonin for its general needs, but production declines with age. A safe dose of melatonin is the lowest dose that's effective in helping you fall asleep without causing side effects. In general a dose between 0.2 and 5 mg is considered a safe starting dose. It is possible to overdose on Melatonin. Treat melatonin as you would any sleeping pill and use it under your doctor's supervision as it does have side effects and drug interactions.

Your circadian will likely change as you get older. When we get older, we tend to feel sleepy earlier in the evening. This may result in waking up early in the morning as our sleeping hours shift. Your body goes through changes at every stage of life, and many of those changes affect sleep. In older people especially, problems such as difficulty falling and staying asleep are common, and sleep patterns also shift due to alterations in circadian rhythm. But the more you pay attention to your body and notice feelings of alertness and drowsiness, and the more time you spend developing good sleep habits, the better your slumber will be and the better you'll feel.





Smyrna elves (Linda, Barb, Mary and her dog Jones) cleaned and planted. Jones seems to have found peace in the Peace Garden.



June 2022 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
<div style="display: flex; justify-content: space-around;"> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; margin: 0;">May 2022</p> <table style="width: 100%; border-collapse: collapse; font-size: small;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table> </div> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center; margin: 0;">Jul 2022</p> <table style="width: 100%; border-collapse: collapse; font-size: small;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td></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> <tr><td>31</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div> </div>			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					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							<p style="font-size: 2em; color: red; margin: 0;"><i>1</i></p> <p style="margin: 0;">7 pm Scripture Dialog with Pastor Cat on Zoom</p> <p style="margin: 0;">b.d. Justin Peterson</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>2</i></p> <p style="margin: 0;">11 am Ukulele Class @ Smyrna</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>3</i></p>	<p style="font-size: 2em; color: red; margin: 0;"><i>4</i></p> <p style="margin: 0;">b.d. Ethel Henderson</p>
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<p style="font-size: 2em; color: red; margin: 0;"><i>5</i></p> <p style="margin: 0;">10 am Worship b.d. Paul Ashton</p> <p style="text-align: center; margin: 0; color: blue;">Pentecost</p> <p style="margin: 0;"><i>Strengthen the Church Offering Sunday</i></p>	<p style="font-size: 2em; color: red; margin: 0;"><i>6</i></p> <p style="margin: 0;">7 pm AA/AO b.d. Nick Itami</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>7</i></p> <p style="margin: 0;">b.d. Aaron Liechty, Hadley Kersens</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>8</i></p> <p style="margin: 0;">7 pm Scripture Dialog with Pastor Cat on Zoom</p> <p style="margin: 0;">b.d. Andrew Mahar</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>9</i></p> <p style="margin: 0;">11 am Ukulele Class @ Smyrna</p> <p style="margin: 0;">b.d. David Yoder</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>10</i></p> <p style="margin: 0;">b.d. Amber Rogers Enfield</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>11</i></p>																																																																																											
<p style="font-size: 2em; color: red; margin: 0;"><i>12</i></p> <p style="margin: 0;">10 am Worship b.d. Nathan Gribble Blair Flowers: Audrey Yoder Health Committee mtg after worship</p> <p style="text-align: center; margin: 0;"><i>Honoring Our Graduates Sunday</i></p>	<p style="font-size: 2em; color: red; margin: 0;"><i>13</i></p> <p style="margin: 0;">7 pm AA/AO</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>14</i></p> <p style="margin: 0;">b.d. Marcus Daniels</p> <p style="margin: 0;">Flag Day</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>15</i></p> <p style="margin: 0;">b.d. Emily Holt Borges, Imani Robinson</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>16</i></p> <p style="margin: 0;">11 am Ukulele Class @ Smyrna</p> <p style="margin: 0;">7 pm Church Council on Zoom</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>17</i></p>	<p style="font-size: 2em; color: red; margin: 0;"><i>18</i></p> <p style="margin: 0;">b.d. Bill Peterson</p> <p style="margin: 0;">Wed. Anniv. Steve & Jane Dahl</p>																																																																																											
<p style="font-size: 2em; color: red; margin: 0;"><i>19</i></p> <p style="margin: 0;">10 am Worship Father's Day</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>20</i></p> <p style="margin: 0;">7 pm AA/AO b.d. Elsa Anderson</p> <p style="margin: 0;">Summer begins</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>21</i></p> <p style="margin: 0;">b.d. Elsa Anderson</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>22</i></p> <p style="margin: 0;">b.d. Benjamin Daniels</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>23</i></p> <p style="margin: 0;">11 am Ukulele Class @ Smyrna</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>24</i></p>	<p style="font-size: 2em; color: red; margin: 0;"><i>25</i></p>																																																																																											
<p style="font-size: 2em; color: red; margin: 0;"><i>26</i></p> <p style="margin: 0;">10 am Worship Wedding Ann. Steven & Eileen Boss</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>27</i></p> <p style="margin: 0;">7 pm AA/AO b.d. DaNelda Strode, Beth Liechty Koberstein, Sophia Patterson</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>28</i></p> <p style="margin: 0;">b.d. Murlene Liechty</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>29</i></p> <p style="margin: 0;">b.d. Robert Schuebel, Heidi Crispin</p> <p style="margin: 0;">Wedding Ann: Katherine & Allen Holt</p>	<p style="font-size: 2em; color: red; margin: 0;"><i>30</i></p> <p style="margin: 0;">11 am Ukulele Class @ Smyrna</p>																																																																																													

**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



A Celebration of Life service for David Schriever will be held on Saturday, June 4, 2022 at 12 noon in the Smyrna UCC sanctuary. There will be overflow seating in the fellowship hall. Masks are encouraged, but OPTIONAL. A light lunch will be served following the service.

A graveside service of committal led by Rev. Catherine Allard will precede the Celebration of Life service at 11:00 AM in the Smyrna UCC cemetery.

Please arrive early for the Celebration of Life service (If not already attending the graveside service), as the family intends to stand in a receiving line for guests as they arrive.

PRAYER LIST

Irene Schriever and family, Pat Bullard
Lois Johnson Dan and Beryl Fisher

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.