

BEHOLD!! SMYRNA

June 2023



UNITED CHURCH
OF CHRIST

*Blessed be the tie that binds our hearts in Christian love;
The sharing of a common life is like to that above.*

Change is hard. Scientists have taught us that even *good* change is stressful for our bodies. And we all cope with change in different ways. Some of us try to avoid thinking about it until the last possible minute. Others of us worry obsessively over it. Others still may “act out” our feelings about impending change unconsciously, letting it come out sideways, so to speak. We all experience loss differently also. I learned long ago that I tend to feel “anticipatory grief” over impending loss—I feel my feelings more *before the loss occurs than afterwards* (if I know it’s coming), though that applies more to life changes than to loss of a loved one. How do you process change and loss?

Pastoral transitions are a significant form of change and loss in the life of a congregation. Even when a pastor hasn’t been in the church for a long time, as with an interim pastor, pastoral departures feel disruptive. Interim pastors are a “special breed” in the sense that we come to you knowing that we will leave within a short time, and you accept us into your life knowing we are “temporary shepherds,” as one book on interim ministry puts it. Regardless of how long or short a pastor’s tenure is, though, it’s human nature to get attached. In fact, it’s healthy! We all need to bond to some degree for good ministry to get done. I know that in my short time with you—just 15 months and counting—I have bonded with many of you. I have come to know you, to feel affection towards you, to love you as your pastor. And I have come to treasure the unique spirit of kindness, compassion, mutual service, open-heartedness, and sincere inclusiveness that I have found here. So I am starting to feel my own sadness at the prospect of saying goodbye to you, of wrapping up my ministry with you. And yet, I know that we—pastors and congregation together—have done the interim work faithfully, and the time has come to conclude the interim period.

So the date has been set and the preparations are underway. Pastor Cat’s and my final Sunday with you as your intentional interim pastors will be June 25th (though Pastor Cat will continue with you a while longer in a different pastoral role—see below). In worship that day, we will have a liturgy of farewell to mark the end of the formal interim period. Yes, it’s true, your search committee is still searching, so we can’t quite wrap everything up with a bow and call it done. You will need pastoral presence and support to see you through the remainder of the search and call process until your new settled pastor arrives.

And on that subject, there’s good news! As you may have already heard, Pastor Cat has felt called to postpone her move to New England for a few more months and to transition from being one of your interim pastors to being your *bridge pastor*. This is a kind of supply pastor that is specifically for the purpose of *bridging* between the departure of the interim pastor(s) and the arrival of the settled pastor. She and Council leaders are working out a new contract for her, with a new understanding of her role. This will enable her to serve among you as your pastor for a little while longer and provide that reassuring pastoral presence that Pastor Cat has been able to offer so beautifully in her work with you. So while I will be ending my ministry with you on June 25, Pastor Cat will be staying on as your bridge pastor for a few more months.



All that is left to say is that I will miss you, and I will always cherish the memories I have of my relationships with you and our ministry together. I am setting aside time in my calendar during June for conversations, zoom calls, coffee dates, visits and other ways for us to say a “good farewell” to one another, for those of you who would appreciate that. It helps to say goodbye well, and it lays the groundwork for a good “hello and welcome” when your new pastor arrives. If you’d like to find time to meet up with me online or in person in June, please contact me by email or phone and we’ll set up a time.

In the meantime, let’s have a good month together! And let’s remember that we never lose those we have loved in Christ. As the beloved hymn goes: “When we are called to part it gives us inward pain, but we shall still be joined in heart, and hope to meet again.”

Yours in the journey,
Pastor Janet





Rebekah prepares sausages while Kristin and Skyler number the potato salad cups

First Ever Potato Salad Cooking Contest

Sunday, May 21, 2023, we held Smyrna's first ever Potato Salad Making contest. Five people made six potato salads for the congregation to taste and vote upon who made the best salad by putting money into a basket as their way of voting. The first place winner of the contest was Ginger Redlinger. Cooked bacon might have made the difference, the writer of this article is not entirely sure. Ginger won the second best salad as well. Winner of third place was Linda Dunn, fourth place was garnered by Audrey Yoder, Christine Foster came in with fifth place and sixth place was held by Louise Allee. A total of over \$605.00 rounded out the fund raiser as well as a good get-to-gather. Thank you everyone who participated as the makers and tasters of the salads.

Mission and Outreach



A special offering for "Strengthen the Church" will be taken on Sunday, June 4, 2023. Some of the money is retained by the conference to provide grants for various projects such as the one Smyrna received to enhance our audio/video system.

Throughout June, Children for Change donations will support the food bank at the Molalla Service Center.

Join Family and Friends to celebrate Murlene Liechty's 90th Birthday. Festivities will be held on June 25th, from 2:30 to 4 pm at Smyrna UCC



PEACE CAMP RETURNS TO SMYRNA!

Smyrna Christian Nurture Committee is thankful to have Peace Camp again, geared toward ages 6-12. It will be held at Smyrna, 9am-12:30pm, June 19-23. Registration will be at the door and there will be a \$10.00 charge for the week.



Our theme is : Peace NOW: Nature, Ourselves, Others, and the World. Our committee is working on the details. We will learn about being peacemakers through activities, stories, art, and other activities. Please join us and invite friends.

Women's Fellowship Bazaar — Changes to Come



In 2023 we will find a change in how our annual bazaar will be held.

On every Sunday in November and possibly the first couple of Sundays in December, we will be selling our merchandise following church services.

This means that it will be an in-person function. Prior to each Sunday, we will be announcing what will be available for sale on that particular Sunday.

We hope that you will be able to attend and find what you seek at each sale.

See you there next fall!

JUNE WORSHIP LEADERSHIP

*SUMMER WORSHIP TIME 10:00 AM

- June 4 — Pastor Cat leading, Pastor Janet assisting; Greetings and song from CPC Moderator, Cynta Butts
- June 11 — Pulpit Supply
- June 18 — Pastor Cat leading
- June 25 — Farewell Liturgy for Pastor Janet; Reception after worship

Dates to Remember:

- June 4, after worship — Christian Ed/Nurture meeting
- June 6, 7:00 PM — Diaconate meeting via Zoom
- June 11 — Summer Days of Giving
- June 13, 4:30 PM — Pastoral Relations Committee via Zoom
- June 19-23, 9:00 AM - 12:30 PM — Peace Camp
- June TBD 7:00 PM — Scripture Dialogue via Zoom
- June 20 — Behold!! Deadline
7 pm Church Council via Zoom



Thank you to

- * the Grounds Committee for putting your gardening and landscaping skills to work to beautify the Smyrna grounds!
- * **the trustees for staying on top of what's next to enhance the health, safety, efficiency, etc. of Smyrna's buildings.**
- * Barb, Kristin, and Rebekah for hosting a very successful potato salad cook off!
- * Irene for continuing to serve as Treasurer,
- * Joel and Janet Bess for supporting the Treasurer.
- * Dave Clites for your service as Chair of the Search Committee and to the rest of the team: Sheila Daniels, Barb Menkel, Ginger Redlinger, and Audrey Yoder — for your commitment to faithful discernment.



Reversing cognitive decline after retirement

Research has shown that word recall and memory decline after people retire, in countries with generous welfare and pension benefits as well as countries without them. Postponing retirement can protect against cognitive decline, but few of us want to work until we drop (even if we drop with a well-functioning brain). Here are some ways to help stay mentally sharp after retirement:

1. Stay socially connected, with family, old friends, new friends, or casual

acquaintances. Loneliness is said to be as great a health risk as smoking a dozen cigarettes every day.

2. Keep active. An exercise routine is helpful at any age. Aim for at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous activity per week.
3. Keep stress to a minimum. Easier said than done, you may say. While you cannot always avoid stressful life events, try not to introduce any new stressors into your life. Get enough sleep. Manage your finances so that you live within your means. Practice meditation or prayer as part of your daily routine. Seek solace from others when you need it.
4. Keep working. This does not mean continuing your full-time job, but consider working part time or volunteering as a way to keep connected to others and contribute to the greater good of society.

CAMP ADAMS

MOLALLA - OREGON



CAMP REGISTRATIONS

It's not too late to register for summer camp! <http://campadams.org/youth-camps> leads to the Camp Adams registration website. Registrations will close on June 15 or when a camp is at capacity.

Our directors, Pam Rossio (Taller & Smaller and Discoverers), Becca Rewinski (Genesis/Seekers), and Kris Dowell (Sojourners and Exodus) are all working hard to provide a wonderful program this summer.

Please join us and make some wonderful new memories.

Go to CampAdams.org for more information.

LONELY? Medical issues? Need Help?

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

RESOURCE Page
A Helpful page for people in our community.
(Click here.)



Red Cross CPR-AED Classes

If anyone is interested in getting a CPR or AED class, the Red Cross is offering them. There is a choice of online or in-person training, with a variety of locations and prices.

The online classes cost about \$37, and the in-person classes cost about \$77 to \$105. Go to redcross.org for more detailed information

Saturdays in the Park Sábados en el parque

Food • Friends

Summer Fun!

¡Comida • Amigos
Diversión en
Verano!



Join Us! ¡Acompáñanos!



contact:
hello@BridgingCulturesCanby.org
or call (503) 592-3781

BRIDGING CULTURES
PUENTES ENTRE CULTURAS

Saturdays/Sábados 11:30am - 1:30pm

May/mayo 20 - Locust St. Park

June/junio 3 - Maple St. Park

June/junio 17 - Locust St. Park

July/julio 1 - Locust St. Park

July/julio 15 - Wait Park 6pm to 8pm!

July/julio 29 - Locust St. Park

August/agosto 12 - Locust St. Park

August/agosto 26 - Locust St. Park

Sept/sep 9 - Locust St. Park

Park Locations:

Locust Street Park: 305 S Locust St, Canby, OR 97013

Maple Street Park: 1200 N Maple St, Canby, OR 97013

Wait Park: 350 N Grant St, Canby, OR 97013

Join Us!
¡Acompáñanos!



BRIDGING CULTURES
PUENTES ENTRE CULTURAS



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June 2023 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
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4 10 am Worship b.d. Ethel Henderson Pastor Cat leading worship, Pastor Janet assisting	5 7 pm AA/AO b.d. Paul Ashton	6 7 pm Diaconate mtg via Zoom b.d. Nick Itami	7 b.d. Aaron Liechty, Hadley Kersens	8 b.d. Andrew Mahar	9 b.d. David Yoder	10 b.d. Amber Enfield																																																																																											
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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



PRAYER LIST

- Pat Bullard
- Jane and Steve Dahl
- Genevieve Freeman
- Beryl and Dan Fisher
- Ethel Henderson
- The Holt family
- Jeannie Rogers' brothers Steven and John, and family
- Virginia Yoder



Please keep Richard Daniel's wide circle of family and friends in your prayers as they mourn his death.

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.

Ministers: All members of the church

Ministers: Rev. Cat Allard; Rev. Janet Parker

Editor: Jeannie Rogers **Asst. Editor:** Elaine Daniels

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