

# BEHOLD!! SMYRNA

## July 2023



UNITED CHURCH  
OF CHRIST

Thanks, Wow, and Godspeed!

*Dear Smyrna members and friends,*

A well-known book by the writer Anne Lamott is titled, "Help, Thanks, Wow," and that was on my mind when I sat down to write this thank you note to you. But what I want to say is "Thanks, Wow, and Godspeed!" in response to my ministry among you and my final Sunday with you on June 25th. One of the joys of being an interim pastor is that I get to serve more than one, two or even three congregations over the course of my ministry. I love having the opportunity to join a congregation, do some good ministry with folks, connect authentically and meaningfully with people, and exit when my job is done, hopefully leaving the church in a little bit better space than where I found it.

So I want to say thanks for offering me the privilege and opportunity of serving you in ministry, alongside Pastor Cat. Though our time was short, it was nonetheless important and meaningful. I want to say thanks to all of you who stepped up when you were needed as leaders, helpers and active participants in the ministry of the church over this past 16 months. I also want to extend my deep gratitude to my partner in ministry, Pastor Cat! I'm so pleased that we turned out to be such a great team. And I'm grateful to Smyrna for taking a chance on this unorthodox team approach to an interim pastorate.

Secondly, I want to say, "Wow!" I was so touched by the potluck lunch you held following the service and the beautiful card that so many of you signed with the great picture of the church on the front cover. I have read what you all wrote, and I will always cherish what you expressed in your notes and what you shared with me verbally. This card is a great keepsake and will help me remember you fondly. And I was really surprised by the "love offering" that you took up for me that was tucked into the envelope with the card. That was unnecessary but super generous of you and I promise to put these gifts to good use :)

Finally, I just want to say, "Godspeed." I know that God is with you, guiding you into the next phase of your congregational life, and I will be watching you prayerfully from a distance to see where you go from here. And I imagine we'll see each other again somewhere down the road :). I'm not planning to leave the Portland area and I'll still be with you in the Central Pacific Conference. Some of you asked what I'm doing next. That remains to be seen! My wife, Robyn, and I are doing some traveling this summer and then I'll see where God is leading me.

So, dear Smyrna community, "thanks, wow, and godspeed!" God be with you till we meet again.

Pastor Janet



**Ministers: All members of the church**

**Interim Minister: Rev. Cat Allard**

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

**Church Phone (503) 651-2131**

**email: [smyrnaucc@canby.com](mailto:smyrnaucc@canby.com)**

**Website: [www.smyrna-ucc.org](http://www.smyrna-ucc.org)**

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





Children for Change  
School is out for the summer and **Smyrna's Peace Camp** ran the 3rd week of June. Donations to Mollalla Food Bank through Children

For Change has been our focus for the months of May and June. Your generosity is greatly appreciated.

Summer is just beginning but soon the new school year will start. Our goal with Children For Change during the months of July and August will be to gather school supplies to be delivered to schools in our area as well as to The Canby Center for their distribution. Cash donations of course, will be gratefully appreciated as well.



## Berry Festival

Please join us after church,  
On Sunday, July 16<sup>th</sup>, 2023

for

**Smyrna's Berry Festival!!!**

There will be a light lunch to go with  
berries, ice cream, cakes,  
shortcakes, and pies!

A freewill donation  
will be collected

**It will be delicious!!!**



Upcoming dates of note:

- July 5, 12, 19, 7:00 PM — Scripture Dialogue via Zoom
- July 9 after worship — Labyrinth Prayer Walk in the Friendship House
- July 11, 7:00 PM - Diaconate meeting via Zoom
- July 16 — Berry Festival after worship
- July 18 — 7 PM Church Council via Zoom
- July 20 — Behold!! Deadline

Walk A Prayer Labyrinth  
at Smyrna  
on Sunday, July 9

**"In early and medieval Christianity, prayer labyrinths were used as a common meditative practice. Pilgrims would walk through concentric circles to the labyrinth's center on a symbolic journey to Jerusalem. Their time in the labyrinth was often used to name their worries, center their thoughts, and give their burdens to God." \*** This meditative practice is practiced today in churches that have their own labyrinths created on church grounds or painted on canvas. An opportunity to walk a canvas prayer labyrinth will be available at Smyrna on Sunday, July 9.



Smyrna borrowed a canvas labyrinth from Lake Oswego UCC for Peace Camp and by popular request the loan has been extended to allow more of the congregation to walk the labyrinth and experience this type of walking prayer and meditation. Information on possible ways to begin, spend time in the center, and end the labyrinth and other suggestions will be available on July 9.

\*Description comes from the American Bible Society website.

## Smyrna Reading Group

The Smyrna Reading Group is taking a vacation over the summer, but we may start again in August.

Post the books you read which you would recommend for a group read on the Smyrna Reading Group Facebook page or email:

Audrey ([yoderstore@canby.com](mailto:yoderstore@canby.com)) or  
Ann Clites ([annclites52@gmail.com](mailto:annclites52@gmail.com))



## THANK YOU

Thank you to everyone who donated time, talent, and snacks for a well-resourced and fun week of Peace Camp!

Thank you to the Search Committee for your work interviewing pastoral candidates and for the prayerful work of discernment as you consider each candidate.

From the library bookshelf:

Peace Camp this year was led by Sheila Daniels who keeps up with the best of children's books. The books Sheila read during Peace Camp aren't in the Smyrna library collection, but hopefully in the coming months they will be added for the benefit of Smyrna's adults as well as the children in their lives. The books Sheila chose to read are mindfulness, peacemaking and positive affirmation resources that speak to all ages and stages. Here are a few that Peace Campers old and young enjoyed:



Be You! by Peter H. Reynolds. Scholastic, 2020.  
I Am Love: A Book of Compassion by Susan Verde. Harry N. Abrams, 2019  
I Am One: A Book of Action by Susan Verde. Harry N. Abrams, 2020  
I Am Peace: A Book of Mindfulness by Susan Verde., Harry N. Abrams, 2017  
Say Something by Peter H. Reynolds. Orchard Books, 2019.

**When Things Aren't Going Right, Go Left** by Marc Colagiovanni. Scholastic, 2023.

They may be found in your local public library. If you don't have a child to read to, read them to yourself and enjoy!

New books in the Smyrna Library:

The Green Bible, New Revised Standard Version. Harper One, 2008. The Green Bible has green-letter print of Bible passages that "demonstrate how God and Jesus are intimately involved with all of creation, how nature responds to God and how we are called to care for creation." Pastor Janet Parker recommended this edition of the NRSV during her 2-part Adult Ed session on "What the Bible Says About Creation". Bible studies and essays by conservationists and theologians are included.

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 ....



## The Stranger

There I was, standing on the corner, waiting for the traffic to clear so I could get across the street. Since the accident I'd been on crutches, and it took so long to cross the street that I was afraid to start if anything at all was coming. I had just gotten out of the hospital and was still weak. I really wasn't fit to be out, but I'd had to leave because my insurance had run out and I had no savings and no job to pay the bills any more.

I was on my way to see a man my neighbor had told me about, who seemed to have the gift of healing. He had an office in his house, and people with all kinds of ailments went in to see him. He just laid his hands on them for a minute or two, nothing more. Sounded a bit strange to me, and I wasn't too sure he could do anything for me; but my neighbor said his arthritis had gotten a lot better since he'd started going to this man. So I thought I'd give it a try. I had nothing to lose, and really I had nowhere else to go.

While I was waiting on the corner, a stranger walked by. Seeing my crutches, he stopped. "Would you like to be healed?" he asked. "Oh, yes," I said. "I was just on my way to the house across the street to see if he could help me." The stranger smiled. "That's not what I meant. Here, sit down a minute." And before I knew what was happening, he had taken away my crutches and my braces and we were walking across the street together.

On the other side I stopped to collect my thoughts. "I must be dreaming," I said. "I can't walk without crutches." The stranger smiled again. "You can now. Try again." And I ran down the street on two sound legs.

When I looked around, the stranger was halfway down the block. "Oh, sir," I called. "I thank you more than words can say. But I must tell you my HMO will not pay any more bills until next year." The stranger's smile showed again as he disappeared around the corner. "But, sir," I said, half to myself, "you didn't even ask for my Social Security number."

Adapted from the Gospel according to St. John(son), Chapter 5

John Nilsen - Live at the Lake  
presented by Mert Meeker

Saturday, July 29, 2023 - 4:00pm & 7:00pm Shows  
A Special Intimate Outdoor Piano Solo Concert  
Overlooking Oswego Lake at a Private Residence  
Chairs will be provided - Limit 100 tickets per show  
No personal chairs, coolers, no outside food or alcohol, etc.  
Cash bar available - Beer, Wine, and Soft Drinks  
Contact: Mert Meeker 503-807-7271

Purchase Tickets:

4:00pm show: <https://www.tickettomato.com/event/8052>

7:00pm show: <https://www.tickettomato.com/event/8053>





# Peace Camp at Smyrna 2023

Peace with Nature  
Peace with Ourselves  
Peace with Others  
Peace with the  
World  
Let there be Peace!





# THE PEACE PROCESS

## Step 1: Breathe

Take a breath:

- In like a flower (count 1-2-3)
  - Hold (count 1)
  - Out like a birthday candle (count 1-2-3-4)
- Take as many breaths as you need to feel calm.



## Step 2: "I" Statements

I feel \_\_\_\_\_ because \_\_\_\_\_.

The other person repeats what they heard:  
What I heard you say is that you feel \_\_\_\_\_  
because \_\_\_\_\_. Did I get it right?



## Step 3: Repairing the Harm

How can I make it better?

- Say "I'm sorry for \_\_\_\_\_."
  - Next time, \_\_\_\_\_.
  - I need \_\_\_\_\_.
- Can we agree to that?



## Step 4: Moving Forward

End The Peace Process with:

- Fist bump
- Handshake
- High 5



If you do not feel The Peace Process solved the problem, or if you need help with the process at any step, let a teacher or grown-up know.



# My Peaceful World

Sung to America the Beautiful

Lyrics by Liz Chapin & the Smyrna

Peacemakers 2015

Oh beautiful, My Peaceful World

A world of love not fear

Where everyone can live in peace

And no one sheds a tear.

No bullying, no poverty

A world that's full of grace

With love, and work, and thoughtfulness

We'll save the human race

No hate, no wars, no racism

Just friendship everywhere.

We're helping the less fortunate

And showing them we care.

We'll save the earth, help animals,

Be gracious kind and true

And we can all be Peacemakers

If we don't help, then who?

Our peaceful world please join us now

And be a guiding light

We all can have a role to play

Stand up and do what's right

It's up to you to lend a hand

Or help a friend in need

Let's make the world a better place

It starts with you and me.

## Smyrna's Peace Camp

Children attending Peace Camp participated in learning peaceful resolution to conflict, practiced the calming effects of yoga, played cooperative games, tie dyed t-shirts, created artworks, recycled junk into 3-D works, visited with Mary's therapy dog (Jonesy) and rosy boa (Rosy), and learned a song written cooperatively by Liz Chapin and the Peacemakers of 2015. It was a great week!

GO NOW IN PEACE,  
GO NOW IN PEACE.

MAY THE LOVE OF GOD  
SURROUND YOU

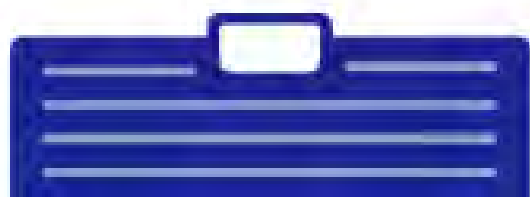
EVERYWHERE, EVERYWHERE  
YOU MAY GO.



# Create a Safer Home



As a gun owner, you can choose from multiple options for securely storing and protecting from unauthorized use of your firearms when they are not in use. Clackamas County is offering gun storage options at no cost and as inventory allows to our community members.



*Rifle case*



*Medication lock box*



*Cable gun lock*



*Pistol key vault*

Fill out our form at [bit.ly/ClackCoSaferHome](https://bit.ly/ClackCoSaferHome) (or scan the QR code) to indicate the type and quantity of item(s) you are requesting and arrange for pickup at our Oregon City office. If you are unable to pick up, please let us know and we may be able to arrange for delivery.





# July 2023 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
<div> <div> <b>Jun 2023</b> <table> <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>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </table> </div> <div> <b>Aug 2023</b> <table> <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>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</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		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			1
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																																																																																					
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																																																																																						
2 10 am Worship Health Committee mtg	3 7 pm AA/VO	4 b.d. Scott Stierle Wedding Ann. Ginger Redlinger & Mary Namit	5 7 pm Scripture Dialog via Zoom	6	7	8																																																																																				
9 10 am Worship Blood pressure checks during coffee hour <i>Labyrinth prayer walk after worship</i>	10 7 pm AA/VO b.d. Roberta Rigg	11 7 pm Diaconate mtg via Zoom Diaconate mtg	12 7 pm Scripture Dialog via Zoom	13 b.d. Vonda Stoneking	14 b.d. Jon Schriever	15																																																																																				
16 10 am Worship <i>Berry Festival</i>	17 7 pm AA/VO	18 b.d. Kirstan Rigg 7 pm Church Council via Zoom	19 7 pm Scripture Dialog via Zoom b.d. Sheila Daniels Wedding Ann. Rick & LeVonne Gano	20 b.d. Angie Stierle, Lucia Bangs, Jim Buffington, Tracy McKee, Bryce Crispin <b>Behold!!! deadline</b>	21 b.d. Leonard Sano, Deb Patterson, Derek Crispin	22																																																																																				
23 10 am Worship	24 7 pm AA/VO b.d. John Mahar	25 b.d. Don Rogers	26 Wedding Ann. Paul & Mary Ashton	27 b.d. Tom and Terry Daniels	28	29																																																																																				
30 10 am Worship	31 7 pm AA/VO																																																																																									

**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  
The Daniels family  
Beryl and Dan Fisher  
Genevieve Freeman  
The Holt family  
Virginia Yoder

## JULY WORSHIP LEADERSHIP

\*SUMMER WORSHIP TIME 10:00 AM

July 2 - Rev. Lynda Bigler leading

July 9 - Pastor Cat leading

July 16 - Pastor Cat leading

July 23 - Pastor Cat leading

July 30 - Rev. Lynda Bigler or Rev. David Zawor-

*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.