

BEHOLD!! SMYRNA

February 2024



UNITED CHURCH
OF CHRIST

Dear Smyrna Friends,

February brings us the first couple weeks of the season of Lent, the 40 days before Easter during which we are invited to draw closer to God and God's will for us. You may have been a part of a faith tradition in which you were encouraged to "give something up" during Lent. And certainly, if you feel that it brings you closer to God, you are welcome to give it a try. (Ask me sometime about the Lent in my young adulthood when I tried to give up feeling sorry for myself. It was...informative!)

During this season, you might also want to think about taking something on — some new prayer practice or activity that will help you feel God's presence more acutely. If worship and learning with your community is something you'd like to take on, there are a couple of opportunities this season.

Prayer in community will bookend the Lenten season. Our Ash Wednesday Service (on Wednesday, February 14 at 4:00 pm) will be a simple reminder of how our bodies and souls are connected to one another and to the Divine. At the end of Lent, a Good Friday Vigil (March 29, drop in anytime from 12-3pm) will provide another opportunity for prayer and contemplation before Easter Sunday (March 31).

And on Wednesdays in Lent (February 21 and 28 and March 6, 13, and 20) we will have an evening study. Similar to our Advent study, we will watch a short video and then have time for reflection and conversation. We'll be drawing from the series *Marching from Pain to Possibility: A Film Series on the Journey from Woundedness to Wholeness*. Unlike our Advent study which featured one speaker, this series will feature a variety of voices.

The Work of People which produced the series, has the following to say about the series.

"Pain proposes perplexing questions: What is the meaning of pain? How can I survive it? What do I do with it? However, Lent offers a way of grappling with the unintelligibility of pain; it invites us to look at our lives and our deepest longings for healing, restoration, and fulfillment.

These films are invitations to enter into a journey of making sense of our deepest desires that comes from pain and woundedness. The curriculum that follows each film offers ways to reflect and find that place of pain, and at the same time, that place of wholeness and healing. Practices will be suggested as invitations to examine both our wounds and the wounds of others and see how we might bring peace and healing. **The desert is a place void of easy fixes, but it can also be where we find who we truly are."**

I look forward to continuing to explore God's work in our community with you all. See you in church!

Warmly,
Pastor Jennifer

Ministers: All members of the church

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Wednesday, Feb 14, 4pm —
Ash Wed worship

Wednesdays Feb 21, 26 March
6, 13, 20 — 7:30-8:45 pm via
zoom, Lenten Study: Marching
from Pain toward Possibility

Friday, March 29 —
Good Friday Prayer Vigil 12-3pm,
In the Sanctuary

Women's Fellowship Bazaar Report

A big thank you to everyone who came to the Bazaar and bought items we had for sale. And a even bigger thank you to those who worked hard to make and donate items for the sale. **We couldn't have done it without you all.**

It looks like we took in a little over \$3,800 during the six weeks we were open. **Women's Fellowship uses the money we take in during the sales like this and the luncheons we hold during the year for such things as Camp Adams scholarships, helping with the cost of cleaning the church facility, giving money to various projects and needs.**

Again, we thank you all for making this endeavor a success.



Worship Leadership in February

Sunday, February 4
Focus Scripture Mark 1:29-39
Holy Communion
Pastor Jennifer preaching

Sunday, February 11
Focus Scripture Mark 9:2-9
Transfiguration Sunday
Pastor Jennifer Preaching

Wednesday, February 14 @
4:00 PM
Ash Wednesday Worship

Sunday, February 18
First Sunday of Lent
Focus Scripture Luke 7:11-15
Lent in 5 Senses: The Sense
of Touch

Pastor Jennifer Preaching

Sunday February 25
Second Sunday of Lent
Focus Scripture Mark 8:22-25
Lent in 5 Senses: The Sense
of Sight

Pastor Jennifer Preaching

THE GREAT CHILI COOK OFF RETURNS

Once again we look forward to **Smyrna's Chili Cook off**. Chili teams will vie for the prize with a variety of Chili dishes.

This year the Chili Cookoff will be on Sunday, February 25, 2024 following our church service. We hope to have at least 3 to 4 (or more!) teams who will cook their favorite chili recipe and bring it in on Sunday for **tasting**. **If anyone would like to make salsa or cornbread don't hesitate, bring that also.**

Name your team, sign up, and join in on February 25, 2024.

The voting isn't tabulated by Price-Waterhouse for the win, but whichever team generates the most money for Smyrna will win. So get the pots boiling and bring them to Smyrna for tasting. See you there.



Thanks to:

- The amazing, creative and hard-working Jeannie Rogers who this year celebrated her THIRTYFIFTH YEAR as the secretary of Smyrna. We are so grateful for her many years of dedicated service.
- Ginger Redlinger and Joel Daniels who stepped in to lead the annual meeting.
- Rick Gano, for serving as moderator this last year, and overseeing a pastoral change.
- **Women's Fellowship for their delicious lunch which twice in January served the congregation and wider community.**
- Florence Pease, for her continued hard work in organizing. She has moved on to the attic and is making great strides in putting things in order. And to Rebecca Yoder, Florence Pease, Jim Daniels, Christine and Virgil Foster who helped put the Christmas pageant items away (we finally found a time after a month of snow and ice!) on January 25.
- All of YOU who have volunteered to fill our new slate of committee members. I look forward to working with you in 2024.

LONELY? Medical issues? Need Help?

Please visit the Smyrna Resource page. **On Smyrna's website,**

www.smyrna-ucc.org, just click the Resource tab



Heimlich maneuver on self

The Heimlich maneuver is a first aid procedure used when a person is choking. If you are alone and you are choking, you can try to dislodge the item in your throat or windpipe by performing the Heimlich maneuver on yourself.



Place fist above navel while grasping fist with other hand.

Leaning over a chair or counter-top, drive your fist towards yourself with an upward thrust.

ADAM

Choking is fairly common. Choking deaths occur most commonly in children less than 3 years old and in senior citizens, but can occur at any age. The Heimlich maneuver has been valuable in saving lives and can be administered by anyone who has learned the technique. When no one else is around, the Heimlich maneuver can be performed as shown.

Information

When you are choking, your airway may be blocked so that not enough oxygen reaches the lungs. Without oxygen, brain damage can occur in as little as 4 to 6 minutes. Rapid first aid for choking can save your life.

If you are choking on something, you can perform the Heimlich maneuver on yourself. Follow these steps:

1. Make a fist with one hand. Place the thumb of that hand below your rib cage and above your navel.
2. Grasp your fist with your other hand. Press your fist forcibly into the upper abdominal area with a quick upward movement.

You can also lean over a table edge, chair, or railing. Quickly thrust your upper belly area (upper abdomen) against the edge.

If you need to, repeat this motion until the object blocking your airway comes out.

February 2024 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																														
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4		11 am Worship – Pastor Jennifer preaching b.d. Loretta Wallace Focus Scripture Mark 1:29-39 Holy Communion	5	7 pm AA/VO b.d. Jean Akers	6	b.d. Carl Menkel, Skyler Wilson, Lois Johnson	7	7 pm Diaconate mtg via Zoom	8	12 Noon Women's Fellowship Luncheon	9		10	b.d. Elaine Daniels, Sandra Mahar																																																																																						
11		11 am Worship – Pastor Jennifer preaching Focus Scripture Mark 9:2-9 Transfiguration Sunday Lent in 5 Senses: the Sense of Touch	12	7 pm AA/VO	13	b.d. Peter Holt	14	4 pm Ash Wednesday Worship Service b.d. Holly Koch, Virgil Foster	15	Wedding Ann. Dave & Ann Clites	16	b.d. Joe Yoder, Donna Yenne	17																																																																																							
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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

- Paul and Mary Ashton
- Pat Bullard
- Beryl and Dan Fisher
- Genevieve Freeman
- The Holt family
- **Jeannie Rogers' brothers Steven and John**
- Virginia Yoder
- Robin Alexander
- Ginger Redlinger
- Janet Bess Farrell
- Linda Dunn and Barbara Daniels
- Rick and Lavonne Gano
- Anne Stronko and Roger Marin
- Paulette Eyman
- Ethel Henderson



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.