

BEHOLD!! SMYRNA

July 2024



UNITED CHURCH
OF CHRIST

Dear Smyrna Folks,

It was a week of perfect weather, games under the trees, building a village for everyone, making cranes, singing, stories, learning, laughing, walking a labyrinth, eating really well, chalk art, making peace and most of all — fun. Thanks to the crowd of kids, youth, young adults, kittens, chickens, grownups, and one special dog that worked together to create a community of peace and made our 2024 Peace Camp a week to remember.



We asked the peacecampers on Friday to reflect on what they liked and remembered about the week. Here's what they said:

- ♦ "I liked all the activities we did with the kids and that we had enough adults to help with everything. I'm glad everyone seemed to have fun." — Emily
- ♦ "I love helping to grow the children into peacemakers."
- ♦ "THINK — Kind, necessary, inspiring, helpful, true."
- ♦ "Singing songs!" — Rye
- ♦ "Planning all the fun activities and lessons for our peace camp villagers. Watching them have fun and enjoy themselves. — Kristin
- ♦ "Memory of peace camp — Watching campers build a community on a table and among themselves."
- ♦ "I like oranges. I like Mason." — Evan
- ♦ "Peace Village: Songs, fun, games, Jones, snacks, water games, labyrinth."
- ♦ "We started out strangers and ended the week friends. Thank you Skyler, Penny, Evan, Mason, Rye, Anni, Liham, Spencer, Simon, Emily, Rebekah, Kristin, Sheila, Liz, Ann, Jeannie, Debi, Christine, Mary and JONES!" — Pastor Jennifer

Ministers: All members of the church

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CAMP ADAMS

MOLALLA - OREGON



Smyrna's Camp Adams Sunday,
July 14, 2024.

Worship services will begin at 11AM
in the pavilion next to
Morris Lodge.

A kitchen will be available
in which to plug in crock pots and
refrigerate items for our potluck
picnic.

We will have the use of the bath-
rooms in the building closest to the
parking lot.

Paper Plates, silverware,
Napkins, coffee, and water
will be provided by the Diaconate
committee.

Questions?
please contact Barbara Daniels at
503-390-4686.

Landscaping

Have you noticed a refresh-
ing odor of cut wood around
Smyrna? Our landscaping
crew (elves) has been busy
spreading mulch on various
plant beds around the
church. And judging by the
pile near our sign, there are
plans for more work to be
done. They also replanted in the
long bed by the parking lot.



How to keep your brain active and lower **your risk of Alzheimer's**

Here are some simple tips:

- Do household chores, or any other type of low-level activity. (High-level activity is fine too, if you are up to it.)
- Stimulate your brain in different ways. Crossword puzzles, sudoku, etc., are some examples.
- Even sitting down and reading a book for six minutes a day can help lower heart rate and stress levels, as well as muscle tension.
- Eat a primarily plant-based diet, which can increase fiber and decrease intestinal inflammation.
- Call a friend or loved one. Brain health can be improved by active social connections. And it can help reduce loneliness or depression

LONELY? Medical issues? Need Help?

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



Peace Camp/Peace Village

Our Peace Camp/Peace Village was held June 17-21, 2024, we had 4 kids that attended, 2 seventh grade middle school junior helpers, and two college student helpers.

I want to thank Spencer Chapin and Simon Masingila for coming and helping. I also want to thank Jeannie Rogers, Debi Veatch, Rebekah Yoder, Emily Yoder, Sheila Daniels, Anne Clites, Kasondra Heilman, Christine Foster, Pastor Jennifer Garrison, and The Women's Fellowship Committee for all their help with Peace Camp!!

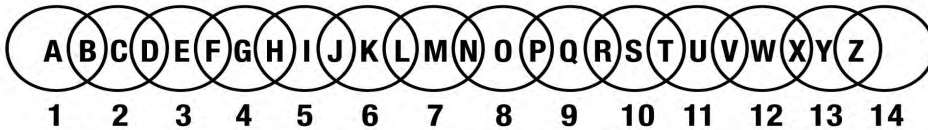
We focused on building conflict resolution, mindfulness, kindness, and friendship. We planted seeds in our playground garden, built a village out of recycle supplies, sang, and played. Thank you everyone for a wonderful 2024 Smyrna's Peace Camp!!! Next year's Peace Camp Dates will be coming out soon!!!!

Kristin Wilson

Puzzle!

Use the code to complete the blanks — and find out how God wants us to treat people.

CODE:



1,2 3 6 5 7,8 2,3 1 7,8 2,3

2 8 7 8,9 1 10 10 5 8 7,8 1 10,11 3

10,11 8 8 7,8 3 1 7,8 8 10,11 4,5 3 9,10'

3,4 8 9,10 4 5 11,12 5 7,8 4 3 1 2 4,5

8 10,11 4,5 3 9,10' 5,6 11 10 10,11 1 10

5 7,8 2 4,5 9,10 5 10 10,11 4 8 2,3

3,4 8 9,10 4 1 11,12 3 13 8 11'

EPHESIANS 4:32, NIV



Answer: Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32, NIV



Peace Village/ Peace Camp 2024





July 2024 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7 pm AA/AO	2	3 7 pm Diaconate mtg via Zoom	4 b.d. Scott Stierle Wedding Ann. Ginger Redlinger & Mary Namit	5	6
7 10 am Worship	8 7 pm AA/AO b.d. Josh Gorrell	9	10	11	12	13
14 <div>11 AM - Worship Services are being held at Camp Adams today, followed by a potluck picnic.</div> b.d. Jon Schriever Summer Days of Giving	15 7 pm AA/AO	16	17 7:00 PM Church Council Mtg on Zoom	18 b.d. Kirstan Rigg	19 b.d. Sheila Daniels Wedding Ann. Rick & Levonne Gano	20 b.d. Angie Stierle, Luca Bangs, Tracy McKee, Bryce Crispin
21 10 am Worship b.d. Leonard Sano, Deb Patterson, Derek Crispin	22 7 pm AA/AO	23	24 b.d. John Mahar	25 b.d. Don Rogers	26 Wedding Ann. Paul & Mary Ashton	27 b.d. Tom and Terry Daniels
28 10 am Worship	29 7 pm AA/AO	30	31	<div> <div> Jun 2024 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 </div> <div> Aug 2024 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 </div> </div>		

**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



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.

- 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 Levonne Gano
- Anne Stronko and Roger Marin
- Paulette Eyman
- Ethel Henderson
- The Crispin family

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.