

BEHOLD!! SMYRNA

August 2024



UNITED CHURCH
OF CHRIST

Dear Friends,

I wrote this poem as part of a collaborative project, the *Words of Her Mouth: Psalms for the Struggle*. Edited by Martha Spong, the book includes responses from 10 women to the words of the 150 poem songs in the book of Psalms. As we journey with David — the author of many of these songs — I thought I'd offer my response to the Psalm 3 and particularly line 3:5 —

"I lie down and sleep; I wake again, for the LORD sustains me."

Lying down, which sounds like the easy part,
is actually the hard part as it turns out.

I load this morning's dishes into the machine, I move laundry from one machine to another, I look at the clock, I tidy the living room, I brush my teeth, I look at the clock, I have to read what he's tweeting now, I fire off a few angry syllables of my own, I swallow a pill, a trip over the shoes in the hallway, I look at the clock.

I lie down. I roll over. I kick the blankets off. I pull the blankets up. I throw the blankets off. I stand up. I lie down. I could get up again. Toss again and turn again.

Or I could try this:

listen for the Voice that murmurs, "Close your I's"

And then,

like the dawn light that broke slowly this morning
like the salty tide that covers the rocks at midday
like the rise and fall of the child's breath this night;
just like these and all gentle, inevitable blessings

the Sustainer arrives, carrying sleep in a silver basket,
ready to offer rest as
a gift, a mercy, a benediction.

Many blessings,
Jennifer

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What does it mean to be an Age Friendly Congregation?

It means to be welcoming and accessible to even the eldest of our community. Is Smyrna as Age Friendly as we want to be? The UCC has prepared a guide to help us talk about it — to celebrate what we are doing well and to plan for how we can widen our welcome.

Join Joshua Barber and Pastor Jennifer on Sunday, August 25 after worship for a conversation using the resources from the guide and see how we can become an even more Age Friendly Congregation. See you there!

Pastor Jennifer's August Schedule:

- *July 28-August 2, my family and I will be staycationing, doing some projects around home and checking out sights in the greater PDX area.*
- *August 3-9, My spouse and I will be attending the [Fellowship for Affirming Ministries Leadership Gathering](#), a powerful and inspiring opportunity to learn from and worship with some of the most powerful faith and justice leaders in the country.*
- *August 10-16 Returning to Oregon City for a second week of vacation, including officiating at the funeral of a friend and making some preparations for returning in the fall.*



BAD FAITH

When: Wednesday, September 11, 6:30 pm

What: Bad Faith: A feature length documentary on the rise of Christian nationalism

Where: Via zoom, with conversation to follow

Who: Sponsored by Mission and Outreach, open to all the Central Pacific Conference

BAD FAITH is a feature-length documentary that explores the dangerous rise of Christian Nationalism in the United States. Part archival chronicle, part exposé, the film reveals the secretive political machinery that has relentlessly sought to weaken and destroy American democracy in order to promote its authoritarian vision.

Our cast includes religious leaders, historians, investigative journalists, state senators, political activists, sociologists, and a former high-ranking member of the Trump administration. They will guide us on a revelatory journey into why our nation is so divided and how it got there. Several have dedicated their lives to challenging Christian Nationalism's theocratic vision for America and the film chronicles their actions.

Trustees at work

Smyrna elves — Paul, Mary, and Carl — have been busy again!

After replacing the rotten siding on the west side, the entire shed was given two coats of paint.





Smyrna's Summer Days of Giving is scheduled for Sunday, August 25, 2024.

Fundraiser

Donations (marked Summer Days of Giving)

may be placed in the offering plate, mailed to the church, or made online through our website:
<http://smyrna-ucc.org/>

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.)

More than a Summer nuisance?

One of the nuisances of summer is the mosquito, with bites that are usually an itchy annoyance but can carry diseases such as malaria, Zika, or dengue. Due to climate change, some mosquito species are expanding their range and increasing the chances of mosquito-borne disease in the new areas.

A little-known fact is that there are about 3,500 species of mosquitoes but only a few which are a significant problem to humans. Some species have different preferences for victims; some prefer mammals, birds, reptiles, or even the blood in leeches. The mosquitoes which feed on humans can sense our body heat and the carbon dioxide we exhale and even choose victims based on their distinctive body odor. If you seem to be a preferred victim, there are some things you can do to decrease your risk of bites.



- The best skin repellent is a product containing DEET (N-Diethyl-meta-toluamide, in case you wanted to know the chemical name). It works by covering most of the odor receptors and thus decreasing the chances that the mosquito will be able to smell you.
- Some other repellents which can be effective are lemon eucalyptus oil or citronella; results may vary, though.
- There are also items of clothing with built-in insect repellent, available in outdoor clothing stores, although it is possible that the mosquitoes may still bite the uncovered skin.
- It is best to wear light-colored clothing, as mosquitoes are more attracted to darker colors like black, navy, or red.
- Since mosquitoes tend to be most active around dusk and dawn, try not to be outside during those time periods.
- If you are traveling in mosquito-infested areas, use a net around your tent or bed to help avoid bites.
- Try to prevent the proliferation of mosquitoes by avoiding standing water in places like flower pot trays, **buckets, decorative fountains, or pools for kids or dogs.** If you can't get rid of these water sources, you can cover them or screen them.

In case you travel to an area with known mosquito infestation, check the Travelers' Health section of the CDC website for location-specific advice for avoiding mosquito bites and mosquito-borne diseases. If you feel ill after traveling, see your doctor immediately and share your travel history.

**Have a potato salad that
might win?**

Potato Salad Contest

**Sign-up to enter a potato salad in
the Potato Salad Contest,
following church, Sunday, August
11, 2024**



A main dish will be provided.
This is a free will donation
fundraiser.

What's Happening in the West Bank Right Now By Marcia Gilliland, CPC PIN

Since the October attack by Hamas on a music festival in Israel, most of what we've heard has been about the bombings and killings in Gaza. What we don't hear about is what is happening in the West Bank.

During the times I have spent teaching women to sew in refugee camps and in villages, I always felt tension and unease as people could be arrested at any moment and midnight raids on homes were a regular occurrence.

Now water has been cut off to Bethlehem and Hebron affecting 1.1 million people.

They are forced to buy water from the Israeli water company at exorbitant prices. While the Palestinians are in water shortage, the Israeli settlements enjoy swimming pools and irrigated lawns. According to the Palestinian Bureau of Statistics, the average Palestinian water consumption per day is 85.7 liters. For illegal settlers, water utilization is seven times that.

*Farmers cannot go into their olive orchards for fear of being shot, many times by settlers who are accompanied by members of the IDF (Israeli army). **Some orchards have been set afire, along with the farmers' homes and cars.***

The United Nations reports that since October, 536 Palestinians, including 130 children, have been killed by Israeli forces or settlers in the West Bank.

Bethlehem relies on tourism for many jobs. Since there are no tourists, many people are destitute. My friends who live there do not allow their children to go outside: **It's too dangerous.**

This is a tragedy that many believe is going to get worse.

We pray for...

- ... the cessation of military operations and settler violence in the West Bank
- ... the hostages 100 Israelis and 10,000 held by Israel in administrative detention
- ... those in Gaza and Israel traumatized by acts of war and lingering fear
- ... the families of the more than 32,500 dead in Gaza
- ... those unaccounted for (more than 100,000) assumed to be buried in rubble in Gaza
- ... the over 1 million Gazans facing starvation
- ... the wounded people unable to receive medical treatment in Gaza
- ... the medical workers without supplies, drugs, and safe spaces in Gaza
- ... more than 17,000 wounded children with no surviving family (WCNSF) in Gaza...

Organizations Providing Aid in Gaza:

UNRWA (United Nations Relief and Works Agency -delivering humanitarian resources now) <https://www.unrwa.org/>

Doctors Without Borders <https://www.doctorswithoutborders.ca>

Save the Children <https://www.savethechildren.org/us/about-us/contact>

OXFAM <https://www.oxfamamerica.org/>

Quilts for Gaza

We want to make and send some quilts to Gaza for the children. If you would like to help with this project, please contact me and I will send you detailed instructions. They do not have to be complicated and are kid-size (small), so using your "stash" is a good idea. The directions will give you guidance on images to avoid, size, etc. **We have a plan for delivery so you don't have to worry about shipping them there.** Please email me for more information. Marcia.gilliland@gmail.com

Please CONTINUE to call your representatives and President Biden asking them to speak out for a permanent ceasefire in Gaza and an end to the violence.

August 2024 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																							
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10 am Worship b.d. Lisa Havre	7 pm AA/O Wedding Ann. Pat & Nancy Bryant		7 pm Diaconate mtg via Zoom	b.d. Emily Yoder																																																																																									
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10 am Worship Potato Salad and Soup Sunday after worship	7 pm AA/O					b.d. Bill Chapin																																																																																							
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10 am Worship	7 pm AA/O	b.d. Adam Maurer	7:00 PM Church Council Mtg on Zoom Wedding Ann. Derek & Heidi Crispin	b.d. Twyla Blatchford																																																																																									
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10 am Worship Age-Friendly conversation after worship b.d. Oliver Humphreys <i>Summer Days of Giving</i>	7 pm AA/O b.d. Joann Gribble Wedding Ann. Deb & Steve Patterson Wedding Ann. Kyle & Heather Anderson	b.d. James Yoder			b.d. Carly Itami																																																																																								

**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
- Anne Stronko and Roger Marin
- The Crispin family

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.