

BEHOLD!! SMYRNA

January 2025



UNITED CHURCH
OF CHRIST

Dear Smyrna folks,

As we step into 2025, the future may seem uncertain or unsettled. Many members of our community have told me that you're looking for ways to ground in faith, hope, and purpose. One beautiful practice that has gained traction in recent years is the use of "Star Words." Inspired by Epiphany traditions and the journey of the Magi, Star Words were first introduced by Pastor Cat, and we experimented with them in a small way last year.

On January 5, we will be invited to select star words to serve as a reminder of God's presence and guidance in our lives. Unlike New Year's resolutions, Star Words aren't about striving to be better versions of ourselves but about opening our hearts to God's wisdom in a deeper way. They encourage us to approach the year with curiosity, anticipation, and openness.

Star Words offer a unique opportunity to center our faith in a year of uncertainty or change. They remind us that God's light is always shining, even in the most challenging of circumstances. Each word invites us to explore how it connects with our personal lives, our communities, and the broader world around us.

Throughout the year, these words can serve as a touchstone for reflection and growth, and our star words this year will come with a reflection guide that we can carry with us into the Lenten season. Hopefully, these words challenge us to consider how we can embody the essence of that word in our daily actions, relationships, and gifts of service.

If you can't be in worship on January 5, but would like a Star Word, please let me know and I will make sure you get one. May your word be a guiding light on your journey, a source of inspiration, and a reminder that God's star still shines brightly in our lives.

Jennifer Ruth Lynn Garrison

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Annual Reports due date approaches!

January 5, the deadline for turning in annual reports for the Annual Report book, is closer than you might think. The list will be posted on the Narthex bulletin board and reports checked off as they come in.

These reports will be needed:

Pastor's Report

Moderator's Report

√Trustees

Search Committee

Pastoral Relations Committee

Board of Christian Education/Christian Nurture

Scholarship Report

Diaconate Report

Board of Mission and Outreach

Library Committee

Technology Committee

Women's Fellowship Report

Fund-raising dates for 2024

Health Committee

Building Use

Memorial Committee

Clerk's Report

Grounds Committee

Earth Care Committee

Cemetery Report

Camp Adams

Heartline

Treasurer Report — separate from annual

Coffee Hour Volunteers — please sign up

Flower Volunteers — please sign up

Women's Fellowship

Luncheon



At noon on January 23, 2025, Women's Fellowship will be serving their community luncheon at Smyrna. Join us for good food and good fellowship.

The Sock Count is in!

The Christmas time sock collection has been completed and this report comes from Elaine:

"I counted the socks collected and the total is 314 pairs!

Thank you to everyone who helped us achieve **this great total!"**



Meetings this month

January 7 — 1 pm Pastoral Relations Committee in the library at Smyrna

January 8 — 7 pm diaconate will meet via Zoom.

January 19 — Annual Meeting after Worship followed by the traditional potluck lunch. Come and make your voice heard then enjoy the meal.

January Worship

Sunday January 5

10:30 am Worship

Epiphany and Star Words

Pastor Jennifer Preaching

Sunday January 19

10:30 am Worship

MLK Sunday

Pastor Jennifer Preaching

Sunday January 12

10:30 am Worship

Baptism of Christ

Pastor Jennifer Preaching

Sunday January 26

10:30 am Worship

Pastor Jennifer Preaching

From the Library Bookshelf:

The following titles have been added to Smyrna's library and will be on display on the bookshelf in Friendship House.



- **Juggernaut: The Whitman Massacre Trial, 1850** by Ronald B. Lansing, 1993. Recommended at the annual gathering of the Central Pacific Conference. **“Juggernaut is a story of the trial in Oregon City of the five Cayuse Indians accused of murdering the missionaries Marcus and Narcissa Whitman. It’s told as it likely would have been told in 1850 in the words, phrasing, and understandings of our early settlers.”**
- **Rabbi Brian’s Highly Unorthodox Gospel: A Guide to Compassion, Kindness, and Love For Others. And Self** by Rabbi Brian Zachary Maye, 2024. Rabbi Brian gave a sermon at Smyrna earlier this year and referred to his recently published book. He founded “Religion Outside the Box” and lives in Portland.
- **Somehow: Thoughts on Love** by Anne Lamott, 2024. This is popular author Lamott’s twentieth book. In it she writes, **“One day at a time, and somehow one hour at a time, love will be enough to see us through, get us back on our feet and dust us off. Love gives us a shot at being the person we were born to be.”**



Vitamins and Minerals

Although about 70% of American seniors take multivitamin or mineral supplements, they are rarely necessary. Multiple studies have shown that people who eat a well-balanced diet with fruits, vegetables, protein, dairy, and whole grains obtain enough vitamins and minerals from food. Eating a well-balanced diet can also provide adequate fiber and lower the unhealthy intake of overprocessed food.

If you have a question about your personal situation, ask your doctor if you have any signs of vitamin or mineral deficiency and if he or she would recommend supplements. If there is any question, blood tests can be done to check for deficiencies.

Some vitamins can even be toxic if too much is taken. For instance, Vitamin E can interfere with blood clotting and cause bleeding problems if too much is taken. Since each person’s health status is different, check with your doctor before starting or discontinuing supplements. If they are not necessary, save your money for more useful and enjoyable things

LONELY? Medical issues? Need Help?

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



MEMORY CAFE 2025



Lunch, Learning and Connection for Seniors

FIRST THURSDAYS AT NOON

January 2

TAI-CHI, Virgil Foster

February 6

MENTAL HEALTH & AGING, NAMI

March 6

MEMOIR, Rev. Jennifer Garrison

April 3

ESTATE PLANNING, Michelle-Shari Kruss JD

May 1

AGING & DRIVING FITNESS, Walter McAllister ODOT

**SMYRNA UCC - 31119 S HIGHWAY 170
(MIDWAY BETWEEN CANBY AND MOLALLA)
ALL ARE WELCOME 🏳️‍🌈 FREE, DONATIONS ACCEPTED.**

RSVP 503-651-2131 OR SMYRNAUCC@CANBY.COM

January 2025 at Smyrna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																						
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			<p>12 noon Memory Cafe @ Smyrna and Tai Chi with Virgil Foster</p>																																																																																									
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<p>10:30 am Worship -- Epiphany and Star Words Pastor Jennifer Preaching</p> <p>b.d. Don Blatchford, Tavi Robinson</p>	<p>7 pm AVAO</p>	<p>1 pm Pastoral Relations Com. mtg at Smyrna</p>	<p>b.d. Christine Foster</p> <p>7 pm Diaconate mtg via Zoom</p>		<p>b.d. Liz Chapin</p>																																																																																							
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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



- Liz Chapin
- Jerry and Paul Holbrook
- Mary Namit
- Robert Schuebel
- Pat Peterson
- Paul and Mary Ashton
- Pat Bullard
- Beryl and Dan Fisher
- Genevieve Freeman
- The Holt family
- **Jeannie Rogers' brothers**
Steven and John
- **Virginia Yoder's family**
- 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.