

# BEHOLD! SMYRNA

## June 2025



## UNITED CHURCH OF CHRIST

***Dear Smyrna Folks,***

As I think many of you know, I'm currently in training to be a yoga teacher. To be a student again after many years of being more or less established in the field of ministry has been humbling for sure! For our yoga course, we are not just learning poses, but also anatomy, meditation techniques and thousands of years of yoga philosophy.

Although I have dabbled in art classes recently, so I'm not totally a novice at being a student, those learning experiences did not require the same full body and mind immersion that learning yoga does. Speaking to the American Psychological Association newsletter, Rachel Wu PhD theorized that we stop learning as we get older, because it doesn't feel very productive. In our work lives, we are rewarded for how much we DO, and just learning can lead us down lots of dead end paths and false starts before we find a smooth way. It may also seem that as we get older, we do tend to feel like we've learned all that we need to. Maybe we think we have nothing LEFT to learn or that learning is too hard or boring. But at any age, learning stimulates the brain and keeps us flexible and elastic in our minds and bodies.

So, this summer, I could like to challenge and encourage you to learn something new, and then to reflect on how that feels. Whether it's a new skill, a new spiritual practice or a new group activity, what can you learn that will stretch your mind, body and spirit? I look forward to hearing more about your experiences in learning new things.

Fondly,  
Pastor Jennifer



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### **June Worship**

June 1  
Communion Sunday  
Luke 22:7-20

June 8  
Acts 2:1-21  
June 15  
Preacher Caroline Murphy

June 22  
Pride Sunday  
Luke 8:26-29

June 29  
Peace Camp Sunday

## Barn Quilt Raffle to Benefit Accessible Exit and Deck Project



Last year, Jeff and Tina Marshall donated this approximately 36 by 24 inch barn “quilt” for our women’s fellowship fundraiser. It didn’t sell at the time, so we decided to raffle it off instead.

Raffle tickets will be available through June, and will be \$10 for one ticket or \$20 for three.

The drawing will be on JULY 6,

2025. You don’t have to be present to win (but if you are present you can take your little bird home with you that day!) Money raised will go toward the fund that will help us build an accessible exit and deck on the back of the church building. Watch for tickets on Sundays, or contact Leo at [Smyrnaucc@canby.com](mailto:Smyrnaucc@canby.com) to purchase one.

**The June special offering** this year will be for Willamette Habitat for Humanity. Watch for more information about how to give to this vital organization.

## June is Pride Month!



Smyrna UCC will have a presence at both Silverton Pride (in their first year!) on Saturday, June 28, and Canby Pride on Sunday, June 22. Let Pastor Jennifer or Leo in the office know if you are interested

in being part of either (or both!) of these celebrations.

And in the spirit of Pride, congratulations to our friends at Zoar Lutheran Church in Canby who, after many years of being LGBTQ+ affirming in practice, have made the commitment to welcome all, similar to the UCC’s Open and Affirming designation. In the Lutheran Church this is called Reconciling in Christ. They have already received some negative feedback from the community, so if you’d like to congratulate them, you might want to find them on social media (they have a facebook page) or drop them a note.



*There’s a Place for You!*

Hey there - Have you been wondering what chair yoga is like, but haven’t made it yet? There are still two more times to try it out — **Tuesday June 3 and Tuesday June 10 at 11:30am**. Drop in for one or both! See you there! -Pastor Jennifer

## Friday June 13, 10 AM

Say ahhhhhhhh. Join Joshua Barber and Heidi Crispin to learn about the benefits of mindfulness and walking meditation.



## Additions to Smyrna’s Library

**The Complete Artist’s Way: Creativity as A Spiritual Practice** by Julia Cameron. Includes three books in Cameron’s well-known Artist’s Way series. Much-loved and recommended reading for anyone wishing to develop their own personal gift of creativity. Cameron writes, “We can all become more creative through engaging God, the Great Creator, in our process.”

**Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead** by Brené Brown. Well-known author and TED talk speaker, Dr. Brown argues that instead of being a weakness, vulnerability is our most accurate measure of courage as well as the birthplace of love, belonging, joy, empathy and creativity.

**Resilient: How To Grow An Unshakable Core of Calm, Strength, and Happiness** by Rick Hanson. The subtitle says it all. Hanson offers concrete suggestions, experiential practices, personal examples and insights into the brain to encourage readers in growing resilience—how to turn passing experiences into lasting inner resources built into your brain (positive neuroplasticity).



***A big thank you to all the people on the grounds committee. We appreciate all you do***



## **IDAHO WOMEN'S RETREAT, July 28-31**

I've heard from several of you that you like the idea of a road trip to McCall, Idaho to retreat with other women from the Central Pacific Conference, so let's go! This is an inclusive retreat, open to all who identify as women. Come to Pilgrim Cove Camp in Idaho to retreat, relax and have a wonderful time in the splendor of the mountain beauty.

There will be bible study, worship singing and presentations planned with ample free time to enjoy the lake, the outdoors, time with friends and much more. Come and see old friends and new ones in the wonders of the outdoors. The cost of this retreat is \$195 and either Leo or I can email you a registration form, or you can find one on the camp website — click on the link for "program registration form" <https://www.pilgrimcovecamp.org/summer-camps>. Let me know if cost is a barrier and we'll find a way to assist you. Blessings, Pastor Jennifer

## **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 ....



**Memory Cafe** won't start back up again until October, 2025 but we are scheduling presenters now! If you know someone who — or if you yourself are interested in — presenting at Memory Cafe, please let me know. We are looking for folks who can share their knowledge and skills especially in the areas of Health and Safety, or Legal and Financial information. Let me know! -Pastor Jennifer



## **Stroke Awareness**

In honor of Stroke Awareness Month in May, here are a few facts regarding strokes.

There are two main types of strokes, one caused by a clot or blockage in a cerebral artery, and the other caused by a brain bleed. (There is also a temporary problem known as a TIA, or transient ischemic attack, which has symptoms of a stroke but lasts less than 24 hours. It can, however, be a warning sign of a blockage which may cause a major stroke in the future. If you have even temporary stroke-like symptoms, consult a doctor.)

A common acronym to help assess some who may be having a stroke is: **Think F.A.S.T.**

- The **F** is for facial drooping on one side.
- The **A** is for arm weakness. Have the person squeeze both your hands, or have them lift both arms in the air, and watch for one-sided weakness.
- The **S** is for speech. A person having a stroke may have slurred speech, or may not be able to speak at all.
- The **T** is for time. If you observe any of these signs, called 911. Do not let the affected person try to drive to the hospital, and do not drive them to the hospital yourself. It is safer to let trained emergency technicians handle it, and treatment can start much faster that way. The sooner treatment starts, the better the chance of recovery. Stroke patients who are treated within 90 minutes of the onset of symptoms are almost three times more likely to recover with little or no disability.



**Welcome new  
member  
Joshua  
Gorrell**

Joshua was born and raised in small towns in Eastern Oregon, where

summer is much hotter and winter much

harsher than here in Willamette Valley. His mother, father, and brother are scattered though Idaho and Oregon.

His first job out of high school was working with youth and adults with developmental disabilities and he currently works as a high school instructional assistant in a high needs special education classroom.

From a very young age Josh has loved music, singing Reba McEntire songs in his living room and singing along with Cher and Prince in the car, leaning on music to get through the hard times. His piano was his closest friend during his youth. After graduating from high school, his grandfather — a huge inspiration for Joshua — taught him to play the guitar. Joshua has written his own songs his entire life, and would sing and play for his grandfather, a singer and songwriter himself for many years. He always pushed Joshua, asking “Are you working on your music? Get out there and follow your dreams!” After his grandfather passed, Joshua wrote many songs to get through his grief. Those songs

plus a few his grandfather wrote turned into his first album. For about three years now he has been performing about the region, connecting with people through music.

Growing up Mormon, there were gifts of people his age with things in common and learning a lot about reverence and politeness. However, Joshua found the heavy tradition of proselytizing and conversion work to be a barrier in his faith and leaving that has been a freeing and accepting experience for him. It is important to Joshua that he allow each person to experience God in the way they feel best. He says, “By allowing others to choose their own path, I believe that brings me closer to God.”

Although he knew from a young age that he was gay, Joshua was discouraged from owning that part of himself. As he grew older, this made him sad for others in the Mormon religion going through similar feelings.

After an unfavorable experience with another religion which was very dismissive of Joshua’s husband — also a Joshua! — he was very angry and hesitant to join another faith group. His husband, who has always been very spiritual and a trustworthy source on faith and spirituality, followed his heart to Smyrna. Joshua always asked how it went and they would visit about it. After his husband had been going to Smyrna for awhile and had many lovely and accepting experiences, Joshua decided to go with him. He was very impressed with the accepting and supportive group of people he met and the genuine care they had for each other’s well being so Joshua began accompanying his husband whenever possible. He believes the best thing Smyrna can do is continue to grow and evolve.

During the month of June, we will receive the Strengthen the Church (STC) Offering, which reflects the shared commitment of people across the United Church of Christ to cooperatively build up the UCC. Conferences and the national setting equally share the gifts given by members and friends through their local congregations. The funds raised support leadership development, new churches, youth ministry, and innovation in existing congregations. **By your generosity to this offering, you build up the Body of Christ.**

As God calls our congregations to be the church in new ways, your generosity will plant new churches, awaken new ideas in existing churches and develop the spiritual life in our youth and young adults.

**Strengthen the Church**



Offering Date: Pentecost Sunday, June 8th, 2025



**GRADES K-6**

# **SMYRNA UCC PEACE CAMP**

**JUNE 23-27, 10A- 2:30P**



**MORE INFO AVAILABLE : [SMYRNA-UCC.ORG](http://SMYRNA-UCC.ORG)**

**REGISTRATION  
JUST \$10 !**

- CRAFTS
- GAMES
- MUSIC
- GARDENING
- SNACKS AND LUNCH PROVIDED

**LEARN TO BUILD  
PEACE**

- WITHIN YOURSELF
- AT SCHOOL
- IN THE WORLD

**ALL WELCOME**



**SMYRNA UCC 503-651-2131 [SMYRNAUCC@CANBY.COM](mailto:SMYRNAUCC@CANBY.COM)**

**11130 S. HWY 170 -EASY DRIVE FROM WOODBURN,CANBY & MOLALLA**

**No matter who you are,  
or where you are on life's  
journey, we welcome  
you.**



- Paul and Mary Ashton
- Barack Holt-Newton and Family
- Anne Stronko and Roger Marin
- The Crispin Family
- Murlene Liechty
- Almeta Peterson

*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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
BD: Justin Peterson CH: Mission & Outreach U/R: (Mary)&Barb 10:30am - SS: Jeannie 10:30am - Worship	7pm - AA/AO Meeting	10am - Office hours 11:30am - Chair Yoga Pastor	BD: Ethel Henderson 7pm - Diaconate	BD: Mason Hellman BD: Paul Ashton 10am - Office hours	BD: Nick Itami	BD: Aaron Liechty
8	9	10	11	12	13	14
BD: Andrew Mahar CH: Christian Education U/R: Pat&(Janet) UCC Strengthen the Church 10:30am - SS: Kristin 10:30am - Worship	BD: David Yoder 7pm - AA/AO Meeting	BD: Amber Enfield 10am - Office hours 11:30am - Chair Yoga Pastor	10am - Office hours 7pm - Church Council	10am - Meditation Heidi &	BD: Marcus Daniels	
15	16	17	18	19	20	21
BD: Emily Holt BD: Imani Robinosn CH: Womens Fellowship U/R: Rick & LeVonne (Susan 10:30am - SS: Debi 10:30am - Worship	7pm - AA/AO Meeting	10am - Office hours	BD: Barak Holt-Newton BD: Bill Peterson WA: Steve & Jane Dahl	10am - Office hours	BD: Elsa Anderson 1pm - Bell Choir Practice	BD: Pat Bryant
22	23	24	25	26	27	28
BD: Benjamin Daniels CANBY PRIDE Graduates Celebration Summer Days of Giving U/R: Christine & (Karyl) 10:30am - SS: Rebekah 10:30am - Worship	Peace Camp 7pm - AA/AO Meeting	10am - Office hours		WA: Steven & Eileen Boss 10am - Office hours	BD: Beth Kobersten BD: DaNieda Strode BD: Sophia Paterson	BD: Murlene Liechty BD: Pastor Janet Parker Birthday Celebration SILVERTON PRIDE
29	30	1	2	3	4	5
BD: Heidi Crispin BD: Robert Schuebel CH: Diaconate Team B U/R: Kids from Peace Camp WA: Katherine & Allen Holt 10:30am - Worship 4pm - Open Mic	7pm - AA/AO Meeting					

# June 2025