

Snohomish Evangelical Free Church

# The Herald

210 Avenue B, Snohomish, WA 98290

Phone: 360-568-9476

www.snohomishefc.com

Email: office@snohomishefc.com

Office Hours: 9a to 1p, Tuesday—Thursday

Med-Shed Hours: 10a to 1p, Tuesday—Thursday



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## A Prayer for April

The stone wasn't rolled  
away from the tomb  
So that Jesus could leave.  
He was already gone.  
It was rolled away  
So that doubters like me  
Could look in and cry,  
"I believe! I believe!"

LEROY THOMAS

*Praying always with all prayer and supplication in the Spirit. -EPHESIANS 6:18 (KJV)*

### TURNING POINTS

*Turning toward Prayer*



I hadn't paid much attention to them before, but now I notice them everywhere I travel – flowers placed along the side of the road in memory of loved ones who lost their lives in accidents there. One afternoon, as I approached my exit on the interstate, I watched transfixed as a couple knelt on the ground at the roadside and set up three crosses covered with colorful silk flowers.

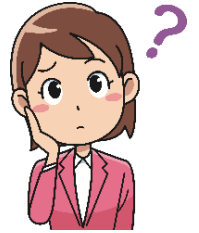
*Dear God, did they lose children? Siblings? Friends?* That weekend, I noticed several more memorials on the highway as I traveled to Cincinnati. And so I began a new habit of prayer. Whenever I come across one of those makeshift memorials, for the rest of the day I pray for all who've been touched by the tragedy it commemorates.

I've discovered since then that such opportunities for prayer are everywhere if I look closely, like the Christmas tree in my neighbors' bay window that stayed lit until their son came home from Iraq last February. And if I keep alert for the signs of need that are all around me, I can come closer to following Paul's instruction to pray always.

-Roberta Messner

## To Ponder

*A lie doesn't become truth, wrong doesn't become right, and evil doesn't become good, just because it's accepted by a majority. – Booker T. Washington*



## Parish Nurse – Gardening

Dear Family and Friends,

"I went down to the grove of walnut trees and out to the valley to see the new spring growth, to see whether the grapevines had budded, or the pomegranates were in bloom." Song of Solomon 6:11 NLT

Spring gives us such pleasure as we see everything coming back to life, and it's a reminder of the new life that we have through Christ's resurrection. Gardening is a pleasure for most of us, but it is also an exercise and can lead to injuries. Raking, mulching, planting, trimming and digging are good physical activity yet can result in pain and stiffness in our neck, shoulder, elbow, wrist, knees and back if we over-extend ourselves. To enjoy the flowers, vegetables and fruits without pain try these tips from Dr. William Madosky, a St. Louis chiropractor.



- Treat gardening as a sport: Warm up and stretch the muscles before beginning.
- Be realistic: Plan your work carefully to avoid injury. Set a moderate pace and time schedule to allow enjoyment of the task and minimize potential injuries.
- Remember good body mechanics: When lifting heavy bags of dirt or mulch keep your back straight back, bend your knees, lift with the legs, and hold objects close to your body. If shoveling, lift the dirt and turn the entire body to empty it — don't twist.
- Change it up: Use different muscle groups and minimize the repetitive stress placed on joints and extremities by frequently changing activities.

- Use a cushion, stool, or small bench when weeding: The support helps reduce stress placed on knees and spine from gardening movements.
- Take frequent breaks: By stopping to stretch, getting a drink or just enjoying the progress every half hour, you minimize your chance of injury or dehydration. • Stop gardening if fatigued or in pain: That "one last thing" when tired leads to injury. If pain occurs, stop! If pain persists, apply ice to the affected area for 15-20 minutes at a time to reduce inflammation. DO NOT USE HEAT — it increases the inflammatory process. If pain persists, contact the doctor.

We can spend time in the garden appreciating the glory of God's creation, while caring for our body at the same time.

(Source: [www.drmanosk.com/articles.html](http://www.drmanosk.com/articles.html))

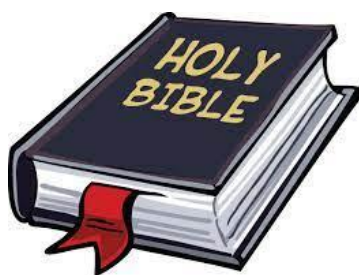
With care,

Karen Plate, PN

## The Bible and Stress

Did you know there are over 100 Bible verses regarding stress? Here is Philippians 4:4-8 taken from The Message.

Celebrate God all day, every day. I mean, revel in him! Make it as clear as you can to all you meet that you're on their side, working with them and not against them. Help them see that the Master is about to arrive. He could show up any minute! Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God



know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life. Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not

things to curse. Put into practice what you learned from me, what you heard and saw and realized.

things to curse. Put into practice what you learned from me, what you heard and saw and realized.

## Healing Garden Ideas – How To Make A Healing Garden

"Nature is but another name for health." ~ Henry David Thoreau.

Gardens are designed for all sorts of functions. Some gardens are specifically grown for food or medicinal herbs, while other gardens may be grown purely for their aesthetic value. However, even gardens filled with nothing but ornamental plants can have some medicinal and healing value – a collection of plants meant to soothe and heal the mind and body are known as healing gardens. Continue reading for some healing garden ideas to help get you started in creating a healing garden of your own.

### What are Healing Gardens?

These are simply gardens filled with a variety of plants that promote a sense of well-being and hopefulness. They are not a new garden trend, by any means. In fact, healing gardens have been planted at hospitals and healthcare facilities for centuries. These gardens provide a place of refuge for patients, their families, and staff. They promote peace, healing, and stress relief as well as providing distraction and psychological comfort.



In recent studies of stress and its damaging effects on our health, test subjects were shown images of different things. In most cases, when shown images of nature, they suddenly became calmer. These nature images also decreased stress hormones, blood pressure, respiration rate, and brain activity in the test subjects. In the same way, gardens that heal can improve sleep and rest, as well as mood and pain tolerance.

### How to Make a Healing Garden

Creating gardens that heal isn't difficult at all. In fact, it's safe to say that by just adding a few plants here and there, you're well on your way to a more blissful state of mind. That said, healing gardens are usually



designed with only plants and natural looking garden décor.

The soft, subtle colors and textures of nature generally have a soothing, positive effect on the mind and spirit. Too much brightly colored objects or other unnatural garden art materials can actually take away from the healing effects of a healing garden. Driftwood, large stones, and other natural elements are ideal for healing gardens. A garden for healing also will require adequate seating areas to be properly enjoyed. Gardens that heal may contain a wide variety of plants. Trees not only provide shade, but also give people a sense of strength and protection. Different colors and textures from different plants give people different feelings – so be sure to delight the senses with an array of stimulating plants.

For example, the garden does not have to be merely for looking at or smelling attractive, fragrant plants like lilac, lavender, and honeysuckle to have healing effects on the psyche. Finely textured plants, such as ornamental grasses, ferns, etc., can be soothing to touch as well. It's okay to add subtle displays of ornamental features too, like natural looking wind chimes or a soothing water fountain. These can appeal to one's sense of sound for added enjoyment.

By: Darcy Larum, Landscape Designer

## How To Use Gardening For Stress Relief



Planting a beautiful garden can be a great way to relieve stress. Whether you have a small patio to decorate or a vast amount of space to tend, the act of making your particular stretch of nature into a haven can be a stress reliever in itself, and the garden that you create can

bring you even more peace. In one study, subjects were asked to perform a stressful task and then asked to either perform 30 minutes of gardening in their allotment gardens or 30 minutes of reading.

While both groups experienced a decrease in stress, the gardeners experienced a significantly greater decline in stress (as measured by salivary cortisol, a stress hormone), as well as a full restoration of

positive mood; the readers actually experienced a further decline in mood.

We're certainly not knocking reading as a stress reliever. However, gardening clearly has a positive impact on stress as well as mood and isn't always thought of as the go-to stress relief activity that reading is, and perhaps it deserves a little more attention as a stress relief option. There are several benefits to gardening that can minimize stress. Here are a few reasons that gardening is a fantastic stress reliever.

### Sunlight

Just getting out in the sunlight can actually improve your mood. This is part of why seasonal affective disorder affects some people during winter months when there is less sunlight. Sunlight also provides an influx of vitamin D, and the fresh air that goes with it is good for your health. Getting outdoors to work with your garden is a great excuse to get more of this good stuff.



### Getting in Touch With Nature

Being in touch with nature and the great outdoors can help you feel more removed from the stressors of daily life. With the amount of time we spend indoors (at work, watching TV, etc.), many people feel an urge to connect with nature that goes unfulfilled. While you may not have the time to go camping or take a nature hike each day, having your piece of nature right outside your back door can help you feel some of this connection.



### Creating Beauty

The beauty of nature is a great stress reliever in itself. Just think of how many times relaxation has been connected with pictures of stunning landscapes or recordings of nature's sounds. Having your own bit of beauty available as a place for meditation, contemplation, and relaxation can provide quite a bit of relief from stress. It's all part of making your home a haven from stress.



## Getting Started

Given the size of space you have to work with, your personal tastes and the amount of time and money you can devote to the worthwhile and fun project of fixing up your piece of the outdoors, you have many, many options to choose from. Getting started might seem a little intimidating but finding a few good books or magazines on gardening can give you lots of information and ideas to work with.



Once you've started, you should find that the act of creating a garden can bring you peace, and the garden itself can bring you joy. Have fun.



By [Elizabeth Scott, PhD](#). Updated on November 23, 2020, Medically reviewed by [Rachel Goldman, PhD, FTOS](#)

## How To Observe Stress Awareness Month

1. Practice meditation. One of the most effective ways to deal with stress is to learn how to silence the mind. Meditation is one of the most popular methods of achieving this quiet.
2. Exercise. Another way to battle the debilitating effects of stress is to exercise. Whether you're a jogger, bicyclist or just like to take long walks, be sure to get some fresh air and exercise into your daily routine.
3. Visit your doctor. They're really in the best position to get you started on the path to a stress-free lifestyle. Make an appointment today.

### Four Stressful Facts You Need to Know

1. Stress can help — sometimes. According to the National Institute of Mental Health, "stress can motivate people to prepare or perform and might even be life-saving in some situations."
2. It's sickening — literally. People under stress — especially those prone to chronic stress — are more susceptible to a variety of ailments, from headaches and insomnia to high blood pressure and heart disease.
3. Stressed? Here's why. A survey by the American Psychological Association found that the five factors most often cited as a source of stress were

money, work, family, economic outlook and relationships.

4. America's highest and lowest stress states. A report on WalletHub found that the most stressed-out states in America are Louisiana, New Mexico and West Virginia. The least? Minnesota, North Dakota and Utah.

## Stress Awareness Month Timeline

1974 – Experts get all stressed out. The organization dedicated to workplace and personal stress management is founded. It rebrands itself as the International Stress and Tension Control Society in 1981; and finally as the International Stress Management Association in 1989.

1950s – Personality types are defined. American cardiologists Meyer Friedman and Ray Rosenman develop their theory of Type A personalities, for whom stress is often a way of life — and death.



1936 – Hans Selye investigates stress. Viennese physician Hans Selye begins his pioneering studies into stress at McGill University in Montreal. It was Selye who developed the concept of a general adaptation syndrome.

Early 20th century – Fight or flight takes off. American physiologist Walter Bradford Cannon coins the term "flight-or-flight response." It is now generally described as being the first state of general adaptation syndrome that organisms use to deal with stress.

## Recipe: Easter Basket Cake

Instead of using the candy to decorate the basket, use milk chocolate icing or colored the vanilla icing to match the handle then used a fork to gently rake a basket type woven look into the sides of the cake.

**Prep:** 30 mins, **Cook:** 30 mins, **Total:** 1 hr. **Servings:** 10, **Yield:** 1 8 inch round basket

### Ingredients

- 1 (18.25 ounce) package white cake mix
- 1 (16 ounce) can white frosting

- 2 drops green food coloring
- ½ teaspoon water
- 2 cups flaked coconut
- 1 (14 ounce) package candy-coated chocolate pieces

**Directions**

- **Step 1**

Prepare the cake mix and bake the cake in two 8 inch rounds according to package directions. Cool completely.



- **Step 2**

Cut a circle out of the center of one of the layers, leaving a ring that measures 1 1/2 inches from the outer to the inner edge. Place the uncut layer on a serving platter and frost the top. Place the ring layer on top of the

frosted layer, and frost the sides and top of the basket. Decorate the sides and top by pressing candy pieces into the frosting.

- **Step 3**

To tint the coconut, combine water and green food coloring in a medium bowl. Stir in coconut with a fork until evenly tinted. Place green coconut grass in center of cake basket.

- **Step 4**

To make a handle, cut a piece of aluminum foil 8x16 inches. Fold in half lengthwise 4 times. Wrap with ribbon, securing the ends with tape. Insert ends of the handle into the cake top. Fill basket with Easter candy and goodies, if desired.

**Nutrition Facts**

**Per Serving:** 668 calories; protein 4.5g; carbohydrates 106.3g; fat 25.4g; cholesterol 5.6mg; sodium 488.2mg.

## Verse for April

For no one can ever be made right with God by doing what the law commands. The law simply shows us how sinful we are.—Romans 3:20



## Events

Sunday Service: 10:30a live or on Facebook

3 – Annual Meeting If your last name begins with A-K please bring a main dish and salad, L-Z main dish and dessert

10 – Palm Sunday

14 – Maundy Thursday

15 – Good Friday

17 – Easter Sunday

Wednesdays – 7p Men’s Zoom Bible Study

Mondays – 10a Women’s Zoom prayer meeting

## April Celebrations

<b>Birthdays</b>	<b>Anniversaries</b>
4 – Karen Plate	5 – Wiley & Denise McDonald
5 – Harry Plate	6 – Ken & Gayle Morgan
18 – Chuck Newberg	



# SEFC Church Calendar – April 2022

SUN	MON	TUE	WED	THR	FRI	SAT
					1	2
3 Annual Meeting 10:30a live or on Facebook	4 Women's Zoom prayer meeting	5	6 7p Men's Zoom Bible Study	7	8	9
10 Palm Sunday 10:30a live or on Facebook	11 Women's Zoom prayer meeting	12	13 7p Men's Zoom Bible Study	14 Maundy Thursday	15 Good Friday	16
17 Resurrection Sunday 10:30a live or on Facebook	18 Women's Zoom prayer meeting	19	20 7p Men's Zoom Bible Study	21	22	23
24 10:30a live or on Facebook	25 Women's Zoom prayer meeting	26	27 7p Men's Zoom Bible Study	28	29	30

