

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 February

Beloved.
There is a secure feeling about that word.
When a person is beloved)
It is a special kind of being.
It is being-loved.
It is a past, present) future kind of a word
That surrounds one with a warmth
and comfort
Nothing can break or mar.
The faults of a beloved person
Are smiled at by the person who loves,
And the ordinary virtues
Seem good out of all measure.
To be beloved
Is the rarest and most beautiful of gifts.
To be beloved of God
Should be enough to make a saint of anyone!

GORDON AND GLADIS DEPREE

He said to them, "Go into all the world and preach the gospel to all creation." -MARK 16:15 (NIV)

TURNING POINTS

Turning toward Meaningful Living

Our pastor described the guest speaker visiting our church as "a true visionary." And he was right. Vernon Brewer of World Help is taking the Gospel to the forgotten people of the world. He explained to us the principle that guides such a daunting task: "Every day I try to live my life in such a way that I accomplish at least one thing that will outlive me and last for eternity."



That sure put a new spin on my Sunday afternoon to-do list. Should I attend the local tour of homes or call that friend who just lost her husband? God seemed to be telling me, *If you accomplish only one eternity-minded deed every day, Roberta, you'll change your life and the course of eternity. You don't have to do it all in one day. Just one thing each day.*

When I was growing up, we had a little plaque hanging in the entry of our house that read "Only one life, 'twill soon be past. Only what's done for Christ will last." Over the years, I'd forgotten the powerful

simplicity of that maxim, but thanks to a true visionary, I'm remembering it afresh.

-Roberta Messner

To Ponder

Whatever God has called you to do in this season, **no matter how small**, show up and do it well. You may not know the details of what the foundations of your life will support, but trust that God does, and know that He is the one that rewards in time and in eternity.



Crystal Hurst

Parish Nurse – Women and Heart Disease

Dear Family and Friends,

As we begin our Lenten journey, we can use this time to reflect upon and prepare our hearts. physically, emotionally, and spiritually. In addition, February is recognized as American Heart Month.



Physically

The Bible reminds us "...A heart at peace gives life to the body..." (Prov. 14:30). The following suggestions are adapted from the American Heart Association's pamphlet, "Heart Health Education."

How to Reduce your Risk of Heart Disease:

- * Quit smoking permanently
- * Control your blood pressure & have it checked regularly
- * Exercise at least 3 times a week for 30 minutes each day or more at your target heart rate
- * Eat a balanced diet reduced in fat or cholesterol or add salt
- * Contact the American Heart Association, your Parish Nurse, or Doctor for information on smoking cessation, controlling blood pressure, heart healthy eating, exercise and stress management

Emotionally

St. Peter encourages us with these words, "...Now that you have purified yourselves by obeying the truth so that you have sincere love for your brothers, love one another deeply, from the heart (I Peter 1: 22) . Love, acceptance and affirmation in our relationships helps us to celebrate our oneness as children of the heavenly Father. Learning about all of our emotions assists us in experiencing harmony and wholeness in our lives.

Spiritually

We can pray these words with the psalmist, "Create in me a pure heart, O God and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me" (Ps. 51:10-12) . We share the good news that it is the Lord who creates purity and wholeness in hearts. At the same time, we understand our need to nourish our spirits; they were not created to thrive on neglect! We can care for our spiritual health by setting aside a regular time in our schedules for worship, Bible studies, individual and family devotions prayer and meditation, and celebration of the Lord's Supper.



I pray that your Lenten experience brings your heart healing. Please contact me if I can assist you in caring for your physical, emotional, or spiritual heart.

With care,
Karen PN

Update and Resources on the COVID-19 Omicron Variant

The Omicron variant is spreading fast through Washington counties and the state, and we want to remind everyone that although it sounds scary, the available vaccines and boosters have been doing their job in keeping folks out of hospitals.

Now is the time to be cautious of misinformation floating around on the internet. In Dr. Vivek Murthy's (U.S. Surgeon General) Community Toolkit, you will learn how to detect misinformation, find credible websites, as well as practice how to speak to friends and/or family members who share inaccurate

information. A good rule of thumb to follow is, "If you're not sure, don't share."

If you have not yet gotten vaccinated, you can find locations here, and vaccine information on the CDC website.



Washington State Department of Health reminder of updated information on what steps to follow if:

- You test positive for COVID-19
- You were exposed to someone who has COVID-19
- For any other questions, you can find the Department of Health's Testing FAQ or call the WA State COVID-19 Information Hotline.

Looking for ways to deal with misinformation of any kind? Here is a toolkit to help you.

https://www.hhs.gov/sites/default/files/health-misinformation-toolkit-english.pdf?mc_cid=f08d718b1e&mc_eid=b12ee1c07b

If you haven't already, this is how you sign up for your free "at home" testing kits:

Get free at-home COVID-19 tests. Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests. The tests are completely free. Orders will usually ship in 7-12 days. Order your tests now so you have them when you need them. [COVIDTESTS.GOV](https://www.covidtests.gov)



Recipe: Chocolate Bar Hot Chocolate

Prep: 5 mins; **Cook:** 5 mins;
Total: 10 mins
Servings: 1, **Yield:** 1 serving

Ingredients

- 1 (1.55 ounce) bar milk chocolate candy bar, chopped
- 2/3 cup milk, or more to taste
- 1 pinch ground cinnamon (Optional)



Directions

Place chocolate pieces in a saucepan over medium-low heat; add milk and whisk constantly until

chocolate is melted and well blended, about 5 minutes. Whisk in cinnamon. Remove from heat; add more milk if desired. Serve in a mug.

Nutrition Facts

Per Serving: 319 calories; protein 8.8g; carbohydrates 34.6g; fat 16.3g; cholesterol 23.1mg; sodium 101.6mg.

5 Ways to Pray for Your Pastor to Start the New Year

Many years ago, someone asked Charles Spurgeon why he was so successful. His response? “Because my people pray for me.”

In an issue of *Our Daily Bread*, there’s a story about travelers to London who stopped at Spurgeon’s church to hear him preach. They were greeted at the door and offered a tour.

“Would you like to see the heating plant of this church?” asked the gentleman who greeted them. They were not particularly interested because it was a summer day in July, but not wanting to offend the stranger, they consented.



The gentleman led the visitors down a stairway to a basement door. After the door quietly opened, their guide whispered, “This is our heating plant.” Surprised, the visitors saw 700 people praying, seeking a blessing on the service soon to begin in the auditorium above.

Softly closing the door, the gentleman introduced himself. It was Charles Spurgeon, the pastor of the thriving Metropolitan Tabernacle.

While many today know Spurgeon as a powerful preacher of the gospel who we often call the “Prince of Preachers,” he knew where the power was—prayer.

Most pastors don’t have 100 in attendance on any given Sunday. According to the 2020 Faith Communities Today study and the 2019 Annual Church Profile, 65% of all U.S. congregations and 67% of Southern Baptist Churches average less than triple digits. So, the average pastors won’t have 700 people praying under their sanctuary each week.

However, they can still ask their people to pray for them. During the height of COVID-19, I asked several people who couldn’t join us in person to pray specifically and passionately on Sundays from their homes. And they did.

By the end of my time serving our church, we averaged more in attendance and baptized more people than ever before. Why? I firmly believe I can say with Spurgeon, “Because my people prayed for me.”

Here are five ways to pray for your pastor as we kick off a new year.

1. Pray for his family.

Pastors wear a lot of hats, but if he’s married with children, none are as crucial as husband and dad. Take some time to pray for his home, his first ministry.

Ask God to help him love and lead his family well, making the most of his time in the home. Ask the Lord to give him the courage to put off the trivial matters of ministry, so he’s fully engaged as the husband and father God calls him to be.



Helpful Scriptures to guide prayer here are Ephesians 5:25 and Psalm 127:3-5.

2. Pray for his schedule.

As I shared above, your pastor wears a lot of hats. It’s easy for your pastor to feel tugs from every direction, especially as a new year begins.



He’s trying to prepare engaging sermons, has people to visit in the hospital, worries home-bound members will fall through the cracks, and is attempting to follow up with all the holiday visitors.

Pray that God will help him manage his schedule well enough to spend time with his family and lead his church family at the start of a new year.

Helpful Scriptures to guide prayer here are Ephesians 5:15-17 and Psalm 90:12.

3. Pray for his sermon preparation. Speaking of your pastor's schedule, he's likely working hard in the study to prepare fresh sermons, either by continuing an old series or launching a new one.



Pray that God gives him focus and perseverance in sermon prep, as well as clarity and wisdom as he aims to rightly handle the Word of God.

Helpful Scriptures to guide prayer here are 2 Timothy 2:15 and Psalm 119:18.

4. Pray for his preaching.

Your pastor prepares sermons in the study, but he preaches them in the pulpit. As the new year dawns, some folks may consider visiting a church for the first time or returning after a long absence.

Pray God will fill him with passion and conviction as he declares the good news to encourage the saints and lead the lost to love and follow Jesus.

Helpful Scriptures to guide prayer here are Hebrews 4:12 and Mark 16:15.

5. Pray for his walk with God.

None of the above will matter if your pastor isn't walking with God. If he's not spending daily time with the Lord, his family, preaching, and everything else will suffer.

As silly as it may sound, pray that your pastor will wake up even before his alarm goes off with one thing in mind: time with God.

Pray that he will devote himself to prayer and Bible reading first and foremost before he even begins his day of ministry and family time.

Helpful Scriptures to guide prayer here are Philippians 4:6 and Psalm 119:9.

E.M. Bounds once said, "What the church needs today is not more machinery or better, not new organizations or more novel methods, but men whom the Holy Ghost can use—men of prayer, men mighty in prayer."

That's not new, of course; even the Apostle Paul asked for prayer not once, but eight times (Romans 15:30-32; 2 Corinthians 1:10-11; Ephesians 6:18-20;

Philippians 1:19; Colossians 4:2-4; 1 Thessalonians 5:25; 2 Thessalonians 3:1-2; Philemon 22).



It was so important to Jesus' disciples that they asked Him to teach them to pray (Luke 11:1), and it should be important to you, too. As we begin 2022, join the disciples, Paul's churches, and Spurgeon's church by praying for your pastor.

Matt Henslee@mhenslee

Matt and his wife Rebecca have four daughters. He is the Associational Mission Strategist for the Collin Baptist Association in Texas, and coauthor of *Replanting Rural Churches*.



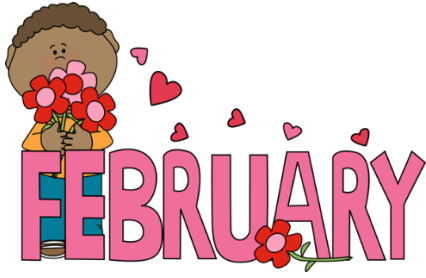
Flight 2022 Instructions

Good morning and welcome to Flight 2022. We are prepared to take off into the New Year. Please make sure your Positive Attitude and Gratitude are secured and locked in the upright position. All self-destruct devices: pity, anger, selfishness, pride, and resentment should be turned off at this time. All negativity, hurt, and discouragement should be put away. Should you lose your Positive Attitude under pressure during this flight, reach up and pull down a prayer. Prayers will automatically be activated by Faith. Once your Faith is activated, you can assist other passengers who are of little faith. There will be NO BAGGAGE allowed on this flight. God, our Captain, has cleared us for take-off. Destination – GREATNESS! Wishing you a New Year filled with new HOPE, new JOY, and new BEGINNINGS! Stay Blessed! And welcome in 2022.



Verse for February

Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit. Psalm 32:1-2



FEBRUARY Events

Sunday Service: 10:30a live or on Facebook.
 Men's Bible Study – Wednesdays at 7p by Zoom.
 Women's Prayer Time on Zoom every Monday at 10:00a
 6 – Wear Red Sunday
 14 – Valentine's Day
 15 – President's Day


February Celebrations


Birthdays	Anniversaries
8 – Cookie Swartz 9 – Jennifer Swindoll 10 – Aline Bright 16 – Rick Albertson 26 – Ken Morgan	


28 Days Toward a Healthy Heart


Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.





Day 1 Call a friend and join the [#OurHearts](#) movement. 


Day 2 Make a heart-healthy snack. 


Day 3 Schedule your annual physical. Discuss your heart health goals with your doctor. 


Day 4 Sport red today for National Wear Red Day. 


Day 5 Squat it out. Do 1 minute of squats. 


Day 6 Make today a salt-free day. Use herbs for flavor instead of salt. 


Day 7 Visit [Smokefree.gov](#) to take the first step to quitting smoking. 


Day 8 Get your blood pressure checked. 


Day 9 Walk an extra 15 minutes today. 


Day 10 Aim for 30 minutes of physical activity today. 


Day 11 Plan your menu for the week with [heart-healthy recipes](#). 


Day 12 Reduce stress using relaxation techniques. 


Day 13 Give the elevator a day off and take the stairs. 


Day 14 Protect your sweetheart's heart: Plan a heart-healthy date. 


Day 15 Swap the sweets for a piece of fruit for dessert. 


Day 16 Stress less. Practice mindful meditation for 10 minutes. 


Day 17 Head to bed with enough time to get a full 7-8 hours of sleep. 


Day 18 Add a stretch break to your calendar to increase your flexibility. 


Day 19 Eat vegetarian for a day. 


Day 20 Share a funny video or joke that makes you laugh. 


Day 21 Dance for 15 minutes to your favorite music. 


Day 22 Call a relative and ask about your family health history. 

Day 23 March in place during commercial breaks to get your heart going. 

Day 24 Get a tape measure and find out the size of your waist. 

Day 25 Ask a family member or neighbor to join you for a walk. 

Day 26 Fill half of your lunch and dinner plates with vegetables. 


Day 27 See how many push-ups you can do in 1 minute. 

Day 28 Pay it forward and tell a friend about [The Heart Truth](#).

nhlbi.nih.gov/heartmonth



SEFC Church Calendar – February 2022

SUN	MON	TUE	WED	THR	FRI	SAT
		1	2 7p Men's Bible Study	3	4	5
6 10:30a live or on Facebook	7 10a Zoom Prayer Time	8	9 7p Men's Bible Study	10	11	12
13 10:30a live or on Facebook	14 10a Zoom Prayer Time <i>Valentine's Day</i>	15	16 7p Men's Bible Study	17	18	19
20 10:30a live or on Facebook	21 10a Zoom Prayer Time 	22	23 7p Men's Bible Study	24	25	26
27 10:30a live or on Facebook	28					



