

Snohomish Evangelical Free Church

The Herald

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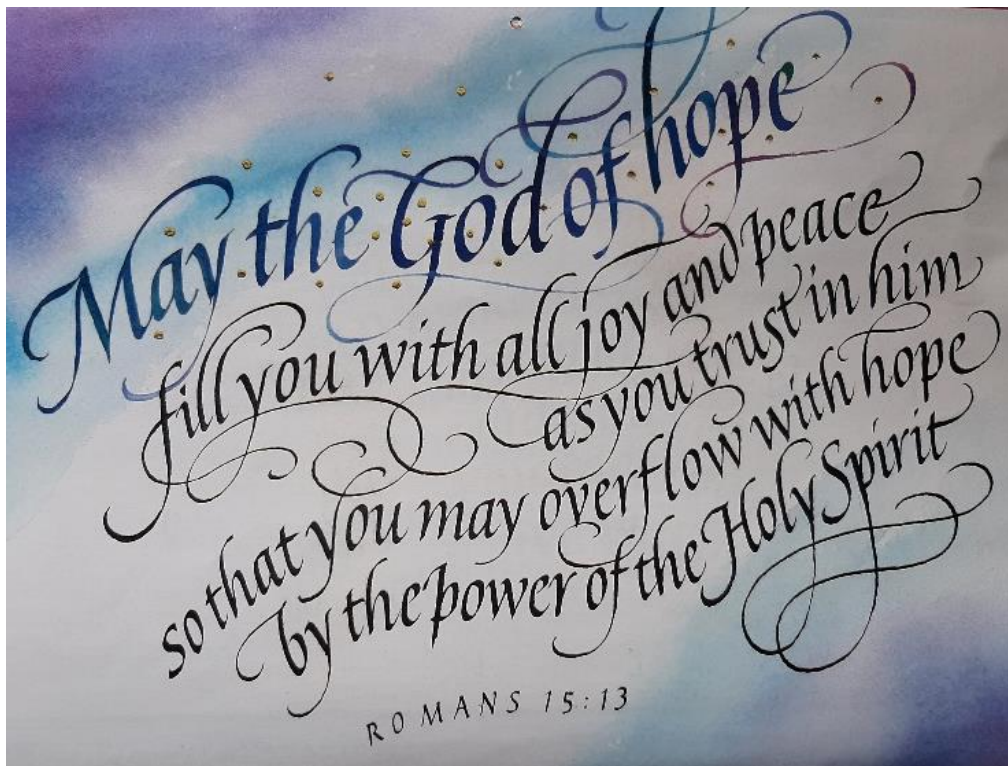
Med-Shed Hours: 10a to 1p, Tuesday—Thursday



FEBRUARY / MARCH 2023

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To Ponder

How Deep Are Your Roots?

...having Bible-saturated roots:

1. *Gives substance to your faith*
2. *Stabilizes you during times of testing*
3. *Equips you to detect and confront error*
4. *Makes you confident in your daily walk*
5. *Filters out your fears and superstitions*



Pastor Charles R. Swindoll, 1/10/2023

Parish Nurse – Women and Heart Disease

Dear Family and Friends,

I hope this month provides an opportunity for you to experience heart healing peace. “Create in me a pure heart, O God, and renew a steadfast spirit within me.” (Psalm 51:10).

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.

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.

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.”

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.



Rock Your Red

Visit these websites for information about caring for your heart:
www.goredforwomen.org
www.heart.org

Love and affirmation in our relationships helps us to care for our emotional hearts . Learning about all of our emotions assists us in experiencing harmony and wholeness in our lives.

I pray this Lenten experience brings your heart healing peace.

With care,
Karen PN

Knowing Peace (Isaiah 58:8-9)

We are searching for peace, peace in our Inner beings, peace in our relationships with others, peace in our communities, and peace for our world. From the time we were born we have been craving peace, something to satisfy those deepest longings.

God tells us how we can find peace. First, we need to understand what God says about not knowing peace. Those who have made crooked paths shall not know Peace. Is. 59:8. So what makes crooked paths? Verse four tells us that not calling for justice, and not calling for truth makes crooked paths.

There are many ways in which we can call for justice, and many ways in which we can call for truth. Our Lord has said that we are calling for justice, and that we are calling for truth when we share our bread with the hungry, when we bring the poor to our house, and when we see the naked, we cover them. These are some of the things that keep us off the crooked path.

When we do these things, provide food, shelter, and clothing to those in need, THEN, "Our light shall break forth like morning. Our healing shall spring forth speedily. Righteousness shall go before us. The glory of the Lord shall be our rear guard. Then we can cry out and the Lord will answer, "Here I am." Is. 58:8-9.

And that is peace, knowing God will hear our cry in the darkest night of our soul.

Published in *Heart and Soul* by Dr. Sybil Smith

Recipe: Slow Cooker Salisbury Steak



This Salisbury steak recipe comes together quickly and does not need a lot of time in the slow cooker. It's a delicious way to add flavor to ground beef and the children love

it! The gravy is delightful served over mashed potatoes.

Prep Time: 15 mins, **Cook Time:** 4 hrs, **Total Time:** 4 hrs 15 mins

Ingredients

- 2 pounds lean ground beef
- ½ cup Italian seasoned bread crumbs
- ¼ cup milk
- 1 (1 ounce) envelope dry onion soup mix
- ¼ cup all-purpose flour
- 2 tablespoons vegetable oil
- 2 (10.5 ounce) cans condensed cream of chicken soup

- ¾ cup water
- 1 (1 ounce) packet dry au jus mix

Directions

1. Combine ground beef, breadcrumbs, milk, and onion soup mix together in a large bowl until well combined; shape into 8 patties.
2. Heat oil in a large skillet over medium-high heat. Dredge patties in flour just to coat, and quickly brown on both sides in the hot skillet. Place browned patties into the slow cooker stacking alternately like a pyramid.
3. Mix condensed soup, water, and au jus mix together in a medium bowl; pour over the beef patties. Cook on Low until ground beef is well done, about 4 to 5 hours.

Nutrition Facts

Calories 388, total fat 24g, saturated fat 8g, cholesterol 75mg, sodium 1378mg, total carbohydrate 18g dietary fiber 1g, total sugars 1g, protein 24g, vitamin c, 1mg, calcium 46mg, iron 3mg, potassium 297mg

Germ

Unfortunately, germs are everywhere. Fortunately, only a small portion of germs are known to cause infection. And there's more good news: a few simple steps can reduce your exposure. "Infection occurs when germs enter the body, increase in number and then cause a negative reaction in the body," explains Halie G.



There are three main things that have to align for an infection to occur: a source where the germs live, a susceptible person (a way for the germs to enter) and then transmission (the way germs are moved).

Sources: So, just how long can germs live on a surface? "It depends on the type of bacteria or virus, what kind of surface they are on and what the surrounding environment is like," explains Halie. There are actually four kinds of germs: bacteria (one-celled microorganisms that can reproduce outside the body), viruses (need a host to reproduce, must be inside the living cell), fungi (multi-celled, plant-like) and protozoa (one-celled organisms that live in moist areas and spread disease through water). "Most viruses that cause colds only survive on hands for a short amount of time," Halie says. "Some only last for a few minutes; however, 40% of rhinoviruses, a

common cold-causing virus, are still infectious on hands after one hour. "

Flu viruses, on the other hand, some flu viruses can survive on hard surfaces for 24 hours. Infectious flu viruses can survive on tissues for only 15 minutes. However, all flu viruses can survive as droplets in the air for several hours — longer in lower temperatures.

Bacterial or viral germs that typically cause stomach bugs survive on hard surfaces or fabrics from 1 to 4 hours. Some viral germs can last even longer like norovirus and *C. difficile*. Norovirus can survive for days or weeks on hard surfaces. In one study, *C. difficile* was shown to survive for five months! If someone at your house is ill, disinfect hard surfaces frequently.



Susceptibility: To avoid getting sick, Halie's top tip is simple: wash your hands the right way. "Properly washing your hands should take you about as long as it takes to sing 'Happy Birthday' twice," says Halie. "Always use soap and water if you can — or hand sanitizer with 60% alcohol content if needed." Hand sanitizer can reduce the number of germs on your hands, but may fail to remove stuck on chemicals, pesticides and heavy metals.

Aside from frequent handwashing, avoid touching your eyes, nose and mouth and get your seasonal flu vaccine. You can also keep your immune system strong and healthy by eating well, exercising regularly and getting adequate sleep.

Germiest Spots

A comprehensive 2011 study by NSF International (an independent public health organization) looked at different areas of our environments to see which spots tend to harbor the most germs. The top nine surfaces that contained the most germs were:

- Dish scrubber: 71%
- Kitchen sink: 45%
- Video game controller: 59%
- Car door handle: 41%
- Remote control: 55%
- Bottom of purse: 36%
- Pet toy: 55%
- Countertop: 32%
- Toothbrush holder: 27%

Transmission: To help reduce the spread of germs, stay home if you feel ill and be proactive with your cleaning measures. Since many germs thrive — and

even multiply — in damp situations, make sure to keep things like clothes clean and dry. When it comes to disinfectant, carefully read the label to see if it mentions cold and flu viruses. "Remember not to follow a disinfectant wipe with a dry paper towel in an effort to dry the surface more quickly," Halie cautions. "That leftover residue from the wipe continues disinfecting as you walk away and will dry on its own." Looking for a greener option? "Vinegar is a natural product that is shown to kill cold and flu germs," says Halie. "Mix hot water and vinegar for the best results."

Halie G., The Little Clinic Nurse Practitioner

The To-Do List

How to keep your house running smoothly, month by month.
By Lindsey M. Roberts,
The Washington Post



Prevention is the best medicine for your house, as well as your body. "We go for our annual checkups to our doctor and dentist, so why not do it for our home?" said Mike Holmes, host of HGTV's "Holmes on Homes."

Annual maintenance will help prevent you from having to make an avoidable, costly repair, he said. For a comprehensive list of important annual maintenance tasks, we consulted with Holmes and other home-maintenance, cleaning and organizing experts. Stick to this basic list each month and your house will run like a machine.

January

- **Clean kitchen light fixtures.** Becky Rapinchuk, author of "*Simply Clean: The Proven Method for Keeping Your Home Organized, Clean, and Beautiful in Just 10 Minutes a Day*," recommended using a microfiber cloth or duster on glass shades and fixtures.
- **Declutter.** Examine every room and try to get at least three bags of stuff out of the house, said Jill Nystul of the lifestyle blog *One Good Thing by Jillee*.

February

- **Dust baseboards and vents.** If you don't have a vacuum cleaner with a hose and nozzle attachment, Rapinchuk suggested using a long-

handled duster or a broom with a T-shirt secured over the bristles.

- **Clean light fixtures in the living and dining rooms.** Take down chandeliers if you need to do a deep clean and wash the parts in a solution of one part vinegar to three parts warm water, Nystul recommended.

March

- **Wash and fluff pillows and bedding.** Focus on bedding that doesn't get washed every week, i.e., the down comforters, pillow shams and covers.
- **Turn rotate and vacuum mattresses.** Slowly use a regular vacuum or a mattress-specific vacuum such as the Raycop to get dust mites out of every nook and cranny, Rapinchuk said.
- **Test and replace smoke and carbon monoxide detector batteries.**

Scripture Verse

We know also that the Son of God has come and has given us understanding, so that we may know him who is true. And we are in him who is true—even in his Son Jesus Christ. He is the true God and eternal life. I John 5:20

Events

Sunday Service: 10:30a live or on Facebook.
 Men's Bible Study – Wednesdays at 7p by Zoom.
 Women's Prayer Time and Bible Study at church or on Zoom every Monday at 10:00a

February

- 5 – Wear Red Sunday
- 14 – Valentine's Day
- 15 – President's Day

March

- 12 – Daylight Saving Time Begins
- 17 – St. Patrick's Day

February Celebrations

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

March Celebrations

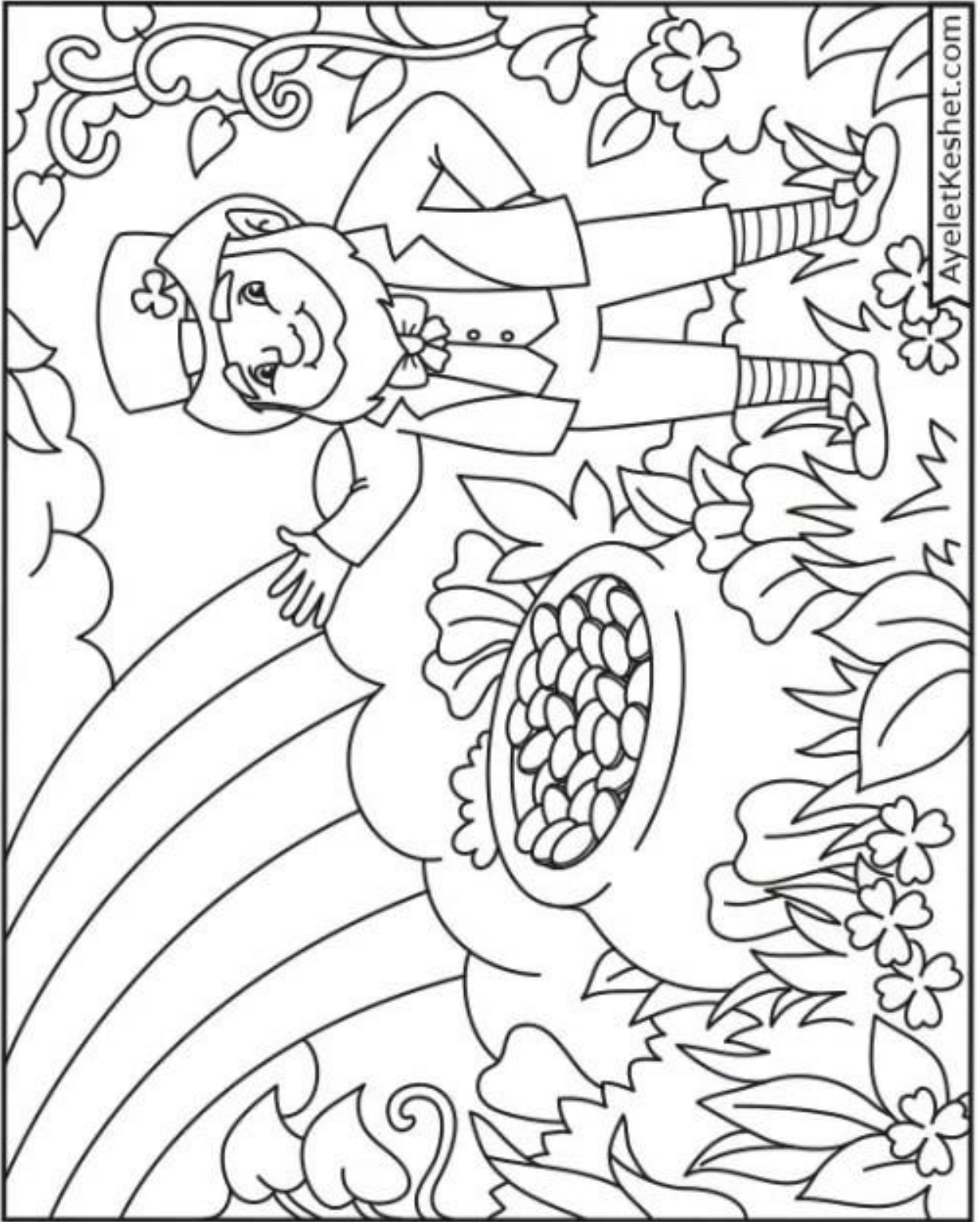
Birthdays	Anniversaries
1 – Decker, Erec 7 – Morgan, Gayle 11 – Lognion, Josh 20 – Phillips, Cheri 29 – Fulcher Mikki	2 – Douglas & Lisa Krauter 18 – Harry & Karen Plate

SEFC Church Calendar – February 2023

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

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AyeletKeshet.com