

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



JANUARY 2022

## Table of Contents

10 Most Popular Bible Verses in 2021 .....	6
A Prayer for January .....	2
Blood Donations.....	5
Book Review .....	6
Church Calendar.....	8
Coloring Page.....	9
Epiphany .....	3
Function of Blood and Its Components.....	4
Happy New Year.....	6
January Celebrations .....	7
January Events .....	7
My Resolution.....	6
Parish Nurse – Epiphany .....	2
Recipe – Eggnog Pancakes .....	7
To Ponder.....	2
Verse for January .....	7



## A Prayer for January

Today, Lord,  
Our calendar for January  
And the months ahead  
Is as fresh and clean  
As we ourselves could be  
If only we tried more often  
To live as You would have us live.  
We know that this is possible, Lord,  
For You are Our forgiving Father,  
God of the Second Chance,  
The One Who promises  
That we can always make  
A fresh beginning.  
Today, Lord,  
As the new year dawns,  
Let us begin.

UNKNOWN

*This is the day the LORD has made; let us rejoice and be glad in it.* -PSALM 118:24 (NKJV)

### TURNING POINTS

#### *Turning Away from Regret*



I was sipping a cup of coffee while leafing through my album of antique postcards when the cup slipped from my hands and spilled hot coffee all over the cards. My sister

Rebekkah ran to get a roll of paper towels. As she sopped up coffee from the drenched pages, she said softly, "Don't let it ruin your day, Roberta."

*Don't let it ruin your day.* Almost always, that's just what would have happened. I would have let that little accident color every remaining moment of the day. *Why did you have to have that coffee in the first place?* I'd have berated myself. How many days had I sacrificed to such pointless regrets?

The cards cost little more than a dollar apiece and were replaceable. But a day the Lord has made? Absolutely priceless – there would never be another one exactly like it in all my life. A day full of things to see and hear and do, a day touched with the presence of God in every moment of every hour.

Thanks to Rebekkah and a cup of coffee, I'll never look at an ordinary day in the same way again, including the ones that don't go quite the way I'd like.

-Roberta Messner

## To Ponder

*God will not leave you without a next step.*

Chrystal Evans Hurst



## Parish Nurse – Epiphany

Dear Family and Friends,

May you and your loved-ones experience a joy filled and healthy New Year and Epiphany season! As we begin this new year, I would like to visit with you about the Season of Epiphany and living a Spirit filled and holistically healthy life.

**Epiphany: Christmas is for Us!** Immediately after Christmas, the church celebrates the season of Epiphany which lasts until the beginning of Lent. The word Epiphany means “to make known” and during this season we celebrate the full measure of God's glory in the birth of Jesus. The day of Epiphany (January 6th), also known as "Twelfth Day", concludes the Christmas season and opens to us the revelation of God's unending mercy, love and faithfulness! With Epiphany, the Church recognizes the visit of the Wise Men (guided by a great light in the night) and the revelation of God in Christ not only to the Jews, but now also to the Gentiles. In many ways Epiphany shouts out that Christmas is for us!

**Epiphany: A Time of Lights.** Epiphany is also a time of Lights: it continues the lights of Christmas and concludes with the revealed light of Jesus' Transfiguration. The true Light of the world has come to us and destroyed the darkness that lives in our human heart. Health care practitioners use light (such as lasers) to diagnosis and treat certain illnesses. Our Lord uses His Light to judge and heal our human condition.

**Epiphany: Living in and Reflecting the Healing Light.** One of the Old Testament Lessons for the Epiphany season is taken from Isaiah 42:1- 7. These words describe beautifully living a spirit filled life. God has called and enabled each one of us to be His

lights in our dark world as we "... open the eyes that are blind, to free the captives from prison and to release from the dungeon those who sit in darkness". We are both recipients and reflectors of God's healing Light! First, we need to make sure we are in a right relationship with God. Eyes can be blinded both physically and spiritually and causes darkness to overshadow the light. Second, our great God can use us to help others see and feel the light of His love as we care for them. We are called to free the captives and release those who sit in darkness. People can be imprisoned by their own sin, death and the power of the devil. Third, we can speak God's word of grace and healing acceptance to others and invite them into a relationship with ourselves and our faith community. The darkness of our lives can only be overcome when we see the Baby of Bethlehem in the face of every precious person He has created (Mt. 25:35-40).

If you would like to visit about any concerns, please contact me. May you and your loved ones enjoy God's peace, blessings and wholeness during Epiphany!

With care,

Karen Plate, RN, PN

## Epiphany

*Epiphany, commonly known as Three Kings' Day in the United States, is on January 6. It celebrates the three wise men's visit to baby Jesus and also remembers his baptism, according to the Christian Bible's events. The United States (US) Virgin Islands observe the day as a public holiday.*

**What Do People Do?** People from the US Virgin Islands celebrate Three Kings' Day to emphasize and maintain their heritage and culture, especially on the island of St Croix where the day features parades, bands, food, music, and other types of entertainment. Although it is not a public holiday in other parts of the United States, many Christians take part in Epiphany activities such as:

- Star processions on the Sunday closest to January 6 for church services
- Parties or get-togethers to clean up homes after the festive season and put away Christmas decorations.
- Treasure hunts to find a figure of the Christ child.

- Epiphany luncheons, parties and celebrations among churchgoers.
- And Sunday school activities for children that focus on Epiphany, such as creating the star that led the wise men to Bethlehem.

Epiphany marks the beginning of the Mardi Gras season in Louisiana. It is customary to bake king cakes during this time of the year. These cakes may include a small trinket (such as a baby doll) inside. The person who gets the piece of cake with the trinket receives various privileges or obligations. For example, they may be requested to provide the next king cake. The interval between Epiphany and Mardi Gras is sometimes known as "king cake season".

**Background:** Epiphany is one of the oldest Christian feasts. It was celebrated since the end of the second century, before the Christmas holiday was established. It is commonly known as Twelfth Night, Twelfth Day, or the Feast of Epiphany. It means "manifestation" or "showing forth". It is also called Theophany ("manifestation of God"), especially by Eastern Christians. Epiphany also refers to the church season that follows the day.

It commemorates the first two occasions on which Jesus' divinity, according to Christian belief, was manifested: when the three kings visited infant Jesus in Bethlehem, and when John the Baptist baptized him in the River Jordan. The Roman Catholic and Protestant churches emphasize the visit of the Magi when they celebrate the Epiphany. The Eastern Orthodox churches focus on Jesus' baptism.



**Symbols.** Various paintings, artworks and sketches show the three wise men and Jesus. Some paintings artworks show the three wise men on the way to Bethlehem or adoring baby Jesus. The kings are important because their visit illustrates that Jesus was the king of all kings who came for the Jews and the Gentiles.

The star that guides the wise men to Christ also symbolizes Epiphany, as well as the three gifts they gave to Jesus: gold (fit for a king); frankincense (used to worship at a temple); and myrrh (used for embalming, as well as a salve for irritations such as diaper rash). Other paintings depict the story of Jesus' baptism. Many Orthodox churches consider Jesus'

baptism to be the first step towards the crucifixion. The liturgical color for the Epiphany season is white.

### Epiphany Timeline:

- 4 B.C.–6 B.C. The birth of Christ based on historical findings, and biblical references, most scholars believe Jesus was born between 4- and 6 B.C.
- A.D. 361. Double Epiphany. The earliest reference to Epiphany as a Christian Feast is by Ammianus Marcellinus, who assigns January 6 to both Jesus' birth and baptism.
- 385. Enter Nativity. The pilgrim, Egeria, describes a celebration in Jerusalem and Bethlehem that she calls 'Epiphany' to commemorate the Nativity.
- 1724. Musical Epiphany. Johann Sebastian Bach composes two cantatas for the feast that concludes Christmastide.
- 1969. Christmas Epiphany
- After revising the General Roman Calendar, the Feast of the Epiphany is made a part of Christmastime.

## Functions of Blood and Its Components

Blood is basically a type of a connective tissue which is found in the human body in fluid state. It is made up of plasma which is a highly viscous liquid and 3 different types of blood cells that are floating around in it. Almost 92% of the plasma is water while the rest consists of enzymes, hormones, antibodies, nutrients, gases, salts, proteins and metabolites of various kinds. Besides plasma, the cellular constituents of blood are red and white blood cells and platelets.

### Functions of Blood.

Transportation. Blood is the primary means of transport in the body that is responsible for transporting important nutrients and materials to and from the cells and molecules that make up our body. It is the duty of blood to first take the oxygen processed by the lungs to all the cells of the body and then to collect the carbon dioxide from the cells and deliver it to the lungs.

It is also tasked with the job of collecting metabolic waste from up and down the body and take it to the kidneys for excretion.

Blood also has to perform the task of delivering the nutrients and glucose generated by the organs of the digestive system to the other parts of the body including the liver.

In addition to these tasks, blood also has to carry out the transportation of hormones produced by the glands of the endocrine system.

**Protection.** Blood performs the important task of protecting the body from the threat of infections and disease causing bacteria. The white blood cells found in blood are responsible for safeguarding the different organs of the body by producing antibodies and proteins which are capable of fighting off and killing the germs and viruses that can cause serious damage to the body cells. The platelets present in blood handle the task of limiting blood loss in the wake of an injury by helping the blood to clot quickly.

**Regulation.** Blood is also a regulator of many factors in the body. It oversees the temperature of the body and maintains it to a level that is tolerated by the body with ease. Blood is also responsible for controlling the concentration of Hydrogen ions in the body, which are also known as pH balance. The administration of the levels of water and salt required by each cell of the

body also falls under the regulation duties of blood. Another regulatory task performed by blood is to control the blood pressure and restrict it under a normal range.

**Blood Components and Their Functions.** Here are the components that make functions of blood possible:

**Plasma.** Plasma is the most abundant component of blood. It has a number of functions which includes carrying glucose which is the most important nutrient required by each cell for generating energy. The other nutrients that are also carried by plasma include vitamins, cholesterol, amino acids, triglycerides and fatty acids. All of these nutrients are carried by plasma to and from each and every cell present in the body. Plasma is also responsible for the transportation of Cortisol and thyroxin hormones, which attach themselves to the



plasma proteins and are then taken to all parts of the body. Homeostasis and management of the functioning of cells is also among the duties performed by plasma with the help of the inorganic ions that it contains in large quantities. Healing of wounds and stopping spillage of blood through clotting is another function of plasma which is made possible due to the presence of clotting agents in it. Plasma even plays a part in helping the body fight against the germs and infections thanks to the antibodies named gamma globulins that are present in it.

**White Blood Cells.** The infections that threaten to damage the body are handled by the white blood cells found in blood. White blood cells contain bacterial agents trying to penetrate into the body. These cells which are also known by the name of leukocytes are formed in the stem cells of the bone marrow and start circulating in the body by means of blood as well as the lymph fluid. The whole immune system of a human body is dependent on these white blood cells to identify the pathogens, cells with cancerous material in them and matters which is foreign to the body. In addition to identifying them, leukocytes are also tasked with the duty of destroying and cleaning the body of these enemy cells.

**Red Blood Cells.** The main job assigned to the red blood cells present in the blood is to make sure that the oxygen is delivered to all the cells of the body when the pumping of the blood has been carried out by the heart. The red blood cells have a very quick speed at which they travel through both the veins and arteries. The veins have a relatively smaller wall around them as compared to the arteries since the pressure of the blood is not too intense when it passes through them in comparison to the arteries.

**Platelets.** The platelets are the lightest and the smallest components of blood. Due to their small size they usually travel near the walls of the vessels carrying blood. The wall of the blood vessels which is made up of special cells named endothelium stop the platelets from sticking to them. However, in the case of an injury, this layer of endothelium cells gets damaged and the blood starts flowing out from the blood vessels. When this happens the platelets react immediately and get attracted by the tough fiber which surrounds the walls of the blood vessels. The platelets then stick to the fibers and begin changing their shape thereby making a type of seal which stops the blood from flowing out of the body.

Hope this article has clearly illustrated the functions of blood.

<https://www.newhealthguide.org/Functions-Of-Blood.html>

## Blood Donations

According to the American Red Cross, winter is "one of the most difficult times of year to collect enough blood products to meet patient needs." That's because of, among other things, busy holiday schedules and bad weather often resulting in canceled blood drives. Furthermore, seasonal illnesses such as the flu force potential donors to forgo their blood donations.



That's just one of the reasons that National Blood Donor Month, which has taken place each January since 1970, is such an important observance. Donating blood saves many lives and improves health for many people. According to the World Health Organization, "blood is the most precious gift that anyone can give to another person — the gift of life. A decision to donate your blood can save a life, or even several if your blood is separated into its components — red cells, platelets and plasma." Let's learn more.

### National Blood Donor Month Timeline.

- 1937: Physician opens first blood bank. Hungarian physician Bernard Fantus establishes the first hospital blood bank in the United States at Cook County Hospital in Chicago.
- 1907: Ottenberg makes the first transfusion. Based on Landsteiner's discoveries, the American physician Reuben Ottenberg performs the first successful blood transfusion using blood typing and crossmatching at Mount Sinai Hospital in New York.
- Early 1900s: Are you my type? The Austrian Dr. Karl Landsteiner develops the ABO blood group system. Jan Jansky, a Czech doctor is credited with the first classification of blood into four types: A, B, AB, and O.
- 1628: Book gets the blood going. English physician William Harvey publishes "On the Motion of the Heart and Blood," describing

his account of the circulation of blood through the human body.

### 5 Amazing Facts About Blood Donations

1. Not enough blood for all of us. According to the American Red Cross, about 38 percent of the U.S. population can donate blood — but only 10 percent actually do.
2. Fill 'er up with regular — donations. Brookhaven National Laboratory says that people who begin donating blood at age 17 and donate every eight weeks will have donated 48 gallons of blood by age 76.
3. Donate blood and get medical info. When we donate blood, labs examine the donation for multiple infectious diseases, such as HIV and West Nile virus.
4. Dogs can donate, too! Your dog can donate blood, too. Check with your veterinarian and the Humane Society to make sure you know the local rules and regulations for this type of donation.
5. The multiplier effect is huge. Every time we donate one pint of blood, the potential is there to save three lives.

### Why National Blood Donor Month is Important

1. Donating blood save lives. Someone needs blood every few seconds in the United States. And more than 4.5 million Americans would die every year without lifesaving blood transfusions. National Blood Donor Month helps us remember these vital statistics.
2. It's the gift that keeps on giving. The American Red Cross needs 13,000 blood donations every single day to maintain an appropriate blood supply. Fortunately, eligible blood donors can donate blood every eight weeks.
3. It's good for donors, too. The American Journal of Epidemiology reports that blood donors are 88 percent less likely to have a heart attack.

## My Resolution

I won't look back; God knows the fruitless efforts, The wasted hours, The sinning, The regrets; I'll leave them all with Him who blots the record, And mercifully forgives, and then forgets



I won't look forward. God sees all the future, The road that, short or long, will lead me home, Arid He will face with

me its every trial, And bear with me the burdens that may come

But I'll look up ~ into the face of Jesus, For there my heart can rest, my fears are stilled; And there is joy and love, and light for darkness, And perfect peace, and every hope fulfilled.

## 10 Most Popular Bible Verses in 2021

1. [John 3:16](#)
2. [Jeremiah 29:11](#)
3. [Romans 8:28](#)
4. [Psalm 23:4](#)
5. [Romans 12:2](#)
6. [Psalm 23:6](#)
7. [Philippians 4:6](#)
8. [Psalm 23:5](#)
9. [Philippians 4:13](#)
10. [Isaiah 41:10](#)

BibleGateway.com

## Book Review

### *Healing Words: A 60-Day Grief Journal*

Grief can be a feeling, a season, or part of your story. If you've lost a loved one, experienced a tragedy, or dealt with hard times, you know that few people understand your sadness.



These sixty devotions offer biblical comfort and, the journaling prompts provide practical teachings to help you reflect and heal. You will better understand how to process your grief and plan for your future.

Healing is a process and looks different for every person. This unique journal will meet you where you are and lead you to the path of healing.



Praise is rightfully Yours, God, in Zion; vows to You will be fulfilled. <sup>2</sup>All humanity will come to You, the One who

hears prayer. <sup>3</sup>Iniquities overwhelm me; only You can atone for our rebellions. <sup>4</sup>How happy is the one You choose and bring near to live in Your courts! We will be satisfied with the goodness of Your house, the holiness of Your temple. <sup>5</sup>You answer us in righteousness, with awe-inspiring works, God of our salvation, the hope of all the ends of the earth and of the distant seas. <sup>6</sup>You establish the mountains by Your power, robed with strength. <sup>7</sup>You silence the roar of the seas, the roar of their waves, and the tumult of the nations. <sup>8</sup>Those who live far away are awed by Your signs; You make east and west shout for joy. <sup>9</sup>You visit the earth and water it abundantly, enriching it greatly. God's stream is filled with water, for You prepare the earth<sup>[e]</sup> in this way, providing people with grain. <sup>10</sup>You soften it with showers and bless its growth, soaking its furrows and leveling its ridges. <sup>11</sup>You crown the year with Your goodness; Your ways overflow with plenty. <sup>12</sup>The wilderness pastures overflow, and the hills are robed with joy. <sup>13</sup>The pastures are clothed with flocks and the valleys covered with grain. They shout in triumph; indeed, they sing.

Psalm 65:1-13

## Recipe: Eggnog Pancakes

**Prep:** 5 mins; **Cook:** 15 mins;  
**Total:** 20 mins; **Servings:** 6;  
**Yield:** 6 servings

### Ingredients

1 ½ cups all-purpose flour  
 1 tablespoon sugar  
 2 ½ teaspoons baking powder  
 ½ teaspoon salt  
 1 cup eggnog  
 2 tablespoons clarified butter  
 1 egg, lightly beaten



### Directions

1. Heat a lightly oiled skillet or griddle over medium heat.
2. In a bowl, mix the flour, sugar, baking powder, and salt. Make a well in the center, and pour in the eggnog, butter, and egg. Mix until dry ingredients are evenly moist.
3. Pour ¼ cup batter onto the hot griddle for each pancake. Cook pancakes until bubbly on top. Flip with a spatula, and continue cooking until lightly browned on bottom.

## Verse for January

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. – Galatians 6:9



Sunday Service: 10:30a live or on Facebook

- 1 – New Year's Day
- 2 – Epiphany Sunday
- 6 – Epiphany Service, 7p
- 10 – Women's Prayer Time resumes, 10a
- 12 – Men's Bible Study resumes, 7p

## January Celebrations

### Birthdays

14 – Lily Anderson  
 14 – Glen Swindoll

### Anniversaries

18 – George & Cookie Swartz

## SEFC Church Calendar – January 2022

SUN	MON	TUE	WED	THR	FRI	SAT
						1 New Year's Day
2 10:30a live or on Facebook	3	4	5	6 7p Epiphany Service	7	8
9 10:30a live or on Facebook	10 10a Zoom Prayer Time	11	12 7p Men's Bible Study	13	14	15
16 10:30a live and on Facebook	17 10a Zoom Prayer Time	18	19 7p Men's Bible Study	20	21	22
23 10:30a live and on Facebook	24 10a Zoom Prayer Time	25	26 7p Men's Bible Study	27	28	29
30 10:30a live and on Facebook	31 10a Zoom Prayer Time					





God Bless OUR



Mandy Groce '12

ministry-to-children.com