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the pledge of allegiance

From THE RED SKELTON HOUR January 14, 1969

I remember this one teacher. To me, he was the greatest teacher, a real sage of my time. He had such wisdom. We were all reciting the Pledge of Allegiance, and he walked over. Mr. Lasswell was his name . . . He said: "I've been listening to you boys and girls recite the Pledge of Allegiance all semester and it seems as though it is becoming monotonous to you. If I may, may I recite it and try to explain to you the meaning of each word:

I—me, an individual, a committee of one.
Pledge—dedicate all of my worldly goods to give without self-pity.
Allegiance—my love and my devotion.
To the Flag—our standard, Old Glory, a symbol of freedom. Wherever she waves, there is respect because your loyalty has given her a dignity that shouts freedom is everybody's job.
Of the United—that means that we have all come together.
States—individual communities that have united into 48 great states. 48 individual communities with pride and dignity and purpose, all divided with imaginary boundaries, yet united to a common purpose, and that's love for country.
Of America.
And to the Republic—a state in which sovereign power is invested in representatives chosen by the people to govern. And government is the people and it's from the people to the leaders, not from the leaders to the people.
For which it stands.
One nation—meaning, so blessed by God.
Indivisible—incapable of being divided.
With liberty—which is freedom and the right of power to live one's own life without threats or fear or some sort of retaliation.
And justice—The principle or quality of dealing fairly with others.
For all— which means it's as much your country as it is mine."

Since I was a small boy, two states have been added to our country and two words have been added to the Pledge of Allegiance—"under God."
 Wouldn't it be a pity if someone said, "That's a prayer" and that would be eliminated from schools, too?

Reel Skelton

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Jesus told them a parable about their need to pray always and not to lost heart. – Luke 18:1 (NRSV)

Filled With Praise

Do to others as you would have them do to you. – Luke 6:31 NIV

Light a Candle

The small acolyte could not light her altar candle because only a tiny bead of flame glowed at the end of her torch. As she struggled, her little face getting redder, her classmates sitting in the front pew tried to stifle their giggles.



Then the choir director moved forward, gently took the torch, turned the wand to supply more fuel to the flickering flame, and returned it to the child, who deftly accomplished her task.

You should have seen the beautiful look of gratitude on that little girl's face! You could hear a rustling murmur of thankfulness float through the congregation.

You know, I thought, it's not only the big and spectacular acts that let others know we care. We can say 'you're important to me' or 'I'm on your side' by a simple touch on the shoulder, or the sharing of a tissue when another is in grief, or by giving a smile instead of a glare when someone who's already contrite or embarrassed has made a mistake.

The admonition to “do to others as you would have them do to you” surely deserves its name: The Golden Rule, Let's Use it today to light the altar candle in our hearts and show that we truly care for one another.

Isabel Champ

A Prayer

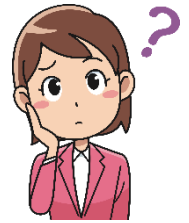
Dear Lord,
So many sunny days have come
My way that I've lost count,
So many treasures
Free for the taking. . .
A handful of rubies
From the raspberry bush,
Golden coins dappling my path
Beneath a lattice of leaves,
Evergreen incense on the breeze,

A perfect fluted shell,
Carved, polished, cast at my feet.
These riches, Lord,
Are mine because You
Never take a vacation.

Unknown

To Ponder

“We are either centered around God, or ourselves.” Ray Ortlund



Parish Nurse – Mental Health

Dear Family and Friends,

Many of us view our faith as a resource. This month I want to share some thoughts on Faith Hardiness which focuses on this very important issue.

What is Faith Hardiness? Psychologists may see it as a coping resource. Magazines may have surveys "How hardy are you?" In general, it refers to a personal resource of being able to withstand stress and not be overcome by it. A psychological strength is only part of the tools our gracious God gives us. He also gives us our faith which we can use as a wonderful resource. This is what faith hardiness is! Regardless of our circumstances, God gives us our life in Him as our ultimate resource along with the support and encouragement of other Christians.

What does God's Word Say about Faith Hardiness? This Biblical resource can be found in several different passages.

"Now faith is being sure of what we hope for and certain of what we do not see" (Heb 11:1). Peter encourages us: "who through faith are shielded by God's power until the coming of the salvation..." (1 Pet. 1:5). St. Paul encourages us with these words: "We are often troubled, but not crushed; sometimes in doubt, but never in despair; there are many enemies, but we are never without a friend; and though badly hurt at times, we are never destroyed" (II Cor. 4:8,9). Praised be God for this awesome gift!



How Can This Help Me in my Struggles and Life?

First, faith hardiness helps us to appreciate the gift of holism and helps us to see the balanced life we can live when we can trust God to provide for all of our needs. It helps us to understand our health and life in light of our faith. Every day we can benefit from God's perspective on our life. There is a powerful faith dimension to all of life, in our physical bodies, minds, relationships, and work. Second, it helps us to see change as an opportunity and not primarily a loss. It helps us to feel like we have some control over our life as we walk hand in hand with our great God. Third, difficulties can serve to help increase our awareness of Christ's presence in our life. Fourth, faith hardiness helps us to apply Biblical truths, prayer and devotions and to be blessed by the support of other Christians in our everyday life.

May our lives reflect the prayer of 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).

Health Ministry Focus: Faith Hardiness. This month our health ministry has focused on the wonderful resource God gives us in our faith. Faith is indeed our foundation in standing strong through the storms of life. If I can be a help to you in any health-related concerns, please see me. I would love to work with you.

With care,

Karen Plate, PN

Donate Blood – Save a Life

Learn about this safe, easy process.

Every 2 seconds, someone in the United States needs blood, and a single donation can save lives. Patients in need rely on people who give blood. Blood donors are true heroes.

Why is blood so important? Healthy adults have about 5 to 6 liters of blood circulating throughout their body. Each drop of blood contains red blood cells, white blood cells, platelets, for blood and plasma. Blood helps deliver oxygen and nutrients to cells while moving waste to the liver and

important because blood has kidneys. This ongoing process keeps us alive.

Who needs a blood donation? Patients may need blood to address:

- Heavy bleeding
- Surgery
- Trauma
- Organ transplant
- Cancer and treatment
- Infectious diseases
- Blood diseases
- Gastrointestinal diseases

Only 3% of Americans give blood each year.

If you are healthy and eligible, please consider donating blood regularly because blood is always needed.

There's always a need for blood. Donating blood is always a short shelf life and there is constantly a need. For example, platelets, which help with clotting and can benefit people who don't have enough, can be stored for only 5 to 7 days. Red blood cells, which can benefit people with diseases that cause anemia, can be stored for only up to 42 days.

How do patients receive donated blood? All donated blood is carefully tested and then stored and shipped so it is ready for use. Blood transfusions transfer healthy donor blood to patients through an IV line inserted into a blood vessel. Transfusions may contain whole units of blood or be separated into components – like red blood cells, platelets, or plasma – based on each patient's needs.

How does blood type factor into donations? Blood types relate to the presence or absence of certain antigens — substances that can trigger an immune response if they are foreign to the body. Some antigens on transfused blood cells can cause your immune system to attack the transfused blood if those antigens are foreign to your body. This is why it is very important that transfused blood and its major antigens — be carefully matched with the blood of the person being transfused.

Blood types are passed genetically from your parents. Most blood types fall into one of eight major groups (O+, O-, A+, A-, B+, B-, AB+, AB-), depending on whether your blood cells have the A and B antigens and the Rh factor. Hundreds more minor antigens exist, and the presence or absence of those creates what is called a rare blood type. This happens when your blood lacks



the antigens that 99% of people are positive for. Certain blood types, especially rare blood types, are unique to specific racial and ethnic groups. For patients with a rare blood type, it is vital that donor diversity match patient diversity to ensure a better match with the transfused blood. Learn more about blood types and what they mean for you from the American Red Cross.

Who can donate blood? Most people can donate blood. Volunteers should be in good health, be at least 16 or 17 years old (depending on the state they live in) and weigh at least 110 pounds. They should also have healthy levels of hemoglobin, which is a protein that carries oxygen in the blood.



Where can I donate blood? Find a blood donation center near you.

4 Biblical Ways to Pray This Summer

How to turn summer into a season of prayer

Summer—a season of cookouts, baseball, beaches, and vacations. There is so much to like about it. Even more so if we make it a season of prayer. It is more than possible...easy, even, with some of these prayer prompts:

- 1. When plants and flowers blossom.** One of my favorite early summer prayers is actually a listening prayer, as I imagine God inviting me into the delights of the season in the words of Song of Songs 2: *See! The winter is past; the rains are over and gone. Flowers appear on the earth; the season of singing has come, the cooing of doves is heard in our land. The fig tree forms its early fruit; the blossoming vines spread their fragrance. Arise, come, my darling; my beautiful one, come with me.* (Song of Songs 2:11-13, NIV)
- 2. Holidays and vacations.** It can be hard to downshift from work to rest and relaxation, but holidays and vacations are an opportunity to pray, *“Lord, remind me that your word says, ‘In repentance and rest is your salvation, in quietness and trust is your strength.’”* (Isaiah 30:15, NIV)
- 3. Around the campfire.** Is anything as mesmerizing and calming as gazing into a fire? It

can also move us to pray. Perhaps a prayer like the following can be recalled as you watch fuel being added to a fire: *“God, remind me to consider how the wild flowers grow. They do not labor or spin. Yet not even Solomon in all his splendor was dressed like one of them. If that is how You clothe the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will You clothe and care for me.”* (Based on Luke 12:27-28, NIV)

- 4. Cookouts and reunions.** Among the blessings of summer are grilling out and gathering with friends and family. On such an occasion, this prayer, drawn from Psalm 65:11-13 (NIV), can turn our hearts to God. *“You crown the year with your bounty, and your carts overflow with abundance. The grasslands of the wilderness overflow; the hills are clothed with gladness. The meadows are covered with flocks and the valleys are mantled with grain; they shout for joy and sing.”*

Thank you, Lord, for your bounty and the abundance of this table, amen.

Those are just four ideas to make summer a season of prayer. You may add others of your own, such as prayers while in the car on long trips, prayers as you watch a child or grandchild playing baseball or soccer, and more. And won't it be great, at the end of summer, to look back not only on cookouts and vacations, but also on those rich moments of prayer?

Bob Hostetler <https://guideposts.org/prayer/seasonal-prayers/4-biblical-ways-to-pray-this-summer/>

Recipe: Homemade Marshmallow Bald Eagles

These cute little eagles made with marshmallows, coconut, and chocolate can be served on their own or used as cupcake toppers. A treat not just for Philadelphia Eagles fans - they are a great dessert on patriotic holidays like 4th of July.



Prep Time: 25 mins
Cook Time: 5 mins
Total Time: 30 mins
Servings: 12
Yield: 12 eagles

Ingredients

- 1 (12 ounce) package confectioners' coating (such as Wilton® Candy Melts®)
- 12 marshmallows
- 1 (7 ounce) package sweetened flaked coconut
- ¼ cup semisweet chocolate chips
- 12 mint sandwich cookies (such as Oreo®)
- 12 whole cashews

Directions

- Place white confectioners' coating in the top of a double boiler over simmering water. Stir frequently, scraping down the sides with a rubber spatula to avoid scorching, until chocolate is melted, about 5 minutes.
- Insert a toothpick into the marshmallows and dip them into the melted white chocolate. Then roll in coconut and place on the mint sandwich cookie.
- Using kitchen shears, cut a slit and place a cashew where the beak should go.
- Melt the chocolate chips. Using a toothpick, draw a dot with a line over it on each side of the eagle's head for the eyes.

How to Protect Your Eyes From UV RAYS

Ultraviolet light is widely known to cause skin damage, but these harmful rays can damage the eyes and surrounding areas as well. Check out these 6 ways to help protect your eyes from the sun!



Sunglasses are the best defense for your eyes. To get the most protection, make sure your sunglasses block 100% of UV rays. A close-fitting, wrap-around style with wide lenses will also help prevent any rays from coming in around the side.



Hats can help block as much as 50% of UV rays. To get maximum protection, wear a hat in addition to your sunglasses.



Most modern lenses have UV protection in them, regardless of their color. Your clear prescription glasses or contacts may have UV protection, but ask your optometrist to be sure.



UV rays can penetrate through clouds, meaning your risk of UV exposure can be just as high on a cloudy day. Don't forget to wear your sunglasses when outside, even when the sun is nowhere in sight!



Wide open spaces with reflective surfaces, such as sand, snow, or water, can reflect UV rays back into your eyes, sometimes even doubling your exposure to them. Be sure to have UV protection when visiting these types of areas.



Everyone is affected by UV rays, so make sure that your little ones have eye protection from the sun as well!

July is Healthy Vision Month

Here is a good website to check out:

<https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/keep-your-eyes-healthy>

August is National Immunization Awareness Month

Get Back on Track with Routine Vaccines:

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. Use these resources to assist you in communicating about vaccinations during August and throughout the year. <https://www.cdc.gov/vaccines/events/niam/index.html>

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.

July

- Deep clean the refrigerator and freezer.** Consider containing and labeling items to make them more streamlined and attractive, Rapinchuk suggested and don't forget the pantry. Oh, and brush those refrigerator coils with a condenser coil brush.
- Clean the dishwasher.** Wipe down sides, check the trap at the bottom, and run an empty load with a cup or two of white vinegar in the bottom of the dishwasher, Rapinchuk said.
- Dust ceilings corners and ceiling fans.** Try an extendible pole system with microfiber cloths.

August

- **Get an annual inspection of the chimney and fireplace.** "When you use your fireplace, the chimney's flue will begin to get coated with creosote — a highly combustible substance," Holmes said. "A proper chimney cleaning will remove that creosote, lowering your risk of a chimney fire." Get it done in August so the fireplace is ready to use when chilly weather sets in.
- **Touch up paint inside and out.** where needed. Summer can be a good time to paint before it's too cold to leave doors open for off-gassing.
- **Clean light fixtures in living and dining rooms.**



Scripture Verse

But in fact God has arranged the parts in the body, every one of them, just as he wanted them to be.
1 Corinthians 12:18 NIV

Events

Sunday Service: 9:30a fellowship; worship 10a live or on Facebook.

July

- 4 – Independence Day
- 23 – Church Picnic at Machias Park and Centennial Trail. Walk/run/bike.

August

18 – 20 Church Campout at Ryner's

July Celebrations

Birthdays	Anniversaries
19 – Dianna Salsbury 25 – Connie Hunt 30 – Paige Constantino	

August Celebrations

Birthdays	Anniversaries
13 – Justus Mauch 22 – Naomi Devlin 23 – August Pierce 27 – Ken Fulcher	3 – Jeff & Joanie Sickles 5 – Paul & Tanya Ryner

SEFC Church Calendar – July 2023

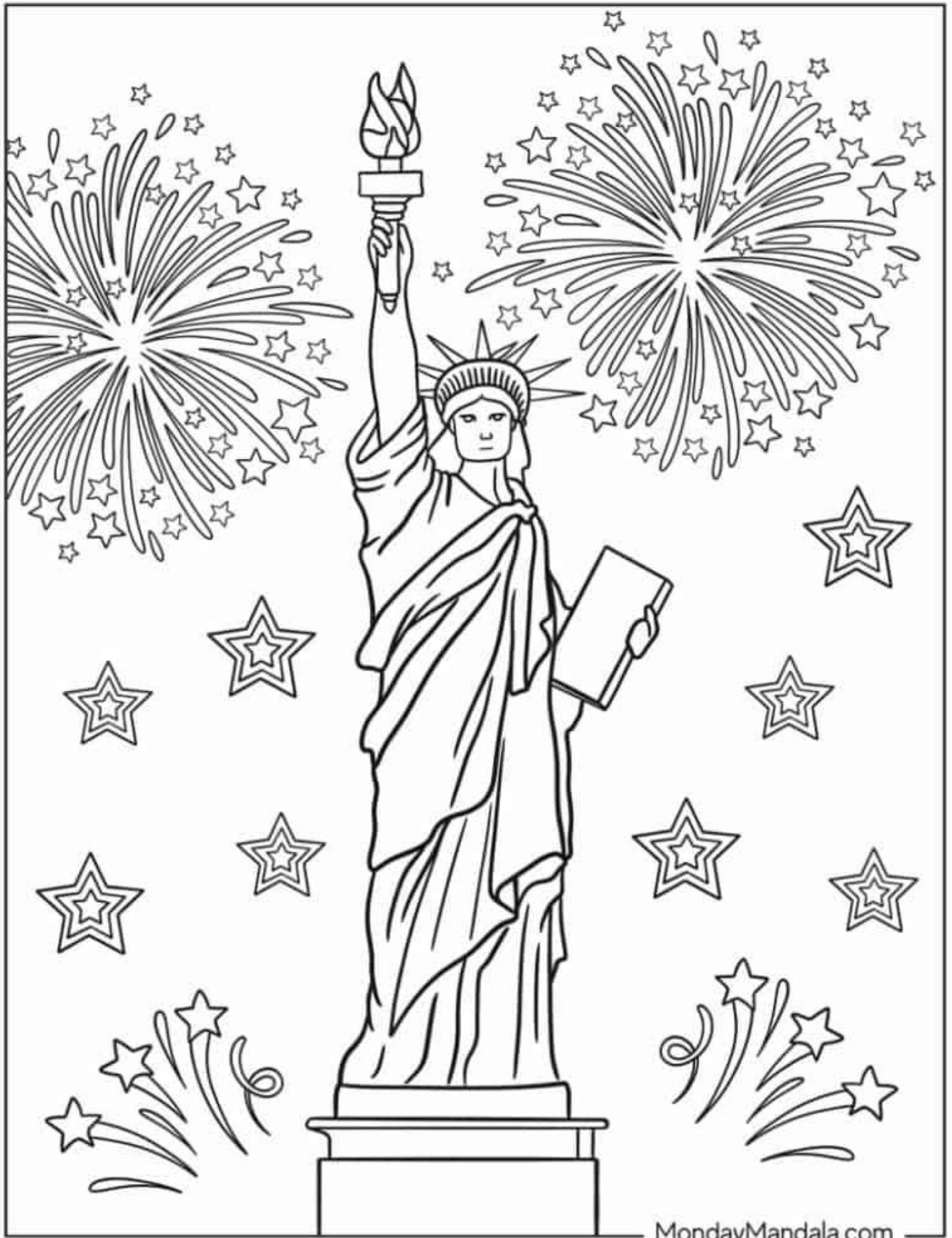
SUN	MON	TUE	WED	THR	FRI	SAT
						1
2 9:30a Fellowship 10a Live or on Facebook	3		5	6	7	8
9 9:30a Fellowship 10a Live or on Facebook	10	11	12	13	14	15
16 9:30a Fellowship 10a Live or on Facebook	17	18	19	20	21	22
23 Schedule: see above. Machias Park after service.	24	25	26	27	28	29
30 9:30a Fellowship 10a Live or on Facebook	31					



SEFC Church Calendar – August 2023

SUN	MON	TUE	WED	THR	FRI	SAT
		1	2	3	4	5
6 9:30a Fellowship 10a Live or on Facebook	7	8	9	10	11	12
13 9:30a Fellowship 10a Live or on Facebook	14	15	16	17	18 Camping at Ryner's	19 Camping at Ryner's
20 Worship Service at Ryner's	21	22	23	24	25	26
27 9:30a Fellowship 10a Live or on Facebook	28	29	30	31		





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