

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: 8:30a to 1p, Tuesday—Thursday

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

Sunday Worship: 10a



JULY / AUGUST 2022

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A Prayer for July / August

Dear Lord:

Could You spare some Guardian Angels
To give me peace of mind
As my children wander from me
And stretch the ties that bind?
You have heavenly legions, Father.
Could You send me just a few
To guide my eager youngsters
As I give them, Lord, to You?
O thank You, thank You, Father,
And, oh, my glad heart sings.
I'm certain that just now I heard
The swish of passing wings!

BETTY BANNER

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness."
- 2 CORINTHIANS 12:9 (NIV)

TURNING POINTS
Turning toward Grace

My friend Bill had been diagnosed with a rapidly progressive form of cancer and lay in the hospital, dying. "I'm off work tomorrow," I said to his wife, Carole. "Could I sit up with you tonight?"

I knew that Bill could very well live for days, weeks even, so I mentally prepared for the long haul. *I'll offer to stay tomorrow night too, I thought. Give Carole a chance to go home, get a good night's sleep, take a shower. Tuesday, I'll bake cookies for the grandkids. Thursday, I'll see if Carole will come to my house for a break.*



In my fretting, I neglected to tell Bill how much I loved him, how handsome he'd always looked in those V-neck sweaters and that tuxedo at my wedding, and to thank him again for helping me move to my first apartment.

I had just changed into my pajamas that morning when I got a telephone call. Bill had passed away right after I left the hospital. The long haul never happened. To this day, I regret the things I never got to tell him.

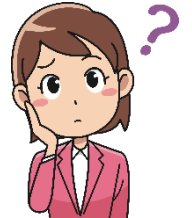
Tomorrow, I've learned, always takes care of itself when I place it in God's hands. I don't need to rehearse every possible outcome, just simply rely on His sure and sufficient grace for the moment I'm in.

-Roberta Messner

To Ponder

God tells his story in scars.

But he was wounded and bruised for our sins. He was beaten that we might have peace; he was lashed—and we were healed! Isaiah 53:5



Parish Nurse – Summer

Dear Family and Friends,

As we begin the summer, our thoughts drift to lazy and quiet days of childhood. June is recognized as National Safety month. I want to take this time to share some thoughts on *Children and Violence*. The average person gets angry 10-14 times per day. We thank God, we have options besides acting on this powerful emotion.



God calls us to live lives exemplified by being "... not violent but gentle, not quarrelsome" (1 Tim. 3:3).

Why is Violence a Concern for our Children?

Recently, several young people have been shot or have shot or stabbed parents and siblings. The country and the church have been shocked and asked: What can we do to protect our children from such violence? Indeed, the climate of escalating violence in our country warrants our attention and prayers. There doesn't seem to be a single cause for youth violence, but three primary factors cited frequently are violent images readily available on TV and movies, the internet and video games, and the availability of both drugs and guns. Also, the number of young people in need of professional mental health care has doubled since the 1970's. All this together adds up to a higher potential for violence.

How Can the Church be a Safe Place for Children and Adolescents?

Communities and schools, churches and other organizations have begun to fight back and offer

conflict management programs. This is dearly an area where we all need to work together especially from the perspective of our faith. Jesus is our Savior, brother and role model for non-violence!

Among the things we can do to disable violence are:

- Pray for wisdom and pray for our children.
- Monitor how our children play and what media influences they are exposed to and how they are affected.
- Teach children anger & conflict management approaches and encourage schools, churches and other organizations to also offer these programs.
- Support parents, schools and churches in efforts to protect children from violence and teach other conflict management techniques.
- Serve in areas of social justice. If you want peace, work for justice.
- Trust that violence is not unavoidable and convey this to our children.
- Limit exposure to violence and guide children in understanding violence.
- Ask children if they feel safe at school and have regular family discussions.
- Get involved in your children's school and be physically present.
- Encourage your children's involvement in extra-curricular activities such as music and sports.
- Teach children how to respond if they are in an unsafe situation. Be attentive to personality changes in your children (withdrawn, irritability, violent outbursts, black clothing and makeup).
- Trust your parent's intuition. If something doesn't feel right to you ... it probably isn't and follow up on your concerns.

Health Ministry Focus: Children and Violence.

This month our health ministry has focused on Children and violence. Possible anger management techniques include:

- Pray for wisdom and patience.
- Count to 10 and consider will this really matter in a month?
- Distract yourself if in a situation you can't control (like a traffic jam).
- Keep a log and find out what your stress/anger triggers are.
- Ask for and accept help.



"No longer will violence be heard in your land, nor ruin or destruction within your borders, but you will call your walls salvation and your gates praise." (Is. 60:18).

With care,
Karen PN

Sun Safety

Skin cancer is the most common cancer in the U.S. Too much sun can cause skin cancer.

Spending time outside is a great way to be physically active, reduce stress, and get vitamin D. You can work and play outside without raising your skin cancer risk by protecting your skin from the sun.



Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells.

Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time).

The UV Index forecasts the strength of UV rays each day. If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun.

How to Protect Your Skin From the Sun

Shade. You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

Clothing. When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing is certified under international standards as offering UV protection.

Hat. For the most protection, wear a hat that has a brim all the way around that shades your face, ears,

and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen, or staying in the shade.

Sunglasses. Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Sunscreen. "Sunscreen isn't an all-protective force field. It is intended to be combined with other sun-safety approaches." Put on broad spectrum that blocks both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Don't forget to put a thick layer on all exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options. Sunscreen is not recommended for babies who are 6 months old or younger.

The U.S. Food and Drug Administration recommends keeping infants out of the sun during midday and using protective clothing if they have to be in the sun.

SPF. Sunscreens are assigned a *sun protection factor* (SPF), which is a number that rates how well they block UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with SPF of 15 or higher.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off.

Expiration date. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures.



Increase Shade

- Provide shade structures or trees.
- Move outdoor activities to shaded areas.
- Plan for shade when developing or renovating school buildings, playgrounds, or athletic fields.

Beat the Heat With These Summer Safety Tips:

The common denominator of heat illness prevention is: *Water, Rest, Shade*. Getting plenty of all three when outdoors is the best way to beat the heat and stay out of trouble.

Heat Safety Tips

- Stay hydrated throughout the day by drinking water steadily; don't wait until you're thirsty.
- Avoid caffeine and alcohol which cause us to lose water more rapidly.
 - Take frequent breaks in the shade or indoors in an air conditioned space.
 - Wear loose fitting, lightly colored and lightweight clothes.
 - Check on friends and neighbors.
 - Minimize use of heat-generating appliances like stoves or ovens.
 - Do not exercise outdoors. If you must exercise outdoors, only exercise in the early morning hours, before 8 a.m.
- Take cool showers or baths to cool down.
- Check the local news and other outlets for important safety information.

When overheating does occur, it's important to recognize the signs and symptoms of heat-related illness. The Occupational Safety and Health Administration (OSHA) identifies four stages of heat-related illness: heat rash, heat cramps, heat exhaustion and heat stroke.

Heat Rash: Heat Rash is an irritation to the skin caused by sweat buildup. While common, heat rash is usually treatable by getting individuals into a cool environment with good ventilation.

Heat Cramps: Sweating causes a loss of body salts and fluids, which can lead to heat cramps. An individual suffering from muscle spasms or pain due to the heat should move to a cool area, rest and hydrate.

Heat Exhaustion: If the body loses too much water and salt, heat exhaustion may result. Signs of heat exhaustion include cool, moist skin, nausea, headache, dizziness, weakness and rapid pulse. Workers should immediately lie down in a cool area, drink lots of water and apply cold compresses or ice packs if available. If signs of heat exhaustion do not abate or worsen, the individual should go to the emergency room.



Heat Stroke: Heat Stroke is a medical emergency. If an individual suddenly stops sweating and feels hot to the touch, becomes confused, faints or has seizures, call 911 immediately. Place the worker in a cool, shady area, loosen and moisten clothing, apply ice or cold compress; get the individual to drink water if conscious.

Recipe: Summer Lasagna

Prep: 15 mins
Cook: 1 hr
Additional: 10 mins
Total: 1 hr 25 mins
Servings: 8
Yield: 8 servings



Ingredients

- 1 pound ground beef
- ½ cup chopped onion
- ½ cup chopped green bell pepper
- ¼ cup finely chopped carrots
- 2 cloves garlic, minced
- 1 (15 ounce) can tomato sauce
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- salt and pepper to taste
- 5 medium zucchini, sliced lengthwise into 1/4-inch thick strips.
- 1 cup cottage cheese
- 1 egg, beaten
- ¾ cup shredded mozzarella cheese
- ¼ cup grated Parmesan cheese

Instructions

- **Step 1:** Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.

- **Step 2:** In a skillet over medium heat, cook the ground beef until evenly brown. Drain juices. Mix the onion, green bell pepper, carrots, garlic, and tomato sauce into the skillet. Season with oregano, basil, salt, and pepper. Bring the mixture to a boil, reduce heat to low, and simmer 10 minutes, until vegetables are tender.
- **Step 3:** In the bottom of the prepared baking dish, layer 1/2 the zucchini strips. In a bowl, beat together the cottage cheese and egg, and spread over the zucchini. Scoop 1/2 the beef mixture over the cottage cheese and egg mixture, and sprinkle with 1/2 the mozzarella cheese. Layer with remaining zucchini, beef mixture, and mozzarella. Top with Parmesan cheese.
- **Step 4:** Bake 45 minutes in the preheated oven. Allow to sit 10 minutes before slicing to serve.

Nutrition Facts

Per Serving: 237 calories; protein 19.7g; carbohydrates 10.3g; fat 13.5g; cholesterol 71.3mg; sodium 569.8mg.

Pets Last Wish

“Pets, it turns out, also have last wishes before they die, but only known by veterinarians who put old and sick animals to sleep. Twitter user Jesse Dietrich asked a vet what was the most difficult part of his job.



The specialist answered without hesitation that it was the hardest for him to see how old or sick animals look for their owners with the eyes of their owners before going to sleep. The fact is that 90 % of owners don't want to be in a room with a dying animal. People leave so that they don't see their pet leave. But they don't realize that it's in these last moments of life that their pet needs them most.

Veterinarians ask the owners to be close to the animals until the very end. “It's inevitable that they die before you. Don't forget that you were the center of their life. Maybe they were just a part of you. But they are also your family. No matter how hard it is, don't leave them.

Don't let them die in a room with a stranger in a place they don't like. It is very painful for veterinarians to see how pets cannot find their owner during the last minutes of their life. They don't understand why the

owner left them. After all, they needed their owner's consolation.

Veterinarians do everything possible to ensure that animals are not so scared, but they are completely strangers to them. Don't be a coward because it's too painful for you. Think about the pet. Endure this pain for the sake of their sake. Be with them until the end.”
- Tricia Mo'orea

Verse for Month

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good, pleasing and perfect will.
Romans 12:1-2 NIV

Summer Events

Sunday Service: 10:00a live or on Facebook; 9:30a fellowship
July 4 – Independence Day
August 13-14 – Camp-in at Ryner's

July / August Celebrations

July Birthdays 05 – Shenda Decker 19 – Dianna Salisbury 25 – Connie Hunt 30 – Mary Hamre 30 – Paige Constantino	Anniversaries 03 – Tony & Paige Constantino
August Birthdays 13 – Justus Mauch 22 – Naomi Devlin 23 – August Pierce 27 – Ken Fulcher	Anniversaries 3 – Pastor & Joanie Sickles 5 – Paul & Tanya Ryner

