

Snohomish Evangelical Free Church

The Herald

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MARCH 2022

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A Prayer for March

When I felt that touch of spring yesterday
I washed my car and waxed it.
When it rained this morning the droplets
on the hood stood upright in tiny bubbles
Unable to penetrate that coat of wax.
When I prayed to God last night
He must have washed my soul)
bathed it in His love) because
Today when troubles came
they only stood outside
Unable to penetrate that shield of love.

ARUSS BENHAM

But you give to the needy, do not let your left hand know what your right hand is doing; so that your giving may be in secret. -MATTHEW 6:3-4 (NW)

TURNING POINTS

Turning toward Service

Despite my Irish heritage, St. Patrick's Day was always just a day to wear green and decorate the wreath on our front door with shamrocks. But that changed when my beloved uncle Pat died suddenly of a heart attack. It was then that I learned about the life of my uncle's patron saint, who introduced the people of Ireland to Christianity.

As friends paid tribute to my uncle, they pointed out a parallel between the lives of these two men who shared the same name. Though separated by nearly fifteen centuries in time, both were examples of caring, Christlike service.



Stories of Uncle Pat's secret acts of kindness – many bestowed on people who couldn't do anything for him in return – surfaced for the first time. I noticed, too, that the small gentle gestures to which he never gave a second thought were remembered with great clarity by those whose lives he touched. The lady who wrapped his meat at the butcher shop recalled fondly how he always took time to inquire about her family. The glasses of ice water on hot summer days were remembered by the mail carrier.

Today, as I don green and celebrate my Irish ancestry, I'm reminded anew of the legacies of St. Patrick and

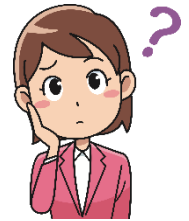
Uncle Pat. People are most attracted to Christianity by the love that drives our deeds.

-Roberta Messner

To Ponder

The psalms speak for us.
The rest of the Bible speaks to us.

Sheila Walsh



Parish Nurse – Disabilities

Dear Family and Friends,

"For the whole law can be summed up in this one command: Love your neighbor as yourself." Galatians 5:14 NLT

There are approximately 54 million people living in the United States with various kinds of disabilities that impact the way they lead their daily lives. Conditions causing disability include mental illness, blindness, military injuries, mental retardation, learning disabilities, and problems with hearing. A large portion of this population have physical disabilities or mobility problems because of a link to diseases like multiple sclerosis, cerebral palsy, polio, or various spinal injuries.



Historically we have handled this population poorly and rather than encourage them, have kept them isolated in their homes. How welcoming were the sweeping staircases in churches of the 1900's? Are we doing better today or are we still keeping people 'trapped' at home with caregivers that are just as isolated? Churches need to include the disabled into the active life of membership as well as support the families who care for them. Check in with the family of those with disabilities to see how you can be of help. Offer to sit with the husband disabled from a stroke so the wife can get her hair done. Take the mother/spouse of one dealing with mental illness out

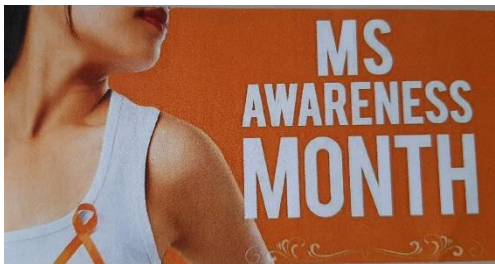
for lunch to offer her respite from her daily challenges. Sometimes it's the small things that help the most.

Those with disabilities want to be productive at home and at church so look for ways to be inclusive. Is your building handicap accessible? Can a person get into the sanctuary as easily as they can the bathroom? Are there classes, small groups, or ministries in which the disabled can participate? Evaluate the tools that are currently available in your church. Are there devices and magnifiers to help the hearing and visually impaired? Have classes been adapted to welcome those with Down's Syndrome or other mental disorders? Are there groups to support the families of those with disabilities? Christ welcomed everyone to his table; what about you? Ask your parish nurse for additional ways to welcome all to your family. (Source: Interfaith Disability Connection www.inteffaithdisabilitv.org)

Here is a link to a beautiful song by Joni Eareckson Toda regarding disability or trials.
<https://www.youtube.com/watch?v=3UR7jxvD5lc>

Five Celebrities You Didn't Know Had MS

1. Selma Blair. Though the "Cruel Intentions" actress wasn't diagnosed until 2018, her symptoms began in 2011.
2. Jonathan Katz. The namesake voice of the animated "Dr. Katz" said he first experienced the symptoms of his MS in 1996.
3. Jack Osbourne. The son of rock legend Ozzy Osbourne started experiencing MS symptoms just after the birth of his own son.
4. Jamie-Lynn Sigler. Famous for her role in HBO's "The Sopranos," Sigler started having MS symptoms when she was 20 years old.
5. Terri Garr. Best known for her roles in the 80s films "Mr. Mom" and "Tootsie," she has had MS since 1999.



With care,

Karen Plate RN, PN

What the Bible Has to Say About Disabilities.

<https://umcdmc.org/worship/scripture-the-bible-and-disabilities/>

Scripture – The Bible and Disabilities

The Bible refers to our wholeness and our humanness in Old and New Testament scripture. We are made in God's image. Jesus includes all people in His stories and ministries, including those with disabilities. In Corinthians, Paul recognizes diversity and unity in the body of Christ (UM Discipleship Ministries).

When using these Bible verses during your disability awareness worship, church activities and study groups, the discussion might include references to the culture and language of the day compared to today. Consider how archaic language can be hurtful to people who have disabilities. Also, consider that miracles of healing don't always mean "cure." Unless noted, all are the New Revised Standard version of the Bible.

Bible Readings – God's Image, Disabilities & Inclusion

Old Testament

- Genesis 1: 26 – 27 *Six Days of Creation and the Sabbath* is the first Biblical reference of all humankind being created in God's image. "Then God said, 'Let us make humankind in our image, according to our likeness,' . . . "So God created humankind in His image, in the image of God He created them, male and female, he created them."
- Exodus 4: 10 -17 *Moses' Miraculous Power* includes reference to Moses' disability, his leadership and God's response. "But Moses said to the Lord, 'O my Lord, I have never been eloquent, neither in the past, nor even now that you have spoken to your servant; but I am slow of speech and slow of tongue.' Then the Lord said to him. . . ."
- Leviticus 19:14 *Ritual and Moral Holiness* does not use people first language, but there is a clear message to not exclude people with disabilities. "You shall not revile the deaf or put a stumbling block before the blind; you shall fear your God: I am the Lord."
- 2 Samuel 9 *David's Kindness to Mephibosheth*, a person with disabilities is referenced in this

chapter.

“David asked, ‘is there anyone still left in the house of Saul to whom I may show kindness?’”

- Psalm 139:14 *Thanksgiving and Praise, of David* “I praise you, for I am fearfully and wonderfully made. wonderful are your works that I know very well.”

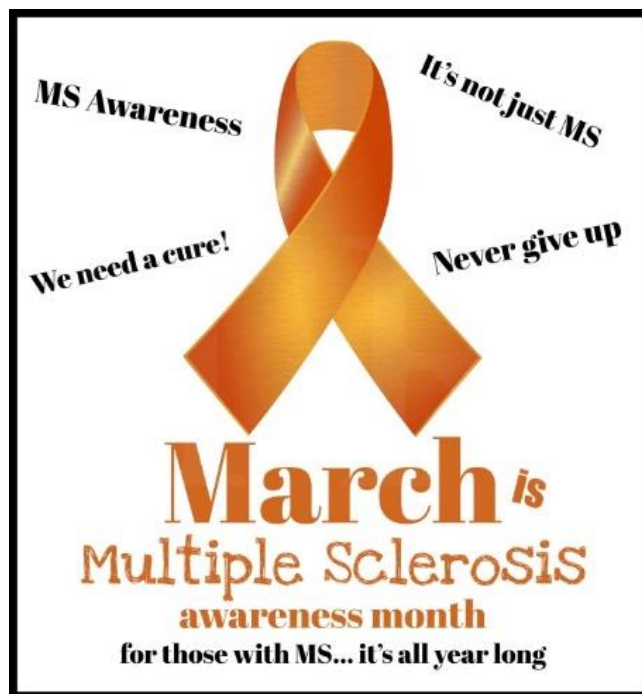
New Testament

- Matthew 15: 29 – 31 *Jesus Cures Many People* when people bring others to Him for healing and they Praise God.
“Great crowds came to him, bringing with them the lame, the maimed, the blind, the mute [sic] and many others...”
- Luke 5:18 and Mark 2: 1 – 12 *Jesus Heals a Paralytic* demonstrate the power of friends’ faith.
“And look at this! Some people came in, carrying a paralyzed man in a chair. They wanted to bring him to Jesus, but they were not able to find a way in because of the crowd. So they went up onto the roof and let him and his chair down through it!”
- Luke 14: 12 -24 *Humility and Hospitality* shows Jesus teachings on being inclusive of all guests.
“But when you give a banquet, invite the poor, the crippled, the lame and the blind [sic] and you will be blessed. . .”
- John 9: 2 -5 *A Man Born Blind Receives Sight* includes Jesus’ response to sin and disabilities.
“His disciples asked, ‘Rabbi, who sinned, this man or his parents that he was made blind?’ Jesus answered, ‘Neither this man nor his parents sinned; he was born blind so that God’s works might be revealed in him.’”
- Romans 12: 1 – 8 *The New Life in Christ* is a transformational passage about everyone receiving God’s gifts.
“...For as in one body we have many members, and not all the members have the same function, so we, who are many are one body in Christ and individually we are members one of another. We have gifts that differ according to the grace given to us; prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader in diligence; the compassionate, in cheerfulness.”
- 1 Corinthians 6:19 – 20 *Glorify God in Body and Spirit* reminds us to praise and honor God.
“Or do you not know your body is a temple of the Holy Spirit within you which you have from God



and that you are not your own? For you were bought with a price; therefore, glorify God in your body.”

- 1 Corinthians 12: 14 – 27 *One Body with Many Members* is an allegory of all parts of the body of Christ are of one Spirit.
“For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. . .”
 - 2 Corinthians 12:7b-9 *Paul’s Visions and Revelations* reports God’s response to Paul’s appeals to be rid of his disability.
“Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me. But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’
Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.”
- James 1: 2 – 4 and 22-27 *Faith and Wisdom and Hearing and Doing the Word* are James instructions and blessings, which can be applied to people with and without disabilities.
“...ask in faith . . . but those who look into the perfect law, the law of liberty and persevere, being not bearers who forget but doers who act—they will be blessed in their doing . . .”



5 Important Facts About the Red Cross

It was inspired by war

- Henry Dunant witnessed the Battle of Solferino, which inspired him to form the I.C.R.C.

Florence Nightingale didn't buy the idea

- Nightingale originally thought the idea of the Red Cross was absurd and would relieve the government of a responsibility that should be theirs.

A cross is not its only symbol

- Islamic nations use a red crescent as the symbol.

It's won more Nobel Peace Prizes than anyone

- The I.C.R.C. has won the Nobel Peace Prize three times — in 1917, 1944, and 1963.

Disaster relief efforts are 24/7

- The Red Cross Societies are constantly monitoring for disasters, ready to dispatch at a moment's notice.

(Note: Carol Janssens attended our church for many years before moving to Birch Bay. She has given much of her time with the Red Cross. She has served in many different capacities during all of the disasters that have occurred in the last couple of years. Thank you, Carol!)

History of Red Cross Month

The Red Cross is a committee dedicated to helping people affected by war and crises, as well as anyone else in dire need of help. It is made up of fearless volunteers who make it their objective to put others' needs above their own.

The International Committee of The Red Cross (I.C.R.C.) was founded in 1863 by Henry Dunant in Geneva, Switzerland, and called for improved care for wounded soldiers in wartime. In August 1864, the first Geneva Convention was held and armies became obliged to care for wounded soldiers — whatever side they were on. A unified emblem — the now-iconic red cross on its white background — was implemented.

In 1919, following the end of World War I, the I.C.R.C. founded the League of Red Cross Societies. Later, in World War II, the Red Cross's activities expanded hugely as the organization worked tirelessly to save the lives of soldiers and civilians on both sides of the conflict. The Red Cross worked tirelessly to

ship relief supplies across the globe, reaching both prisoners of war and civilians. Since the early 1900s, the Red Cross has been giving training to other civilians. It is thanks to the Red Cross that the first U.S. civilian blood program was launched in the 1940s. Today, that program provides more than 40% of the blood products in the country. Red Cross Month honors people like you who make the lifesaving mission of the American Red Cross possible. The celebration has been an annual tradition since 1943 when President Franklin D. Roosevelt announced that March would now be Red Cross Month.

Recipe: Shamrock Shakes

Prep: 10 mins; **Total:** 10 mins; **Servings:** 2
Yield: 2 large shakes

Ingredients

- 2 cups vanilla ice cream
- 1 ¼ cups milk
- ¼ teaspoon mint extract, or more to taste
- 9 drops green food coloring
- 2 tablespoons chocolate syrup, or to taste (Optional)
- 2 tablespoons whipped cream, or to taste (Optional)
- ½ teaspoon green decorator sugar, or to taste (Optional)



Directions

- **Step 1** Blend ice cream, milk, mint extract, and food coloring together in a blender until smooth.
- **Step 2** Drizzle chocolate syrup around inside walls of 2 tall glasses; pour shake into glass. Top with whipped cream and green decorator sugar.

Nutrition Facts

Per Serving:

412 calories; protein 10.1g; carbohydrates 52.5g; fat 18.7g; cholesterol 70.3mg; sodium 182.7mg.

Verse for March

If it is possible, as far as it depends on you, live at peace with everyone. Romans 12:18




March Celebrations

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

Sunday Service: 10:30a live or on Facebook
 Mondays 10a – Women’s Zoom Prayer Time
 Wednesdays 7p – Men’s Zoom Bible Study
 2 – Ash Wednesday
 13 – DST starts
 17 – St. Patrick’s Day

SEFC Church Calendar – March 2022

SUN	MON	TUE	WED	THR	FRI	SAT
		1	2 Ash Wednesday 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 DST Starts 10:30a live or on Facebook	14 10a Zoom Prayer Time	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 10a Zoom Prayer Time	29	30 7p Men’s Bible Study	31		



Happy St. Patrick’s Day!

