

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



MAY / JUNE 2022

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A Prayer for May / June

This day is new and clean dear Lord,
I have not talked to anyone,
Spoken any careless word,
Made a mistake,
Yet!

This day is new and unused, Lord.
I have not said a loving word,
Or helped someone in need,
Or tried to be a friend,
Yet!

This day is new. Help me, dear Lord,
Not only to avoid the wrong,
But to seek to do some good,
And make this world a better place,
Now!

ASTRID SIRLES

I thank my God every time I remember you. -
PHILIPPIANS 1:3 (NIV)

TURNING POINTS

Turning Towards Compassion

When I arrived at my desk at work that third Friday in June, there was a large envelope addressed to me in bold calligraphy. *It's not my birthday and I'm not sick*, I thought.

I opened the envelope to find a periwinkle blue card with a picture of a bouquet of forget-me-nots tied with a dainty blue ribbon. The front of the card read: "Father's Day is now a day for remembering. A day for smiles and tears. A day to honor what can never be forgotten." *Of course! Father's Day is this coming Sunday.*



The inside of the card continued: "May this Father's Day be special to you for the memories you hold dear in your heart. Thinking of you, Joyce."

It was my first Father's Day without my dad, and someone had remembered. Joyce Boggs, a secretary in the department across the hall, had made the card especially for me on her home computer. A card that communicated some of the most powerful words of friendship: "When you hurt, I notice."

-Roberta Messner

To Ponder

"Miracles don't change our lives, obedience does." – Sheila Walsh



Parish Nurse – Blood Pressure

Dear Family and Friends,

High blood pressure, also known as hypertension, is a common disease that develops when blood flows through your arteries at higher-than-normal pressures. Your blood pressure is made up of two numbers: systolic and diastolic. Systolic pressure is the pressure when the ventricles pump blood out of the heart. Diastolic pressure is the pressure between heartbeats when the heart is filling with blood.



Your blood pressure changes throughout the day based on your activities. For most adults, a normal blood pressure is less than 120 over 80 millimeters of mercury (mm Hg), which is written as your systolic pressure reading over your diastolic pressure reading — 120/80 mm Hg. Your blood pressure is considered high when you have consistent systolic readings of 130 mm Hg or higher or diastolic readings of 80 mm Hg or higher.

Then they cried to the Lord in their troubles, and he helped them and delivered them. He spoke, and they were healed—snatched from the door of death.
Psalm 107:19-20 TLB

With care,

Karen Plate, RN, PN

Commit to a Healthy Blood Pressure

Many self-care activities such as de-stressing, exercising, and eating healthy can help control blood pressure. Follow these tips:

- **Move More:** Aim for 150 minutes (2-1/2 hours) a week of physical-activity. Try 30 minutes of activity five days a week. Keep moving during pregnancy—aim for 30 to 60 minutes 2 to 7 times a week to keep your blood pressure healthy.

- **Eat a Heart-Healthy Diet:** Consider following the Dietary Approaches to Stop Hypertension (DASH) eating plan, Use herbs for flavor instead of salt and add one fruit or vegetable to every meal. Having too much salt (sodium), too little potassium, or too much alcohol is bad for your blood pressure.
- **Aim for a Healthy Weight:** Losing just 3 to 5 percent of your weight can improve blood pressure if you're overweight. Ask a friend or family member for help or encourage them to join a weight loss program with you. Social support can help keep you motivated.
- **Manage Stress:** Stress can increase your blood pressure and make your body store more fat. Reduce stress with meditation, relaxing activities, or support from a counselor or online group.
- **Quit Smoking:** Smoking damages your heart and blood vessels. Call 1-800-QUIT-NOW or visit smokefree.gov to get additional support.

Learn more about high blood pressure, find resources to track your numbers, and learn how to keep it under control at nhlbi.nih.gov/hypertension.

Check Your Blood Pressure. Have your blood pressure checked at least once a year. Your healthcare provider may suggest that you check it yourself, too. Here's how to do it the correct way:

- 30 minutes before your test, don't exercise, drink caffeine, or smoke.
- Right before your test, go to the bathroom.
- During the test, rest your arm on a table at the level of your heart and put your feet flat on the floor. Relax and don't talk.



Plan for a Healthy Pregnancy

- It's important to keep your blood pressure under control before, during, and after pregnancy. In the United States, high blood pressure happens in 1 in every 12 to 17 pregnancies. High blood pressure during pregnancy can harm the mother's kidneys and other organs and can cause the baby to be born too early or underweight. High blood pressure that develops during pregnancy and causes damage to other organs is called preeclampsia.
- If you're thinking about having a baby, talk with your doctors about how to lower or control your high blood pressure before and during pregnancy.



- As part of your regular prenatal care, your provider will check your blood pressure. You may also need to check it at home to monitor your numbers.
- If you take blood pressure medicine, make sure it's safe to take when pregnant.

5 Blood Pressure Facts No One Ever Told You About

1. **More salt might actually help you.** We all know that too much salt can elevate your blood pressure, but did you know too little salt can be equally problematic? It's true — if you have congestive heart failure. For those patients, restricting salt to less than 1.8 grams a day can cause blood pressure to soar even higher. 
2. **Your blood pressure can vary by arm.** Blood pressure readings can vary from one arm to the other. Today, physicians are advised to take blood pressure in both arms.
3. **Lifting weights is bad for you.** While exercises to lower blood pressure are an important part of heart health, the type of exercise you do is also a factor. The most common cause of high blood pressure with exercise is isometric activity. Straining or excessive weights will cause blood pressure to rise.
4. **Low blood pressure isn't a problem unless you have symptoms.** Many people have blood pressure readings lower than the normal 120 over 80. The only time a low blood pressure reading is a concern is if you're symptomatic, and experience lightheadedness, dizziness, and fatigue. If this is the case, consult your doctor about necessary lifestyle adjustments. 
5. **This mineral is critical for healthy blood pressure.** If your blood pressure is high, it's important to diet appropriately. One especially helpful mineral is potassium — which helps to relax the arterial walls and keep blood pressure in the healthy range.

National Blood Pressure Timeline

- 2010: Blood Pressure measurement gets all fancy French company Withings releases the Smart Blood Pressure Monitor, which can be plugged

directly into an iPhone, iPad, or iPod Touch. The measurements are automatically uploaded and synched with the user's account — making them available to share anytime, anywhere.

- 1901: Blood pressure measurement heads West By bringing Italian physician Scipione Riva-Rocci's sphygmomanometer to the United States, Harvey Williams Cushing introduces blood pressure measurement to North America and helps spread its use in the Western world.
- 1817: A key blood pressure tool is invented The stethoscope is invented by French doctor René Laennec. This listening device enables the user to tell the difference between the systole and diastole pressures.
- 1733: Blood pressure is officially measured The first measurement of what was then called "the force of blood" is described by Stephan Hales in his book "Haema Staticks." He uses a water manometer to measure the blood pressure in the arteries of various animals.
- 1628: Blood circulation study is published English physician William Harvey publishes the first study on blood circulation. He comes to the conclusion that the heart acts as a pump.

Feed Me Mom

- ♥ Message Bible: Mama, I'm hungry
- ♥ Amplified: Mummy, I am hungry (famished, starving)
- ♥ NIV: Mother, I am hungry.
- ♥ KJV: Henceforth, let it be known unto thee, birth giver, that my belly consists of emptiness.



5 Ways to Instill Godly Wisdom in Your Kids

The world is full of messages, media, and mixed information. This can make it difficult for kids to decipher what is true and right versus what just looks attractive and popular. When reminding your children to make good choices in the mix of a lot of influences, we can always look at what Solomon says in Proverbs. Solomon was a prime example of someone who asked for godly wisdom. When Solomon followed God's voice, He was blessed, creative, and abundant. When he didn't listen to God's voice, he made wrong decisions, passed on difficulty, and abandoned God's heart for him.

We can teach our kids important lessons on godly wisdom by learning from Solomon's life, both in his victory and also in his struggles. Here are 5 simple ways to instill Biblical wisdom in your kids that can encourage, support, and keep them accountable to living a life that reflects Jesus.



1. *Take a walk through Proverbs with your kids.* Proverbs is full of the Godly wisdom that Solomon heard from the Lord. In short sentences and verses that are truthful, creative, blunt, and sometimes comical, Solomon gives practical and applicable advice to readers, no matter the age. Reading one Proverb a day could change a child forever.
2. *Tell your kids the truth.* Kids value being told the truth. When seeking to connect with your child about godly wisdom, be sure to include examples of where you learned by doing what was right and also how you learned by making mistakes. When children have real life examples of success and failure, it brings them clarity and connection. It also shows them that mom and dad are normal people who are trying to listen and follow God, too.
3. *Practice slowing down.* Life is busy, and sometimes it can be easy to make a choice that isn't best simply because we're in a rush or trying to get a quick fix. Instead of living in constant motion, look at areas in your life where you might be able to practice more minimalism or presence. Wisdom is often most valuable when it can be instilled with simplicity.
4. *Remember that wisdom brings confidence.* It's not always easy to do the right thing when the crowd may be doing the wrong thing. Remind your kids that knowing what God's says is right will always be right. God's Truth doesn't change, and so no matter what others say or do, we know that God is faithful to those who love Him and walk in His ways. As they see this lived out in their own lives, it will encourage them to continue in godliness.
5. *Pray with your kids, and ask God for wisdom.* It doesn't have to be complicated or overflowing with prose. Simple prayers are wonderful prayers. Taking the time to pray with your kids and asking for wisdom together is one of the best ways to connect with God and each other.

Sarah is a wife and homeschool mom to three kids while also working as an artist, author, and voice actor. Her writing and doodling can be found in her books, "40 Days to a Joyful Motherhood" and "Solomon Says Devotional", while her voice is found in several commercials, children's books, and audiobooks. She loves encouraging women and kids to embrace self-care, utilize their gifts, and become leaders in the community around them.

March 28, 2022 , Lifeway Kids, Sarah Humphrey

Recipe: Individual No-Bake Strawberry Cheesecakes

Recipe courtesy of Rachael Ray Show: 30 Minute Meals Episode:

Level: Easy Directions: Total: 10 min Prep: 10 min Yield: 6 servings



Ingredients:

12 strawberries
12 ounces softened cream cheese, 1 1/2 (8-ounce) bricks
2/3 cup sour cream
1 cup confectioners' sugar
1 teaspoon vanilla extract
6 individual graham cracker crusts, available on baking aisle

Directions:

Coarsely chop 6 berries and place in food processor. Add cream cheese, sour cream, confectioners' sugar, vanilla extract and process until smooth. Using a rubber spatula, fill pie tins. Garnish cheesecakes with slices of remaining berries

I Was Dying

- First I was dying to finish high school and start college.
- And then I was dying to finish college and start working.
- And then I was dying to marry and have children.
- And then I was dying for my children to grow old enough for school so I could return to work.
- And then I was dying to retire.
- And now, I am dying ... and suddenly I realize I forgot to live.



Anonymous

Blood Pressure Levels

Classification	Systolic and diastolic readings
Normal	systolic: less than 120 mm Hg diastolic: less than 80 mm Hg
Elevated	systolic: 120–129 mm Hg diastolic: less than 80 mm Hg
High blood pressure	systolic: 130 mm Hg or higher diastolic: 80 mm Hg or higher

You usually don't have symptoms from high blood pressure until it has caused serious health problems. About 1 in 3 U.S. adults with high blood pressure aren't even aware they have it and are not being treated to control their blood pressure. That is why it is important to have your blood pressure checked at least once a year.

To control or lower high blood pressure, your provider may recommend that you adopt a heart-healthy lifestyle. This includes choosing heart-healthy foods. You may also need to take medicines. Controlling or lowering blood pressure can help prevent or delay serious health problems such as chronic kidney disease, heart attack, heart failure, stroke, and possibly vascular dementia.

Verse for May/June

So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death.
Romans 8:1-2



Events

Sunday Service: 10:30a live or on Facebook
 Mondays – Women’s Prayer time 10a
 Wednesdays – Men’s Bible Study 7p
 20 – Father’s Day
 26 – Congregation Meeting

June Celebrations

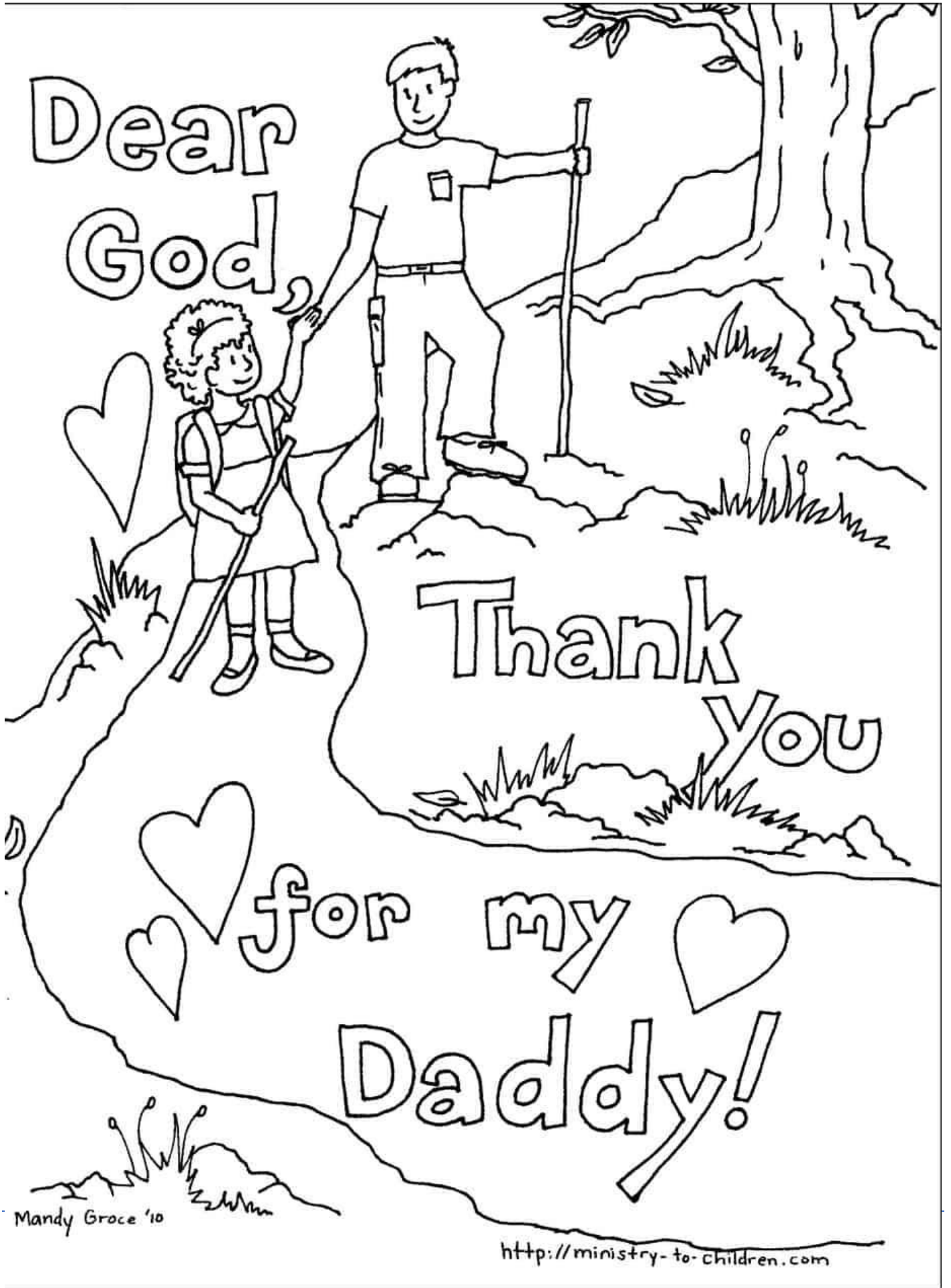
Birthdays 9 – Shelly Newberg 11 – Denise McDonald 14 – Jamison Mauch	Anniversaries 12 – Rick & Lynn Albertson 28 – Gary & Aline Bright
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SEFC Church Calendar – June 2022

SUN	MON	TUE	WED	THR	FRI	SAT
			1	2	3	4
5 10:30a live or on Facebook	6	7	8	9	10	11
2 10:30a live or on Facebook	13	14	15	16	17	18
19 10:30a live or on Facebook Father’s Day	20	21 First Day of Summer	22	23	24	25
26 10:30a live or on Facebook	27	28	29	30		



Dear
God,



Thank
you

for my
Daddy!