

Snohomish Evangelical Free Church

The Herald

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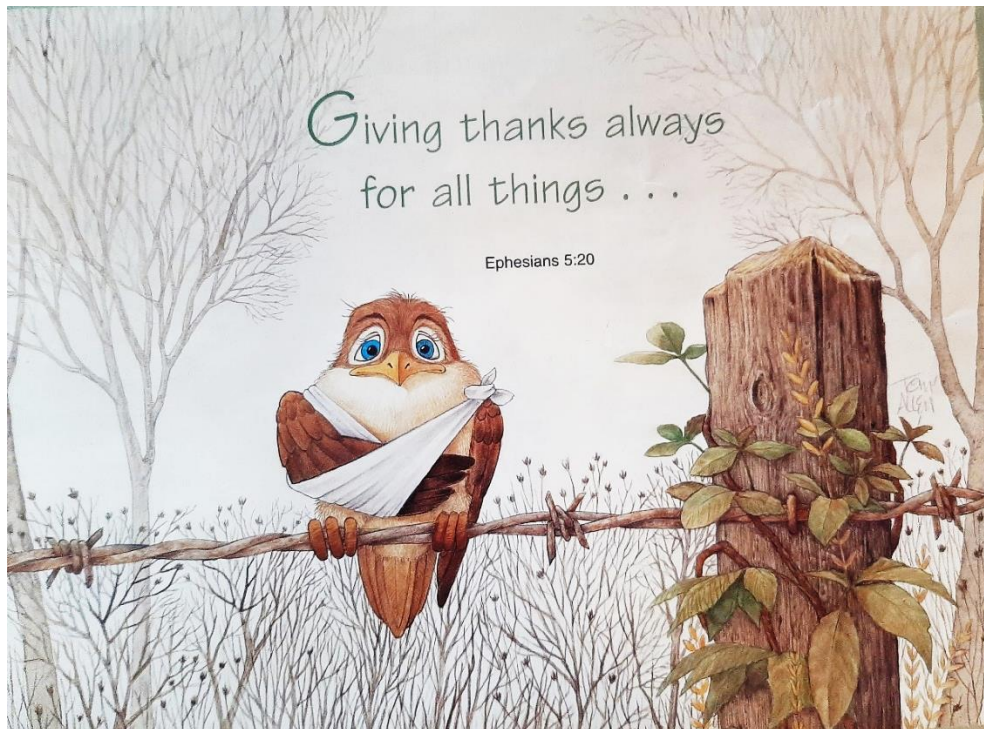
Med-Shed Hours: 10a to 1p, Tuesday—Thursday



NOVEMBER / DECEMBER 2023

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I tell you, now is the time of God's favor, now is the time of salvation. – 2 Corinthians 6:2 NIV

FILLED WITH PRAISE

Blessed are those who have learned to acclaim you, who walk in the light of your presence, Lord. Psalm 89:15 NIV

One Perfect Note

I will always remember the first time I heard our symphony perform. I had arrived early, taken my seat, settled back—and then couldn't believe the dreadful



sounds that reached my ears. The orchestra members were tuning up, each in a different

way, each playing a special kind of scale, and all at the same time Such discordance!

Then the concert master came onstage, lifted his violin to his shoulder, and sounded one single pure note. Again, there was a dire cacophony, but obviously all of the musicians were striving toward a similar goal—a replication of that one perfect note. As their tones gradually came to blend, the accumulated sound emerged clear and sweet.

Finally, the maestro appeared. Striding to the center of the stage, he raised his baton, held it poised in midair for a moment, and then lowered it in a downbeat. Instantly, the entire assemble responded as one . and the sound was rapturous.

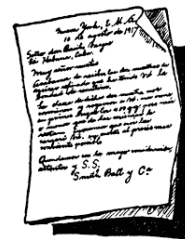
No matter how talented and able we are, we may strike a lot of sour notes as we try to find our way. It's only when each of us strives to emulate that one perfect example set before us—Jesus Christ—that we can hope to achieve the harmony we seek and rise together as one body in songs of praise to our Father. —Phyllis Hobe

Turn It Over to Jesus

I have told you these things, so that in me you may have peace. – John 16:33 NIV

One Sunday long ago, our pastor spoke to the congregation about faith and "everyday miracles." I have never forgotten that sermon, because its message has helped me so many times through the years.

"Once I lost a very important letter that the bishop had given me to answer," he said. "I searched everywhere for it. I turned the place upside down, to no avail. At last, disturbed, and tense, I was forced to give up. But before going to bed, I prayed. 'Dear Jesus,' I said, 'please help me find that letter.'



"Then a great sense of peace came over me. I relaxed and fell asleep instantly. In the morning, refreshed, I walked into my office, pulled the desk out from the wall, and looked behind it. There, wedged between desk and wall, was the letter. Now, two miracles had taken place. Which was the greater? Finding the letter? No, it was the peace-filled sleep. You see, by turning the problem over to Jesus, I was able to rest in faith."

Today, whenever a problem causes me to toss and turn in my bed, I remember that sermon, and I practice its lesson.

"Dear Jesus, help me . . ."

And when I do that, I, too, am blessed by that "everyday miracle." My heart is at rest in faith, and I relax and fall asleep.

—Doris Haase

To Ponder

"You determine the quality of tomorrow by the seeds you sew today."

- Max Lucado



Parish Nurse – Caregivers

Dear Family and Friends,

Peace and Joy in the name of our coming Savior! December is a month filled with family gatherings, eager anticipation, special services and programs, and extra fellowship opportunities. Despite our best intentions, we



can find ourselves hurried, harried and exhausted. This is especially true for *Caregivers of those with Chronic Illness*, which is the topic I would like to visit with you about this month. Caregiving is as difficult as it is a loving job, and we need to watch ourselves, so we

avoid the experience of caregiver burnout. We can be

encouraged, that in Christ's church, we are called to bear each other's burdens (Gal. 6:2).

Symptoms of *Caregiver Burnout* include the following:

- Altered sleep and eating patterns
- Frequent headaches or body discomforts
- Increased irritability, anxiety, and overreacting to minor frustrations
- Feeling trapped, isolated, depressed, overwhelmed, or hopeless
- Neglecting the care of self or other family members



Tips for Caregivers

- Recognize that providing for a loved one's care, doesn't necessarily mean that you need to provide all of that care yourself?
- Remember that providing for your self-care, isn't selfish, but makes it possible for you to continue your loving care for others (even in airplanes, caregivers need to put the oxygen on so they can be able to care for others!)
- Develop boundaries and work on being able try to accept help (Care giving is more like a marathon, rather than a sprint!)
- Learn all you can about your loved one's diagnosis, treatments and available resources
- Plan for specific times in your day or week, that you can have respite support (another family member, a friend or volunteer who can provide care for a specific period of time)
- Keep in touch with your family and friends
- Consider joining a support group (face-to-face or online)
- Remember that God is able to accomplish that which we are not able to do with our own strength (Phil. 1 :6)
- Try to not let the present circumstances keep you from thinking about your future, the beautiful one God has in mind for you (Jer. 29: 1 1)

If I can be of any help to you and your family, please contact me. I would like to share in your burdens, and visit with you about many other ideas and helpful resources. May we all be comforted knowing that we are in the arms the perfect caregiver, Jesus Christ (John 21:6).

Peace and Grace,

Your Parish Nurse.
Karen Plate, PN

Recipe: Slow-Cooker Pulled Turkey Sandwiches

- Level: Easy
- Total: 6 hr 30 min
- Prep: 20 min
- Cook: 6 hr
- Yield: 4 to 6 servings plus leftovers (8 cups pulled turkey)

Ingredients

1 small red onion, chopped
4 turkey thighs (about 4 pounds)
1 tablespoon chili powder
1 teaspoon ground cumin
Kosher salt and freshly ground black pepper
1/2 cup ketchup
1/4 cup packed light brown sugar
2 tablespoons yellow mustard
1 tablespoon apple cider vinegar



Serving suggestions: seeded hamburger buns, pickle slices, prepared coleslaw

Directions

1. Spread the onions in the bottom of a 6- to 8-quart slow cooker. Rub the turkey thighs with the chili powder, cumin, 1 teaspoon salt and 1/2 teaspoon pepper and place over the onions. Stir together the ketchup, sugar and mustard and pour over the turkey. Cover and cook on low for 5 to 6 hours or on high for 3 to 4 hours. The turkey should be very tender with the meat falling off the bones.
2. Uncover and stir. Let cool for 10 minutes. Using two forks, shred the turkey meat, discarding the bones. Stir in the vinegar and season to taste with salt and pepper. Serve on hamburger buns with pickles and/or coleslaw if desired.

Cook's Note: Choose the higher setting (and shorter cooking time) if it's more convenient for your day.

National Diabetes Month

It is a time when communities across the country seek to bring attention to diabetes. This year's focus is on taking action to prevent diabetes health problems.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer. But there's also good news: Taking charge of your health may help you prevent diabetes health problems.

Resources for Diabetes Awareness

- <https://diabeteslivesolutions.com/diabetes-awareness-month/>
- <https://nationaltoday.com/national-diabetes-month/>
- <https://www2.diabetes.org/get-involved/community/american-diabetes-month>

A Prayer for December

Love came, held safely within a gentle womb
 All the truth, majesty, and creativity of a living God
 Poured into a tiny heart
 Making a quiet entrance in a dark and uninviting shack
 Just one star shone anew as a handful of people were brought
 Led by angelic voices, and open hearts
 A young mother
 A faith-filled father
 Men of wisdom who searched for truth
 And a group of humble herdsmen
 They came to bow before a new life
 And acknowledge that the rescuer had arrived
 That the Word of God had come alive
 And that the extraordinary transformation of heaven and earth
 Had begun

Julie Palmer



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."

November

- **Clean gutters**
- **Shut down water for winter.** Before the temperature drops, drain and put away hoses. Drain and shut off sprinkler systems and outdoor water taps — don't forget the tap in your garage if you have one. Drain the line by turning the inside water off first.
- **Vacuum the basement or storage area.** Purge things you no longer use.
- **Dust baseboards and vents.** Baby wipes work, Rapinchuk said, as do white foam erasing sponges or a mixture of warm water and Castile soap.
- **Clean master bedroom light fixtures.**
- **Dust ceilings, corners and ceiling fans.**

December

- **Vacuum lampshades.** You can also use a lint roller to remove dirt.
- **Assess holiday decorations before putting them away.** Donate what you no longer use and throw away things that are broken.
- **Clean light fixtures in the bedrooms.**

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.

Alzheimer's Disease Prayer

Dear Lord,

For the many persons who have died of Alzheimer's Disease, we pray that they are in the care of your loving arms...



For those who are now victims of Alzheimer's Disease, we pray for dignity and comfort...

For the Alzheimer's Disease caregivers, we pray for compassion and patience...

For the Alzheimer's Disease families, we pray for strength and courage...

For those who seek the cause, cure, prevention, and treatment of Alzheimer's Disease, we pray for your wisdom, guidance, and direction and

For the hope You have given us... our thanks.

Amen

From the Alzheimer's Association, North Alabama Chapter, Huntsville, AL.

A Good Memory Lesson

by Heywood Skinner

Forget each kindness that you
As soon as you have done it;
Forget the praise that falls to
you

The moment you have won it:
Forget the slander that you
hear Before you can repeat it;
Forget each slight, each spite,
each sneer

Wherever you may meet it.

Remember kindness that is done
To you what're its measure:
Remember praise by others won
And pass it on with pleasure;
Remember every promise made
And keep it to the letter;
Remember those who lend you aid
And he a grateful debtor.

Remember all the happiness
That comes your way in living:
Forget each worry and distress,
Be hopeful and forgiven.
Remember good, remember truth.
Remember heaven e s above you;
And you will find, through age and youth,
That many hearts will love you.



businesses who donate building supplies, and financial supporters to cover the majority of project costs for these much-needed repairs. The goal of the Home Repair Service is keeping homeowners in their affordable homes and out of homelessness, while also decreasing utility costs and preserving affordable housing in the community.

Currently, our repair service is open to the following home repairs, preservations, and improvements:

- *Roof Replacement*
- *Exterior painting (whole house, trim, shutters) – single story only*
- *Exterior power washing, scraping, caulking*
- *Window repair (screen, storm windows) – not including installation*
- *Porch repair/porch railing, handrail*
- *Gutter repair*
- *Soffit/fascia repair*
- *Siding repair/replacement*
- *Weather stripping/minor weatherization*
- *Exterior accessibility improvements such as ramps*

Habitat for Humanity Snohomish County
(habitatsnohomish.org)

A Prayer for November

O come, let us unto the Lord
shout loud with singing voice, to
the rock of our saving health let
us make joyful noise.

Before His presence let us then
approach with thanksgiving: also
let us triumphantly with Psalms
unto Him sing. – Psalm 95



Scripture Verse

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

Events

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



Our Home Repair Service is taking new applicants! If you or someone you know is a homeowner who is cost burdened and is need of home repairs, Habitat Snohomish is here to help.

Our Home Repair Service performs critical home repair, preservation, and weatherization services for low and very low-income homeowners so they can stay secure in their homes. We bring together volunteer builders,

November

Women’s Bible Study and prayer, 10a at church
 Wednesdays: Evening Bible Study, 6:30p at church or on zoom. *Amen Again! Regular people look at Revelation.*
 5: Daylight Saving Time Ends
 7: Election Day
 19: All church Thanksgiving dinner, 5p

December

Mondays: Women’s Bible Study and prayer, 10a at church
 Wednesdays: Evening Bible Study, 6:30p at church or on zoom. *Amen Again! Regular people look at Revelation.*
 21: Blue Christmas 7p
 24: Christmas Eve Service 5p

November Celebrations

Birthdays 7 – Naomi Wright 23 – Saphira Lognion 29 – Ken Hunt	Anniversaries 16 – Alan & Cheri Phillips
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December Celebrations

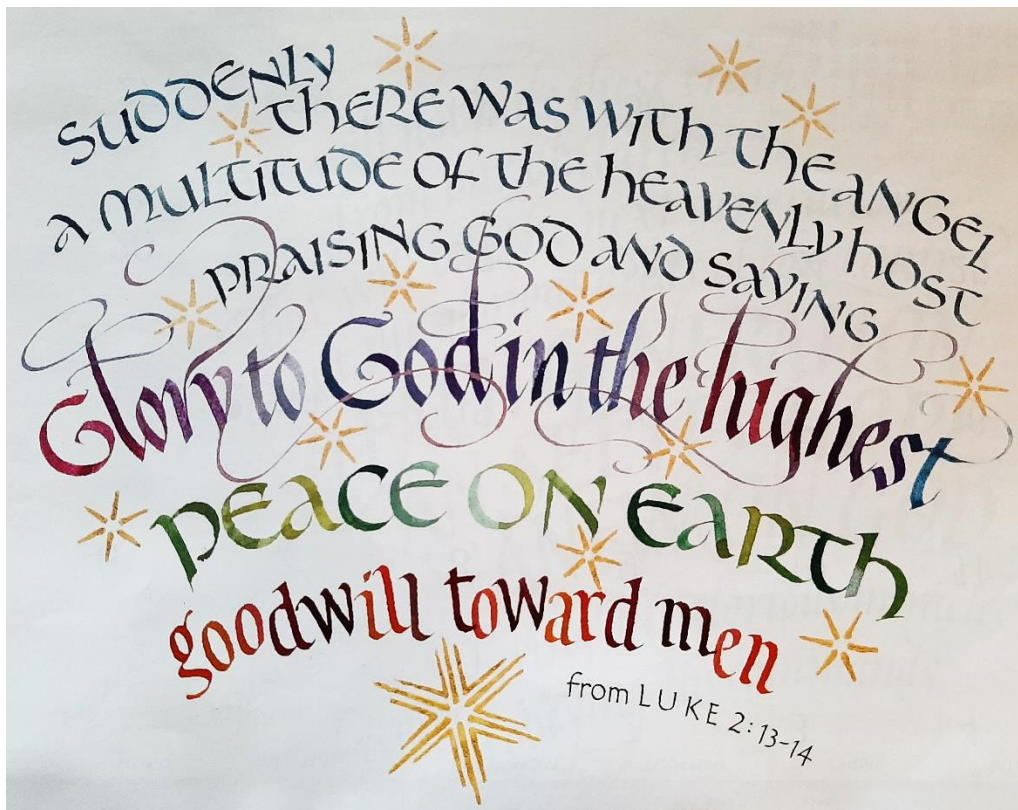
Birthdays 5 – Théoden Lognion 12 – Douglas Krauter 18 – Jeyden Mauch 21 – Atticus Lognion 21 – Paul Ryner 25 – Ken Sahlstrom	Anniversaries
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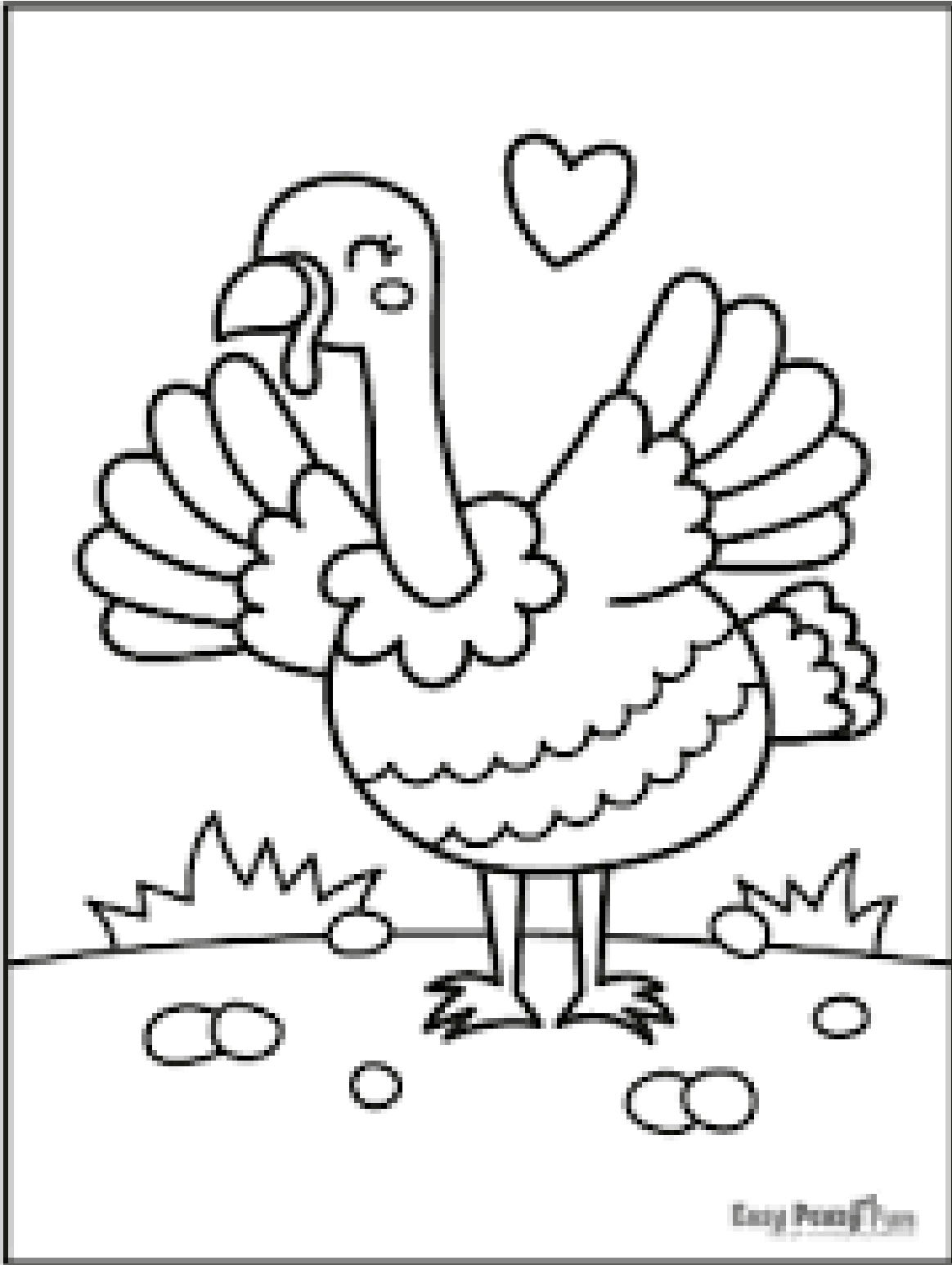
SEFC Church Calendar – November 2023

SUN	MON	TUE	WED	THR	FRI	SAT
			1	2	3	4
5 9:30a fellowship & teaching; 10:30a Live or on Facebook	6 10a Women’s Bible Study and prayer, at church	7	8 6:30p Evening Bible Study at church or on zoom	9	10	11
12 9:30a fellowship & teaching; 10:30a Live or on Facebook	13 No Bible Study	14	15 No Bible Study	16	17	18
19 9:30a fellowship & teaching; 10:30a Live or on Facebook	20 10a Women’s Bible Study & Prayer	21	22 6:30p Evening Bible Study at church or on zoom	23	24	25
26 9:30a fellowship & teaching; 10:30a Live or on Facebook	27 10a Women’s Bible Study & Prayer	28	29 6:30p Evening Bible Study at church or on zoom	30		

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17 9:30a fellowship & teaching; 10:30a live or on Facebook	18 10a Women's Bible Study & Prayer	19	20 6:30p Evening Bible Study at church or on zoom	21 7p Blue Christmas	22	23
24 9:30a fellowship & teaching; 10:30a live or on Facebook 5p Christmas Eve Service	25 Christmas Day 	26	27	28	29	30
31 9:30a fellowship & teaching; 10:30a live or on Facebook New Year's Eve						





Easy Peasy Fun