

Snohomish Evangelical Free Church

# The Herald

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OCTOBER / NOVEMBER 2022

## Table of Contents

A Prayer for October / November.....	2
Celebrations .....	10
Church Calendars.....	10
Cold Weather Precautions .....	3
Coloring Page .....	11
Crossword Puzzle .....	9
Events .....	7
Events .....	8
Learning to Rest: The Value of Nothing.....	5
Parish Nurse –Pastor Appreciation Month.....	2
Recipe –Pumpkin Cobbler .....	3
The Pastor’s Health.....	6
The Small Change That Can Radically Improve Your Church Experience.....	4
To Ponder .....	2



## A Prayer for October / November

I turn a dial  
And here it is:  
The light, the music,  
Voices – more,  
Never seen  
Or heard before.  
Now suddenly  
I am aware  
That YOU are here,  
Are everywhere – God, around,  
Above, within ... My only need  
To tune You in.

MILDRED N. HOYER

*Give thanks to him and praise his name.* -PSALM 100:4 (NIV)

### TURNING POINTS

#### *Turning toward Thanksgiving*

After I had surgery to remove a large tumor behind my eye a couple of years ago, I telephoned the churches that had prayed for me to thank them and give a praise report. Because of a new medical procedure, I'd had very little bleeding and my surgeons were able to remove most of the tumor with no nerve damage.

"That's wonderful, Roberta," Barbara at Judson Baptist Church in Eleanor, West Virginia, said. "We'll be sure to put it in the bulletin. We have two columns: 'Prayer Requests' and 'Answered Prayers.' Of course, the request column is always a lot longer."



I couldn't get Barbara's comment out of my mind. *How often am I like that in my personal prayer life? My 'If Please Help Me' column is always much longer than my 'I'm Grateful' column.*

But with God's help, I vowed to change that. I started a prayer journal to record my requests and the ways God moves in my life to answer them. Doing so also reminded me to give feedback to the people I've asked to pray for me about a particular situation. I'm continually amazed at the many answers to prayer that I long took for granted. Being grateful is such a

wonderful place to be, and I'm making it a lifelong habit.

-Roberta Messner

## To Ponder

We were meant to be a family, but we were also meant to be an army.  
Jennie Allen, *Find Your People*



## Parish Nurse – Pastor Appreciation Month

Dear Family and Friends,

October is such a delightful time of year. Autumn is here with all of its gifts, and we have an opportunity to recognize Pastor Appreciation Month and celebrate the blessings God provides us in our Shepherds. How thankful we are that God provides us with a faithful shepherd to feed us and walk our faith journey with us (John 21: 15-17).

### What Can We do to Support the Health of our Clergy

Church workers tend to be caregivers to everyone with little time and energy left for themselves. Over time, physical, emotional and/or spiritual health for themselves and their families may suffer. Here are just a few suggestions for how *you* can be a 'Health Promoter' and help care for our congregations' caregivers.

- ✓ Communicate with them! Contact them if you want to visit. They may not know your concerns unless you tell them. Also ask them how things are going for them.
- ✓ Actively pray for them and their families (let them know you are their prayer partner)
- ✓ Let them know how much they mean to you and your appreciation for their ministry
- ✓ Encourage and respect their days off and family time
- ✓ Be perceptive of issues their family faces, and show concern as you might to other Christian families
- ✓ Give them an evening/overnight get away with their spouse and/or family (childcare included if desired)

- ✓ Consider inviting them to be exercise/recreation partners. A membership to the YMCA/YWCA/health club would make a great gift for the entire family
- ✓ Encourage them to take an active role in personal and family health and well-being and have an annual physical exam

I pray God will richly bless us as we walk this journey of wholistic health together. Please let me know if you have any other ideas on encouraging and supporting our pastor.

In the Healing Christ,

Your Parish Nurse, Karen Plate

## Cold Weather Precautions

Keeping everyone safe as the weather changes

Before you find yourself unprepared for winter weather, consider these tips to promote safety and good health.



**In Your Home.** Make these smart precautions for a winter-ready home.

- Install a door sweep under your front door to keep the draft to a minimum.
- Don't use your oven for heat! Ovens can harm from carbon monoxide poisoning and accidental burns and fires.
- Install carbon monoxide monitors, especially near bedrooms. Home improvement stores carry affordable models.
- If you are using a space heater, make sure it works properly and does not have frayed wires. Never run it while you are asleep or away from home.
- Keep flammable items at least three feet away from heating sources (such as space heaters, the fireplace, or furnace).



**In Your Car.** Create an emergency kit in case of a breakdown or weather-related stall.

- Invest in a basic first aid and emergency car kit. You can purchase one ready-made or stock your own with first aid supplies, handwarmers, flares, flashlight, blankets, water, and snacks.

- Since proper tire pressure is paramount in winter driving, know the proper pressure for your tires, keep a simple tool to check pressure in your glove box, and know where to go for air when you need it.
- Keep a minimum of a half tank of gas in your car during the cold months to prevent the fuel line from freezing.



**In your habits.** With colder weather and shorter days, follow these tips to stay active and healthy through the winter months.

- Be sure to get your flu shot!
- Emphasize handwashing among friends and family to fight germs that seem to be everywhere in the winter.
- Plan your exercise routine a week in advance. Having a plan helps you follow through!
- If the weather is too bad to visit your gym, be creative with indoor workouts: play with a Wii Fit, practice yoga with a free online video, or call up a friend and go on a "virtual walk" while making laps around your homes.



## Recipe: Pumpkin Cobbler

This pumpkin cobbler recipe is the one everyone asks me to make and bring starting in October and continuing through the holiday season. A perfectly spiced pumpkin filling is topped with an easy cobbler topping made with a box of yellow cake mix and melted butter. It's simple and delicious! Top with vanilla ice cream or homemade whipped cream.



**Prep:** 10 mins; **Cook:** 50 mins; **Total:** 1 hr; **Servings:** 8;  
**Yield:** 1 8-inch square cobbler

### Ingredients

- cooking spray
- ½ cup white sugar
- 2 large eggs, beaten
- 1 (15 ounce) can pumpkin puree
- ¾ cup evaporated milk
- 1 teaspoon orange extract
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- ¼ teaspoon salt

- 1 (9 ounce) package yellow cake mix (such as Jiffy® Golden Yellow cake mix)
- ¼ cup unsalted butter, melted

### Directions

- **Step 1.** Preheat the oven to 350 degrees F (175 degrees C). Spray an 8-inch square baking dish with cooking spray.
- **Step 2.** Combine sugar and eggs in a bowl; whisk until light and fluffy. Add pumpkin puree, evaporated milk, orange extract, cinnamon, ginger, cloves, and salt; mix until well combined. Pour pumpkin mixture into the prepared baking dish.
- **Step 3.** Lightly sprinkle cake mix over the pumpkin mixture until completely covered. Slowly drizzle melted butter over cake mix.
- **Step 4.** Bake in the preheated oven until the pumpkin mixture is set and the topping is golden brown, 50 minutes to 1 hour.

### Tips

To make this recipe in a 9x13-inch dish, double all ingredients except the eggs and evaporated milk. For those, use 3 eggs, and a 12-ounce can evaporated milk.

#### Nutrition Facts Per Serving:

306 calories; protein 5.2g; carbohydrates 44.2g; fat 12.6g; cholesterol 69.2mg; sodium 439.7mg.

## The Small Change That Can Radically Improve Your Church Experience

My dad used to tell me some decisions in life were so important, you only need to make them once. He called them once-and-for-all decisions.

Growing up in my family, attending church on Sunday was a once-and-for-all decision made by my mom and dad when they were 19 years old, married for less than a year.

My dad loves to tell people he has never heard his children ask in a whining voice if we were going to church in the morning. I never questioned whether we would go to church, because that question had been answered a decade before I was around to ask it.

On Sunday, we go to church. Decision made.



But some Sundays are harder than others to go to church. Sometimes the whole thing feels stale. Or the pastor seems like he's in a bit of a slump. Or maybe you've heard about that new church your friends started attending where everything is perfect.

In those moments, when going to church starts to feel like more of a chore than a choice, I want to give you some pastoral advice about how you can refresh your heart toward the act of attending church.

I believe one simple change can revolutionize your Sunday morning experience: get there a little early and stay a little late.

Showing up to church 15 minutes before the service starts and hanging around 15 minutes after the service ends can make all the difference. Here's how.

1. Your worship will be more impactful and your pastor will be more insightful than ever before. If your family is like mine, you are probably struggling just to make it to church on time. The few times you actually get to church before the service starts, you are worn out from hustling through morning routines of showers, breakfasts, and sibling fights.

Running late after finding your 3-year-old's shoes in the pantry, you start your frantic, James-Bond-in-a-chase-scene drive to the church, where you have to shuffle your kids through a parking lot full of similarly frazzled churchgoers hustling their families into the building.

By the time you sit down in the service, you need five minutes just to get your heart rate back to normal. That is not a great way to enter into a worship service.

If you routinely hustle into church right when the service is starting, your heart is not in the place it needs to be in order to receive from God.

When Jesus connected with the Father, He went away to a place of solitude and silence in order to meet with God. A calm heart is fertile ground. And fertile ground is easy to tend.

2. You will make new friends at church.

If you arrive early for church for three weeks in a row, you're going to meet a lot of the same people in the hallways and at the coffee stand each week.

And instead of the cursory nod as you both hustle into the service, you will have time to hold a meaningful, memorable conversation with someone.

There is a small chance one of you might actually give a real answer to the questions you ask.

"How are you today?"

Hustle-talk answers, "Fine."

Real-talk answers: "Well, I am sweating like a beast and pretty proud of myself, because I just herded all my kids through the parking lot and into this building without cussing out loud once. How are you?"

You will struggle to build friendships in the church if you are always hustling, always frazzled, and always running in as the service starts.

Come early, stay late, and you'll find a number of new friends waiting for you the next time you show up at church. And nothing will change your church experience like arriving to find friends waiting for you.

3. You will find a place to serve.

When you arrive 15 minutes early to church, most everyone you run into will be serving in some ministry, and when you talk to them about their ministry, you'll hear something you can't catch when you're in a hurry.

You will hear excitement, because most people love serving their church. That excitement is contagious, and if you make it a point to be around the people excited about serving their church, you'll find a place that excites you, too.

Going to church every Sunday is important enough you should only make the decision once. But every Sunday you still decide whether you will give space in your day to love God and love others or whether you will keep slipping in and hurrying out, wondering why church isn't meaningful to you. Setting the alarm a little earlier will definitely serve your heart a lot better.

Whitney Clayton, @whitney\_clayton

Whitney is the lead planter of Living Stone Community Church in Mesa, Arizona. | Jul 18, 2018

## Learning to Rest: The Value of Nothing

*Learning to rest takes time, but the practice of nothing is for even the busiest pastor. Is it time for you to schedule unscheduled time?*

Equilibrium in our hurried world might occur when we level the haste with relaxation, the goals with empty sheets, the determination with a siesta, the resolve with learning to rest.

Yes, add this to your list of ways toward a balanced life: nothing.

Not the right words. No words at all.

Not the right steps. No steps at all.

Not the right program. No program at all.

Schedule unscheduled time. Avoid the noise, and welcome the silence. Plan times for silence, and pursue it. Welcome it. Embrace it.

**Time for nothing.** I remember an evening when I stared at the stars. They were clear, bright, and beautiful. I reached to grab my phone to take a picture. But I stopped myself and didn't take one. I reached for my phone again, this time to write down my thoughts about what I was seeing and how I was feeling. But I stopped myself and didn't write anything.

I did nothing. And nothing was the something I needed to do. I was learning to rest.



It wasn't easy. You know how our minds work. They hurry on ahead, finding work to be done as time is running out. That happened. Several times, that happened. Each time, sometimes better than other times, I brought my mind back to peaceful rest. I changed mental channels. I rewired the machine. And I found the beauty of doing nothing.

The breeze felt nice. The chair wasn't the most comfortable, but it was fine. An owl came—I thought for a moment she might have something to tell me. She left. Then she returned. This time I cheated. I took a picture.

I think she smiled.

And I know I did. I smiled.

If my memory is correct, I had not smiled before on that day. I had gone away from everyone and everything that evening. At least, everyone I was usually around and everything that was usually around me.

**Call it a sabbath. Call it a break. Or call it nothingness.** That was the plan for that night.

Nothing. No writing, preparing, or planning. Those were scheduled for other times. That night, nothing was scheduled. That night, “nothing” was what I needed to do. And that night, “nothing” was what I did.

And it felt like the best thing I had done.

**The practice of nothing.**

I wonder what equilibrium you might find if you stepped away—not permanently, not from a job or a relationship or a dream—for now, for a few moments. It could be for a night or for a weekend. At least, think about it for now in this hour for these few minutes. Learning to rest takes time.

Turn the television and the computer off. Turn off anything else that tries to insist you keep it on.

Wait, though. Don’t reach for that agenda. Don’t grab that list of goals.

Leave them behind. Leave them all behind.

Take nothing with you. Nothing is your new word, your new friend, your companion. Those good things can easily become idols or addictions, can’t they?

Leave them behind.

Chris Maxwell [@CMaxMan](#)

Chris Maxwell served 19 years as lead pastor in Orlando, Florida, after five years of youth ministry. He’s now in his 16th year as Campus Pastor and Director of Spiritual Life at Emmanuel College.

## The Pastor’s Health

Let’s start with a short quiz. Be honest. Don’t overthink your reactions.

Rev. Scott Morris, MD, is the founder and CEO of Church Health in Memphis, Tennessee, the largest, faith-based health care ministry of its type. For 30 years he has spurred support among congregations and the medical and business communities to provide quality health care to the uninsured population of Memphis working in low-wage jobs. In addition to working as a family practice physician, Dr. Morris is an ordained United Methodist minister. He is the co-author with Rev. Shane Stanford of *If Your Heart is Like My Heart*.

Everyone else on the missions committee can make a Thursday meeting at 6:30. The pastor says he can’t. The group reschedules, even though it means delaying the meeting by two weeks. On Thursday evening, you’re walking your dog in the park and see the pastor at his daughter’s soccer game. What do you think?

- A. His selfish priorities inconvenienced everyone else.
- B. His daughter would have understood that he was serving God.
- C. He was right where he should have been.

You have a spare hour while your child is at a birthday party after preschool and decide to squeeze in a class at the gym. There’s your pastor sweating it out on the elliptical in the middle of the day. What do you think?

- A. That’s an hour when she could have been calling on shut-ins who rarely have visitors.
- B. Clearly, she’s thinking of herself rather than the people she’s called to serve.
- C. Good for her!

You meet your pastor at the best breakfast place in town to talk about some church committee business. You say breakfast is on you and order the Five Favorites Platter—pancakes, bacon, hash browns, eggs, and cinnamon roll. Your pastor orders fresh fruit and whole wheat toast. When you say, “Have some real food,” the pastor sticks with the original order. What do you think?

- A. Why the judgment of my choice?
- B. What happened to common gratitude?
- C. Mmm. “Just a minute. I’d like to change my order.”

In scenarios like these, pastors don’t always make it to the “C” choice. It’s not easy for clergy, who care about



people and want to have positive relationships, to make choices they know will disappoint people or bring their own behaviors under scrutiny. Often pastors are the most unhealthy people in the church both because of the expectations they have for themselves and the expectations congregations have for them. When one young pastor's wife with a new infant and a preschooler with autism bravely told a church leader she needed her husband home in the evenings more often, he responded, "You knew it would be like this when you went into the ministry." End of discussion.

Fifty years ago, clergy were in the top five healthiest professions in America. That is no longer true. In the midst of the obesity epidemic, clergy are leading the statistics. As many as 40 percent are obese. Part of the problem is everyone tries to feed pastors. In the South, where I live, it's their best fried chicken and chocolate cake, along with super-saturated sweet tea. I'm sure every region has its popular "but this is a special occasion" dishes that seem to bypass the guidelines for healthy eating, and on their end, the pastors feel they will hurt someone's feelings if they say no thanks. Church meals, organized for relationally beneficial reasons, tend to be heavy on the carbs and certainly don't skimp on desserts.

### **A Compelling Calling**

Pastors also face the challenge of when to exercise, nurture personal relationships, or explore hobbies apart from work. If meetings are scheduled around the convenience of most church members with daytime, weekday jobs, that means a lot of evening and weekend commitments for the pastors. Yet is it truly "safe" to go to the gym in the middle of the day or decline an evening meeting for a family priority?

These days you'd have to look long and hard to find someone who goes into church ministry with the idea that it's a good "job." It requires long hours, unpredictable intrusion into personal space and plans, tasks for which seminary doesn't train you, and heavy emotional investment into other people's problems. Dozens or hundreds of people may all think you owe them something, and a small group, if ticked off by something you can't foresee, can make your life miserable. For all this, you are likely to have more education than most people in the congregation but earn less. No, it's not a good "job." Yet it is a compelling calling, and obedience to God is what

brings clergy into the service of God's people as shepherd and leader.

This sense of spiritual calling is also what sabotages clergy health. It's what allows pastors in each moment to choose what they perceive as the spiritual value in another person's life, or the life of the church, as more pressing than health values in their own lives. In this moment, they will skip one more child's soccer game to finish a sermon, smile and share one more piece of cake with a shut-in congregant, say yes to one more Saturday morning budget session instead of a hike, or answer a late-night phone call and find themselves at a parishioner's house unexpectedly trying to talk someone into setting down the gun.

The moments add up to weeks and months and years of neglecting their health for the sake of ministry. For a long time, many pastors will say that they find fulfillment in their work and perceive their health to be good. But the pounds pile up. Blood pressure rises along with the stress. Depression levels increase. Chronic disease sets in. The numbers tell us that clergy are in fact considerably less healthy than the general population.



Clergy are no different than anyone else when it comes to the need to live a healthy life. We know that our bodies and spirits speak to each other. What affects one affects the other. And clergy are also no different than anyone else when it comes to needing support and encouragement to live a healthy life. The communities they serve and care for can also serve and care for them.

### **A Mutual Ministry**

On the clergy side, pastors must see that taking care of self is taking care of the ministry. It is not time away from ministry for a lesser calling.

Faithfulness to the call to ministry does not mean faithfulness to the busyness of ministry tasks but faithfulness to the God who calls—the same God who created us body and spirit and continues to relate to us through body and spirit. The incarnate Christ we follow was born, lived, died, and rose with a body. We are in relationship with God through our bodies and our spirits. When our spirits don't know how to pray, the Holy Spirit does (Romans 8:26). When our embodied lives make us weary and burdened, Jesus gives rest for our souls (Matthew 11:28–30). We honor God with self-care not only for the spirit but also for the body, and that helps keep us fit for faithful, healthy service.

On the congregation side, we must remember that pastors are whole persons with the same finitude we all face. In the US, most churches have fewer than 100 people attending on a typical Sunday with one paid pastor who wants to provide vision for service and outreach, teach and preach regularly, and give personalized spiritual care in particular situations.

The shape of work might look different for clergy in larger settings, but it is common for pastors across the board to report working 55–75 hours per week on a regular basis. Pastors only stretch so far; like rubber bands, eventually they snap and pain ensues. People in the congregation often see only the snapshot of the pastor that intersects with their individual lives—a conversation or meeting here and there; they don't see the whole movie and the toll the work may be taking on the pastor's physical, mental, emotional, and relational health.

Ministry is not a spectator sport, something pastors are called to and the rest of us watch. The New Testament offers us one picture after another of the mutuality of ministry, from Jesus sending out the earliest disciples in pairs to preach and heal in Luke 9, to the missionary endeavors of the book of Acts where the names always come in pairs or lists, to the exhortations of Paul's epistles for the people of God to care for one another at every level of relationship. "Love one another with mutual affection; outdo one another in showing honor" (Romans 12:10). "Bear one another's burdens, and in this way you will fulfill the law of Christ" (Galatians 6:2). "Bear with one another ... forgive each other; just as the Lord has forgiven you" (Colossians 3:13). "Always seek to do good to one another" (1 Thessalonians 5:15).

Prioritizing clergy health is an opportunity for ministry partnership. When both clergy and congregation embrace the value of the health of the pastor in all dimensions of life, rather than seeing ministry as spirituality and service compartmentalized into a job, the effort will bear fruit not only in the life of the pastor but in the life of a faithful congregation. It turns out that clergy who set good examples for healthy living are as effective at leading in matters of health as they are in matters of spiritual well-being. If we focus on clergy health and start to improve the health outcomes of our spiritual leaders, we see improved health for entire congregations.

This article was featured in the Fall 2018: *Congregational Care for Clergy Health* print issue. Written by Scott Morris on October 24, 2018



## Events

Sunday Services: 9:30a Fellowship & Teaching;  
10:30a Worship service

October is Pastor Appreciation Month

Pumpkin Carving and Chili Potluck: Sunday, October 23 after service. Please bring a pumpkin, carving tools and your favorite chili! Sign-up is on the back table.

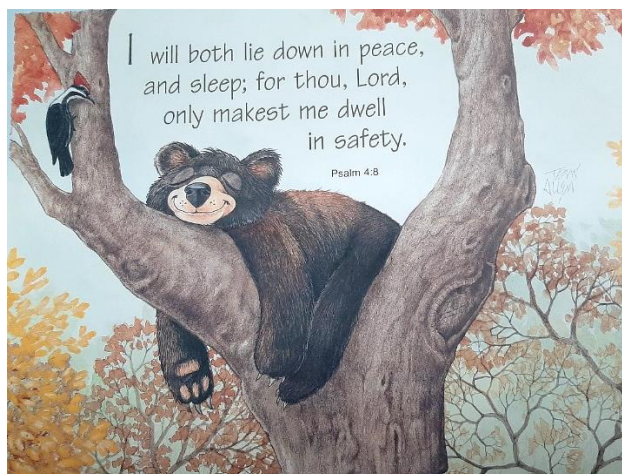
In Celebration of All Saint's Day. Please email the name(s) of family and/or loved ones, their relationship to you, if they were a believer, and date of passing between November 2021 to October 2022 to the church office by October 24 so that we may honor them on Sunday.

November 6 – Daylight Savings Time Ends

November 11 – Veterans Day

November 24 – Thanksgiving Day

November 27 – First day of Advent

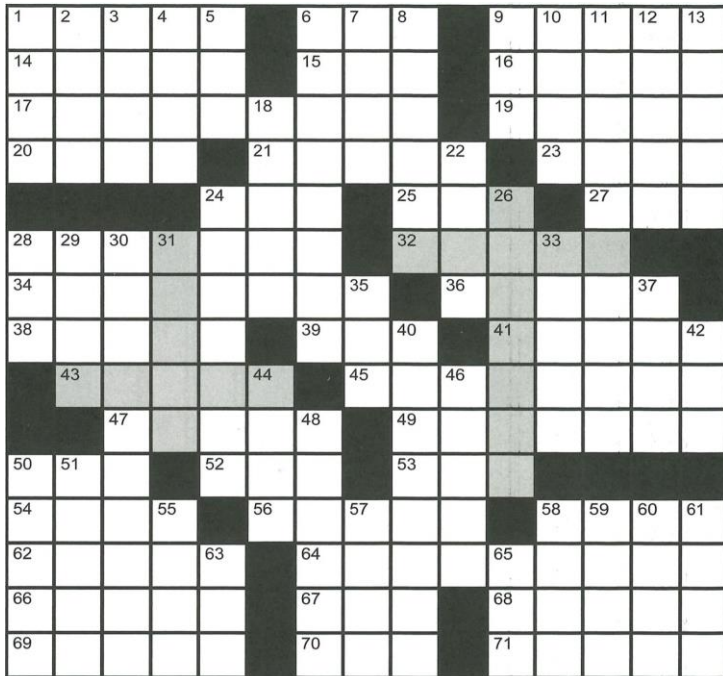


## October / November Celebrations

<b>Birthdays</b>	<b>Anniversaries</b>
10 – Tanya Ryner	2 – Dick & Ann Chessman 9 – Ken & Connie Hunt 11 – Ken & Mikki Fulcher 23 – Chuck & Shelly Newberg
<b>Birthdays</b>	<b>Anniversaries</b>
07 – Naomi Wright 17 – Evi Pierce 23 – Saphira Lognion 29 – Ken Hunt	01 – Rob & Laura Pierce 16 – Alan & Cheri Phillips



# The Battle Is The Lord's



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## ACROSS

1. Bookcase part
6. Class older than jrs.
9. Hero's mission
14. Musical toy
15. Trim the lawn
16. "Yikes, that's an image burned into my retinas can't that!
17. Nationality of 31-Down, or the army he represented in a famous biblical battle
19. Gradually faster, in music (abbr.)
20. See 64-Across
21. Stomach trouble
23. King of the 31-Down army, who promised his daughter in marriage to the soldier who could kill 26-Down
24. "Sprechen \_\_\_\_ Deutsch?"
25. So-ugly-it's-cute pooch
27. Boris Johnson and Theresa May, for short
28. "Best In Show" recipients at Westminster Kennel Club competition [Fun fact: a 25-Across named "Chucky" won in 1981!]
32. Projectile from 31 -Down's 43-Across, which struck 26-Down in the forehead to kill him (in this puzzle, it hits him smack-dab in the "O"!)
34. Citizen of a Caribbean country (Sidney Poitier is perhaps the most famous one)
36. Feeds the pigs
38. Suffix with form- or inform-
39. "Singin' in the Rain" dance style
41. Runs in neutral
43. 31 -Down's weapon, which sent a 32-Across hurtling toward 26-Down

45. Chimpanzee, gorilla or orangutan
47. Utopian
49. Country north of Latvia
50. Used to be
52. International commerce assoc.
53. Speedometer letters and crafts
56. Mandel of "America's Got Talent"
58. Horse's intermediate gait
62. What a plea bargain makes unnecessary
64. With 20-Across, 26-Down's height in a famous biblical battle (about 9 ft, 9 in)
66. Pacific nation near Fiji
67. Barely scrape (by)
68. December mall attraction
69. Sugary
70. Accomplished
71. Intense devotion

## DOWN

1. Winter gear for Park City, UT
2. Gate hardware
3. Book before Nehemiah
4. Mortgage, e.g.
5. 26-Down to 31-Down (and vice versa)
6. Favors with a grin
7. Campus military org.
8. Beats 4-0 in the World Series, e.g.
9. Sine non (essential condition — from the Latin for "without which, nothing")
10. Aunties' husbands
11. Way out of danger — which 31-Down didn't need against 26-Down, as "The battle is the LORD's" (1 Sam. 17:47)
12. No-\_\_\_\_\_ (gnat)
13. Spills the beans
18. Mario's Nintendo video-game brother

22. Boring routines
24. "Don't go trying \_\_\_\_\_ fashion, don't change the color of your hair" (lyrics from Billy Joel's "Just the Way You Are")
26. Loser of a famous biblical battle
28. Letters on a schedule meaning "We'll let you know"
29. Breakfast grains
30. Nationality of 26-Down, or the army he represented in a famous biblical battle
31. Victor in a famous biblical battle (although it was he that said, "The battle is the LORD's" 1 Sam. 17:47)
33. Signal, silently
35. Pester
37. Day after Aug. perhaps?
40. Blended together ahead of time, as dry concrete or cake dry ingredients
42. "Shining" place in "America the Beautiful"
44. Home town of 26-Down
46. Particularly: Abbr.
48. "He hath the fateful lightning..." ("The Battle Hymn of the Republic" lyrics)
50. Power usage of a typical refrigerator is about 500 of these
51. Cupid's weapon
55. Wise one
57. Collaborative reference website
58. Winter conveyance in Park City, UT
59. Cantaloupe cover
60. Cleveland Browns Hall-of-Fame quarterback Graham
61. Bygone Russian ruler
63. Back muscle, for short
65. 2019 Women's World Cup winner

## SEFC Church Calendar – October 2022

SUN	MON	TUE	WED	THR	FRI	SAT
						1 
2 9:30a Fellowship and Teaching 10:30a live and on Facebook	3 10a Prayer Meeting	4	5 7p Men's Bible Study	6	7	8
9 9:30a Fellowship and Teaching 10:30a live and on Facebook	10 10a Women's Study and Prayer	11	12 7p Men's Bible Study	13	14	15
16 9:30a Fellowship and Teaching 10:30a live and on Facebook	17 10a Women's Study and Prayer	18	19 7p Men's Bible Study	20	21	22
23 9:30a Fellowship and Teaching 10:30a live and on Facebook Pumpkin Carving	24 10a Women's Study and Prayer	25	26 7p Men's Bible Study	27	28	29
30 9:30a Fellowship and Teaching 10:30a live and on Facebook All Saints Day	31 10a Women's Study and Prayer					

*Accept one another, then, just as Christ accepted you, in order to bring praise to God. Romans 15:7*

## November 2022

SUN	MON	TUE	WED	THR	FRI	SAT
		1	2 7p Men's Bible Study	3	4	5
6 DST Ends 9:30a Fellowship and Teaching 10:30a live and on Facebook	7 10a Women's Study and Prayer	8 Election Day	9 7p Men's Bible Study	10	11 	12
13 9:30a Fellowship and Teaching 10:30a live and on Facebook	14 10a Women's Study and Prayer	15	16 7p Men's Bible Study	17	18	19
20 9:30a Fellowship and Teaching 10:30a live and on Facebook	21	22	23	24 	25	26
27 9:30a Fellowship and Teaching 10:30a live and on Facebook Advent Begins	28 10a Women's Study and Prayer	29	30 7p Men's Bible Study			



RaisingOurKids.com

**Our history began in 1492 when Columbus discovered America.**