

Snohomish Evangelical Free Church

The Herald

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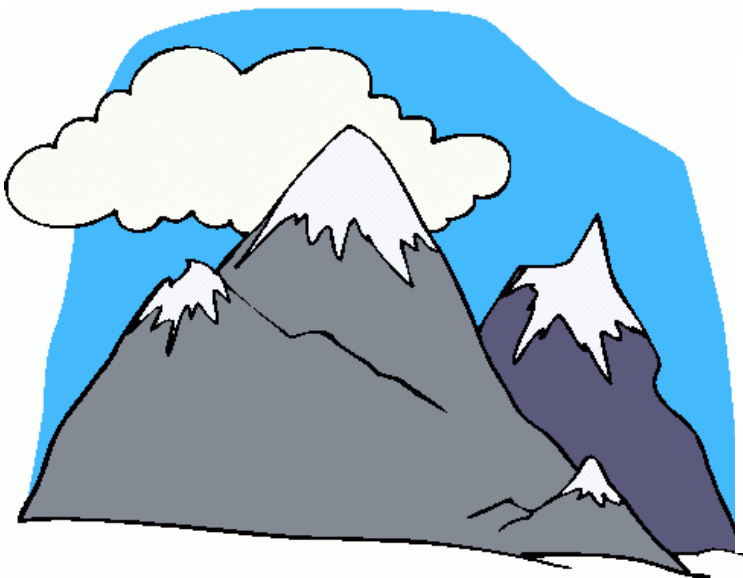
Med-Shed Hours: 10a to 1p, Tuesday—Thursday



SEPTEMBER / OCTOBER 2023

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*I lift up my eyes to the
 mountains from where
 does my help come?
 My help comes from the
 Lord who made heaven
 and earth.
 He protects you both
 now and forever.
 Psalm 121:1-2*

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

FILLED WITH PRAISE

This Is The Day

In a friend's house not long ago I noticed a framed sampler on the kitchen wall. Its precise little stitches read:

Bless our home, Father,
That we may cherish the bread
before there is none,
Discover each other before we leave,
And enjoy each other for what we
are while we have time.

While we have time! To me, those are the most important words in the prayer. None of us knows how much—or how little—time we may have in which to carry out our good intentions, achieve those worthwhile ambitions, or simply turn our everyday dreams into realities.

I once had an easygoing cousin whose favorite phrase was "one of these days." One of these days, he predicted, he would take that backpack trip in the Rockies with the youngsters; one of these days he would learn to play the guitar; one of these days he would take his wife on the church retreat for married couples. Then, on one of those days, he had a sudden heart attack—and there were no more days.



"This is the day," the Psalmist sang. Not tomorrow, or the day after, or the day after that.

This is the day for us to rejoice

and be glad in it.
Arthur Gordon

A Prayer

This day, Father,
May eyes be opened
To see the beauty in all
That is ordinary – yet special –

Around me. May the glory
Of all that You have made
Remind me of Your
Presence and lead me
Closer to You.
Unknown



To Ponder

"We create or destroy worlds with our words."

Kristi McLelland, (*When Your Pray*)

Parish Nurse – Change is Inevitable

Dear Family and Friends,

Change is inevitable ... just look at our high-tech society. Adjusting our minds, bodies, and spirits to the rapid pace of change is easier said than done.

_____for *Dummies* is a popular series in many bookstores, covering any and all subjects with which we need help. The ultimate instruction book, God's Word, is not for "dummies" but for the "wise." This month, I want to share with you a Biblical perspective for facing the challenges of Growing in Grace: Living in the Past, Present and Future.

What do the following passages say about consulting God's Instruction Manual?

- Proverbs 1: 7
- Ecclesiastes 8:5b
- Psalm 119:105

It has been observed that those who do not learn from their past are destined to repeat it. Included in this process is forgiving our sins and those of others, as well as changing negative ways of thinking and dealing with problems. We all need God's grace. What direction does His Instruction Manual offer us?

- Ecclesiastes 12:1
- Psalm 103:10-12
- Psalm 25:6-7
- 1 Corinthians 13:11

God's grace also helps us to live today with how things are, including unmet expectations and

limitations. What does God's Word say that offers comfort and encouragement in living out the present?

- Psalm 68:19
- Titus 2:11-14
- Matthew 6:34

We can avoid anxiety about our future, while anticipating inevitable changes as we consider this last bit of advice and encouragement from God's instruction manual:

- Psalm 31:15-16
- Psalm 103:1-5
- Psalm 71:5-6, 17-18
- Psalm 90:1, 12, 14-16
- Proverbs 3:5-6
- Philippians 3:12-14
- Hebrews 13:8
- 2 Timothy 4:18

If you would like to discuss this topic, or any health-related topic further, please see me. May the Lord of Life bless all of our days with peace and hope.

Your Parish Nurse,

Karen Plate, PN



If you or someone you know is struggling or in crisis, help is available. Call or text [988](tel:988) or chat 988lifeline.org

Maui Wildfire Response

ReachGlobal Crisis Response is mobilizing resources to respond to the wildfires on the island of Maui.

Wildfires on the island of Maui have severely impacted multiple communities and left many suffering and homeless.

ReachGlobal Crisis Response is responding in partnership with the Hawaii District of the EFCA to support those affected by the wildfires. Crisis Response staff and local church leadership are assessing needs and gathering resources to support a long-term response in the affected communities. From trauma care training to spiritual care, your gifts will help share the love of Christ with those in need.



Pray

Join us as we lift up those affected by the wildfires:

- May God provide peace and comfort for those who lost loved ones, homes and businesses in the fires, and for the body of Christ to support them well.
- May God grant wisdom and discernment in the partnership of Crisis Response, the Hawaii District of the EFCA and local churches.
- May God raise up short-term and long-term solutions to emotional and spiritual needs as well as the physical needs of housing, meals and relief distribution.

Give

Your financial gifts will help sustain a Crisis Response ministry presence alongside local partners and homeowners as they recover.

You can also mail a check with "Hawaii Fire Response 21709-38471" in the memo line to:

EFCA
901 E 78th Street
Minneapolis, MN 55420

Recipe: Slow Cooker Sweet and Sour Kielbasa with Pineapple

This kielbasa and pineapple dish is an easy slow cooker recipe that is great to "set and forget" until you're ready to eat.

Prep Time: 15 mins
Cook Time: 3 hrs 5 mins
Total Time: 3 hrs 20 mins



Ingredients

- 1 (20 ounce) can pineapple rings in juice, cubed and juice reserved
- 1 pound kielbasa (Polish) sausage, cut into quarter moon pieces

- 2 medium onions, cut into wedges and sliced
- 2 tablespoons water
- 2 tablespoons cornstarch
- 2/3 cup rice vinegar
- 2/3 cup brown sugar
- 6 tablespoons ketchup
- 2 tablespoons soy sauce

Directions

1. Place pineapple, kielbasa, and onions into the bottom of a slow cooker.
2. Combine water and cornstarch in a bowl and whisk until smooth.
3. Whisk together reserved pineapple juice, rice vinegar, brown sugar, ketchup, and soy sauce in a saucepan. Bring mixture to a simmer; pour in cornstarch slurry. Whisk until well combined and thickened slightly, 3 to 5 minutes. Remove from heat and pour over the ingredients in the slow cooker. Mix well to coat.
4. Cover and cook on High until kielbasa is cooked through and mixture has thickened and reduced, 3 to 4 hours.

Nutrition Facts

Calories 441, total fat 21g, saturated fat 7g, cholesterol 50mg, sodium 1169mg, total carbohydrate 55g, dietary fiber 2g, total sugars 47g, protein 10g, vitamin c 15mg, calcium 46mg, iron 1mg, potassium 382mg

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."

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.

September

- Trim back overgrown and dead branches. Pay special attention to trees near your home and electrical wires, Holmes said.
- Check caulking and weatherstripping around windows and doors. If anything is missing or

falling apart, replace it. "Use a rubberized caulking that can expand and contract with the home," Holmes said, and look for leaks and openings around pipes and vents.

- Clean light fixtures in the family room.
- Wash and fluff pillows and bedding. Examine sofa pillows and throws for stains, too.
- Turn, rotate and vacuum mattresses. Sprinkle a quarter cup of baking soda that's been mixed with an essential oil over the mattress. Let it sit for half an hour, and then vacuum it up, Rapinchuk recommended. If you don't have a waterproof mattress cover, get one and launder it with your sheets occasionally.
- Test and replace smoke and carbon monoxide detector batteries

October

- **Get the HVAC system serviced.**
- **Vacuum or sweep the garage.** This is a good time to wash, vacuum and declutter vehicles, too.
- **Service and winterize outdoor equipment.** Drain fuel or add antifreeze to lawn mowers, weed whackers and other machines not stored in a heated area.

Caring for Children in a Disaster

It's back-to-school month! Summer flies! How do we hang on just a little bit longer to those fun and carefree days? How do our children stay children a bit longer? The CDC advocates for protecting children in many ways, and one important way is through disaster preparedness.

"Disasters affect children differently than they do adults. Learn more about the unique needs of children during and after disasters." -The CDC



From the CDC:

"The Problem. A public health emergency—such as a natural disaster, disease outbreak, or terrorist attack—can happen anywhere and at any time. Because children are more vulnerable than adults during disasters, CDC's Children's Preparedness Unit and its partners work to protect children before and during an emergency.

Why This Is Important

Children with disabilities or other special needs are especially vulnerable during disasters.

Limited emergency resources could be quickly overwhelmed with a surge in the number of patients who are children.

Communities may face additional challenges protecting children during emergencies because of economic, geographic, or racial/ethnic disparities. For instance, rural communities may have fewer emergency responders, shelters, health facilities or equipment."

Breast Cancer in Men

Anatomy of the male breast. The nipple and areola are shown on the outside of the breast. The lymph nodes, fatty tissue, ducts, and other parts of the inside of the breast are also shown.



Although it is rare, men can get breast cancer. Learn about symptoms of breast cancer in men and things that may increase your risk.

Breast cancer is most often found in women, but men can get breast cancer too. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

The most common kinds of breast cancer in men are—

- Invasive ductal carcinoma. The cancer cells begin in the ducts and then grow outside the ducts into other parts of the breast tissue. Invasive cancer cells can also spread, or metastasize, to other parts of the body.
- Ductal carcinoma *in situ* (DCIS) is a breast disease that may lead to invasive breast cancer. The cancer cells are only in the lining of the ducts, and have not spread to other tissues in the breast.

What Are the Symptoms?

The most common symptoms of breast cancer in men are—

- A lump or swelling in the breast.
- Redness or flaky skin in the breast.
- Irritation or dimpling of breast skin.
- Nipple discharge.
- Pulling in of the nipple or pain in the nipple area.

These symptoms can happen with other conditions that are not cancer. If you have any symptoms or changes, see your doctor right away.

What Are the Risk Factors?

Several factors can increase a man's chance of getting breast cancer.

- Getting older. The risk for breast cancer increases with age. Most breast cancers are found after age 50.
- Genetic mutations. Inherited changes (mutations) in certain genes, such as BRCA1 and BRCA2, increase breast cancer risk.
- Family history of breast cancer. A man's risk for breast cancer is higher if a close family member has had breast cancer.
- Radiation therapy treatment. Men who had radiation therapy to the chest have a higher risk of getting breast cancer.
- Hormone therapy treatment. Drugs containing estrogen (a hormone that helps develop and maintain female sex characteristics), which were used to treat prostate cancer in the past, increase men's breast cancer risk.
- Klinefelter syndrome. *Klinefelter syndrome* is a rare genetic condition in which a male has an extra X chromosome. This can lead to the body making higher levels of estrogen and lower levels of androgens (hormones that help develop and maintain male sex characteristics).
- Certain conditions that affect the testicles can increase breast cancer risk.
- Liver disease. Cirrhosis (scarring) of the liver can lower androgen levels and raise estrogen levels in men, increasing the risk of breast cancer.
- Overweight and obesity. Older men who are overweight or have obesity have a higher risk of getting breast cancer than men at a normal weight.

What Can I Do to Reduce My Risk?

If several members of your family have had breast or ovarian cancer, or one of your family members has a known BRCA1 or BRCA2 mutation, share this information with your doctor. Your doctor may refer you for genetic counseling. In men, mutations in the BRCA1 and BRCA2 genes can increase the risk of breast cancer, high-grade prostate cancer, and pancreatic cancer.

If genetic testing shows that you have a BRCA1 or BRCA2 gene mutation, your doctor will explain what you should do to find cancer early, if you get it.

As a neurosurgeon, Don knew everything in life and in surgery is all risk versus benefit. After discovering his family history of breast cancer, he took responsibility for his own health by getting tested and later having an elective mastectomy.

How Is Breast Cancer Treated?

As in women, treatment for breast cancer in men depends on how big the tumor is and how far it has spread. Treatment may include surgery, chemotherapy, radiation therapy, hormone therapy, and targeted therapy. For more information, see the National Cancer Institute's Male Breast Cancer Treatment.

Here is a great website:

<https://www.komen.org/about-komen/our-impact/breast-cancer/breast-cancer-awareness-month/>

When it comes to sepsis, remember IT'S ABOUT T.I.M.E. Watch for:

- TEMPERATURE higher or lower than normal
- INFECTION may have signs and symptoms of an infection
- MENTAL DECLINE confused, sleepy, difficult to rouse
- EXTREMELY ILL severe pain, discomfort, shortness of breath

Learn how at [SepsisAwarenessMonth.org](https://www.sepsisawarenessmonth.org)

For more information, visit this website:

<https://www.youtube.com/watch?v=oUgiphTsAS0&t=9s>

Here's How to Plan For Your Seasonal Vaccinations This Fall

It's time to start thinking about flu season.

This month, pharmacies and doctors' offices will begin offering the 2023–2024 flu vaccine. In tandem, certain people will be able to receive another shot for respiratory

illness: the brand new RSV vaccine. And yes: You can get both vaccines at the same time.

“If the only time you can get the shots is at the same time, you should get them at the same time,” Amesh Adalja, MD, a senior scholar at the Johns Hopkins Center for Health Security and an infectious diseases specialist, told Verywell. “It would be ideal to get injections in different arms but anticipate more side effects such as arm soreness, fatigue, and malaise with coadministration.”

Here's what you need to know about both vaccines, and how potential new COVID boosters later this fall could come into play for your vaccination schedule, too.

Flu Vaccine: In the U.S., flu season begins in October and can last as late as May.¹

“The flu vaccine is developed each year based on the flu viruses that are circulating at the end of the last year's flu season,” William Schaffner, MD, professor of preventive medicine at the Vanderbilt University School of Medicine in Nashville, told Verywell. “That's why everyone 6 months and older should have a flu vaccine each year before the start of flu season.”

Pharmacies are beginning to stock the flu shot. You can walk in or make appointments on the pharmacy websites.

Who Needs a Flu Shot?

From the age of 6 months onward, almost everyone should be getting an annual flu shot. That includes people with egg allergies, despite previous warnings about egg-based flu shot technology.

“In the past, there have been additional safety measures recommended for administration of egg-based flu vaccines to people who have had severe allergic reactions to egg,” a spokesperson for the Centers of Disease Control and Prevention (CDC) told Verywell. “The CDC vaccine advisory committee voted that people with egg-allergy may receive any flu vaccine (egg-based or non-egg based) that is otherwise appropriate for their age and health status. Additional safety measures are no longer recommended for flu vaccination beyond those recommended for receipt of any vaccine.”

You may *not* be a candidate for a flu shot if you've previously had a severe reaction to the shot, or are allergic to an ingredient (besides egg), like gelatin. Some people with Guillain-Barré syndrome may also be ineligible for flu shots. However, there are multiple types of flu shots, so consult with a healthcare provider to see if a safe option is available for you.

How to Time Your Flu Shot

According to the Centers for Disease Control and Prevention (CDC), some people should consider the vaccine as soon as possible, including in the month of August:

- Anyone who know the will be unable to schedule flu a shot in September or October
- Pregnant people in their third trimester
- Children up to age 8 who have never received a flu shot before and require two doses of the vaccine

But most people should wait until fall for optimal flu protection, especially adults 65 and older and pregnant people in their first and second trimester.

“I don’t advise getting the flu shot too early because its protection will wane during the season—so I usually recommend October,” Adalja said.

If it works best for your schedule to combine vaccinations, you can get your flu shot at the same time as your RSV shot.

Which Flu Vaccine Should You Get?

There are several versions of the flu vaccine, including a nasal spray approved for people between ages 2 and 49. For people younger than 65, the CDC does not recommend any one flu vaccine over another. People 65 and older, however, should get a higher-dose flu shot for better protection. Those include Fluzone High-Dose Quadrivalent vaccine, Flublok Quadrivalent recombinant flu vaccine, and Flud Quadrivalent adjuvanted flu vaccine.

Potential Side Effects

Side effects of the flu vaccine can include:

- Soreness, redness, and/or swelling at the injection site
- Mild headache
- Fever
- Nausea
- Muscle aches
- Occasional fainting

RSV Vaccine

Respiratory syncytial virus ([RSV](#)) is a common virus that usually causes mild, cold-like symptoms. Most people recover in a week or two. But infants and older adults are more likely to develop severe RSV and need hospitalization.

Can Adults Get RSV?

The Food and Drug Administration (FDA) recently approved the first-ever RSV vaccines. Both Abrysvo, made by Pfizer, and Arexvy, made by GlaxoSmithKline, will be available by mid-August in doctors’ offices and pharmacies. Walgreens has already announced that people can start scheduling their RSV vaccine appointments now.



Who Needs an RSV Vaccine?

Adults age 60 and older are eligible for an RSV shot, and the CDC recommends discussing vaccination with a doctor first.

The reason the agency didn’t outright recommended the vaccine is because of a rare risk of atrial fibrillation, a heart clotting problem, and a rare risk of Guillain-Barré syndrome.



The CDC also recently recommended that all babies under 8 months old entering their first RSV season receive a newly-approved injection called Beyfortus (nirsevimab). Children up to 19 months who are still considered vulnerable to severe RSV will be eligible as well. The immunization is expected to be available this fall.

How to Time Your RSV Vaccine

Doctors say eligible people should get the vaccine as soon as possible so they are protected before RSV season starts, which is usually in September and lasts through the spring.

“People should get the RSV vaccine as soon as it is available because its duration will not wane during one season,” Adalja said.

You can get the flu shot and the RSV shot on the same day. Just be prepared for a sore arm, Adalja added.

Potential Side Effects

While the RSV vaccines were well-tolerated in clinical trials, common side effects may include:

- Injection site pain
- Fatigue
- Muscle pain
- Headache
- Joint stiffness

What About COVID Boosters?

In June, an advisory committee to the FDA unanimously voted to develop new COVID-19 vaccines to protect against the XBB.1.5 variant.

Your Next COVID Vaccine May Have a New Formulation Aimed at XBB.1.5 Variant

While this shot is anticipated for fall, it’s up to the CDC to make recommendations about who should get the updated vaccine, when they should get it, and whether or not they can get it at the same time as flu and RSV shots.

Last season, it was considered safe to get a flu and COVID shot at the same time.

What This Means For You

While most people should wait until September or October for a flu shot, it is available now. RSV vaccines are also available and can be administered at any time throughout

the season. The timing and eligibility of updated COVID boosters is to be determined.

Insurance should cover these vaccinations. No insurance coverage? Call 311 to find out about free clinics for vaccinations, or search findahealthcenter.hrsa.gov by zip code for many free vaccines at a federally qualified health center near you.

By Fran Kritz

Fran Kritz is a freelance healthcare reporter with a focus on consumer health and health policy. She is a former staff writer for Forbes Magazine and U.S. News and World Report.



Help Feed the Hungry

Walk with us on October 1, 2023

The Snohomish CROP Hunger Walk 2023

12:30 registration at Christ the King Lutheran Church

Snohomish, 1305 Pine Street, Snohomish, WA 98290

If you would like to participate in the walk or help, please contact: Diane_deckerihle@gmail.com subject CROP. Or register to walk and/or donate on-line: <https://events.crophungerwalk.org/2023/event/snohomishwa>

25% of the money raised here in Snohomish stays in Snohomish. The Snohomish CROP Walk is the major funding source for the all-volunteer Snohomish Community Kitchen.

More information: For over 22 years SCK has been providing dinners twice a week to anyone needing a meal. The remaining funds go to support Hunger, Disaster Relief, and Refugee Programs in the US and around the world through Church World Service (CWS). Now more than ever the world’s hungry and displaced need our help.

CROP Hunger Walks are interfaith hunger education and fundraising events sponsored by Church World Service (CWS) <https://cwsglobal.org/>.

The 26th annual Snohomish CROP Hunger Walk will be Sunday, October 1, 2023. Last year about 70 people raised over \$20,000 by gathering donations

then walking or running the designated loops around the city of Snohomish. Currently well over 2,000 communities across the U.S. join in more than 1,300 CROP Hunger Walks each year. The Snohomish CROP Walk has been one of the top 100 CROP fund raisers in the nation for the past 2 years.

Scripture Verse

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

Events

Sunday Service: Beginning September 10 we go back to our regular schedule: 9:30a fellowship, 10:30a worship service live or on Facebook.

September

- 3 – Church at the Plates 10a Followed by a picnic – bring your own lunch and chair
- 10 – Return to regular worship schedule: 9:30a fellowship and teaching, 10:30a worship service live or on Facebook
- 9/29 – 10/1 Women’s Retreat at Black Lake

October

- 1 – Crop Hunger Walk
- 9 – Women’s Prayer Time and Bible Study at church or on Zoom every Monday at 10a.

September Celebrations

Birthdays 6 – Alan Phillips	Anniversaries
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October Celebrations

Birthdays 5 – Jerry Mauch 10 – Tanya Ryner	Anniversaries 9 – Ken & Connie Hunt 11 – Ken & Mikki Fulcher
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SEFC Church Calendar – September 2023

SUN	MON	TUE	WED	THR	FRI	SAT
					1	2
3 <i>Church at the Plates 10a. Followed by a picnic – bring your own lunch and chair</i>	4	5	6	7	8	9
10 9:30a fellowship & teaching; 10:30a Live or on Facebook	11	12	13	14	15	16
17 9:30a fellowship & teaching; 10:30a Live or on Facebook	18	19	20	21	22	23
24 9:30a fellowship & teaching; 10:30a Live or on Facebook	25	26	27	28	29 Women's Retreat 	30 at Black Lake 9/29 to 10/1



SEFC Church Calendar – October 2023

SUN	MON	TUE	WED	THR	FRI	SAT
1 9:30a fellowship & teaching; 10:30a live or on Facebook Crop Walk	2	3	4	5	6	7
8 9:30a fellowship & teaching; 10:30a live or on Facebook	9 10a Women's Bible Study & Prayer	10	11	12	13	14
15 9:30a fellowship & teaching; 10:30a live or on Facebook	16 10a Women's Bible Study & Prayer	17	18	19	20	21
22 9:30a fellowship & teaching; 10:30a live or on Facebook	23 10a Women's Bible Study & Prayer	24	25	26	27	28
29 9:30a fellowship & teaching; 10:30a live or on Facebook	30 10a Women's Bible Study & Prayer	31				

Grow in the grace and knowledge of our Lord. 2 Peter 3:18



