

Got Soup? - Day 6

Friday, November 6, 2009

37 hours to go and as I tally up my receipts I actually have \$2.20 left!

I have soup for dinner tonight and tomorrow and salad makings for lunch tomorrow. That and half a five pound bag of potatoes which I found on sale for \$.75! A bit of applesauce and brown rice which will cook up and go into the soup tomorrow for a bit of variety.

One big challenge for me was quality vs quantity. Two days of good coffee (not great - but good none the less) and one day without vs three days of watered down poor coffee. I chose quality and boy have I enjoyed that! I think about tomorrow without and it has caused me to wonder about making coffee with the grounds in the filter - a bit too far for me though as I gaze longingly at the SBUX bag in the cupboard knowing in 38 hours all bets are off and the kitchen will once again be my friend rather than foe to be conquered

I question my mentality and wonder if I could do this another week. What point would I prove, what new insight would I have?

I see how we revolve much of our lives around food and how much we don't really consider not having it available. I have thought so much about food this week and how to make a little stretch to a little more. I am a frugal shopper but this week has caused me to look at my lifestyle from a different perspective.

As I mentioned in a prior blog, I direct an outreach meal/modern day soup kitchen every week in downtown Everett which is named "Got Soup?" and we feed 100 -150 guests every week. At the beginning of each month after people get their food stamps we feed around 100 people as they make choices as I did at the beginning of the week to eat well and put their money towards that. By the end of the month we are feeding closer to 150 as their cupboards are looking pretty much like mine do this morning.

How do we/how do I make a difference? The soup kitchen/outreach meal is a good place to start. I will be talking with my team this afternoon and get some ideas and hope to share them here as well.

One person on our team wishes to remain anonymous but here is a portion from their e-mail to me this week and they have a few ideas -

I wanted to send you a quick email about my three day \$7 a day experience. I realize that I have to eat a lot of the same food, I can't choose which brand to buy, and that I am not able to snack when I want. I can't have that piece of zucchini bread for dessert because it is over my budget.

Then I realize it is hard for me to really live in the shoes of someone who lives on \$49 a week. I have a car and can go to whichever store I want to go to and it doesn't take me two hours to get there and back. I have a full kitchen set up with pots and pans and measuring utensils- a mixer, decent knives, etc. I can plan meals and know how to combine foods to make more than one meal. (I know many of our guests do not have the schema to do this.) When I shop, I don't go for prepackaged goods- buying in bulk or buying a head of lettuce rather than a package of salad mix allows me to have more salad. Most of the cheaper prepared foods are so HIGH in CARBOHYDRATES and the produce that is cheap often has no nutritional value (iceberg lettuce). SO many people are unhealthy because of this.

There is so much more to this than living on \$7 a day or \$49 a week. I wonder what else we can do to support people. In the past we tried a shopping discussion- perhaps we do that again and also talk about cooking. We could gather some recipes that use simple ingredients and are easy to put together without much preparation.

Chris - Everett First Baptist Church "Got Soup?"

Save Mection

Life group prayer and praise

- Please pray for healing for our family and that we would stop infecting each other. Also, we need a computer monitor and are waiting for God's provision. ~**Wendy and Doug R.**
- **Dan Jakob** asks that we pray for God's guidance during his divorce.
- **Praise! Heidi** has found a job and started orientation already! **My mom** has been diagnosed with advanced lymphoma and given weeks to live. Please pray for peace for her and for our family in this difficult time. ~ **Kim Edwards**
- **Darcy Stanyo** asks that we pray for her schooling and that she continues to stay on the path. She would also like us to pray for her child support that the paper work would come through quickly and that there would be no more snags.
- Please pray for our son **Alex**, he went into Denny Youth Center for 27 days. ~ **Paul Abbit**
- **John Lanier**, a friend from Arlington, has had a stroke and it has affected his right side, he is now at a rehab center in Everett, please pray for complete healing. ~ **Sheri Wiederspohn**
- **Please pray for Karla Signs**, she is having some medical problems, lots of headaches from blood on the brain, please pray that God will heal her and relieve her headaches. ~ **Sandra Signs**
- Please pray for my family in New Orleans, my daughter **Emily** needs her eyes opened to the truth and in the meantime, needs God's surrounding protection. ~ **Kelly**
- I have cancer and would like prayer for a cure. Thanks, **Annette Kerby**
- Please pray for my son, **Nathan**, he is reverting back to the world of drugs. ~ **Roy McCowan**
- Please pray for my mom, **Bettie Aitkin's** who is suffering a great deal of pain following her stroke in June, which hinders her recovery. ~ **Kim Edwards**
- Please pray for our son, **Zack**, who is 20 months old and is under weight, we would like prayer for a healthy appetite and that he would begin to gain weight. ~ **The Rodriguez family**

The Office will be closed
Monday, November 16th

Happy Birthday

November 11th, Gloria Gordon

November 12th, Carolyn Sanden-Wilson

November 14th, Lars Linder

November 15th, Amanda Harpell and
Kate Uptagrafft



Pray for our Military

- *Jonathan Michaels Estrella— son of Sharon Boswell.*
- *Jason Bjazevich—Megan Owenby's husband—Army Special Forces— Stationed in N. Carolina.*
- *Joel Ellis—son of John & Midge — Serving in Iraq.*
- *Scott Harpell—son of Brian & Lynne— Stationed at Fort Bragg.*
- *Aaron Weston—nephew of Ken and Kathy—Stationed in San Diego.*
- *Eric Schmidt — son of Gene and Pat Schmidt — Camp Fallujah, Iraq.*
- *Benjamin Lagonia—dear friend of the Naylor family—stationed in Manitoba.*
- *David Coyle—son of Karen Mark— residing in Seattle, member of the National Guard.*
- *Adam Flynn—a young Marine safely home and out of military.*
- *Brett Love—grandson of Wilma— Army National Guard—Serving at home.*
- *Robin Swartz - Serving in the military - currently home in Everett.*
- *Christian Chmielewski—nephew of JoAnn Couturie' - in the Marines.*
- *ENS Andrew E. Timpner (fiancé to Christin Suthard) on deployment with USS Momsen.*
- *Devin Abbitt—nephew of Paul Abbitt - Marine, stateside.*
- *Doug Baer—a teacher at Kamiak HS heading to Iraq in the Army Reserves—thru Sept. 09.*
- *Duane Neyens—brother to Kathy Chapman—Nat. Grd. Afghanistan.*
- *Philip Ankney-LCPL Afghanistan Cousin of MaryAnn Peterson.*
- *Jeffrey Lillard—son of Barbara Lillard — Srg. In Army, Stationed in Afghanistan.*
- *Aaron Chmielewski—joined the Marines. Nephew of JoAnn Couturie.*



Life Group Happenings

All in the Family



by *florence miller*

It was a festive, fun time on Saturday afternoon, November 7th, at **Amanda Harpell and Drew Franz's** wedding shower hosted by **Hyesook Johnson**. Balloons and bows along with an attractively laden luncheon buffet table transformed the Pacific Room into a party. **Dad** (Brian) was there, a big grin on his face as he videoed the festivities; **Mom** (Lynne) was there, equally happy as she helped with the unwrapping of gifts and garnering the bows. Groom Drew was also in attendance enjoying the festivities and recording the event on film.

Further **Harpell** family news is their trip this Wednesday the 11th to North Carolina to celebrate **Scott's** graduation. **Congratulations** to Scott!! They will be returning to Everett sometime on Sunday.

Friday, November 20th, 7-8:30 p.m. will be **VOLLEYBALL NIGHT** in our Community Center Gym sponsored by the Lake Stevens/Snohomish Life Group as a bridge-building event. **Allan Love** is urging us to invite unchurched family, friends and colleagues to come and experience the goodness of God in a fun, relational context. As Allan comments, "We have been extremely blessed as a church to have such a beautiful gym facility - a facility with which we have been called to bless others in the community". We are urged to attend, either as a player or as part of the cheering section.

Further news regarding **Cliff and Lois Hudspeth** comes from a fellow resident at Washington Oaks who had lunch

with them on Tuesday. **Cliff** is up and about and is still as interested in life around him as ever. But he doesn't have much appetite and has trouble sleeping. **Lois** appears as the calm and sweet lady she has always been but admits to being tired. Their son **Dennis** has been here visiting for over a week and is taking Cliff on the 11th to happenings at Paine Field which is where Cliff was stationed for several years during WW11. Cliff mentioned receiving mail quite often from **Ernest Hastings** who also shares the same congestive heart failure diagnosis as Cliff.

November 25th- **Thanksgiving Eve** - there will be a service in the Cascade Room of the Community Center from 7-9 p.m. An offering of hats, mittens, blankets, toiletries and canned goods for the Friday Night street ministry will be taken.

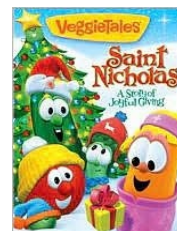
A **Christian couple** residing in Northern California has contacted **Pastor Brian** to ask if we would pray for a potential birth mother who would be open to adoption. This is a strong and stable family, who are unable to have children of their own. Please join in praying that, if there is someone in our congregation or community open to offering their child to adoption, they would contact FBC. Persons could contact Dr. Brian Harpell for more information at 425-259-9166 or bharpell@fbc-everett.org



OPERATION CHRISTMAS CHILD Empty boxes are still available at the booth in the Hospitality Room. If you have questions, call Beverly DeCelles .

Return your filled boxes (with \$7 for shipping) by **November 15th!**

PRESCHOOL CHRISTMAS CELEBRATION AND MOVIE NIGHT! Friday, December 4th, 7-9 pm. Veggie Tales: "**Saint Nicholas a Story of Joyful Giving.**" Join us as we make special Christmas craft and share cookies & apple cider. A signup sheet is in the Preschool wing beginning Sunday, November 15th or email Christen at preschool@fbc-everett.net



Lifegroup Contributing Opportunities

Update

November 8th, 2009

Adult attendance: 247 Children: 9 am: 24+12 10:30 am 47+14

Youth Small Group: Middle School 14+2

High School 13+3

Open to all ADULTS!

VOLLEYBALL NIGHT

Friday, November 20th from 7 – 8:30 p.m.
(FBC – Community Center Gym).

This event will be hosted by the Lake Stevens/Snohomish Life Group, and is a great opportunity to invite your un-churched friends and family. This will be a fun-filled night, and you do not need to be a volleyball pro to attend! O

For more information please contact Pastor Allan at allan@fbc-everett.net or 425.259.9166.



MISSION MEXICO SUNDAY

November 22 – 9:00 and 10:30 –

Social Hall

You are especially invited to hear the fantastic news about **Camp John 3:16** in Merida, Mexico. Lou and Pat Alvarez will be sharing pictures of the engineering drawings, explaining the master plan, and telling how God's hand is so apparently moving this project forward.



USHER CAPTAIN 2009:

November- Ron & Kay Olson
Craig Reisen
December—Darrell Olson
Marc Owenby

COFFEE HOUR 2009

November 15th
Steve Dittoe
Marriage Builders
November 22nd
Barb Menia
Women of Purpose
November 29th
Karl Durham
Faith Builders
December 6th
Laura Oversvee
Women of Purpose
December 13th
Marty Visser
Sunday AM

ADVENT DECORATORS NEEDED! We are ready to begin getting the worship center and Pacific room ready for the Advent season. Decorating days are Friday, November 27th and Saturday, November 28th beginning at 10 am with lunch provided. Please contact Ruelyn Nelson for more information.



GOT SOAP? FBC Street Ministry serves hot meals to those in need every Friday night. We need your help with this vital outreach. Won't you join us in *Caring for our Community?* To find out how you can contribute to this ministry, contact Janet Tracy.

Upcoming Events:

THANKSGIVING SERVICE: Join us November 25th at 7pm in the Cascade Room. Bring your offering of gloves, stocking hats, blankets and sleeping bags for our Friday Night Street Ministry.

COMING DECEMBER 6—RMMO OFFERING: The Retired Ministers and Missionaries Offering is coming, Sunday, December 6th. This is an annual ABCUSA offering that provides Thank You checks to over 3,000 retired American Baptist ministers and missionaries or their widowed spouses. Our goal is \$1600.00.

Remember with love... Give with gratitude