

Got Soup? - Day 7

Thursday, November 12, 2009 - Conclusion

I play in a racquetball league and had our season ending pizza party on Thursday evening. Thankfully I had some soup before the party and as I passed up the pizza and drinks it opened conversation with people at my table as to why I would choose to do the challenge. Lots of interesting conversation...

Going into my last day - Saturday - I was feeling a bit hungry and ready to return to my regular cooking choices. I had chosen quality over quantity with my coffee and suffered Saturday with multiple coffee withdrawal headaches. I was so very tired of eggs for breakfast that I chose rice instead. Not bad and adding the rest of the rice to the leftover soup was a pretty good and filling idea. Too bad I was so tired of the soup that I couldn't finish it for lunch or face it for dinner. I kept thinking about the lack of choices and was not dealing with it well.



Dinner needed to be anything but soup and I had \$1.96 burning a hole in my wallet. I opted to freeze the remainder of the soup and vowed to remember this week when I thaw it out for lunch in a couple of weeks. I recalled buying risotto at the liquidator store in Everett a couple weeks ago and headed there in route to dinner at a friends house. I figured if I could spend \$.75 on the risotto I could spring for a red pepper and stuff it with the risotto and complete the week happy and on budget. As Saturday's luck would have it, there was no risotto to be found. I wandered the grocery section hoping for something cheap and filling to jump off the shelves.

My friend called wanting to know what was keeping me. I explained my delimma and she congratulated my on 6 2/3 days of the challenge and asked when it would be done. I told her it was done at midnight. Her response was "get over here, it twelve o'clock somewhere!" I laughed heartily and hung up. I set to rationalizing that if I shared my food, I could spend a bit more. I grabbed a can of Spam and a can of pork and beans and headed to the check register!

Overall, the week has been quite eye opening. In my history, walking in someone else's shoes always is. At our outreach meals I will strive to offer more choices, offer advice for shopping and food prep, and provide more fresh fruits and vegetables (which I ended up craving by the end of the week). I'm looking forward to the second annual challenge next year - well maybe not quite looking forward to it as much as looking forward to making even more people aware of the situation many people in our community do not live in for a week but for years.



Chris Frizzell - Everett First Baptist "Got Soup?"

Care Mection

Life group prayer and praise

- **Naomi Long** asks that we pray for her back, it is painful when she gets on and off the bus. She also asks that we pray for **Linda, Jerry and her sister Dot**.
- Please pray for healing for our family and that we would stop infecting each other. We are so thankful for our friend, family and our new home and all the many prayers we received during the searching and moving process. ~**Wendy and Doug R.**
- **Dan Jakob** asks that we pray for God's guidance during his divorce.
- **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**
- Thank for your prayers, **John Lanier**, a friend from Arlington, is home and doing very well, 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**
- 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 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**


VOLLEYBALL NIGHT

Open to all ADULTS!

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.



Happy Birthday

December 18th,

December 19th,
December 22nd,

December 23rd,

Alex Tarin,
Katie Weir
Debbie Blair
Jim Burgess,
Jason Jodock
Karla Signs
Esther Freisen



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*

S.A.M. (Senior Adult Ministries) is inviting any and all to a pre-**Christmas concert** in our Church's Worship Center (Sanctuary) on **December 4th at 1:30 p.m.** There will be a prelude on the refurbished Mathea Severson Organ by a guest musician; **Gene Dobson** will present the Christmas story; **Oscar Washington** will be singing "Sweet Lil Jesus Boy"; the **First Presbyterian Bell Choir** will be accompanying choral music and there will be audience participation of carol singing led by our own **John P. Sinkevitch**. A wonderful concert held at a time of day particularly convenient for the seniors in our church and community. Mark your calendars and invite your friends.

But before that, and not lost in the Christmas shuffle, is **Thanksgiving Eve Service** of thankfulness on **November 25th from 7:00 to 8:00 p.m.** It is being held in the Cascade room of the Community Center and an offering will be taken of hats/mitts, blankets, toiletries, canned goods or money for the Friday Night Street Ministry. There will also be a special Thanksgiving prayer service at the Courthouse, 3000 Rockefeller on Wed., Nov. 25th at 12 noon.

Prayers need to be offered for our hurting friends. Among those are **Mabel Elder, Cliff and Lois Hudspeth** and **Karla Signs**. Also, look across the page for other prayer needs besides all the unspoken prayer needs that everyone has. But most of all, a prayer of thanksgiving that we have a Great God to whom we can pray!

Tickets are on sale in the Pacific Room on Sundays for the presentation by the Taproot Theatre of **It's a Wonderful Improvised Life** to be presented on Sunday December 13th in our church at either 4:00 p.m. or 7:00 p.m. Tickets: \$5.00 or 4/\$15.00.

Sheri Wiederspohn tells me that this column is read often, so what it needs is NEWS. Please let the church office or me (**Florence**) know of your happenings: vacations trips, celebrations, accomplishments besides your concerns. Thanks.

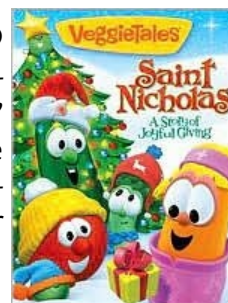
We received this note & pic from **Jeff Huber**, "Thanks for your encouragement and for supporting me so I was able to complete my masters degree from Fuller Seminary.

This is my graduation picture. You have been very supportive of my quest to complete my Masters. I'm not sure if it took me 10 years to finish it because I am so busy with ministry or because I could only afford a certain amount per year to help fund the classes...but either way...I'm done. Thanks for your support friends! Pass this on to others who have served on the scholarship committee too!"



OPERATION CHRISTMAS CHILD Empty boxes are still available at the booth in the Hospital-ity 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: 311 Children: 9 am: 27+12 10:30 am 54+17

Youth Small Group: Middle School 14+2

High School 11+2

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 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
December 20th
Florence Miller
Women of Purpose
December 27th
Kay Olson
Home Fellowship



It's A Wonderful Improvised Life

by Taproot Theatre Comedy Improv

Sunday
December 13th
4:00 and 7:00 pm
Tickets \$5.00 each or 4 for \$15.00

Presented by First Baptist Church
1616 Pacific Ave
Everett, WA
425.259.9166



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