



NINE WORDS (Pastor Jim)

We say them often on Sundays: 1 Thessalonians 5:16-18

REJOICE ALWAYS, PRAY WITHOUT CEASING, and IN EVERYTHING GIVE THANKS...

for this is God's will for you in Christ Jesus.

MOST of you reading this have memorized these words and can say it easily. Great!!

Now... are you living them?

EVERY DAY, there should be something you can REJOICE in.

EVERY DAY, you should talk to the Lord, in a formal PRAYER time, or even informal times like when you're driving or walking around the grocery store.

Then, GRATITUDE... "In everything give thanks." We ALL have so much for which to be thankful.

My encouragement to you: Do these NINE WORDS every day. It's good for your mental and spiritual well-being.

Pastor Jim

SOME THOUGHTS FROM THE BOARD CHAIRMAN

The month of September is named after the Latin word for seven, Septem. Originally it was the seventh month of the year, but 2 more months were added by Caesar Augustus (August), and Julius (July). So now, because of their big egos, it is our ninth month. This month roughly corresponds with the Hebrew month of "Tishri", which has some significant events.

According to Jewish tradition Tishri is the month that God created Adam and Eve, so it is known as the "birthday of mankind". My understanding is that they were created, not born, so "birthday" may not be the best word, but it's close enough. The significance is there. Tishri is also considered the month that Moses "chiseled the tablets", certainly a significant event for all of us. Also, this is the month when Jesus faced his temptations, and September 8th is recognized as the day Mary, mother of Jesus, was born,

September 30 is the Feast of St. Jerome, who was the first to translate the Bible into "Latin Vulgate" (sometime in the 5th century, I couldn't find the date), the language spoken by



Dr. Jim Brown, Pastor

commoners of the day making it possible for common people to actually read the scriptures themselves. Later, on September 26, 1569, the first translation into Spanish, “La Biblia del Oso” (Bear Bible), was completed. It is named “Bear” for a painting of a bear in the entryway of a wealthy Castillian Lady who converted to Protestantism. The bear was reaching for a honeycomb hanging from a tree. Apparently the painting was an inspiration to the early Protestants of Spain, struggling for something good, but just out of reach for them.

September is the month when most harvests can begin, and the fruit of the labors of spring and summer cultivating crops become real. The autumn equinox occurs, days and nights even out, and we can prepare for winter. We will all count our many blessings and know that God is with us summer, winter, and the times in between.

God Bless, and thank you for being a wonderful congregation.

Art Pedersen,

Board Chairman

NOTES FROM THE “CHURCH NURSE”

Coffee and Your Heart: How Much Is Enough?

On Sunday 8/9/26 in Service, Pastor Jim mentioned the new coffee guidelines that has been in the news in recent days. He was so clever to put it in his message – I thought it deserved a little more cream and sugar.

Good news for coffee lovers! Recent research from the American Heart Association suggests that moderate coffee drinking is generally safe for the heart and may even be associated with a lower risk of heart disease, stroke, heart failure and some heart rhythm problems. For most older adults, **1–3 cups of coffee a day** is a reasonable amount, while keeping total caffeine intake below **400 milligrams per day**. Because the amount of caffeine can vary greatly depending on the size and type of coffee, thinking in terms of milligrams rather than simply counting cups can be helpful.

An 8-ounce cup of brewed coffee may contain anywhere from about 75 to 165 milligrams of caffeine. Remember, however, that 400 milligrams is an upper guideline—not a goal. Some people, particularly older adults, may be more sensitive to caffeine and may experience a temporary rise in blood pressure, a racing heartbeat, or difficulty sleeping. And don't forget that what you add to your coffee matters, too—coffee with little or no added sugar and heavy cream is a healthier choice. The bottom line: **If you enjoy coffee and it agrees with you, moderate amounts can fit comfortably into a heart-healthy lifestyle.**

Coffee isn't necessarily healthy because of the caffeine alone.

Coffee contains hundreds of other compounds, including substances with antioxidant and anti-inflammatory properties. Researchers still don't completely understand how much of coffee's apparent cardiovascular benefit comes from caffeine versus other compounds in coffee.

What about blood pressure?

This is especially important for older adults.

Caffeine can cause a **temporary rise in blood pressure**, particularly in people who aren't accustomed to it. People also vary considerably in how their bodies process caffeine. Age, genetics, health conditions and medications can all affect the response.

So, a person who drinks two cups and feels perfectly fine may respond very differently from someone who develops:

- racing or pounding heartbeat
- palpitations
- jitteriness
- anxiety
- increased blood pressure
- difficulty sleeping

So, drink your coffee in moderation, and there are many healthy choices of sweeteners and creamers available – honey, oat milk, almond milk, etc.

If you develop symptoms like above, then common sense tells us to back off a bit till we find a happy medium. Don't forget other beverages including many teas have high caffeine content, soft drinks (cola's, etc.).

Thanks, Pastor Jim, for bringing this up ~ always love it when the research leans to what we love.

Blessings to all and stay healthy ~ God has given us much to enjoy.

Shalom ~ Shalom,

MJ Goldzimer, RN,

TLC Congregational Nurse