

**January 07, 2024 thru January 13, 2024**



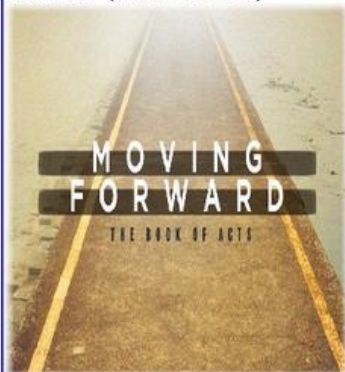
## WE HAVE ARRIVED

Evangelist/Pastor Barbara

We have finally arrived. We have finally come into the year where I will release the miraculous. We have finally come upon the 21st century, a time of all or nothing. Children, WE HAVE ARRIVED!

I have spoken a brand new thing over My people. This is the year of the beginning of the Great Harvest of Souls. They will stream into the churches that carry My Glory, changed instantly, and shall go forth and preach My Gospel of Truth to all nations. Eye has not seen nor ear heard of all the wonderful works of these remnant churches. {1 Corinthians 2:9}

Revival has begun among the faithful few. This revival will grow in volume and will spread all across the land. This revival is not just about going out in the spirit; it is about My Glory going through you from the crown of your head to the soles of your feet, washing away all the pain of the past years and bringing you to a place of total peace within and without—full reconstruction from the mass invasion of the enemy, and you walking free forever. {Isaiah 60:1-5}



You must hear My Still Small Voice of leadership from this moment forth. The enemy would so desire to take you down his path, but I am urging you to stay on the path I have laid before your feet. The momentum of expectation is growing stronger every day. The ones who have signed up for life will not be moved. When you signed up for life, it was a completely sold-out commitment that requires steadfastness. You climbed out of your playpen of sin, threw away all of your earthly toys, and picked up your Sword of Salvation. {1 Kings 19:11-13}

The generation I have called forth will take My Agape Love to a nation full of hate. My true vessels will carry My Glory, Love, Grace, Mercy, and HOPE. The assignments I give them will bring life where there is only death and no hope of a future. The souls you reach will receive the Jesus you carry and speak about. They will be forever changed, never returning to the pig sty. Like the prodigal, they will look around and realize they need something more significant than what they have at the moment. They will also know that without the Jesus you tell them about, they have an eternal death sentence hanging over their heads. They will gladly grab hold of Love and move forward into great grace. {See Luke 15:11-32}

The 21st century is the current century in the Common Era or Anno Domini, according to the Gregorian calendar. It began on January 1, 2001, and will end on December 31, 2100. The 21st century is the first century of the 3rd millennium.





## COVID

Shared by: Evangelist/Pastor Barbara

Influenza (flu), COVID-19, and respiratory syncytial virus (RSV) are all respiratory illnesses caused by different viruses. They cause similar symptoms in many cases, but there are some key differences that set them apart. Here are some of the differences:

Here's what you need to know.

### **What are the symptoms of COVID-19?**

These are the main symptoms of COVID-19, according to the Centers for Disease Control and Prevention (CDC):

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Symptoms appear anywhere from two to 14 days after someone has been exposed, the CDC says.

### **What are the symptoms of the flu?**

Flu symptoms tend to come on suddenly, according to the American Lung Association (ALA). They can include:

- Sudden high fever
- Headaches, muscle aches, and joint pain
- Cough that's usually dry
- Sore throat
- Nasal congestion and runny nose
- Muscle body aches and chills
- Fatigue
- Nausea, vomiting, and diarrhea (this is more common in kids vs. adults)

### **What are the symptoms of RSV?**

RSV symptoms usually show up between four and six days after someone has been infected, the CDC says. They can include:

- Runny nose
- Decrease in appetite
- Coughing
- Sneezing
- Fever
- Wheezing

### **How can you tell COVID, flu, and RSV apart?**

This is tough. "All three of the viruses have overlapping or identical symptoms," says Amesh Adalja, M.D., senior scholar at the Johns Hopkins Center for Health Security. "There is no reliable way to distinguish the viruses clinically." Meaning, your doctor can't look at you and tell right away if you have COVID-19, the flu, or RSV.

That said, there are some clues that you may be dealing with one virus over the other, says Thomas Russo, M.D., professor and chief of infectious diseases at the University at Buffalo in New York. A big one is knowing what you've been exposed to, he says.

"If you have a known exposure to someone and they have a diagnosis, like young children who were diagnosed with RSV, and you develop symptoms, it's safe to assume that's what you have," Dr. Russo says. "It's unusual to have two respiratory infections at the same time."

The way the illness starts can also provide a clue, he says. Flu is known for coming on hard and fast, for example. If you suddenly develop symptoms and it feels like they came out of nowhere, Dr. Russo says it can be a "hint" that you may have the flu.

"At the end of the day, testing is key," Dr. Russo says. While there is now only a home test for COVID-19, your doctor can give you a test to see if you have the flu or RSV, he points out.

### **How are treatments different for COVID, flu, and RSV?**

When it comes to addressing symptoms, all three of these viruses have similar symptom-specific treatments, Dr. Russo says. That can include resting when you can, drinking plenty of fluids, and taking fever-reducing medications like acetaminophen or ibuprofen, he says.

But tackling the underlying illness is different. "COVID and flu have distinct antiviral treatments," Dr. Adalja says. "It is necessary first to know what a patient has before you can prescribe the optimal antiviral." For flu, people are usually prescribed antiviral medications like oseltamivir (Tamiflu) or baloxovir (Xofluza); For COVID-19, nirmatrelvir/ritonavir (Paxlovid) is usually used, he says.

Unfortunately, there's no treatment right now for the average person who has RSV, Dr. Russo says.

If you develop symptoms like a cough, runny nose, or sore throat, Dr. Russo says it's not a bad idea to test yourself for COVID at home first. If it's negative, you can reach out to your doctor about getting tested for the flu and RSV.

### **How to protect yourself from COVID, flu, and RSV**

Prevention for COVID-19, the flu, and RSV can be tricky when the viruses are swirling around. However, there are a few things you can do to lower your risk.

The first is getting up to date with your vaccines. That means getting your annual flu shot and the latest COVID-19 vaccine, Dr. Russo says. There's also a vaccine for RSV for older adults and pregnant women and antibody immunization for babies and toddlers, the CDC says.

Wearing a mask in crowded indoor spaces when cases of respiratory viruses are high will also help protect you, Dr. Russo says. Beyond that, washing your hands with soap and water for at least 20 seconds, avoiding touching your face with unwashed hands, avoiding close contact with others, and cleaning frequently touched surfaces like doorknobs and your phone can also help keep you healthy, the CDC says.

It's possible to do everything right and still get sick, given how common these illnesses are. But, if you happen to develop cold-like symptoms, make sure you get tested—your doctor can help guide you on the next steps from there.

## **Ready for the Newness**

Reverend Aaron Betz

### **Romans 8: 19-21**

The creation waits in eager expectation for the revelation of the sons of God. 20 For the creation was subjected to futility, not by its own will, but because of the One who subjected it, in hope 21 that the creation itself will be set free from its bondage to decay and brought into the glorious freedom of the children of God.

As we step into the new year, we are taking a large leap forward into the fullness of God's plans for our lives. God has been on the scene and behind the scenes working to secure His people into a true place of freedom from bondage and the decay of wrong mindsets that comes with it. Bondage keeps us bound to the old ways, while the wrong mindsets prevent us from changing and moving forward in the newness that God has for us.

God's plans for our lives have been made long ago but the fulfillment of these plans has yet to be seen upon the earth.

### **Ephesians 1: 3-4**

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly realms. 4For He chose us in Him before the foundation of the world to be holy and blameless in His presence in love.

### **Ephesians 2:10**

For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

In order for us to be placed in our eternal positions within the Kingdom, we have had to submit to a refinement process. We have been faced with circumstances, fears, and separations that have drawn us out of the old in order to place us into the new ministry the God has for us.

### **1 Timothy 3: 8-10**

Deacons likewise must be dignified, not double-tongued or given to much wine or greedy for money. 9 They must hold to the mystery of the faith with a clear conscience. 10 Additionally, they must first be tested. Then, if they are above reproach, let them serve as deacons.

This refinement of God has brought us into a new place of strength and surety in God. Though we may not see this fulfilled at this very second, the deep strengthening that God has been doing is starting to be seen in our lives.

Take a step back and examine yourself and your circumstances. The overcomer anointing is near ready to overshadow our lives, if we continue on the path God has laid before us.

### **Revelation 3: 21-22**

To the one who overcomes, I will grant the right to sit with Me on My throne, just as I overcame and sat down with My Father on His throne. 22 He who has an ear, let him hear what the Spirit says to the churches.



## **Come Together and Pray**

Reverend Brett Connell

This New Year marks the beginning of a whole new plane in the spirit realm. You must come together with your spouse, family, or the Holy Spirit and pray a hedge of protection around this new year for yourself, your family, your household. This was something the Holy Spirit laid on my heart to do at the turn of the New Year, together with my wife. We prayed and covered our relationship with God, our marriage, our family & household, and all things that God would have us to do throughout the year.

We placed boundary stones and drew bloodlines while evicting the enemy from our territories. You should already know this will stir up the hornets' nest, and expect all manner of deception and evil to manifest in those closest to you, and to have your name be cast in shadows by others. This isn't necessarily a bad thing – it shows that you are on the right track in what you're doing with God, and reveals who Satan's agents are.

By now we should have a high caliber, the fortitude and endurance to continue moving forward in what God has called us to do in unity with one another. We should have an understanding of and walk in, the true love of God. Sometimes you'll have to love the unlovable, and you'll even have to take in Satan's agents to show them the love of God. It is possible they can be changed, and yet it's possible they may not. Nothing is wasted if you're walking in God's love.

Remember the Prophet Jeremiah. God sent him to speak to a people that would not listen and receive the truth. God knew they would not listen or change, but He sent Jeremiah anyway:

[Jeremiah 7:22-23, 25-27] 22 I brought your ancestors out of Egypt. I spoke to them, but I did not give them any commands about burnt offerings and sacrifices. 23 I only gave them this command: 'Obey me and I will be your God, and you will be my people. Do all that I command, and good things will happen to you.' 25 From the day that your ancestors left Egypt to this day, I have sent my servants to you. My servants are the prophets. I sent them to you again and again. 26 But your ancestors did not listen to me. They did not pay attention to me. They were very stubborn and did evil even worse than their fathers did. 27 "Jeremiah, you will tell these things to the people of Judah. But they will not listen to you. You call to them, but they will not answer you. (ERV)

Do not let the enemy steal your love – but stay in God's heart. You must know who you are in Christ and retain your confidence in what He's called you to do. Your obedience to God is more important than the words and actions of men and women. Get into warfare mode and get covered, because darkness will manifest even greater still in the days ahead and if you don't have God in every area of your life, it will take you under.



## New Year with God

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Church  
 Hebrews  
 Jesus  
 Praise  
 Sanctuary

Congregation  
 Holy Bible  
 Offering  
 Prayer  
 Sunday School

God  
 Holy Spirt  
 Pastor  
 Respect  
 Worship

## The Onslaught of Evil Pointed at President Trump...

Reverend Christopher Gore

If God has called you to stand in the gap in this season, President Trump and his family should be at the top of your list for intercession. All Hell has been sent against him to destroy him and keep him from accomplishing his mission in the political realm. The witches and warlocks are throwing everything that they can at him. We need to be more persistent in prayer than ever before. The pressure that is being brought to President Trump is something that we have never witnessed before. Every time you turn around there is something being said or done against him negatively. We need to be asking God what and how to pray for him.

Many people in the Church do not like President Trump. There is an onslaught of evil that is pointed at him. I believe that the hatred President Trump receives stems from one very important act that President Trump completed. President Trump moved the world forward with accepting Jerusalem as the capital of Israel in 2017. They, people with the antichrist spirit and lovers of darkness, hate President Trump with a passion that is just unreal. I believe its deeper than just what President Trump has promised to do for the United States. I believe this hatred ties directly to what President Trump did for Israel. President Trumps acknowledgment of Jerusalem as the capital of Israel by placing the United States embassy there angered many Islamic nations around the globe. Anything that has to do with honoring Israel is frowned upon by these Islamic nations.

The United States has been promising since Jimmy Carter to acknowledge that Jerusalem is the capital. We promised but never made good on those promises. Everything in our relationship with Israel since the rebirth of Israel as a nation is prophetic. Our tie to Israel via covenants and peace treaties has been the foundation upon which our relationship with Israel stands. President Trump moved in stealth as he made these things happen behind the scenes. It was never a campaign promise in 2016, yet he completed this vitally important step for Israel. Many were shocked and surprised when the embassy was moved from Tel Aviv to Jerusalem. This was more than just fluffy words from another seasoned politician. This was a miracle that needed to be shouted from the rooftops.

Our Bible is fulfilling itself each and every day. There will be more to come in the days ahead, but we must do our part by praying, fasting, and interceding for President Trump. Remember the following from Ephesians 6: 12 (Amp), "For our struggle is

not against flesh and blood [contending only with physical opponents], but against the rulers, against the powers, against the world forces of this [present] darkness, against the spiritual forces of wickedness in the heavenly (supernatural) places." Selah.

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## Signs of Trouble in Your Walk with God pt. 2

Evangelist Kathryn Gore

**3. Easily Persuaded?** – Are you easily persuaded by the enemy? Do you find yourself falling into the snare of the fowler more than you'd care to admit? The fowler's snare is a metaphor for the traps and dangers that the enemy sets for God's people. 1 Peter 5:8 tells us, "Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour."

Sober means to be clearheaded (alert and thinking logically and coherently). In other words, be rational or stable; responsible and level-headed (wise).

In my walk with God, I've noticed it's easier for me to fall prey to the devil when I'm not walking close to the Lord. There's room for the enemy to entrap me due to (a) leaning to my own understanding, (b) living in the flesh, (c) or walking in some kind of rebellion.

### Vision From God

I will never forget the vision I had walking with Jesus. Jesus and I were walking along a path side by side. He was sharing some things with me. He was happy to share, and I was happy to listen. As we walked, I noticed up ahead a fork appeared in the middle of the road. Something caught my attention off to the left and I started to notice, though Jesus and I were walking side by side, His voice started to fade away. He never left my side. He never stopped sharing His heart, but I could hardly hear his voice due to the distraction off to the left of me. When coming to the fork in the road, I wanted to go left while Jesus wanted to go right. I remember struggling at the fork, telling Jesus I want to go this way (left) and Jesus was telling me He wanted to go this way (right). In frustration, I pulled the hand of Jesus to follow me to the left of the fork. Jesus let my hand go, allowing for me to walk upon the left path alone. I felt his concern for me and heard the words, "She has no idea what that path will do to her." In love, Jesus stood there watching me travel up a path He knew was no good for me. In my spirit I felt Jesus waiting in that one spot for me to return so we could walk along the right path together.

I came out of that vision in awe. I understood this is what takes place in many of our lives. We walk with Jesus, but distraction comes, and we venture off to do our own thing leaving Him behind. At this point, it's fair game for the enemy to do whatever he desires.

If you find yourself being easily persuaded by the enemy, this is a sign of trouble in your walk with God. When you become curious about things along the path, make sure it was God that placed them there.

James 4:7 – Submit yourselves therefore to God. Resist the devil, and he will flee from you.

Persuaded means cause (someone) to believe something, especially after a sustained effort, convince

2024 Greetings:

We are rejoicing in a brand new year that allows us to breathe in a deep, fresh air of expectation.

Our Father said, "We have entered a New Year of No Compromise; it is all or nothing." The new year is mapped out before our feet, and as we follow His Word, the Father will control our destinies.

The Body of Christ has come through one furnace of affliction experience right into another, but they did not die in these experiences. They learned the valuable lessons needed to be understood to move forward into 2024 and the miraculous {greater things} Jesus spoke about.

Isaiah 48:10 (NIV2011)

10 See, I have refined you, though not as silver; I have tested you in the furnace of affliction.

We are a Holy people who have arrived and are standing on the Holy ground that our Lord and Maker has prepared for us. From this standpoint, we shall destroy the darkness as we allow our lights to shine brightly into the darkness.

Isaiah 60:1-3 (NIV2011)

1 "Arise, shine, for your light has come, and the glory of the LORD rises upon you.

2 See, darkness covers the earth, and thick darkness is over the peoples, but the LORD rises upon you, and his glory appears over you.

3 Nations will come to your light, and kings to the brightness of your dawn.

In this place of greater works, there is no turning back, no looking back, and no compromise. The enemy has targeted My faithful followers and is trying to destroy their foundations of {faith} by sending adverse situations into their lives. You cannot look at the things of this world any longer. You must keep your eyes fastened on the prize {souls} that lie before you.

John 14:12 (NIV2011)

12 Very truly, I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these because I am going to the Father.

This is the year of Jubilee, the harvest of souls, dying totally and entirely to self and wholly submitted to the Father of all lights. The Father will energize us, and we will not grow weary. We are well able to do the Mighty works the Father has placed before us. All the hills and valley experiences prepared the Body for this time.

1 Kings 20:28. The verse reads: "The man of God came up and told the king of Israel, 'This is what the Lord says: "Because the Arameans think the Lord is a god of the hills and not a god of the valleys, I will deliver this vast army into your hands, and you will know that I am the Lord."'"

This verse is often interpreted as a reminder that God is not limited to any specific location or situation. Instead, He is present everywhere and in every circumstance, whether it be on a hill or in a valley.



## **Humility and Sin (Part 14)**

By Theresa McGinnis

As health expels disease, and light swallows up darkness, and life conquers death, the indwelling of Christ through the Spirit is the health and life of the soul. But with this also comes the conviction of our helplessness. And danger always tempers our faith in this momentary and unbroken action of the Holy Spirit, which gives us a chastened sense of dependence. Therefore making faith and joy the handmaids of humility. This humility lives only by the grace of God. It was this wonderful grace that was bestowed on Paul that made him feel the need every moment for Christ and humbled him so deeply. It was God's grace that was with him that enabled him to labor more abundantly than others. The very nature and glory of grace for a sinner is the grace to preach to the heathen the unsearchable riches of Christ. It is also grace that was exceedingly abundant with the faith and love which is in Christ Jesus. This was the grace which kept Paul's consciousness of having once sinned, and being liable to sin, so intensely alive. Romans 5:20 tells us, "Where sin abounded, grace did much more abound." The very essence of grace is to deal with and to take away sin. The more abundant the experience of grace, the more intense the consciousness of being a sinner. Grace constantly reminds a man what a sinner he was and keeps him humble. It is grace that makes the sinners place of deepest humility a place that he will never leave. Strong expressions of self-condemnation and self-denunciation will not free you from your sin.

When you are still occupied with self, you will not be delivered from self. It is the revelation of God, not only by law condemning sin, but by His grace delivering from it that will make us humble. It is only grace that works that sweet humility which becomes a joy to the soul as it's second nature. There will be no room for self in the soul that waits for, trusts, worships and is filled with the presence of God, the creator, as the all of man in his nothingness. And God the Redeemer as the all of the sinner in his sinfulness. It is only this way that the promise can be fulfilled: "The haughtiness of man shall be made low, and the Lord alone be exalted in that day." (Isaiah 2:17) It is when the sinner dwells in the full light of God's holy, redeeming love- in experience of that full indwelling of divine love; which comes through Christ and the Holy Spirit, who cannot be anything but humble. Not to be occupied with your sin, but to be occupied with God, brings deliverance from self. When all we can do is think about ourselves, we are not focused on God. When we focus on our heavenly Father, we will forget about ourselves and we will start to do the things that God wants us to do. We will be able to become who God made us to be to reach the souls that He has assigned to us.

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### **His Commission in These Days Ahead**

Sis Grace Crescenzo

As I was reading Psalm 149, I felt the Lord showed me that this describes and summarizes His commission to us in these days ahead...

#### Psalm 149

1. Praise the Lord! Sing to the Lord a new song And praise Him in the



congregation of His godly ones (believers).

2. Let Israel rejoice in their Maker; Let Zion's children resource rejoice in their King (Zach 9:9; Matt 21:5)

3. Let them praise His name with dancing; Let them sing praises to Him with the tambourine and lyre.

4. For the Lord takes pleasure and His people; He will beautify the humble with salvation.

This is Corporate Worship, Intercession, & Warfare and is powerful in unity.

As we praise Him, He inhabits our phrases, consumes us with His presence, and His presence changes the atmosphere. Our praise is intercession and actual warfare in the spirit realm. The two-edge sword is the Rehma & Logos Word of God (what we are singing, declaring, or decreeing into the atmosphere). And while we are praising, He is fighting our battles in the heavenlies. And the angels of the Lord, who do the Lord's bidding, are surrounding and protecting our children, stopping the adversary, and scattering our enemies.

5. Let the godly ones exult in glory; Let them sing for joy on their beds.

6. Let the high praises of God be in their throats, And a two-edge sword in their hands, (Heb 4:12; Rev 1:16)

This is Private Praise, Worship, Intercession & Warfare and is most needed to keep connection with Him daily, so that we get our directions from the Throne Room directly from Him.

The Lord God ordered the Israelites to send Judah first in battle (Judges 20:18). Judah means God is to be praised. God told Israel that in marching out or going into a battle, Judah must go up first. Praise to God must go up first! If we are going to be victorious, we must learn the act of praising God first!

7. To execute vengeance on the nations And punishment on the peoples,

8. To bind their kings with chains And their nobles with fetters of iron.

9. To execute on them the judgment written. This is the honor for all His godly ones. Praise the Lord! (Hallelujah!)

Therefore Both Corporate and Private Praise, Worship, Intercession & Worship is necessary to defeat the gross darkness and deception in the battle we will be facing, so that we can receive clear instructions from the Father to bring the lost into His Kingdom and have His Holy Spirit with us!!!

#### Isaiah 61:1-2

1. The Spirit of the Lord God is upon me, Because the Lord has anointed and commissioned me To bring good news to the humble and afflicted; He has sent me to bind up (the wounds of) the brokenhearted, to proclaim release (from confinement and condemnation) to the (physical and spiritual) captives And freedom to prisoners, (Rom 10:15)

2. To proclaim the favorable year of the Lord And the day of vengeance and retribution of our God, To comfort all who mourn, (Matt 11:2-6; Luke 4:18,19; 7:22).

## **Wait in God's Timing**

Reverend Astrid Sherriff

Waiting in God's timing requires a lot of faith. God always wants to give us the best. We must position ourselves to receive the promises that are prophesied to us.

Waiting on the Lord is the result of depending on God and submitting our will to His conditions and timing.

Waiting always includes time and patience. (James 1:4) says, "But let patience have its complete work, that you may be perfect and complete, lacking nothing." This patience is waiting.

In the Bible, waiting often includes hope and trust in God, and an expectation that He will act on our behalf in due time.—Psalm 62:1, 5. Paul wrote: "For I am certain that the afflictions of the present time are not to be compared with the glory to come which is to be manifested in us. For the ardent longing of creation is to wait for the appearing of the sons of God" (Romans 8:18-19).

To hope in God means to rest. Psalm 23 refers to the rest that God's people can experience when in "delicate pastures he will give me rest; He will shepherd me by still waters. It will comfort my soul..." (Psalm 23:2-3). "It will make me rest" can be translated as "it makes me feel comfortable." This occurs when the sheep trust their natural shepherds and God's people trust in His heavenly Shepherd.

Our ability to trust God, to wait on Him, and to have confidence in His timing is tied to our willingness to set aside our agenda, abilities, skills, and creativity. We trade our weakness for His strength (2 Corinthians 12:9). As Christians, we must "seek first the kingdom of God and his righteousness..." (Matthew 6:33).

Sometimes this means quietly waiting for God to respond. Sometimes it means moving forward only in the ways that we know are guided by God, and sometimes it means continuing only in the activity that He has blessed so far.

All the time, our eyes should be on God's work and guidance. We actively serve God and get in tune with Him as we patiently wait for Him to fulfill His plans. He (Psalm 123:2) puts it this way: "Behold, as the eyes of a servant look at the hand of their masters, and as the eyes of a maidservant look at the hand of her mistress, so our eyes look at the Lord our God, until he has mercy on us." "And this is the confidence that we have in him, that if we ask anything according to his will, he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests we have made of him" (1 John 5:14-15).

Waiting on the Lord renews our strength (Isaiah 40:31). The closer we draw, get to know him, and meditate on his goodness, the more easily we can hope in him. Prayer and Bible study are the best ways to do this and grow.

## RUBBING ALCOHOL VS. HYDROGEN PEROXIDE

Reverend Naomi Nichols

They are both antiseptics that kill bacteria, viruses and fungi. Both have different functions. There are times when it's best to use one and not the other. One benefit they both share is that they can be used as antiseptics.

**RUBBING ALCOHOL** – good for killing bacteria such as E.coli and staph. It can kill them within 10 seconds.

\* During surgery – 70%-90% is commonly used for disinfecting germs and viruses in surgical settings. It is safe on people's skin. Also used on skin to sterilize an area before a shot is given.

\* To disinfect objects – such as thermometers and other shared objects that gather bacteria. Use to sterilize door knobs, countertops, porcelain, stainless steel and glass. Repeated use can affect the finish of these surfaces.

\* 70% isopropyl can effectively kill Covid-19 virus on hands.

### RISKS -

\* Harshness – harsh on finishes of objects such as shellac, rubber and plastic.

\* Try not to disinfect large areas of your body because it can damage your skin cells.

\* Flammability – If items soaked in alcohol make contact with a heat source, they can burst into flame. Store it in a well-ventilated area.

\* Poison – Keep out of reach of children. It's colorless and children may think it's water but it is poisonous. Seek medical help if you think someone has swallowed rubbing alcohol.

**HYDROGEN PEROXIDE** – most effective when it's allowed to sit on surfaces for at least 10 minutes at room temperature. If time is of the essence, rubbing alcohol may be a better option for disinfecting surfaces.

\* Wounds – used for cleaning out fresh wounds, scrapes and cuts. If there's dirt in the sore, the bubbles in hydrogen peroxide will help flush them out. \*

Objects – 3% solution bought in stores, works well on many surfaces. Use clean water to rinse or wipe off anything you applied hydrogen peroxide to.

\* Dental care - can be used as a mouthwash or to whiten teeth

### RISKS

\* Harshness – Don't apply to large, open wounds. It can easily damage the skin.

\* Effect on healing – works by killing all bacteria so it's also killing germs that help your healing process along.

\* Effectiveness – If you store it in a dark, cool space for a long time, you'll find that it stays powerful. However, it is not as effective generally as other antiseptics can be.



Benefits of Laughter  
Nancy Connell

15 minutes of laughter equals the benefits of 2 hours sleep!

One good belly laugh burns off 3.5 calories!!!

Laughing for 15 seconds adds 2 days to your life span

IT HELPS PEOPLE GET ALONG BETTER!!

Children laugh 400 times a day; adults laugh about 15.

Laughter causes endorphin release, improves circulatory & cardiovascular health, boosts immune system

## Benefits of laughter

### MENTAL

Releases endorphins, which are linked to positive mood

Reduces stress, anxiety, and depression

Improves life satisfaction

**Laugh!  
It's Good  
For you!!**

### PHYSICAL

Increases natural killer cell activity (cells in the innate immune system known for fighting infection and detecting cancer)

Provides similar cardiovascular benefits to exercise

Improves learning and creative thinking

Increases pain tolerance

Laughter reduces stress, depression, anger, anxiety

There is no cost to laughter!

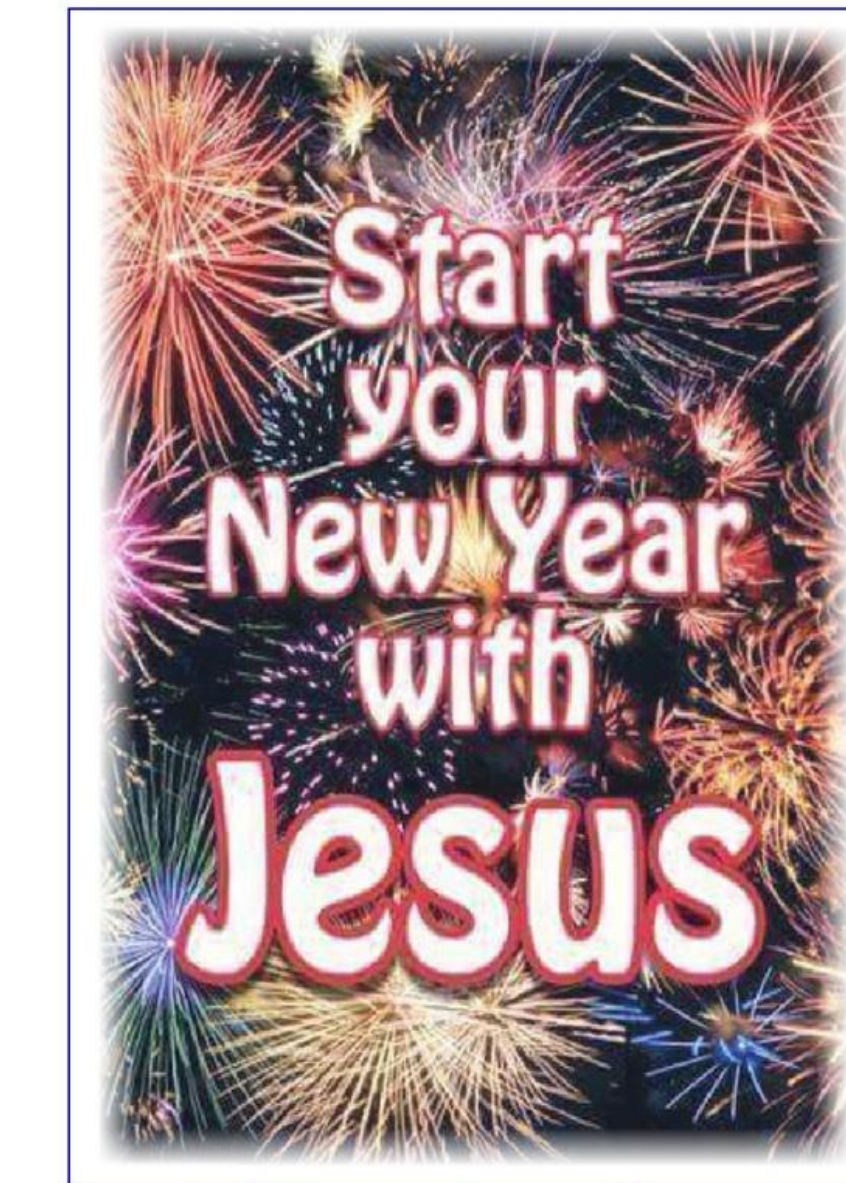
Laughter increases motivation, influence & builds morale!

Laughter increases productivity, teamwork & job satisfaction!

Laughter improves digestion, alleviates pain, relaxes muscles

People laughed an average of 18 minutes a day in the 1950s. Today it's down to 4-6 minutes a day

Laughter facilitates openness to change!!



Start  
your  
New Year  
with  
Jesus



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