

December 17, 2023 thru December 23, 2023

Experience the  
gift of Salvation  
this Christmas



For God so loved the world, that he gave  
his only begotten Son, that whosoever  
believeth in him should not perish,  
but have everlasting life.

~ John 3:16

## VICTORY

Evangelist/Pastor Barbara

David's offspring are on the scene. They will fight the battles before them with a VICTORY stance on all sides. No longer will the powers of darkness hold back My faithful ones, for they know what it is to be bound in a prison cell with no way out, and they know what it is to be freed by the Blood of the Lamb.

These are the ones who no longer look at the circumstances, for they have learned well to keep their eyes on Jesus, Jesus of Nazareth, the miracle worker, the Almighty One. They know that no weapon formed against them shall prosper, and they have foreknowledge about what will come.

The enemy has hassled My True Believers once too often, and now they have come out fighting like never before. These are the ones that were on the back side of the desert learning the tactics of the enemy, and now boot camp is over, and it is all-out wartime.

My fragrance will strategically cover the earth, and all will know the Lord God of the Harvest has come on the scene. 2 Corinthians 2:15. "For we are to God the sweet aroma of Christ among those who are being saved and those who are perishing"

The book of 2 Corinthians is a letter written by the apostle Paul to the church in Corinth. It is one of the letters that Paul wrote to the church, and it is considered to be one of the most personal and emotional of his letters. The letter was written at a time when Paul was facing many challenges and difficulties, and it reflects his deep concern for the church and his desire to see it grow and flourish

These Bold Blatant ones are not quitters. They know what it is like to fall and get back up. Proverbs 24:15-16 (NIV2011) Do not lurk like a thief near the house of the righteous, do not plunder their dwelling place; for though the righteous fall seven times, they rise again, but the wicked stumble when calamity strikes.

They know how to always cry out to their Heavenly Father for protection. They have learned the enemy's strategy well, and no longer can the enemy come in the back door. They have determined in their hearts {no more compromise!} They know who their shield and buckler is, and they stand fast on His sure promises of {Yes and Amen.} Psalm 91:4 (ESV) He will cover you with his pinions, and under his wings, you will find refuge; his faithfulness is a shield and buckler. This verse is a metaphorical reference to God's protection and care for his people. The terms "shield" and "buckler" are both types of defensive armor used in ancient warfare. A shield was a large, flat piece of wood or metal that soldiers held in front of them to block incoming attacks. A buckler, on the other hand, was a smaller, round shield that was strapped to the arm and used for parrying or deflecting blows.

These Mighty Warriors have sold out to the Most High, and they are infiltrating the enemy's camp from all sides. All hell is at attention, trying to figure out their enemy's next move.

**LIFT YOUR HEADS, MIGHTY WARRIORS  
AND MARCH FORTH WITH TRIUMPH IN YOUR HEART.**

## God's Word As A Weapon

Evangelist/Pastor Barbara

Lay down your life for the King of Kings so that I can provide your every need. My children will need My gifts doubled in the days ahead. {patients, long-suffering, As the darkness continues to get darker still, layer after layer of filth and degradation will cover the earth. You, My Children, will need more Grace, More love, more of everything Heaven has to offer you to endure the gross darkness, the slime of evil, the confusion, deception, and hatred without measure. The people will become like animals, and it will be {do unto others before they do unto you. }

Children, from this moment forth, HEED every word I speak. Keep your EARS wide open to HEAR My Still Small Voice of instruction.

There is no room for error at this given time. The cards have been laid on the table, and the final hand is being played out.

You know from My Word that the enemy loses this hand, but it must be played out.

You, My Beloved Ones, are an integral part of this game. You must listen to My voice to make sure you make all the right moves. Remember, the enemy is a card shark, but I give you all wisdom in this game of life.


You need to be seeking My face on a daily basis for instructions in the way I am maneuvering you in these days of uncertainty.

Believe Me when I say you have never gone this way before, and you will not go this way again, but while you are here, you need to be wise as serpents and gentle as doves.

Since the church has never been this way before, you have no earthly manual to instruct you in the way to go. Therefore it is imperative to have EARS TO HEAR what thus sayeth the Lord. I am bringing to pass the words that I have been speaking for a decade.

Now is the time of salvation. Now is the time of the great harvest. Now is the time of the greatest glory drop in church history, and now is the time that I am bringing My top brass forth to lead My army into the biggest battle of the ages. You will be using all the weapons of warfare that I have written on the pages of My Word. You shall have no lack. All of Heaven is at your disposal. Place My Word deep within your Spirit and use it as a mighty weapon of warfare against the enemy.





Worry is like a rocking chair,  
It will give you something to do,  
But it won't get you anywhere.

---

Teaching your kids  
and grandkids to count is fine, but  
Teaching them what counts is better.

---

A good memory is to sit down  
And try to recall the things  
You worried about this time last year.

---




Be content with what you have,  
But never with what you are.

---




I have never played hide-and-seek  
Since the time I hid in my closet  
And my family moved.

---




If we could condense all the truths  
Of Christmas into only three words  
,these would be the words: "God with us."

---




Take Christ out of Christmas,  
And December becomes the bleakest and  
Most colorless month of the year.

---




I rise early on Christmas morning  
To get an early start  
Because when it comes to opening gifts  
I'm still a kid at heart.

---



Back then, the gifts we often gave  
Used brain or pedal power.  
Now it's a charger, batteries, or Nearness to a cell tower.



## **Your Redemption is Close**

Reverend Christopher Gore

“25 “And there will be signs in the sun, in the moon, and in the stars; and on the earth distress of nations, with perplexity, the sea and the waves roaring; 26 men’s hearts failing them from fear and the expectation of those things which are coming on the earth, for the powers of the heavens will be shaken. 27 Then they will see the Son of Man coming in a cloud with power and great glory. 28 Now when these things begin to happen, look up and lift up your heads, because your redemption draws near.” Luke 21: 25 – 28 (NKJV).

We must continuously look up for our redemption is drawing near. Our time of visitation that God has been promising is here. Dependent upon where you are at with God depends upon what doorways you have to go through. These doorways that you need to step through are geared towards helping you step into your destiny. Change your perspective, stop expecting the doors that God opens for you to always be good doors. There is nothing in the Bible that says that every door you that go through will be good. There are going to be times in your walk with God where you will be presented with two doors and both of them will be bad and then God will tell you that you have to choose one of them. This is where the rubber meets the road. You have to choose.

Things have been lined up for us to step into our destiny but if you cannot perceive this how can you step into it? We have to perceive this in our spirit in order to be able to act upon it and if we are dead spiritually, we will not be able to sense those divine connections in the Spirit realm. If this happens then we will definitely miss the timing and seasons of God. Sometimes God comes back and gives you another opportunity, sometimes that opportunity is just missed and there is nothing you can do to regain it.

Revival has come. It came with a lot of messages about change, getting yourself cleaned up and learning to walk in holiness. Because revival didn’t come with a whole bunch of fanfare people missed what God was doing. Now He, is doing a new thing. I hope that we can perceive and receive it. They interpreted the prophecies about Revival with their own thoughts, their own preconceived ideas and it didn’t work. There are times when you get a prophetic word that you just need to Selah that word. You need to pause and calmly think of that, bottom-line wait until God makes it happen.

We are in too big of a hurry to do everything. We must learn to ask for patience, start asking the Father for discernment, and start asking Him for Wisdom and Understanding. The men of Issachar had understanding and it’s not wrong for us to ask for this anointing to be upon us. It’s not wrong for us to get all of the anointing’s that are in the Bible. We need them to function in this realm. Selah.



## The Word

By: Reverend Brett Connell

[Isaiah 43:1-4] 1 Jacob, the Lord created you. Israel, he made you, and now he says, "Don't be afraid. I saved you. I named you. You are mine. 2When you have troubles, I am with you. When you cross rivers, you will not be hurt. When you walk through fire, you will not be burned; the flames will not hurt you. 3That's because I, the Lord, am your God. I, the Holy One of Israel, am your Savior. I gave Egypt to pay for you. I gave Ethiopia and Seba to make you mine. 4You are precious to me, and I have given you a special place of honor. I love you. That's why I am willing to trade others, to give up whole nations, to save your life. (ERV)

You are special, and called personally by name. You belong to Him, and He has given much in sacrifice just for you. When you walk through the waters of life and the raging currents threaten to overtake you; He will cause you to have safe passage, unharmed. When the fires of destruction threaten to consume you – the heat will not touch you, and you will pass right through the fire. Why? Because God loves you, and has given you a special place of honor.

What has God called you to do? Some of us know, but don't understand. Some of us understand, but don't recognize the fullness of it. Your future is extremely important to God and all the things you will accomplish for Him are on a heavenly large-scale. This is why God will allow entire nations to become captive for your ransom – and why lives will be given in exchange for your freedom to serve Him.

You just have to trust God. Start rejoicing now, because you already have the victory. No enemy can take you out unless you allow it. Just imagine standing before God's unapproachable glory light, knowing you fulfilled all He called you to do. The joy and satisfaction will last for eternity. What is this life but a quick vapor that immediately dissipates away {by comparison to eternity}? Yeah, I have to keep telling myself that as well, but we have to trust that God will keep us as we go forward focusing on His work. It's not easy, and I still sometimes get to a place of looking down at my feet. But then I remember, "I have called you by name, you are Mine."

---

### The Meaning of Psalm 27

Reverend Astrid Sherriff

Psalm of David, it is impossible to say for sure what period of his life he came from. Standing before God gives peace and relief in life's hardest moments. There is nothing else that can give us such profound peace.

Psalm 27:1 The Lord is my light and my salvation; whom shall, I fear? The Lord is the bulwark of my life; who will frighten me? 2 When the wicked advance against me to devour my flesh, when my enemies and adversaries attack me, they are the ones who stumble and fall. 3 Even when an army besieges me, my heart will not be afraid; even if a war breaks out against me, I will keep my confidence. 4 One thing I ask of the Lord, and that is the only thing I seek: to dwell in the house of the Lord all the days of

my life, to behold the beauty of the Lord, and to seek guidance in his temple. For in the day of affliction, he will keep me in his dwelling place; In the shelter of his sanctuary, he will protect me and set me high on a rock.<sup>6</sup> He will make me prevail over the enemies around me, and in his sanctuary, I will offer sacrifices of praise and sing and sing psalms to the LORD. 7 Hear, O Lord, my voice when I cry out to you; have mercy on me and answer me.<sup>8</sup> My heart says to me, "Seek his face!" [a] And I, O Lord, seek thy face. 9 Do not hide your face from me; do not reject this servant of yours in your anger, for you have been my helper. Do not forsake me or forsake me, God of my salvation.<sup>10</sup> Even if my father and mother forsake me, the LORD will welcome me.<sup>11</sup> Lead me, O LORD, in your way; lead me in the path of righteousness for the sake of my enemies.<sup>12</sup> Do not give me over to the whim of my adversaries, for false witnesses are rising against me, breathing violence.<sup>13</sup> But of one thing I am sure: I will see the goodness of the Lord in this land of the living. 14 Put your hope in the Lord; take courage and take courage, put your hope in the Lord.

Psalm 23:1 says, The Hebrew term is mā'oz, which can also be translated as "refuge" or even as "harbor." The Lord was like a fortress that kept David safe. As David thinks of the Lord in these roles, he recognizes that he has no reason to fear anyone. Like David, we need not fear, because the Lord keeps us safe.

Psalm 27:3 tells us, "When the wicked ones, my afflictors, and my enemies rushed against me to devour my flesh, they stumbled and fell." David's top priority in life was his relationship with the Lord. Although he was in the wilderness seeking refuge from his enemies, David's heart was in the tabernacle seeking the beauty of God. He longed to return to the Tabernacle and spend the rest of his life in worship.

Psalm 27:4 In times when we have problems, anxieties, illnesses, or difficulties, we truly express who we are: fragile human beings in need of all kinds of help.

Psalm 27:5 is the Hebrew word for tent or dwelling place. God desires to bring you into His very abode and hide you in secret.

Psalm 27:10 tells us that the psalmist asks for Jehovah's favor, the continuity of his presence with him, the benefit of divine guidance, and the benefit of divine protection. God's time to help those who trust in Him, that is, when all other helpers fail. David experienced only times of victory and joy.

Now we see that he, too, had struggles, but he knew the secret to regaining trust in God: prayer. David cried out to God when he felt insecure or afraid. He knew he couldn't do anything on his own. I needed God, to feel His presence, to see His face. No one else could save him. We all feel insecure at times. When this happens, we need to cry out to God for help, to go before Him in prayer and supplication. God always listens to those who put their trust in him. He does not abandon us in our hour of need. David had one certainty. No matter how difficulties came into David's life, God' would be there.

## The Reason

Reverend Aaron Betz

The Christmas season is upon us. In it we celebrate the birth of the King of Glory Himself. Let's look at a crucial scripture about the birth of Jesus:

Isaiah 9: 6-7a For unto us a child is born, unto us a son is given, and the government will be upon His shoulders. And He will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. 7 Of the increase of His government and peace there will be no end.

Notice the names given to this Child. Let's think upon these names:

Wonderful Counselor- Not only does Jesus hold the wisdom and knowledge of God, according to 1 Corinthians 1:24 He **is** the power and wisdom of God (1 Corinthians 1:24). He sees all hearts the way that they are and He is the holder and keeper of all secrets within His creation. Note that Colossians 2:3 says that in Jesus is hidden all the treasures of wisdom and knowledge.

Mighty God- Jesus is the image of the Father God. He holds all of His attributes and has been given the seat of honor next to the Father.

Colossians 1: 15-16 The Son is the image of the invisible God, the firstborn over all creation. 16 For in Him all things were created, things in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities. All things were created through Him and for Him.

Everlasting Father- Just as He has been given the seat next to the Father, He and the Father share the same love for each one of us. They love us with the love that they love one another. The Love of the Father is shed upon all of creation through Jesus.

John 17: 20-23 "I do not pray for these alone, but also for those who will believe in Me through their word; 21 that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me. 22 And the glory which You gave Me I have given them, that they may be one just as We are one: 23 I in them, and You in Me; that they may be made perfect in one, and that the world may know that You have sent Me, and have loved them as You have loved Me.

Prince of Peace- Jesus was sent to reconcile all things to the Father so that in the end, Peace may be reestablished between God, the Father and His creation.

Colossians 1: 20 and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.



Jesus  
IS THE  
REASON  
FOR THE  
Season





## Crowns

Sis Grace Crescenzo

John describes Jesus as the "Son of Man, having on His head a golden crown, and in His hand a sharp sickle" Revelation 14:14. A victor's crown, like when an athlete won an important contest, and was given a crown of honor, glory, and victory.

Rev 19:16 & 12, "King of kings and the Lord of lords" and "on his head are many crowns."

We "Crown Him with Many Crowns" as we lift our voices to praise the One exalted high above all others!

Revelation 4 reveals crowns being cast by 24 elders who kneel and worship God saying: "You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will, they were created and have their being."

The incorruptible crown, the crown of righteousness, the crown of life, and the crown of glory (1 Corinthians 9:25; 2 Timothy 4:8; James 1:12; 1 Peter 5:4). The twenty-four elders show by casting their crowns before God that they owe all their achievements to God.

The "crown of glory" associated with elders who shepherd the flock of God faithfully, (1 Peter 5:4). When we faithfully shepherd those under your care, expect to gain an unfading crown of glory in the life to come, as well as blessings even now.

And there is a "crown of life" that is given to those who suffer for the sake of Christ, and especially to those who lay down their lives. (Rev. 2:10)

Those who remain steadfast under trial will be blessed to receive the crown of life promised to those who love God. James 1:12, "Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him." This matches Jesus' statement in Matthew 24:13, "that only those who endure to the end will be saved".

This is a picture of eternal life, which God promises to His people, welcoming us at the finish line and crowning us with honor, blessing, and life that is everlasting. The crown of eternal life is the prize to all who overcome carnal mind. God promises to approve those who persevere under trial. They are blessed, receive approval of God, and a great reward, the Crown of Life.

Crown of Righteousness, mentioned in 2 Timothy 4:8, is promised to "those who love and anticipate" the Second Coming of Christ. These Christians desire intimacy with God. This is the crown that Paul referred to when he wrote about his own death and the crown that Jesus would give to him.

There is great reward to those who follow Christ to the end! God is delighted to place honor on His beloved, those who hold fast His testimony through every difficulty.

Read I Corinthians 9:24-27

Paul felt the believers, whom he was leading, influencing, and fellowshiping with, **THEY WERE HIS CROWN!** **Not prizes of money or fame, but people, brought into the presence of God at the Lord's coming! Selah...**

## Cease Fire! Delaware State Rep Interruption

Evangelist Kathryn Gore

Earlier this week, it was reported that a Democrat Delaware State Representative, Madinah Wilson-Anton, held up a sign that read “cease-fire” during a speech held at the Christmas party of Vice President, Kamala Harris. The Rep. began yelling at Kamala Harris saying, “Did you know in Bethlehem they are not celebrating Christmas? Did you know in Bethlehem, baby Jesus is under rubble? Why won’t you call for a cease-fire?” Kamala response to Madinah’s yelling, stating she understood Medina wanted to be heard but right now she was speaking, caused Madinah to act out the more in which she was escorted out of the building.

There is no respect for the people of God. There is no respect for Jesus.

John 15:18-25

### Hated by the World

**18-19**“If you find the godless world is hating you, remember it got its start hating me. If you lived on the world’s terms, the world would love you as one of its own. But since I picked you to live on God’s terms and no longer on the world’s terms, the world is going to hate you.

**20**“When that happens, remember this: Servants don’t get better treatment than their masters. If they beat on me, they will certainly beat on you. If they did what I told them, they will do what you tell them.

**21-25**“They are going to do all these things to you because of the way they treated me, because they don’t know the One who sent me. If I hadn’t come and told them all this in plain language, it wouldn’t be so bad. As it is, they have no excuse. Hate me, hate my Father—it’s all the same. If I hadn’t done what I have done among them, works no one has ever done, they wouldn’t be to blame. But they saw the God-signs and hated anyway, both me and my Father. Interesting—they have verified the truth of their own Scriptures where it is written, ‘They hated me for no good reason.’

I have no clue as to what Kamala Harris’s speech was about, but to know a Rep. from Delaware would make it her business to stand against Israel and their protection further proves the darkness that Delaware holds. We have leaders upon leaders in the State of Delaware that stand on the wrong side of God. Surprisingly, President Joe Biden, who represents Delaware, appears to be standing his ground when it comes to not calling a cease-fire. He stated the following, “As long as Hamas clings to its ideology of destruction, a cease-fire is not peace. To Hamas’ members, every cease-fire is time they exploit to rebuild their stockpile of rockets, reposition fighters and restart the killing by attacking innocents again.” I agree with Joe Biden. Many people say though he’s stating these words, he still plays a role of coming against Israel in the background, in which he can’t be trusted. Bottom line, the word of God is true. As time goes on, more and more people carry darkness. God has a plan for his people. We win in the end.

Selah



## **Humility and Holiness (part 11)**

**by Theresa McGinnis**

In man, humility is the one thing needed to allow God's Holiness to dwell in him and shine through him. In Jesus, the Holy One of God who makes us holy, a divine humility was the secret of His life, His death and His exaltation. The one infallible test of our holiness will be the humility before God and men which marks us. Humility is the bloom and beauty of holiness. The mark of counterfeit holiness is the lack of humility. It is so important that what we start out doing before God in the spirit, that we don't finish it in the flesh because of pride. One of the things about pulling ourselves closer to God, is that we start to think more highly of ourselves than we ought to. It is so easy for man to undo his walk because he starts to see himself as better than those around him, he starts to think that he is closer to God than any other and he deceives himself with pride. Pride will lift its ugly head right in the very Temple of God, because of man's own self-importance. Just as when the Pharisee and the publican both went into the Temple to pray, it wasn't the Pharisee who despised him, who was beside him, that the publican needed to fear- it was the pharisee within himself. The pharisee within that would have him exalt himself and lift his own self up. When you are in God's Temple, when you think that you are in the holiest of all, in the presence of His Holiness, we need to be aware of pride. Job 1:6 tells us, "Now there was a day when the sons of God came to present themselves before the Lord, and satan also came among them." We must be careful unless we become as the Pharisee in the Temple who prayed, "God, I thank thee, I am not as other men, or even as this publican." (Luke 18:11) Pride can clothe itself in the garments of praise or penitence. Yes, even in the temple, when the language of penitence and trust in God's mercy alone is heard, the Pharisee may take up the note of praise, and in thanking God, be congratulating himself. If you listen to how those in the house of God talk, you often hear them saying that they do not do as others do, that they are better than another because they do not do what they have done. This is just the edge of pride, of setting yourself higher than others around you. My thoughts are "thank God, because if it wasn't for the grace of God, that could be me also. We are always only a step away from men who are not walking with God as they ought to. We need to stay humble, we need to show the meekness and gentleness of Christ at all times. So many times, the work of God is hindered because men who are counted as saints prove themselves to not be humble, but instead to be touchy and to act in haste and impatience, to act in self-defense and self-assertion, in sharp judgments and unkind words, they did not esteem others better than themselves. In our spiritual history, men may have had times of great humbling and brokenness, but what a different thing this is from being clothed with humility, and from having a humble spirit. How different this is from having that lowliness of mind in which each counts himself the servant of others, and so shows forth the very mind which was also in Jesus Christ. Where do you stand? Do you think that you are better than others, or are you the servant of those around you?

## Light



Sandra Rodriguez - The Wholetones Family



Season's Greetings,

Last night, we loaded our dog, Teddy, in the car and set out to canvas the neighborhood and a large area of our town in search of Christmas lights and decorations to make us "ooh" and "ahh".

There used to be a house just a five minute walk from us that did an elaborate job of decorating for the holidays, lining every window of their large home with colorful lights; outlining their rooftop with white lights and placing atop it a sleigh complete with reindeer, presents, and waving Santa. Every tree and bush was covered in lights, the expansive lawn beautifully decorated with lighted angels, gifts, snowmen, and a sign wishing all passersby a Merry Christmas. You could even tune your car radio to the station posted on a sign and listen to Christmas music and carols while watching the lights chase and blink in synchrony with the music.

Every year, we looked forward to walking or driving by this wondrous home! Then, a couple of years ago, the house was sold. The new occupants do not decorate at all. You can practically hear and feel the collective sigh and shoulder-slumping of the neighborhood as we pass the darkened property this time of year.

It's hard not to find yourself in a festive and happy mood when you're around Christmas lights. What is it about them that helps lift our moods and spirits? Turns out there are quite a few things.

For many of us, Christmas is a magical and nostalgic time that evokes memories of innocence and the excitement we felt as children. Christmas lights and decorations are an anchor and pathway to those strong emotions.

The emotional aspect is just a part of the impact. There is also a sensory impact. Christmas lights are full of bright colors which actually have a direct effect on brain chemistry. This is known as Chromotherapy (color therapy), which is the science of using the color spectrum to adjust body vibrations to frequencies that result in better health. This is the science behind Wholetones Chroma, one of the most holistic and simple methods to create harmony and heal the physical, mental and spiritual energy imbalance that can lead to disease in each area.

For those of us who recognize Christmas as a celebration of the birth of Christ, this is a deeply spiritual time, and lights play into this as well. Our bodies, minds and spirits are so affected by light. The scriptures tell us that heaven is full of light and color. There is no need for the sun or moon in heaven because Jesus is the Light.

"...the glory of God has illumined it, and its lamp is the Lamb"

~ Revelation 21:23

There is radiant color in heaven.

"And there was a rainbow around the throne..." ~ Revelation 4:3

Also read Revelation 21:19 where it describes the foundation stones of the city walls as jasper (brick red), sapphire (brilliant blue), chalcedony

(quartz), emerald (green), sardonyx (orange/red), topaz (yellow), amethyst(purple) and more.

As an added bonus, did you know that when you put up Christmas decorations and lights, your neighbors may also perceive you as more social and friendly? Research shows that decorating our homes communicates friendliness, openness, and a sense of community to our neighbors.

Pretty neat, huh?

Although I didn't know about this piece of research earlier, I think I knew it innately. You just get a sense that the people who decorate enjoy making others feel welcome and happy.

With that, happy decorating if you haven't done it already! If you weren't feeling like doing it up until now, you may find that it will actually help lift your spirits to do it (on top of all the benefits we just went over).

**May your days be merry and bright!**

## *A Christmas Letter from Jesus*

*When you look for me at Christmas,*

*You won't need a special star.*

*I'm no longer just in Bethlehem,*

*I'm right here where you are.*

*You may not be aware of me*

*amid the celebrations.*

*You'll have to look beyond the stores,*

*and all the decorations.*

*But if you take a moment*

*from your list of things to do,*

*To close your eyes and say a prayer,*

*I'm waiting here for you.*

*You're the one I want to be with,*

*You're the reason that I came!*

*And you'll find me in the stillness*

*Where I'm whispering your name.*

## CONDITIONS THAT CAUSE BLOOD IN YOUR URINE

Reverend Naomi Nichols

Blood in your urine is called hematuria. Sometimes, there's so little blood in your urine that it only shows up under a microscope when your doctor is testing your urine. Most of the time, the causes aren't serious, however, the symptom could point to a bigger health problem. It is crucial not to self-diagnose or ignore the symptom. You should always consult your doctor.

**URINARY TRACT INFECTION (UTI)** – happens when bacteria infects the bladder or urethra. Symptoms include a burning sensation during urination, frequent urination and lower abdominal pain. UTIs are very common and antibiotics can usually clear them up.

**KIDNEY INFECTION (Pyelonephritis)** - A UTI can make its way to your kidneys through the connecting tubes of the urinary tract. You're more likely to have a fever and pain in your sides and it can be more serious, especially if it spreads to other parts of your body. Prompt treatment with antibiotics is crucial to prevent the infection from spreading and causing further complications.

**KIDNEY STONES** – they form in your kidneys when there's a build up of calcium or other minerals. They can really hurt, especially in your back near your hips and ribs if they grow big enough. You may see blood or even a piece of a stone in your urine. Smaller ones may pass but you may need surgery to get rid of larger ones.

**KIDNEY INFLAMMATION – (Glomerulonephritis)** - It can damage the tiny filters in your kidneys which makes it harder for them to get rid of waste. Your pee may have blood or look foamy and brownish and you may notice swelling in your face, legs and belly. Immediate treatment can prevent kidney damage.

**MEDICATIONS** – some drugs like penicillin, aspirin, heparin (blood thinner) or the cancer drug cyclophosphamide, can cause blood in your urine.

**TRAUMA** – physical injury to kidneys or bladder, such as a fall or car accident, typically in your lower back area can cause blood in your urine. Seek medical attention immediately so they can keep an eye on you to make sure you are recovering well. If your injury is severe, you may need surgery

**CANCER** – blood in your urine may be a sign of kidney or prostate cancer. This is one reason why it's important to let your doctor know when you notice any blood. They can rule out more serious conditions or start any treatment you may need.

**BLOOD CLOTS** – if they lodge in the urethra or ureters, they could block urine flow which can lead to kidney damage. Treatment include drinking lots of fluids or having intravenous fluids infused. Diagnosing the cause will guide the appropriate treatment immediately.



Merry Christmas



## Help for Swollen Feet and Ankles – Essential Oils Part 2

Nancy Connell

Continuing from last week, let's add to the other essential oils, we have the Juniper Berry essential oil. There are 2 types, but for this article we are going to talk about the Mountain Juniper Berry Essential Oil. It has been thought to be a natural pain reliever because it has a high chemical component called sabinene. With this the juniper berry essential oil has been used to relieve muscle cramps and other conditions associated with poor circulations, for example: arthritis.

With its properties to be an astringent, the juniper berry essential oil may be used to stimulate warmth and boost circulation. Because of this it would help reduce swelling.

The amazing thing about the oil is not only does it boost circulation but also improves it. It is also high in antioxidant properties, so it has been known and used to reduce cellulite, tone the skin, and balance the skin because of it being high in antioxidant properties. With this it helps to bring down the swelling in the feet. (More on the amazing benefits of this oil coming soon.)

Another essential oil is the Helichrysum Italicum. Helichrysum Italicum has been used for its medicinal properties for a long time and, even nowadays, continues to play an important role in the traditional medicine of Mediterranean countries.

Helichrysum Italicum has cooling and soothing properties that are thought to heal and restore our body from the inside out! It is used to calm inflammation, soothe skin irritation and calm the mind. Helichrysum Italicum essential oil is used also to fight inflammation, relieve pain, increase circulation, reduce swelling and soothe sore muscles.

### How to Use Essential Oils for Swollen Feet and Ankles 2 Step Way To Apply the Essential Oils to help swollen feet and ankles. Foot Soak and Massage.

#### Foot Soak Blend Recipe

- 1 drop cypress
- 1 drop lavender
- 1 drop peppermint
- 1 drop juniper berry

Using the foot soak blend recipe, dilute the essential oils in a small amount of carrier oil. Pour warm water into a bowl that is enough to cover your ankles. Put a few round small pebbles in the water and add the essential oil blend. Gently roll your soles over the pebbles for a few minutes (this helps to stimulate circulation). Then soak your feet for 10-15 minutes. Dry your feet and use the recipe for the massage to massage your feet!

#### Massage Oil Recipe

- 5 drops helichrysum italicum
- 5 drops cypress
- 1 drops peppermint
- 5 drops juniper berry
- 30 ml carrier oil

Blend the carrier oil and essential oils together in a glass bottle. Use a small portion to massage your feet and ankles starting from your feet, to your ankles and up to your knees. Resting with your feet up after the massage will be very helpful.

#### Don't forget other things you can do are:

- Elevating your feet and legs, as much as possible, and keep moving.
- Exercise, such as walking, can get the blood circulating and help reduce swelling. Check with your physician before starting any exercise program!
- You may also consider wearing compression socks because they help to increase circulation and reduce swelling

And  
there is salva-  
tion in no one else,  
for there is no other  
name under heaven  
given among men by  
which we must be  
saved.

-Acts 4:12



The Lighthouse Inc.  
6 S Railroad Ave  
Wyoming DE 19934  
(302) 697-1472  
[www.lighthousechurchinc.org](http://www.lighthousechurchinc.org)

