

The Encourager

Churches Helping Churches and People Helping People

What is The Encourager?

The Encourager is a publication giving words of encouragement and hope to the community in these difficult times.

The world has been impacted by COVID-19 in a way that could

not be envisioned.

As people adjust to cope with major life changes, the articles in *The Encourager* will share relevant information to use.

Scriptures will be included to

provide encouragement, hope, and comfort.

If you are interested in additional copies, or if you would like to contribute articles, please contact the editor.

Peace of Mind

If you don't like the way you feel, change the way you think.

Did you know that even in the most difficult times, the Lord promises peace to the believers?

Jesus says, "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid" (John 14:27).

This peace comes as a result of having faith in God and trusting His discretion. Jeremiah 29:11 says, "For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end."

If we are experiencing stress or anxiety, we can bring them

to the Lord in prayer. "Casting all your care upon him; for he careth for you" (1 Peter 5:7). Also, Jesus says, "Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls" (Matthew 11:28).

When dealing with mental stress, it is important to remember this saying: **During this time we must stay busy!** The Apostle Paul writes, "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good

report; if there be any virtue, and if there be any praise, think on these things. Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you" (Philippians 4:8-9).

If we **trust the Lord and follow His Scriptural formula**, we will be able to handle our situations.

Memorize and quote the Word of God. Isaiah 26:3 says, "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee."

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus (Philippians 4:7).

Emergency Planning

There is an old adage that says, "It is better to have it and not need it than to need it and not have it".

We have seen many unexpected situations and shortages this year. Because of that, it is important to have emergency plans in place to help alleviate any inconveniences

or difficulties.

The Center for Disease Control offers suggestions to being prepared for weather-related emergencies, including power outages. In their article, "**Be Prepared to Stay Safe and Healthy in Winter**", the following

suggestions are provided:

-Stock food that needs no cooking or refrigeration and water stored in clean containers.

-Ensure that your cell phone is fully charged.

-When planning travel, be aware of current and forecast weather

conditions.

-Keep an up-to-date emergency kit, including:

- Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps;
- extra batteries;
- first-aid kit and extra medicine;
- baby items; and
- cat litter or sand for icy walkways.

-Protect your family from carbon monoxide.

- Keep grills, camp stoves, and generators out of the house, basement and garage.
- Locate generators at least 20 feet from the house.
- Leave your home immediately if the CO detector sounds, and call 911.

<https://www.ready.gov/power-outages>

Some things that should be done in an outage:

- Keep freezers and refrigerators closed. The refrigerator will keep food cold for about four hours. A full freezer will keep the temperature for about 48 hours. Use coolers with ice if necessary. Monitor temperatures with a thermometer.
- Maintain food supplies that do not require refrigeration.
- Avoid carbon monoxide poisoning. Generators, camp stoves, or charcoal grills should always be used outdoors and at least 20 feet away from windows.

Never use a gas stovetop or oven to heat your home.

-Check on your neighbors. Older adults and young children are especially vulnerable to extreme temperatures.

-Turn off or disconnect appliances, equipment, or electronics. Power may return with momentary "surges" or "spikes" that can cause damage.

Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a

disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

The following items are suggested when selecting emergency food supplies:

- Water, one gallon of water per person per day, for drinking and sanitation
 - Ready-to-eat canned meats, fruits, vegetables and a can opener
 - Protein or fruit bars
 - Dry cereal or granola
 - Peanut butter
 - Dried fruit
 - Canned juices
 - Non-perishable pasteurized milk
 - High-energy foods
 - Food for infants
 - Comfort/stress foods
- https://www.ready.gov/sites/default/files/2020-03/ready_emergency-supply-kit-checklist.pdf

There are many other sites that provide written information and videos on emergency prepping.

We can help each other!

Churches helping churches and people helping people:

Goods for Goods* *Services for Services* *Goods for Services

In these difficult times, we are looking to set up a network of churches helping churches and people helping people. If you have a skill to provide or items you would like to barter or exchange, please contact us! **You may call us at 518-272-6679 or email us at info@redemptionchurch.net.**

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