

The Encourager

Churches helping Churches and People helping People

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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 submit them to the editor.

COVID-19 PESTILENCE RELIEF

CORONA-19 Pestilence relief Urgent message

This is about a United Gospel Front for these perilous times to form a non-denominational, non-doctrinal spiritual entity that, although absent in the body, is present in the Spirit.

We must unite against the powers of the enemy by being on one accord and one mind. We are to mind the same things with the unity of the Spirit.

This information is to mitigate the effects of the current Coronavirus **pestilence**. We need to establish a community of like-minded believers that know the day is approaching.

The Coronavirus is a most conspicuous and obvious indication that these are perilous times that necessitate making spiritual and practical adjustments. This is to prompt everyone to reassess their priorities and adhere to first century Scriptural practices and principles. Christians must consolidate their resources. "And all that believed were together, and had all things common" (Acts 2:44).

The Apostle Paul warns us, "This

know also, that in the last days **perilous times** shall come" (2 Timothy 3:1).

In Matthew 24:7, Jesus gives us signs of the end times, "For nation shall rise against nation and kingdom against kingdom, and there shall be famines and **pestilences** and earthquakes in divers places".

Clearly, these are the end times. Yet, in all our troubles, the Lord promises, "I will never leave thee, nor forsake thee" (Hebrews 13:5).

As we take precautions against the Coronavirus (COVID-19), there are affordable, time-tested practices that can help with disinfecting and personal habits that will strengthen our immune system.

Disinfecting: It is important to follow handwashing guidelines. Also, the US Center for Disease Control outlines this cost effective method of sanitizing: <https://www.cdc.gov/vhf/ebola/pdf/making-hand-washing-solution-bleach-hth.pdf>

Strengthening the Immune System: Consider the following excerpts of information on the benefits of fresh air, sunlight, drinking water, exercise for the

lymphatic system, and apple cider vinegar.

Fresh air Boosts your immune system. Help to fight them off with the power of fresh air. ... It also supplies your immune system with the oxygen it needs to kill and destroy bacteria, viruses and germs. Breathing in stale air will not supply your body with enough oxygen to keep your cells fueled and functioning properly. <https://www.phantom-screens.com/resource/getting-fresh-part-1-the-health-benefits-of-fresh-air/>

Sanatorium Movement Crosses the Pond

The first sanatorium in the U.S. was opened in 1885 in Saranac Lake, New York by Edward Livingston Trudeau, an American doctor who had planned to spend his final days in the Adirondack Mountains but found that his symptoms disappeared in the fresh air. <https://mobile.reuters.com/article/amp/idUSN2632370020070227>

Sunlight When natural sunlight hits the skin it triggers the body's production of vitamin D. Vitamin D is also known as "the sunshine vitamin." It is a crucial ingredient for overall health;

protects against inflammation, lowers high blood pressure, helps muscles, improves brain function and may even protect against cancer. <https://www.msn.com/en-us/Lifestyle/wellness/health-benefits-of-sunshine/ss-BBsIE1R>

10 Amazing Health Benefits of Sun Exposure Sun exposure lowers blood pressure. ...Sun exposure improves bone health. ...Sun exposure improves brain function. ...Sun exposure eases mild depression. ...Sun exposure improves sleep quality. ...Sun exposure lessens Alzheimer's symptoms. ...Sun exposure heals some skin disorders. ...Sun exposure boosts growth in children. <https://www.lifehack.org/articles/lifestyle/10-amazing-health-benefits-sun-exposure.html>

Important about air and sunlight

For nearly two centuries, hospital designers had based their layouts on a fundamental assumption: In order to remain disease-free and health-giving, hospital spaces required direct access to sunlight and fresh air. This rule was the product of a centuries-old belief that disease could be spread by, or perhaps even directly caused by, dark, stagnant spaces where bad air—smelly, vitiated, stagnant, particulate-laden air—accumulated.

In the late 18th century, this correlation was statistically certain. Epidemics always hit the tenants of crowded, impoverished urban districts harder than the inhabitants of airier, wealthier neighborhoods. Patients in large urban hospitals suffered cross-infections and secondary infections far more frequently than patients in rural or small-town hospitals. It was common knowledge that if windowless rooms didn't directly breed disease, they bred the conditions that led to disease.

Late 19th-century and early 20th-century advances in medical theories and practices altered, but did not erase, a faith in windows. With the development of germ theory, sunlight and fresh air had new purposes. Experiments proved that ultraviolet light was germicidal. So windows of clear glass, or even of special "vita-glass" that did not block the UV rays, were a means of surface decontamination. <https://www.smithsonianmag.com/history/when-fresh-air-went-out-fashion-hospitals-180963710/>

Static lymphatic system There are a number of easy and effective ways to improve the health of both your cardiovascular and lymphatic circulatory systems: **Drink plenty of water.** ...Exercise regularly (both cardio and strength training) ...Eat healthy. ...Try manual lymph drainage therapy. ...Shake it up with vibration and rebounding therapies. <https://www.gaiam.com/blogs/discover/6-ways-to-boost-circulation-for-detoxing-and-immunity>

SWEAT! Sweating is gross and it can smell, but it's normal! Sweating toxins out of your body is important to keeping your Lymphatic System clean and in tiptop shape. ... Jumping roping or trampoline jumping is specifically recommended to help the Lymphatic System because it boosts blood flow and overall immunity. <https://www.keep-a-breast.org/blog/5-ways-to-help-keep-your-lymphatic-system-healthy>

Apple cider vinegar Detox - Apple cider vinegar can help detox your home, but it can also detox your body. It can help promote circulation and detoxify the liver. The acid in ACV can also bind to toxins which can assist in removing toxins from the body. ...This also aids in the removal of toxins. <https://patch.com/new-jersey/ramsey-nj/25-ways-apple-cider-vinegar-will-change-your-life>

As difficult times approach, we need to arm our minds and put our faith and trust in the Lord Jesus Christ.

Romans 8:35-39 says, "Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter. Nay, in all these things we are more than conquerors through him that loved us. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord".

Even in the most extreme of tests, we can rely on His Word. Psalm 23:4 tells us, "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me".

Jesus tells us, "Fear not, little flock; for it is your Father's good pleasure to give you the kingdom" (Luke 12:32).

We can help each other!

Churches helping churches and people helping people:

Goods for Goods

Services for Services

Goods for Services

If you have a skill to provide or items you would like to barter or exchange, please contact us!

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