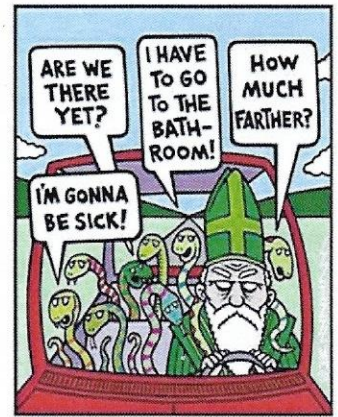


Parish Nurse News AUGUST 2018

Parish Nurse is available at the Church from 9:00 to 11:30am each Sunday. (Or you may call for an appointment) Vicki



St. Patrick driving the snakes out of Ireland.

Powerful Faith:

"I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there'; and it will move. Nothing will be impossible for you." Matthew 17: 20

Faith is the bottom line, if you believe who God is; what Christ did for you; if you believe God's power; if you believe the Bible-nothing is impossible for you. Faith is a powerful thing...even a little bit of faith. Faith that is as tiny as a mustard seed-that's tinier than your littlest finger tip-can move a mountain. Unless you've been rearranging the Rocky Mountains, you probably haven't even begun to tap the possibilities of faith in Christ.

Faith and trust go hand in hand. Believe who He is, let your faith and trust in Him grow, and see what He will do through you.

INFLAMMATION

How to reduce Inflammation in your body. What is inflammation? It is your bodies reaction to something that's not supposed to be there. It is temporary and beneficial. For some people it can be a chronic event, affecting various systems and organs and in this case, be a foe and not a friend. We know that rheumatoid arthritis and lupus are auto-immune conditions that cause chronic inflammation. Recently low-level chronic inflammation has been linked to heart disease, dementia, type 2 diabetes, cancer, etc. It can be very difficult to tell when it is present unless you experience the redness, swelling and pain. Your Doctor can order a blood test called a C-reactive protein. Some doctors may check it to see if you are at risk of a heart attack or stroke. To prevent an increased risk of inflammation try these suggestions: change to a Mediterranean diet, (which is focused on fruits, vegetables, whole grains, fish and healthy fats.)

(Continued on back page)

We love because God first loved us!



Just a reminder: Keep your eyes open for our BHCC family in the news! Let's let them know we are proud of them.

A great big THANK YOU to those who have cared for the church property this summer. I'm not sure who all has been involved, but I know the list includes Don Powell, and of course our "flower lady" Barb Wagner. Your work is appreciated more than you'll ever know!

August Calendar of Events

Aug. 9th 7:00 pm - Healing Service

Aug. 14th 6:30 pm Elders Meeting
7:30 pm Council Meeting

Aug. 15th 5:30 pm last Wed. night BBQ

Aug. 25th 9:00 am - Ladies Aide-time to bring your Alabaster boxes

Aug. 28th 6:30 pm Elders Meeting

Weekly Schedule

Sunday; 8:45am Children/Youth & Adult Sun.School
10:00 am Service

Wed. 7:00 pm – Prayer Family at Ohrtmans

Thurs. 1:00pm Small Group Bible Study at Ohrtmans
7:00pm AA Meeting at BHCC

Clothes and Insect Repellent:

The question is should I spray my clothes with the insect repellent: The answer is yes you can and should, just do not spray your skin first and then put your clothes on over the area of skin that you had sprayed. Even better, spray your clothes and shoes first and set outside to dry. Done this way will let the spray last through a few washes. Be sure to use repellent that has 15-30% of Deet, 20% picaridin or 30% of oil lemon eucalyptus. Beware of some of the insect repellents can damage certain types of material. Remember to be cautious when outdoors, the West Nile virus is prevalent in the states again.

(Continued from front page Inflammation)

Limit foods that cause inflammation: such as red meats, processed meats, organ meats, refined grains, and sugar sweetened drinks. Women should limit alcoholic drinks to 1 per day and men are limited to 2 per day. It is said it can contribute to inflammation. You should strive for a healthy weight: obesity related inflammatory diseases are well known, which explains the high risk of chronic disease in obese people. Get physically active. Daily exercise can lower inflammatory processes. The Center for Disease Control and Prevention recommends 150 minutes of moderate intense exercise per week. Break it down to intense walking for 30 minutes for 5 days per week. Try to decrease your cholesterol levels to protect your heart. Avoid injury and illness to help prevent the development of inflammation. Poor dental health can put you at risk for infections and thus inflammation. Too little sleep can increase your risk of inflammatory disease and heart problems. It is recommended to get at least 7 hours of sleep at night.