



Issue | 6 September 2021

WELCOME



Welcome to our next edition of our community “Reaching your Neighbor” newsletter. We hope you will be inspired by this devotional and other uplifting information provided in this newsletter. It is also our hope that God continues to bless you, and lead and guide you so that you can be that helping hand in the World!!

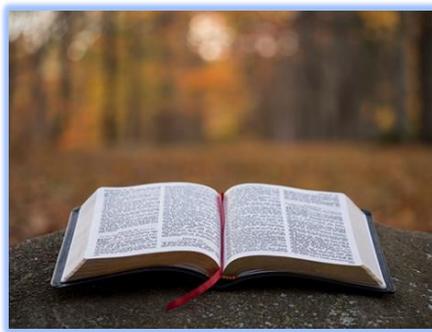
By: Destiny Maldonado

DEVOTION

Our Daily Bread – By Robert Morris

Have you ever skipped a meal? Maybe your day was too busy or you simply forgot to stop and eat. It really affects you, doesn't it? You start to feel weak, irritable and tired the longer you go without food because you need it for your body to function properly. This is something that happens all the time spiritually.

In Matthew 6:11, in the middle of the Lord's Prayer, Jesus teaches us to pray for our daily bread when He says, “Give us this day our daily bread.” Throughout the Old and New Testament, many Scriptures refer to the Word of God as bread. So, with that in mind, is it possible that Jesus is telling us to pray every day for a word from God—for our daily bread?



I *fully* believe God has a word for you every day and that word will strengthen and nourish you all day long. However, there are a lot of people who are weak and tired because they aren't getting their daily bread from God's Word. They're going weeks and months without eating what's readily available to them. God cares for us like a shepherd care for his sheep, and He's provided us with the nourishment we need—but it's up to us to actually eat it.

When you start reading the Bible every day, God will speak to you through it. He'll encourage you and prepare you for situations you're going to encounter each day. Sometimes a word you get in your daily reading can provide nourishment for someone else, too. You never know when God is going to speak a word to you that will change your life or the life of someone around you.

KID OF THE MONTH

By Virginia Maldonado

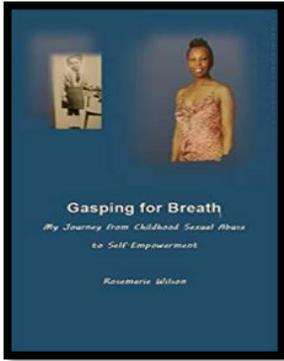
This edition of “Kid of the Month” is not written by Destiny Maldonado, because she is the recipient of this month's spot. Destiny is the regular writer of this section of the newsletter. As her mom, it is an honor and a privilege having her recognized; not just for her many talents, but for her efforts in striving to be a spiritually-minded teenager. From a very young age, Destiny has always shown an interest in spiritual matters. After taking several Bible studies at eight years old, she had a burning desire to be baptized. At the age of ten years old she was baptized, fulfilling her burning desire. Destiny just turned sixteen in August!

My husband and I are very proud of Destiny. She developed a love for reading from the time she learned to read, and not only reading but also developed a love for writing. Currently, she has written two books and a devotional “teen” book. We are working on getting her work published. Destiny, along with the awesome support of the newsletter team is actively researching and writing the “Kid of the Month” articles for this newsletter you are reading now. She has given bible studies to other kids that have resulted in them giving their lives to Jesus through baptism. She likes to set goals for herself, and she is very determined in finishing and accomplishing what she starts. When things get difficult, she turns to God and seeks spiritual guidance and support from spiritually-minded people in her quest to do what is right. In Destiny's words, “I feel that my purpose in life is to bring kids like me, closer to King Jesus.” It is our desire and our hope that she will continue to be a young woman after God's own heart.



FEATURE

Gasping for Breath By Rosemarie Wilson



A brave and revealing story told by a victim turned victor. The author, Rosemarie Wilson, goes back into the shadows of a suffocating journey from childhood sexual abuse and she takes the reader on her journey of recovery. She goes from "gasping for breath" to embracing life and enjoying the breath of life. For anyone suffocated by the memories of being abused, anyone gasping for breath, this book gives them the confidence to know that they too can go from victim to victor. It is possible to rise above the shadows of our past hurts and brokenness.

You can purchase this wonderful book online on Amazon. Also follow Rosemarie Wilson on her YouTube Channel – Rosemarie: my trauma journey “Gasping for breath” for more inspirational content.

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HEALTH NUGGET

Boosting your Immune System By Brontie Radgman

The immune system is astonishingly complex. It is like a military network designed to defend against foreign invaders. The “soldiers” of this network are the white blood cells, which are comprised of many different sub-groups, each having its own mission. (The China Study)

A well working immune system prevents germs from entering your body, and kills them, or limit their harm if they get in. The immune system is your body’s foundation for good health. It is therefore of paramount importance to achieve and maintain a “robust immune system.” The choices that are made on a daily basis can determine the effectiveness of the “immune system.”

Healthy ways to strengthen your immune system.

- Eat more whole plant foods e.g.: fruit, vegetables, nuts, seeds, legumes.
- Limit added sugars.
- Exercise regularly.
- Maintain healthy weight.
- Do not smoke.
- Drink adequate amounts of water - stay hydrated. (Avoid alcoholic beverages)
- Take steps to avoid infection by washing hands frequently
- Get daily exposure to Sunlight.
- Get adequate rest 7- 8 hours nightly (Sleep and immunity are closely related)
- Manage your stress levels.
- Trust in God “The Faith Factor.”

Some Immune Boosters.

Ginger, Vitamin C, Zinc, Onions, Turmeric, Elderberry, Garlic, Vitamin D.



“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 1: 2 KJV.

CALENDAR OF EVENTS

GED Program (Free) Registration
Call 770.483.0764

Mobile ABC Bookstore every other Thursday 4pm-5:30pm
For orders Call: (404) 299-1191
Free Cooking Class: 10/10/2021.
Call: 770-483-0764 for details.
Send your **Prayer Requests** to:
prayerministry@converschurch.org

HELPFUL LINKS

Free Medical: (678) 625-8317
<https://www.willinghelpersclinic.com/>
Youth Services
www.thealcoveshelter.com
Rockdale Career Services – 770-922-0165
Childcare Resources
www.mcg.edu/CCTT
Autism Support
www.gaccrra.org
Crisis Resources
www.atlanta.beliefinaction.com
Domestic Violence hotline
English – 800-799-7233
Spanish – 800-942-69-2
Rockdale Community Food Pantry:
Every Sunday 11 am until food finishes

BIBLE STUDY

3abn.org/rad/study-guides.html
bibleschools.com/1067
www.bibleresearch.info/lessons
LiftingUpJesus.net

Text of the Month

Thy word is a lamp unto my feet, and a light unto my path.

Psalm 119: 105

Please send your submissions by the fifteenth of every month to be included in the following month’s issue to:
reachingyourneighbor@gmail.com