

Let's Get Connected!

Sunday Mornings

Covenant Café 8:30am
(Coffee and grits served)

Sunday School—8:45a.m.-9:45a.m.

Book of Exodus—Mike Folsom
Room 8

Pre-Service Prayer—9:45a.m.

Main Event Worship Service—10:00a.m.

Wednesdays

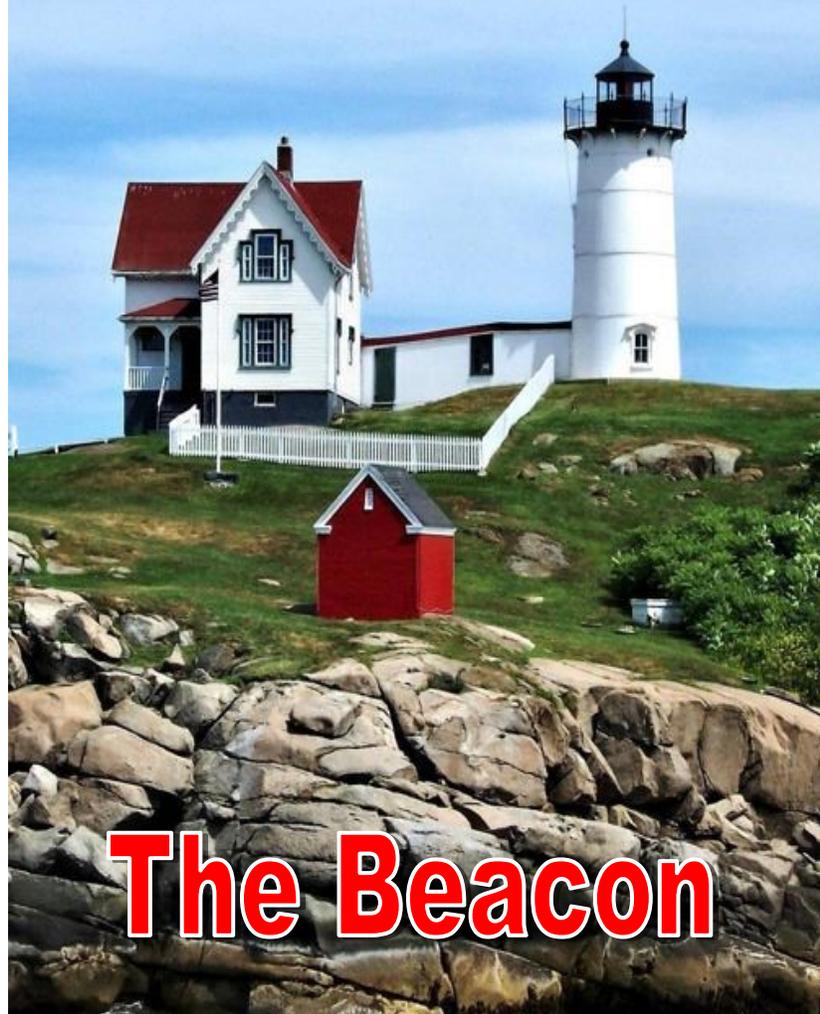
Fire By Night Prayer -Sanctuary - 6:00p.m.

Youth with Pastor Alli in the Youth Room—
6:00p.m.-8:00p.m.

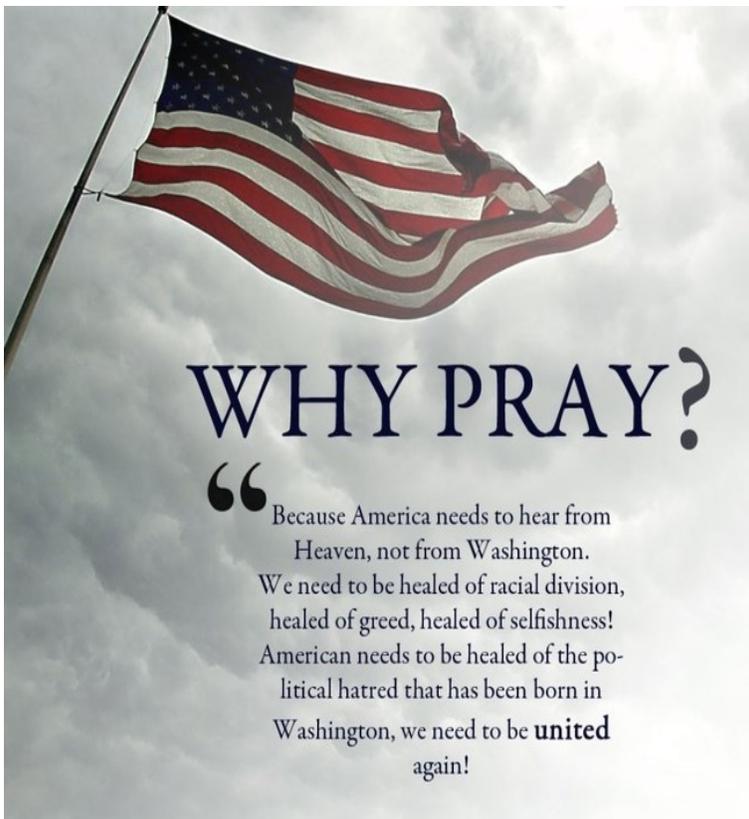
Folsom Home Group in Moultrie, GA—
6:30p.m. (*Dinner and Bible Study included*)

Living Under the Influence Life Group with
Pastor Dave in Room 8 - 7:00p.m.

The Beacon Newsletter / Wednesday, August 11, 2021 /
New Covenant Church / Thomasville, Ga



The Beacon



WHY PRAY?

“

Because America needs to hear from
Heaven, not from Washington.
We need to be healed of racial division,
healed of greed, healed of selfishness!
American needs to be healed of the po-
litical hatred that has been born in
Washington, we need to be **united**
again!

HERE'S
THE
SCOOP!

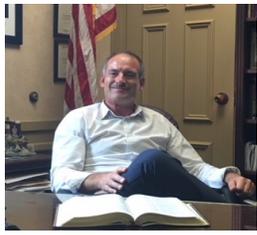


Ice cream Social

Tonight at 7:00p.m.

In the Oasis Fellowship Hall.

*We'll provide the ice cream. Bring your favorite
topping!*



From the Desk of Pastor Dave

*“When you produce much fruit, you are my true disciples.
This brings great glory to my Father” - John 15: 8*



How many of us have gardens? Each year Alli and I enjoy our garden and we do our best to tend it by watering and weeding it. It’s fun to see which plants will yield and eat from the pickings. How about your spiritual garden? Are you sowing seeds that will yield a harvest for the Kingdom of God? The following was given to me from Mabel Moore. I’m not sure who came up with this, but I think this is cool.

Plant four rows of peas. Peas stand for preparedness, perseverance, politeness, and prayers. Next, plant three rows of squash. Squash gossip, squash criticism, and squash indifference. Then, plant four rows of lettuce. Let us be faithful, let us be truthful, let us be unselfish, and let us love one another as Christ loves us. No garden is complete without turnips. Turn up with a smile, turn up with a new Holy Spirit inspired idea and turn up real determination to follow Christ.

One of the things that we are doing is looking at planting a year round garden in our back yard. We enjoy the work that is needed to tend to the plants. Some of the aspects of gardening has to do with making sure that soil is fertilized. During the drier weeks of Summer, watering the plants is critical to their survival and health. This year, the fruit of our labor produced tomato plants yielding cherry tomatoes, lettuce, green beans, green peppers and strawberries. Herbs including rosemary, and basil are thriving. We have been in awe at the miracle of plant life and how God makes them grow. I like what the Apostle Paul says in Galatians 5:22-25 about the fruit of the Spirit. Our life is like a spiritual garden that when tended to will produce a beautiful harvest. We are to live our lives in a manner that looks like Jesus Christ.

How are you tending to your spiritual garden? Are you keeping the soil of your heart well watered with the Word of God? Hopefully, you are saturated with Holy Spirit’s presence. We can get plenty of nutrients through Bible reading, prayer and worshiping Jesus in our private time. Pollination is another ingredient in a healthy garden. We need each other in order to maintain our spiritual health. When we pray, and worship together we are encouraged and drawn closer to Holy Spirit. Let’s remember that His Holy Spirit is the living water that quenches our spiritual thirst. Our spiritual lives can be likened to a plant. It has to be rooted in Him, it thrives in good soil, and it needs water to make it grow. Jesus says to us ... *“Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me” - John 15: 4.*

Don’t let the busyness of life keep you from studying God’s word. Busyness, like weeds, can crowd out the best in the garden and steal the water from the plants. So, stay soaked in His presence absorbing every ounce of love and wisdom. Let’s also put what we read into practice. Growing every day to become more and more like Him. It’s a powerful thing when we learn from our experiences and increasing our faith and victory in Christ Jesus!

Prayer Shield



- Pat Poore
- Caleb Folsom
- Daniel & Gwen Gaines
- Jess Wilson—Bill Wilson’s Father
- Betty Hill—Gwen Gaines mom
- Pastor Dave’s dad: Dave Allen
- David & Elke
- Rick Stanfield
- Willie Brooks

Taking Care of the Temple of the Holy Spirit

<https://www.gardenoflife.com/blog/easy-ways-to-stay-healthy-in-hard-times>

Easy Ways to Stay Healthy in Hard Times

No one's immune to difficult times and the havoc they can wreak on your health. Even a little stress can make a big impact on your immunity, leaving you much more vulnerable to sickness and other health problems. Very few things are worse for your well-being than worrying, with too much literally causing you to worry yourself sick! So rather than fixate on what's wrong, focus on the right things to do to keep your body and your mind healthy and strong.

Eat Well to Stay Well

Simply getting into the kitchen can help you stay out of the pharmacy. Filling up your diet with vegetables, fruit, healthy grains, lean meats, seafood, eggs and poultry will give you an alphabet of vitamins and the minerals essential for maintaining a strong immune system. While there's nothing wrong with the occasional indulgence or some much-needed comfort food, regularly choosing better-for-you foods will give you the best chance of staying healthy.

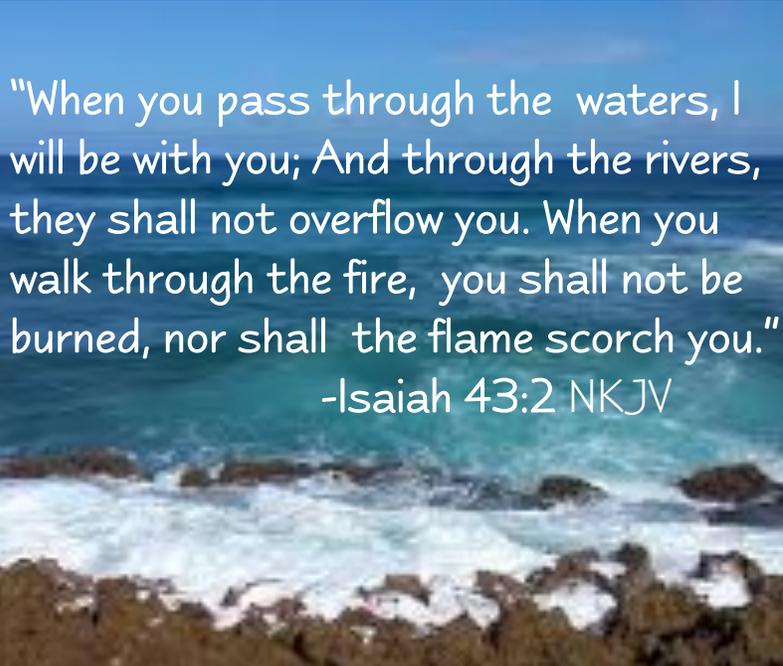
Get a Healthy Amount of Sleep

Getting less than enough sleep leaves you more than tired and cranky. Studies show that a lack of sleep can make you more susceptible to getting sick and affects how quickly you recover in case you do. See, when you're resting, your body is actively producing infection-fighting cells. Too many sleepless nights make it harder for your immune system to function properly and protect you from disease. But by getting between seven and eight hours of sleep a night, you'll be able to feel well-rested and stay well.

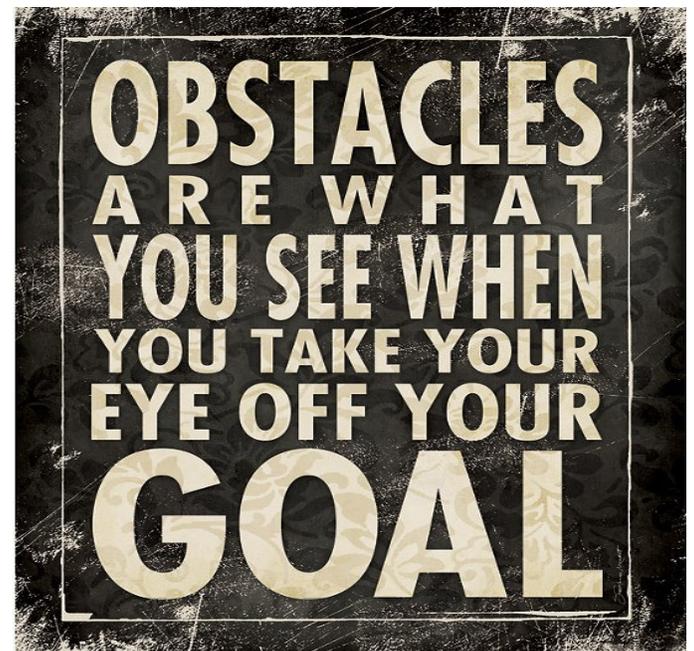
Turn to the Pros

The need for a healthy gut can be difficult to digest. While research has linked the health of your gut to your physical, mental and emotional well-being, one of the greatest connections is the effect of your gut on your immunity. That's because about 70-80% of your immune system lives within your gut! There is usually a natural balance of beneficial and harmful bacteria in your gut, which show your immune system how to respond. These beneficial bacteria help boost your immune system's function and protect you from disease. The way to maintain a healthy balance of beneficial bacteria is by adding probiotics to your diet. You can find them in many foods, including yogurt, kefir, pickles, kimchi and sauerkraut. If you don't regularly reach for these foods, consider reaching for a high-quality probiotic supplement.

By fitting these healthy habits into your life, you'll be able to keep going when the going gets tough.



"When you pass through the waters, I will be with you; And through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you."
-Isaiah 43:2 NKJV



**OBSTACLES
ARE WHAT
YOU SEE WHEN
YOU TAKE YOUR
EYE OFF YOUR
GOAL**