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**PRAYER
REQUEST**

Our Church
Our Pastor

Our Country
Our Leaders

Our Soldiers
Our Missionaries

Eva Carpenter
Shirley Dobbins
Jettie Gilbert

Chris Holland
Ellie Karlsen

Herman Moon
Lester Smith

Betty Vaughn
Betty Waldrep

Frances Burt Fam-
ily

A GROWING NEED FOR WORLD EVANGELISM

As we assess the current world and the place of Christianity in it, we find an ever expanding problem. The world population has grown to over 10 billion according to some sources. Due to the poor accounting in most countries some estimates by the World Health Organization have the number at 7 billion but in either case there is a dire need for a world wide revival. Two billion of these people see Christianity as the number one enemy, another, communism, has over two billion people and they see it as an impediment to their control of the people. How shall we overcome these obstacles and share the gospel with these billions who face life and death without the knowledge of Jesus Christ in their hearts?

Southern Baptists are addressing this question everyday. Our missionary leaders are constantly looking for new ways to help us share the gospel with those around the world. Let us begin by thanking God that we are already working through giving to reach out. More must be done. The size of the need con-

tinues to increase as resources decrease. Great cathedrals with great social programs and plenty of professional staff members are being built here in the states while a handful of Christians meet in the back room of a house in many parts of the world. In parts of China a meeting of more than eight people must be reported to the party of scrutiny.

You may think there is nothing to be done but God has a plan. Please begin to pray that an answer to an explosion of God's love will be born right here in New Providence Church. Pray that the power of the Spirit will fall on us and we may be the ones to begin the work. Mighty oaks from little acorns grow because there is life in the acorn. Let the life be in us that we may see this happen.



OUR CHRISTIAN LOVE AND SYMPATHY

Our Christian love and sympathy goes out to the family of Frances Burt and her grandson Max who died in a house fire on Tuesday morning. Please pray daily for this family as this was such a shock to them. Frances was a part of our church for so many years and we will miss her.

HEALTHY LIVING.....

Cancer is a word that raises fear in all of us. Most of the word from the medical establishment over the last fifty years has centered around annual tests, early detection, early treatment, and more money to be given for research. Why has not more been said about the cause of cancer?

Imagine the money to be made by pharmaceutical companies, hospital consortiums, surgical and oncological practices, and diagnostic centers if the great fear subsided and cancer rates significantly dropped. Ops! My mistake. Imagine the money lost. It is no wonder then that cancer is financially beneficial when it is there and not when it is not there. Here are eight suggestions from those who study the causes of cancer that are generally positive for reducing the rates of all types of cancer. Four are things to avoid and four are things to do.

Avoid meat grown in confined animal feed operations, which is the bulk of meat grown in the U.S. Animals grown in these conditions are given antibiotics which remain in the meat as well as fed genetically modified corn and/or soybeans which also contain glyphosate (roundup). Ingested in your body, these affect your basic metabolic functions and create conditions favorable to cancers.

Avoid pesticides and herbicides around the home to the maximum extent possible. Even the slightest trace of some of the more extreme chemicals have a negative effect on the body.

Avoid eating plastics. Never reheat food in a plastic container in a microwave. Part of the lining comes off into the food due to the high heat at the contact surface.

Reduce your medicines to the barest minimum since few come from a natural environment.

The four best cancer reducing strategies begins with broccoli and more importantly broccoli sprouts. These contain sulforadane which turns on cancer fighting genes and suppresses oncogenes (cancer causing). Other foods that help provide sulforadane are all the cruciferous vegetables, i.e., cabbages, bok choy, Romaine lettuce, and beets.

Get omega 3 oil by eating sardines, anchovies or by taking krill oil. Make sure it is from a good source. Get vitamin D by getting sun at least three times per week for 10 minutes. A vitamin D supplement only gives you one of about 40 compounds that make up the group. The sun on your skin makes all 40. Reduce your stress level with prayer and meditation, worship, social interaction with friends and constructive hobbies, not television. Studies show that television increases stress levels especially at night when the body is supposed to be shutting down.

The great thing is that you don't have to get approval from your HMO to do the above and reduce your potential cancer threat by more than eighty percent!