

MT. CALVARY BAPTIST CHURCH



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FAITH AND HEALTH

Jeffrey W. Gibelius, Pastor Second Presbyterian Church, Carlisle, Pennsylvania

There is a vital connection between our faith and our physical and mental health, one we don't talk about much, and it's not the direct connection that we might suppose. Just as some misguided people still think poverty and natural disasters are punishment from God, at one time faithful people believed that disease was divine retribution for human sin and that mental illness was caused by demons. We don't believe that anymore. We have germ and gene theories of illness and neurological explanations for many mental disorders. And we can see how sinful habits naturally lead to bad consequences. If you live too hard for too long, it's not God's fault when you get sick. As Mickey Mantle once said, "If I'd known I was going to live this long I would have taken better care of myself." So we would never say to someone who is sick, "You must have done something really bad to deserve this," or "Just have more faith and you'll get better."

We do believe, however, that God wants us healthy and that part of our calling as Christians is to do whatever we can to promote healthy living in ourselves and others. It's part of being good stewards of creation.

We don't normally think of the Bible as saying much about caring for our bodies and emotions. But in a few places the connection between faith and health is crystal clear:

May the God of peace himself sanctify you entirely; and may your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ. 1 Thessalonians 5:23 NRSV

Do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body. 1 Corinthians 6:19-20 NRSV

In other places in the Bible we find sound subtle instruction on how to live as healthy as possible. What do experts tell us makes for a healthy lifestyle today? Rest. Good nutrition. Exercise (outdoors in the sunshine, if possible). And freedom from worry

and stress. The Bible talks about the importance of all these things. In fact, people in Jesus' day lived healthier than we do in many ways. Their Kosher diet was rich in fruits, vegetables, olive oil, and fish - all things that we now know are good for us. And their relative poverty, compared to today, made overeating and obesity a virtual impossibility for all but the richest people.

They got plenty of exercise, everyday - almost all of it in the sunny outdoors. They didn't need to join a health club; just getting from point A to point B, demanded that they work their muscles in the sunshine, which is known to improve our moods, especially this time of year. Psychologists tell us that widespread depression, anxiety, and low self-esteem is a relatively modern phenomenon; you don't hear much about it in the Bible. Maybe their active outdoorsy lifestyle had something to do with it.

They knew how to rest, too. They took the Sabbath seriously and understood the need for the mind and body to rest for 24 straight hours each week. And they got a whole lot more sleep than we do. Think about it: in a society with no electricity you tend to go to bed when the sun goes down and rise when it comes up. How many of us get 8 or more hours of sleep every night - how about 10 or 12? You won't find "Thou shalt burn the candle at both ends" in the Bible, but many of us act like it's a commandment - we even stress ourselves out for God, and it's making us sick and tired.

They prayed regularly, in good times and bad, and felt intimately connected to God. Long before Facebook and counselors, their faith and their large extended families provided the support, guidance, and sense of community that we all need. This kind of living isn't just faithful and Biblical, it's good sense.

Don't you feel better when you're eating right, getting plenty of sleep, vigorously exercising daily, going outdoors regularly, avoiding caffeine and alcohol, praying constantly, and living with your large extended Christian family? I wouldn't know either, because I don't come close to living that way on a daily basis. But I must say that when I do at least some of these (Continued on page 2)

FAITH & Health (Continued)

things, for shorter or longer stretches at a time, I do feel better, both physically and mentally - and this changes my relationship with God, for the better. I'm more likely to count my blessings than recite my complaints. I have more energy and my outlook is better. It's easier to believe that "I can do all things through him who strengthens me." I wonder how many Christian soldiers leave the battlefield each year because we simply aren't caring for ourselves well enough - physically, emotionally, and spiritually - to stay healthy for the long haul.

If our bodies are Temples of the Holy Spirit, then caring for them is as much a spiritual discipline as prayer. How are you "glorifying your body" as an individual? When so many people are hurting and in need, let's do what we can to be healthy and strong for them, for God, and for ourselves. Amen.

PREPARE THE SOIL AND SOW THE SEED

Who has a greater chance of helping our children live in their sweet spots than we do? But will we? God's Word urges us to do so. Listen closely to this reminder, "Train up a child in the way he should go, and when he is old he will not depart from it" (Proverbs 22:6).

Don't interpret this verse to mean, *If I fill them with Scripture and Bible lessons, they may rebel but eventually they'll return*. The proverb makes no such promise. Godly parents can prepare the soil and sow the seed, but God gives the growth (1 Corinthians 3:6). Show them the path? Yes. Force them to take it? No. To *train up* means to awaken thirst--to develop thirst. One translation (ASB) margins this verse with the phrase *according to his way*. So, the greatest gift you can give your children is not your riches, but revealing to them their own.

I don't have time to worry about who doesn't like me. I'm too busy loving people who love me...Ummm

The Women's Auxiliary to the National Baptist Deacons Convention of America, Inc. suggest the following when making hospital visitations. This valuable guide was shared by **Deaconess Dorothy Rush** and can also be customized for other visitations.

FOR GENERAL USE

Pslm 23	Pslm 46:10-11	Matt 7:7-8
Rom. 12:1-2	Pslm 30:2	Pslm 55:22
Matt 11:3-5	Eph 3:14-19	Pslm 27:1-11, 14
Pslm 56:3-4	Matt 11:28-30	James 5:13-16
Pslm 31:1-3, 5, 7	Pslm 73:26-28	Rom. 5:3-5
3 John 2	Pslm 31:16, 19	Isaiah 30:15
Rom. 8:16-18	Pslm 46:1-3, 7	Matt 6:25-27,33
Rom. 8: 31, 27-29		

FOR THE LONELY

Pslm 18:1-3	Pslm 139	Jeremiah 23:24
Rom. 8:38-39	Pslm 121	Isaiah 41:10
Matt 28:20		

BEFORE SURGERY

Deut 33: 37	Pslm 103:1-4	Isaiah 43:1-3
Mark 5:22-23	Pslm 31	Prov 3:5-6
Isaiah 58:8	Mark 35-36	Pslm 91:1-4, 14-16
Isaiah 26:3-4	Matt 9:20-22	John 10:9-10

FOR ONE IN PAIN

Exodus 33:14	Isaiah 26:3	Matt 11:28-29
Heb 4:14-16	Pslm 40	Isaiah 30:15
Rom. 5:3-4	2 Cor. 4:17-18	Pslm 46
Isaiah 40:31	John 14:27	Pslm 91:1-2,4, 15

FOR THOSE WHO WORRY

Joshua 1:9	Pslm 42:11	Mark 4:25-26
John 16:33	Pslm 23	Isaiah 26:3-4
John 14:15-17,27	Phil. 4:6-7	Pslm 27:14
Matt 6:25-34		

FOR ONE FACING DEATH

Pslm 23	John 3:14-16	John 14:10
John 17: 25-27	Pslm 42:1-2,11	John 10:7-10
John 17:1-4	Pslm 73:25-26	John 11:25-26
John 17: 6-19		

Some Basic Dos and Don'ts when making Hospital Visitations

- Adhere to institutional visiting hours.
- In emergencies, check in with the nurses' station. Identify yourself and follow instructions from medical personnel.
- Keep visits brief as a rule. Limit most visits to 15 minutes unless asked to extend the visit or you sense a special need that requires more time.
- Be sensitive to patients' comfort. Sit or stand at a comfortable vision level for the patient.
- Respect and adhere to special instructions on the door.
- Don't enter a closed door without knocking.
- Don't bring flowers or food unless you have cleared this with family members and/or medical personnel.
- Don't sit on the bed.
- Don't move medical equipment just to get close to someone. That equipment is placed there for a reason.
- Don't wake someone just to make a visit. If the person is asleep, leave a message, card or note to let the person know you were there.

SUMMER HEAT SAFETY TIPS

Summer is a time for enjoying the outdoors with family and friends. But it's important to keep in mind that hot weather can be dangerous if proper precautions aren't taken.

According to the [National Weather Service](#), heat is one of the leading causes of weather-related fatalities each year in the United States, resulting in hundreds of deaths. That's why it's important to take precautionary measures and use good judgment to help protect you and your family for a safe, happy summer.

Stay cool at home

- Check air conditioning. Make sure it is properly working and insulated. Installing weather-stripping on doors and windowsills as part of your [summer home maintenance](#) will help keep cool air in and hot air out.
- Cover windows. Use drapes, shades, awnings, or louvers for any windows that receive morning or afternoon sun. This can reduce the heat entering your home by up to 80 percent.
- Use fans strategically. Ceiling fans should run counter-clockwise to force room air down and make you feel cooler. Water from a spray bottle can help cool you down dramatically—as it evaporates off your skin, your body sheds heat.
- Cook with small appliances. Slow cookers and tabletop grills are good options over traditional ovens and stovetops to minimize heat.

Eating, drinking, and scheduling exercise

- Drink plenty of water and other fluids. Don't wait to rehydrate until you're thirsty. Adults should drink eight 8-ounce glasses of water each day and may need more on hot and humid days.
- Avoid alcohol, caffeine, and carbonated drinks. These can lead to dehydration and increase the effects of heat illness.
- Eat meals that are well-balanced and light. Avoid high-protein foods, which increase metabolic heat and can add to water loss.
- Reschedule exercise. Avoid working out during the hottest part of the day. Check the weather forecast; if there's a heat advisory you may want to move your workout indoors.

Beware of heat-related illness

- Know the warning signs of heat exhaustion. Watch for breathing that is shallow and fast, headaches, dry mouth, pale or clammy skin, muscle cramps, tiredness, disorientation, sweating, passing out, nausea, and vomiting. Seek immediate medical attention.
- Know the warning signs of heat stroke. Symptoms include dizziness, a high body temperature (above 103°F), red, hot, and dry skin (no sweating), unconsciousness, nausea, confusion, rapid, strong pulse, and throbbing headache. Seek immediate medical attention.
- Be informed. The Centers for Disease Control and Prevention has more information on [heat-related illnesses and first aid](#).

Monitor yourself and others

Check regularly on high-risk people. Keep an eye out for infants and young children, people aged 65 or older, the mentally or physically ill, the overweight, and those who overexert during work or exercise. They are especially vulnerable in extreme heat.

Never leave a person or a pet in a parked car. They can succumb to heat exposure very quickly. Also be careful when entering a car in hot weather.

Temperatures inside can reach 140°F to 190°F within 30 minutes on a hot, sunny day.

Animals need shade and water. Pets can dehydrate quickly, so make sure they have plenty of fresh, clean water and a shady place to get out of the sun. Moderate their exercise and keep them indoors when it's extremely hot.

Stay in cool areas. The best place to be is inside with air conditioning. If you don't have air conditioning at home, many public places, such as libraries, shopping malls and movie theatres, are air-conditioned.

Don't be afraid to get out and enjoy the summer sunshine with your friends and family. Just be sure to be prepared, use common sense, and know when it's time to take a rest.

SOURCE: <https://www.statefarm.com/simple-insights/safety/summer-heat-safety-tips>

MONTH IN REVIEW

A TESTIMONY



During the third Sunday morning service in July, **Sis. Natasha Johnson** (left w second child) shared a very special testimony with the congregation. As many of you may know, she and Greg's oldest daughter, Zamiah (right), has



been battling cancer for some time now. Not long ago, Greg (Mt. Calvary's Minister of Music) and Natasha heard about a holistic medicine professional while listening to the radio in the car. She immediately called the number and they began obtaining medical advice from this professional. The treatment methods described seemed more humane for Zamiah than subjecting her little body to chemotherapy and/or radiation. Well, the good news Natasha shared in her testimony is that a recent MRI of Zamiah's head shows that the tumor is SHRINKING. The holistic medicine treatment that God has shown them is success! There was so much excitement in the air that morning, hearing about the awesome power of the Lord. Natasha and Greg remained relatively composed but little Zamiah danced in the center aisle, waving her hand in the air. She is such a great spirited little girl with a passion for music. Soon thereafter, Pastor Nash invited others to share testimonies with the congregation and Greg himself (right) praised the Lord in song with Jesus, You're the Center of My Joy. Anyone with any doubt that God is still performing miracles is sadly mistaken. We all have testimonies of the Goodness of the Lord.

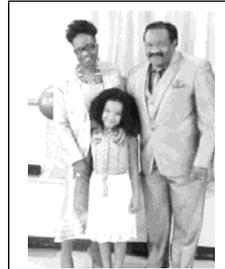
BANQUET 101



On the evening of July 21, the F. D. Oates Fellowship Hall was decked out in greens, lavenders and whites in celebration of the church's 101 anniversary. **Deaconess Donna Campbell** (pictured left with husband, **Dea. Marvin Campbell**) was the



delightful Mistress of Ceremony, injecting bits of wisdom and humor throughout the evening as only she can do. Since there was a bit of a delay in getting the program started, Campbell stated that we were on "CP Time" which means "Christian People Time."



She also said that if we're blessed to reach the age of 100, there will not be a 100 years ahead of us but the church has the opportunity to exist for another 100 years through our bright young people like little **Aaliyah Simpson** (pictured left with **Pastor & Sis. Nash**) who says she enjoys Sunday School.



The program was a short, enjoyable affair that included uplifting gospel music, prayer by **Dea. Campbell**, scripture reading by **Sis. Tiffany Tucker** (above left w **Sis. Sandra Samuel & Sis. Sandra Isaac**) and a powerful praise dance to Fred Hammond's *Running Back to You* by Saz Janee Stringer (right center with grandparents **Sis. Sharon and Bro. Saul Hargrove**). **Bro. Michael Wood** (below center with **Sis.**



Wanda Tucker & Bro. Al Lippett) took us down memory lane as he vividly described what Mt. Calvary means to him and his family. Wood said that Mt. Calvary has been good in all aspects of life from childhood to adulthood. This Church has been there with its teachers in



Sunday School and church, in its Christian activities like the Boys Scouts, and in those happy times like weddings and christenings but also in those difficult times like sickness and death. He further stated as you walk up the steps of Mt. Calvary you carry in burdens but as you descend those same steps, your burdens should be lifted. At the end of his talk, Wood showed his appreciation for the Church by gifted the Scholarship Fund and Sunday School each with \$101.00.

Just before remarks by **Tru. Nelson Carter** and **Pastor Nash, Sis. Tina Walton** (left) touched our hearts with *Peace Be Still*. Throughout the evening **Deaconess Campbell** recognized families with long histories at Mt. Calvary including **Bro. William "Rabb" Smith**, whose is over 90 years old but his mother was pregnant with him at this church.



Congratulations to **Tru. Nelson Carter, Sis. Marilyn Rhodes, Dea. Robert George** and the entire 101 Anniversary Committee for a special evening with delicious meal. Special thanks to **Bro. Donald Smith** for sharing his great photos of that evening with us.



HAPPY AUGUST BIRTHDAY to...

Sis. Christine Turner	2	Bro. Ernest Robinson	16
Sis. Eunice Williams	5	Sis. Erica Johnson	16
Bro. Dari Patrick	8	Sis. Tiffany Tucker	17
Sis. Hazel Hines	9	Sis. Patricia Monts	22
Sis. Catherine Evans	9	Sis. Yvette King	23
		Sis. Mary Nash	26

Happy belated Birthday to **Bro. Frank Bennett** whose birthday was July 22nd rather than July 21st and to **Bro. Will Smith** whose birthday was July 4th.



AUGUST ANNIVERSARIES

Celebrants	Date	Years
Dea. Marvin & Dea'ness. Donna Campbell	14	42
Tru. George & Sis. Evelyn Williams	15	53
Dea. Ulysses & Dea'ness Peggy Hall	19	57
Bro. Monroe & Sis. Marjorie Gill	28	62

NEW WORKERS IN THE VINEYARD

The following sisters and brothers were baptized in July: **Sis. Lucille Browne** (88 year old aunt of **Dea. Robert George** who longed desired to be baptized by total submergence in water); **Sis. Dorothy Carey** and her 5 year old granddaughter **Doreathea Cole**; and Minister of Music **Gregory Johnson**, his wife **Natasha** and their daughter **Zamiah**.

The following brothers and sisters were given the Right Hand of Fellowship in July: **Sis. Dorothy Carey**, **Bro. Larry Goolsby**, **Sis. Lashida Hudson** and the **Johnsons (Greg, Natasha and Zamiah)**.

We extend a warm welcome to the new members of our church.

The harvest is plentiful but the laborers are few. Therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest.

I must work the works of Him that sent me, while it is day: The night cometh, when no man can work. —St. John 9:4



Please pray for the following bereaved families:

The family of **Sis. Martha Dumas** who passed this life after a long illness on July 16, 2018. Sis. Dumas was a long time faithful member of this church who served on various committees. Her final services were July 25 in South Windsor.



The family of **Sis. Sandra Lindsay** and **Sis. Virginia Pertillar** in the passing of their brother-in-law, Roy "Will" McCrorey, on June 23, 2018. He was the husband of their sister, Leola Jean Pertillar McCrorey, and is described as one who "enjoyed talking about the Lord" In 1971, McCrorey received a Certificate of Ordination and he was employed at University of CT Health Center for over 30 years. His favorite song: "If I can help somebody my living will not be in vain." A funeral service was held for McCrorey on July 5th at The Lodge.



The family of **Deaconess Peggy and Deacon Ulysses Hall** in the passing of his sister, Rev. Nona Stewart, on July 4, 2018 (her 79th birthday). Rev. Stewart was a retired SNET Telephone Operator and will be remembered as "a loyal and faithful servant to her lord" who served under Rev. King T. Hayes at Shiloh Baptist for over 30 years. She also served her community and was a recipient of the "Woman of the Year Award". She left a mark on the lives of the people she touched and will be sorely missed. Rev. Stewart's Memorial Service was held at Shiloh on July 17th.

The family of **Sis. Charlotte Faucette** in the passing of her cousin in Springfield, MA.



The family of Senior Usher **Sandra Evette Thomas** in the passing of her brother, Everett 'Lallie/E.T.' Thomas, 80, on Friday, July 27, 2018. He was a US Army Veteran; employed 34 years as a welder with Pratt & Whitney Aircraft before retiring; a member of the Corinthian Lodge # 37 M.W. Enoch; and a member of Victory Cathedral. Thomas' funeral services were scheduled for August 3rd at The Lodge.

*From our happy home and circle,
God has taken ones we love;
Borne away from sin and sorrow
to a better home above.*

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HERITAGE CORNER



JOSEPH LEE

Joseph Lee was born in 1849 and lived most of his life in Boston, Massachusetts. Lee was very prominent in the food services industry, having begun working as a boy at a bakery. He soon began preparing, cooking and serving food, eventually

opening two successful restaurants in the Boston area. In the late 1890s he owned and managed the Woodland Park Hotel in Newton, Massachusetts for 17 years. In 1902, as a way of maintaining an involvement in the food services industry, Lee opened a catering business called the Lee Catering Company which served the wealthy population of Boylston Street in the Back Bay. At the same time he also operated the Squantum Inn, a summer resort in South Shores specializing in seafood. The catering business was a great success and during this time he became interested in eliminating a situation that had become annoying to him.

Lee became very frustrated at what he saw as a waste of bread which would have to be thrown out if it was as much as a day old. Considered a master cook, Lee had long believed that crumbs from bread was quite useful in preparing food, as opposed to cracker crumbs which many others favored. He decided that instead of simply throwing stale bread away, he would use it to make bread crumbs. He thus set out to invent of device that could automate tearing, crumbling and grinding the bread into crumbs. He was finally successful and patented the invention on June 4, 1895. He used the bread crumbs for various dishes including croquettes, batter for cakes, fried chops, fried fish and more. He soon sold the rights to his bread crumbling machine and the Royal Worcester Bread Crumb Company of Boston soon had the devices in major restaurants around the world.

Not one to rest on his laurels, Lee looked for another way of improving food preparation and invented an automatic bread making machine. The machine not only mixed the ingredients, but also kneaded the dough. The machine was so fast and efficient it was able to perform the tasks of five or six men and did so more hygienically and at a much

cheaper cost. It also produced a higher quality product, with a much better taste and texture. He received a patent for the machine, which is the basis for machines still in use today.

Joseph Lee died in 1905 and is an honored pioneer in the food preparation industry.

SOURCE: <http://blackinventor.com/joseph-lee/>

KUDOS TO ASHLEY!

Please join the Menefee Family in congratulating the lovely Glorious Ashley Menefee on being named to the Dean's List at Goodwin College for the spring 2018 semester.



Ashley is the daughter of Bro. Rodney and Sis. Susan Menefee, sister to Bro. Corey Menefee and the granddaughter of Sis. Pat Menefee. Prior to entering school and the workforce Ashley was very active in the Youth and Choir Ministries. We

pray God's continued Blessings as Ashley reaches for new heights in her education and life. Ashley is also the niece of Sis. Mae Harvey, who gracefully turned 80 last month. She is also cousin to several Menefees who attend this church.

UPCOMING EVENTS

August 11, 2018
Family & Friends Day

August 12, 2018
101 Anniversary Celebration

August 13-August 17, 2018
Vacation Bible School

August 25, 2018, 5:00 PM, \$10.00
A Musical: Be Ready-The Bridegroom is Coming

For more information on these and other events, please see Sunday Bulletins or Church website at <http://www.mt-calvarybaptist.com/>.

HEALTH NEWS

ANEMIA

What Is Anemia? Anemia develops when you don't have enough robust, healthy red blood cells to carry oxygen throughout your body. The blood cells may lack enough hemoglobin, the protein that gives blood its red color. Anemia affects about 7% of the US population and is more common in women of child-bearing age, the elderly, women of color and Hispanic women.

Symptoms of Anemia If you're often tired even though you've slept well or you lack the energy for normal activities, you may have anemia. It can be an underlying cause of memory or mood problems. Symptoms range from none to mild to life-threatening and may include:

- Weakness
- Dizziness
- Pale skin
- Headache
- Numbness or coldness in hands and feet
- Low body temperature

Heart-Related Symptoms People with anemia have less oxygen in their blood, which means the heart must work harder to pump enough oxygen to their organs. Cardiac-related symptoms include arrhythmia (an abnormal heart rhythm), shortness of breath, and chest pain.

Anemia Risk Factors Women and people with chronic diseases have the greatest risk of anemia. When women lose blood in heavy menstrual periods, they may become anemic. Pregnancy also causes changes in a woman's blood volume that can result in anemia. Chronic diseases such as kidney disease can affect the body's ability to make red blood cells. A diet low in iron, folate, or vitamin B12 also increases your risk. And some types of anemia are hereditary.

Anemia in Children Many preschool children are anemic, most often because they don't have enough iron in their diet. People who have iron-deficiency anemia may feel the urge to eat inappropriate things like dirt, clay, ice, or starch, a behavior called pica. Pediatricians typically test all children for anemia at 12 months. Without treatment, a severe case of anemia could permanently affect brain development.

Teens and Anemia

If your teen often is fatigued, anemia might be a cause. Teens are at risk of iron-deficiency anemia because of their sudden growth spurts. Teen girls also are more prone to anemia because of their menstrual periods.

Diagnosis: Complete Blood Count A complete blood count test will check your levels of red blood cells, white blood cells, platelets, and hemoglobin. It will also check other factors such as average size, variability in size, volume, and hemoglobin concentration of red

blood cells. If you have iron-deficiency anemia, your red blood cells may be smaller than normal. Your health care provider also may ask about your symptoms, medicines you take, and your family history.

Treatment: Iron Iron pills are often needed for anemia that's caused by a deficiency in that mineral. Ferrous iron is more easily absorbed than ferric iron. It's best taken with food, especially orange juice and other foods rich in vitamin C. But don't mix your iron pill with calcium, coffee, or tea, which can block absorption. And never take iron without a doctor's order or let children near the pills. An iron overdose can be dangerous. Some people may need folic acid or vitamin B12 supplements, too.

Treatment: If you have severe anemia, you may need a transfusion of blood that matches your type. When the body's production of red blood cells doesn't work right, anemia caused by serious illnesses such as cancers and aplastic anemia may be treated or cured with a transplant. In these cases, bone marrow from a donor replaces the person's faulty bone marrow, so the body can start producing healthy blood cells. When blood cells are destroyed too quickly, blood plasma treatments or even removing the spleen may be needed.

Preventing Anemia You can prevent some types of anemia with a healthy diet. Foods containing iron include lean red meat, liver, fish, tofu, lentils and beans, dark green leafy vegetables, and dried fruits. Also eat foods with vitamin B12 and folic acid, such as eggs and dairy products, spinach, and bananas. Many breads, cereals, and other foods are fortified with all three key nutrients: iron, B12, and folic acid. Vitamin C, found in citrus, other fruits, and vegetables, will help your body absorb iron.

Iron Overload Too much iron can cause serious problems. Iron overload can be a result of repeated blood transfusions or an inherited condition, but taking too much iron also is a risk. The many symptoms of iron overload are related to excess iron depositing into organs and causing problems in the liver, heart, and pancreas. Iron levels can be reduced through phlebotomy (blood removal) or medications.

Living With Anemia

Treating your anemia and eating a well-rounded diet can give you more energy and enhance your life. Most people can manage their anemia through a healthy diet and iron or vitamin supplements, if a doctor says they are deficient in one of the key nutrients. If you have a chronic disease then good management of your condition also will help you prevent or manage anemia.

SOURCE: <https://www.webmd.com>

THOUGHTS IN SOLITUDE

“My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.”

– Thomas Merton, Thoughts in Solitude

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