

the Will

December 2017 | Monthly Newsletter of God's Will Christian Church

Mark Your Calendar

12.3

Communion Sunday

12.17

Community Toy and Coat Giveaway

12.24

10 AM Christmas Eve Service

12.31

10 AM New Year's Eve Service

We are going to see Sight and Sound's production of Jesus on June 2nd. See Sis. Jemia for more information.

Happy Birthday to all those who celebrate in December !

Pastor's Corner by Pastor Adgerson

Happy December, the month we recognize the birth of our Savior and Lord, Jesus The Christ! My topic this month is water. How appropriate because Christ is our Living Water. Below you'll find an article, *The Health Benefits of Water* by Jen Laskey, that is a great read. Enjoy!

We all need water to survive, but how exactly does it help?

Did you know that your body weight is approximately 60 percent water? Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. Because your body loses water through breathing, sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain water. The amount of water you need depends on a variety of factors, including the climate you live in, how physically active you are, and whether you're experiencing an illness or have any other health problems.

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Pastor's Corner

Water Protects Your Tissues, Spinal Cord, and Joints

Water does more than just quench your thirst and regulate your body's temperature; it also keeps the tissues in your body moist. You know how it feels when your eyes, nose, or mouth gets dry? Keeping your body hydrated helps it retain optimum levels of moisture in these sensitive areas, as well as in the blood, bones, and the brain. In addition, water helps protect the spinal cord, and it acts as a lubricant and cushion for your joints.

Water Helps Your Body Remove Waste

Adequate water intake enables your body to excrete waste through perspiration, urination, and defecation. The kidneys and liver use it to help flush out waste, as do your intestines. Water can also keep you from getting constipated by softening your stools and helping move the food you've eaten through your intestinal tract. However, it should be noted that there is no evidence to prove that increasing your fluid intake will cure constipation.

Water Aids in Digestion

Digestion starts with saliva, the basis of which is water. Digestion relies on enzymes that are found in saliva to help break down food and liquid and to dissolve minerals and other nutrients. Proper digestion makes minerals and nutrients more accessible to the body. Water is also necessary to help you digest soluble fiber. With the help of water, this fiber dissolves easily and benefits your bowel health by making well-formed, soft stools that are easy to pass.

Water Prevents You From Becoming Dehydrated

Your body loses fluids when you engage in vigorous exercise, sweat in high heat, or come down with a fever or contract an illness that causes vomiting or diarrhea. If you're losing fluids for any of these reasons, it's important to increase your fluid intake so that you can restore your body's natural hydration levels. Your doctor may also recommend that you drink more fluids to help treat other health conditions, like bladder infections and urinary tract stones. If you're pregnant or nursing, you may want to consult with your physician about your fluid intake because your body will be using more fluids than usual, especially if you're breastfeeding.

How Much Water Do You Need?

There's no hard and fast rule, and many individuals meet their daily hydration needs by simply drinking water when they're thirsty, according to a report on nutrient recommendations from the Institute of Medicine of the National Academies. In fact, most people who are in good physical health get enough fluids by drinking water and other beverages when they're thirsty, and also by drinking a beverage with each of their meals, according to the Centers for Disease Control and Prevention. If you're not sure about your hydration level, look at your urine. If it's clear, you're in good shape. If it's dark, you're probably dehydrated.

REMINDER:

Please remember to
download our App in the App
Store or Google Play!

Member's Corner



This month, we shine the spotlight on Venette Voundy. Venette joined GWCC in 2012. She is a mother of twin boys, John and Amari. Venette currently serves in the Hospitality Ministry. Venette and her sons are a blessing to the body of GWCC.

Who introduced you to Christ?

My father, Clarence Voundy.

What do you do for a living?

I am an English Teacher.

What are your hobbies?

I don't have any specific thing that I like to do. I enjoy trying new things.

What have you found most rewarding about being a member of GWCC?

I have found the relationships that I have developed with other members to be most

rewarding. You always have someone to talk to when you need it.

What advice would you give a new Christian?

I would say to develop a personal relationship with God. When you begin to have those private conversations you will see that He listens and answers you.

Recipe Corner: Raspberry-Pecan Smoothie

INGREDIENTS

1 cup water or unsweetened almond milk
1 cup spinach or mixed greens
1 large frozen banana, peeled, sliced
½ cup fresh or frozen raspberries
2 tablespoons chopped pecans

Yield: 2 servings (serving size: about 8 ounces or 1 cup)

RECIPE NOTES

- You can also use unsweetened rice or soy milk.
- To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag.
- If using fresh fruit, you can add chopped ice to make your smoothie cold.
- Add 1 tablespoon flaxseed meal.

Nutrition Facts (made with water)
Calories per serving: 128
Carbohydrates: 22
Fat: 6
Protein: 2
Sugar: 11
Calcium: 4

Devotional

God plus one is always a majority!

Wishing to encourage her young son's progress at the piano, a mother bought ticket to an Ignace Paderewski performance. When the night arrived, the two found their seats near the front of the hall. The boy stared wide-eyed in amazement at the majestic grand piano on the stage. The mother began talking to a friend sitting nearby and she failed to notice her son slip away. As the house lights dimmed and the spotlight lit the piano, the woman gasped as she saw her son at the piano bench, innocently picking out "Twinkle, Twinkle, Little Star."

Before the woman could retrieve her son, the famous concert pianist appeared on stage and quickly moved to the keyboard. "Don't quit--- keep playing," he whispered to the boy. Leaning over, Paderewski reached down with his left hand and began filling in a bass part. Then with his right arm, he

Reached around the other side, encircling the child, to add a running obligato. Together the old master and the young novice mesmerized the crowd.

No matter how insignificant or "amateurish" you may feel today, the Master has these words for you, "Don't quit---keep playing." He will add whatever is needed to turn your efforts into a masterpiece.

If God be for us, who can be against us? Romans 8:31

Weekly Activities

Morning Prayer Conference Call

Daily 7:00AM

Weekly Bible Study Conference Call

Wednesday 7:00-8:00p

Men's Bible Study Conference Call

Tuesday 7:00-8:00pm

Conference Number:

712-775-7031 Access Code: 443-268-839

Women's Bible Study Conference Call

Monday 7:30-8:30pm

857-232-0158 Access Code 262390