



# NEWS from the PEWS

## PASTOR'S CORNER

“Nor Height, nor depth, nor any  
Other creature, shall be able to  
Separate from the love of God,  
Which is in Christ Jesus our Lord!”

Romans 8:39 KJV

**FEBRUARY is HEART MONTH. Take a moment to take care of your heart, both physically and spiritually. Today 9 in 10 Canadians are at risk for heart disease or stroke. A healthy heart can be maintained by a healthy diet and positive thinking!**



Love your heart!

## THE CORONAVIRUS

What is this? It is a virus from the same family of virus that caused SARS (Acute Respiratory Syndrome) It is transmitted through droplets when an infected person cough or sneeze and gains access to the body through the respiratory tract (the lungs). There are no vaccine or medication for this virus.

Ways to prevent getting this virus includes frequent and proper hand washing with soap and water or alcohol base cleansers, cough and sneeze in your sleeve and not your hand, avoid areas where there are know cases of this virus, avoid toughing/rubbing your eyes, nose and mouth.

We are encouraged to be compassionate to those who are affected and to pray for our brothers and sisters who are facing this health challenge. We are also to pray for containment and reduction of this virus.

## BIRTH DAY WISHES

### FUND RAISING

We continue to fund-raise for 2 projects here in our church:-

- 1) NEW BUILDING---\$86,105.48
- 2) EVANGELISM---\$29,

As of January 31, 2020.

**HAPPY BIRTHDAY** goes out to all the **PRINCESSES** and **PRINCES** who are celebrating their birthday in **FEBRUARY.....**

**May the blessings God freely gives bring you a day and a year filled with joy, peace and happiness!!**

### SIGNS OF A STROKE

**F**-ACE=is it drooping?

**A**-RMS=can you raise both?

**S**-PEECH=is it slurred or jumbled?

**T**-IME=to call 9-1-1 right away.

ACT **F-A-S-T** because the quicker you act the more of the person you save!

### HEART HEALTHY SMOOTHIE

2 handfuls of greens (spinach or kale)

1 cups Almond milk

3 bananas, peeled & frozen

½ teaspoon cinnamon

Blend all together and enjoy

**BE KIND TO YOUR HEART**



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