



The Star of Emmanuel Faith

VOLUME 4, ISSUE 1

JANUARY 2012

Pastor's Corner

“Where the doors swing ajar on the hinges of
LOVE”

It's that time of year again, when we make our New Year Resolutions: to lose weight, get out of debt, etc. The question is, "Where is our New Year's Resolution to God" - Having a closer and deeper relationship with Him, sharing His word, bringing others to Christ, etc. Let's take time this year to make commitments that have a lasting impact on our lives and well-being.



Just attending Sunday Service is not enough. We must go ye therefore and reach out to all nations.

What did we do in 2011 to show God that we will further the kingdom in 2012? It's not too late to start preparing your Christian Resume' for 2012

Happy New Year

~ ~ ~

Pastor Gibson

&

Family



EFT SPOTLIGHT

Adrienna Tolbert



I am a senior at T.W. Josey Comprehensive High School. After graduation intend to attend either Georgia St University, Clark Atlanta University, or SC State University; in which i will pursue a major in accounting. I am currently the president of FCCLA (Family Career & Community Leaders of America); and an active member of the chorus at my school. Among that, I enjoy living my life to the fullest & being involved in the church. I also like the following:

Fav colors: Pink & Blue

Fav movie: ATL

Fav food: fries

Fav artist male & female: Alica keyz/Trey Songz

Fav book: Their Eyes Were Watching God by Zora Neal Hurston

Fav sport: Basketball

Fav team: Orlando Magic

Hobbies: singing, dancing, stepping, & hanging out w/ friends



Birthdays

- Roseland Gibson Jan 3rd
- Aquanetta Riley Jan 9th
- Deacon McNair Jan 18th
- Deacon Frails Jan 19th
- Kalia Borders January 31st

Kid's Corner

Bible Wordsearch

Babylon has Fallen

Wordsearch 196

G	A	L	L	N	E	V	A	E	H	P	S	T	F	A
H	R	E	P	D	E	A	T	H	R	T	P	A	N	H
N	A	E	L	C	N	U	T	I	N	E	M	G	T	B
E	N	C	A	G	E	O	S	A	E	I	E	A	J	U
L	E	N	G	T	R	O	H	U	N	L	R	O	U	R
L	E	A	U	M	N	C	N	E	T	W	P	P	D	N
A	U	D	E	G	R	O	H	S	T	T	L	O	G	E
F	Q	N	S	E	L	E	G	I	I	W	E	E	E	D
H	T	U	M	Y	A	O	S	N	R	Y	I	R	S	P
C	P	B	B	R	R	A	R	S	I	W	A	D	L	L
I	N	A	T	I	O	N	S	Y	P	L	O	P	O	Y
R	B	I	R	D	E	M	O	N	S	I	L	R	E	W
W	O	R	R	O	S	G	N	I	K	S	D	E	K	R
E	K	N	U	R	D	Y	O	H	A	T	E	D	W	S
U	F	O	U	L	U	X	U	R	Y	E	R	I	F	D

- ANGEL
- BIRD
- BURNED
- CAGE
- DEATH
- DEMONS
- DRUNK
- FALLEN
- FAMINE
- FIRE
- FOUL
- GLORY
- GREAT
- HATED
- HEART
- HEAVEN
- JUDGES
- KINGS
- LORD
- LUXURY
- NATIONS
- PEOPLE
- PLAGUES
- PRISON
- QUEEN
- REPAY
- RICH
- SINS
- SORROW
- SPIRIT
- TORMENT
- UNCLEAN
- UTTERLY
- WIDOW
- WORKS
- WRATH
- ABUNDANCE
- DWELLING
- MERCHANTS
- BABYLON

After you find all the hidden words the left over letters spell out a Bible verse reading from the top left to the bottom right

Psalm 67

Iron Deficiency Anemia (Health Ministry)

Iron deficiency anemia is a common type of anemia — a condition in which blood lacks adequate healthy red blood cells. Red blood cells carry oxygen to the body's tissues.

As the name implies, iron deficiency anemia is due to insufficient iron. Without enough iron, your body can't produce enough hemoglobin, a substance in red blood cells that enables them to carry oxygen. As a result, iron deficiency anemia may leave you tired and short of breath. You can usually correct iron deficiency anemia with iron supplementation. Sometimes, additional treatments for iron deficiency anemia are necessary, especially if you're bleeding internally.

Symptoms: Initially, iron deficiency anemia can be so mild that it goes unnoticed. But as the body becomes more deficient in iron and anemia worsens, the signs and symptoms intensify.

Iron deficiency anemia symptoms may include: Extreme fatigue, pale skin, weakness, shortness of breath, headache, dizziness or lightheadedness, cold hands and feet, irritability, brittle nails, fast heartbeat.

When to see a doctor:

If you or your child develops signs and symptoms that suggest iron deficiency anemia, see your doctor. Iron deficiency anemia isn't something to self-diagnose or treat. So see your doctor for a diagnosis, rather than taking iron supplements on your own. Overloading the body with iron can be dangerous because excess iron accumulation can damage your liver and cause other complications.

Causes of iron deficiency anemia include:

- **Blood loss.** Blood contains iron within red blood cells. So if you lose blood, you lose some iron. Women with heavy periods are at risk of iron deficiency anemia because they lose blood during menstruation. Slow, chronic blood loss within the body — such as from a peptic ulcer, a hiatal hernia, a colon polyp or colorectal cancer — can cause iron deficiency anemia. Gastrointestinal bleeding can result from regular use of some over-the-counter pain relievers, especially aspirin.
- **A lack of iron in your diet.** Your body regularly gets iron from the foods you eat. If you consume too little iron, over time your body can become iron deficient. Examples of iron-rich foods include meat, eggs, leafy green vegetables and iron-fortified foods. For proper growth and development, infants and children need iron from their diet, too.
- **An inability to absorb iron.** Iron from food is absorbed into your bloodstream in your small intestine. An intestinal disorder, such as celiac disease, which affects your intestine's ability to absorb nutrients from digested food, can lead to iron deficiency anemia. If part of your small intestine has been bypassed or removed surgically, that may affect your ability to absorb iron and other nutrients.
- **Pregnancy.** Without iron supplementation, iron deficiency anemia occurs in many pregnant women because their iron stores need to serve their own increased blood volume as well as be a source of hemoglobin for the growing fetus.

Complications:

Mild iron deficiency anemia usually doesn't cause complications. However, left untreated, iron deficiency anemia can become severe and lead to health problems, including the following:

- Heart problems. Iron deficiency anemia may lead to a rapid or irregular heartbeat. Your heart must pump more blood to compensate for the lack of oxygen carried in your blood when you're anemic. This can lead to an enlarged heart or heart failure.
- Problems during pregnancy. In pregnant women, severe iron deficiency anemia has been linked to premature births and low birth weight babies. But the condition is easily preventable in pregnant women who receive iron supplements as part of their prenatal care.
- Growth problems. In infants and children, severe iron deficiency can lead to anemia as well as delayed growth and development. Additionally, iron deficiency anemia is associated with an increased susceptibility to infections.

To diagnose iron deficiency anemia, your doctor may run tests to look for:

- Red blood cell size and color. With iron deficiency anemia, red blood cells are smaller and paler in color than normal.
- Hematocrit. This is the percentage of your blood volume made up by red blood cells. Normal levels are generally between 34.9 and 44.5 percent for adult women and 38.8 to 50 percent for adult men. These values may change depending on your age.
- Hemoglobin. Lower than normal hemoglobin levels indicate anemia. The normal hemoglobin range is generally defined as 13.5 to 17.5 grams (g) of hemoglobin per deciliter (dL) of blood for men and 12.0 to 15.5 g/dL for women. The normal ranges for children vary depending on the child's age and sex.
- Ferritin. This protein helps store iron in your body, and a low level of ferritin usually indicates a low level of stored iron.

To treat iron deficiency anemia, your doctor may recommend you take iron supplements. Your doctor will also treat the underlying cause of your iron deficiency, if necessary.

- Take iron tablets on an empty stomach. If possible, take your iron tablets when your stomach is empty. However, because iron tablets can upset your stomach, you may need to take your iron tablets with meals.
- Take iron tablets with vitamin C. Vitamin C improves the absorption of iron. Your doctor might recommend taking your iron tablets with a glass of orange juice or with a vitamin C supplement.

Iron supplements can cause constipation, so your doctor may also recommend a stool softener. Iron may turn your stools black, which is a harmless side effect.

Iron deficiency can't be corrected overnight. You may need to take iron supplements for several months or longer to replenish your iron reserves. Generally, you'll start to feel better after a week or so of treatment. Ask your doctor when you need to return to have your blood rechecked to measure your iron levels. Foods rich in iron include: Beans, Dark green leafy vegetables, such as spinach, Dried fruit, such as raisins and apricots

Eggs, Iron-fortified cereals, breads and pastas, Peas, Pork, Poultry, Red meat, Seafood

Your body absorbs more iron from meat than it does from other sources. If you choose to not eat meat, you may need to increase your intake of iron-rich, plant-based foods to absorb the same amount of iron as someone who eats meat.

Choose foods containing vitamin C to enhance iron absorption

You can enhance your body's absorption of iron by drinking citrus juice or eating other foods rich in vitamin C at the same time that you eat high-iron foods. Vitamin C in citrus juices, like orange juice, helps your body to better absorb dietary iron.

Vitamin C is also found in: Broccoli, Grapefruit, Kiwi, Leafy greens, Mangoes, Melons, Oranges, Peppers, Strawberries

New Years Resolutions

By gotQuestions?.org

What sort of New Year's Resolutions should Christians make?

Answer: The practice of making New Year's resolutions goes back over 3,000 years to the ancient Babylonians. There is just something about the start of a new year that gives us the feeling of a fresh start and a new beginning. In reality, there is no difference between December 31 and January 1. Nothing mystical occurs at midnight on December 31. The Bible does not speak for or against the concept of New Year's resolutions. However, if a Christian determines to make a New Year's resolution, what kind of resolution should he or she make?

Common New Year's resolutions are commitments to quit smoking, to stop drinking, to manage money more wisely, and to spend more time with family. By far, the most common New Year's resolution is to lose weight, in conjunction with exercising more and eating more healthily. These are all good goals to set. However, 1 Timothy 4:8 instructs us to keep exercise in perspective: "For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." The vast majority of New Year's resolutions, even among Christians, are in relation to physical things. This should not be.

Many Christians make New Year's resolutions to pray more, to read the Bible every day, and to attend church more regularly. These are fantastic goals. However, these New Year's resolutions fail just as often as the non-spiritual resolutions, because there is no power in a New Year's resolution. Resolving to start or stop doing a certain activity has no value unless you have the proper motivation for stopping or starting that activity. For example, why do you want to read the Bible every day? Is it to honor God and grow spiritually, or is it because you have just heard that it is a good thing to do? Why do you want to lose weight? Is it to honor God with your body, or is it for vanity, to honor yourself?

Philippians 4:13 tells us, "I can do everything through Him who gives me strength." John 15:5 declares, "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing." If God is the center of your New Year's resolution, it has chance for success, depending on your commitment to it. If it is God's will for something to be fulfilled, He will enable you to fulfill it. If a resolution is not God honoring and/or is not in agreement in God's Word, we will not receive God's help in fulfilling the resolution.

So, what sort of New Year's resolution should a Christian make? Here are some suggestions: (1) pray to the Lord for wisdom (James 1:5) in regards to what resolutions, if any, He would have you make; (2) pray for wisdom as to how to fulfill the goals God gives you; (3) rely on God's strength to help you; (4) find an accountability partner who will help you and encourage you; (5) don't become discouraged with occasional failures; instead, allow them to motivate you further; (6) don't become proud or vain, but give God the glory. Psalm 37:5-6 says, "Commit your way to the LORD; trust in him and he will do this: He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun."

Cheddar Baked Bagels and Eggs

Prep time 40 minutes

4 bagels , halved

2 tablespoons butter

8 eggs

1/2 teaspoon salt

1/2 teaspoon pepper

1/2 cup shredded cheddar cheese

Directions:

1) Butter the cut sides of bagels, and enlarge holes to 1 inch in diameter. 2) Working in batches, place bagel halves buttered side down in heavy fry pan over medium high heat. 3) Cook for about 2 minutes or until golden on bottom. 4) Transfer all bagel halves, cut side down to rimmed baking sheet. 5) Break an egg into center of each bagel half and sprinkle with equal amounts of salt and pepper. 6) Sprinkle cheese over eggs. 7) Bake in 400F oven for 8 to 10 minutes or until eggs are set but yolks are still soft.



PRAYER

CLOSET



Let's keep the following members in prayer as well as the entire EFT family

Pastor Gibson and family

Sister Alice McKenney...health

Sister Cheryl Parks..overseas

Briaunna Riley..Youth Challenge continued suc-

How Do I Become a Christian?

Have you ever wondered what you must do to become a Christian or what you must do to be saved? The Bible has the answer that is easy to understand.

First, you must understand that you need to be saved. The Bible says you need to be saved because you are a sinner. Your sin has a penalty? You cannot save yourself. The Bible also says, "All have sinned" and "The wages of sin is death". (Romans 3:23, 6:23)

Second, you must understand that you can be saved. You can be saved because Christ died on the cross for your sins. The bible says, "God demonstrated His love toward us, in that while we were sinners, Christ died for us" (Romans 5:8)

Third, you must know what to do to be saved. The Bible explains how you can be saved. (Acts 3:19) says we must repent and turn away from our sins. But repentance alone is not enough. (Ephesians 2:8) says that we must place faith in Jesus Christ to be saved.

Now, you must want to be saved. God is waiting for you to "want to" and then ask Him to save you. The Bible says if you call on the name of the Lord, you shall be saved (Romans 10:13). If you are ready to trust Christ as your Savior and Lord, invite Him into your heart right now by praying to Him. You may use your own prayer or the prayer printed here. The most important thing is that the prayer be sincere and personal.

Dear Lord Jesus, I recognized the fact that I am a sinner and need to saved. I would like to ask forgiveness for all the sins I committed (list them) and I ask right now Jesus that you come into my heart and save me. I give my soul to you Father and vow to live a life that is pleasing in your eyes. . Thank you for saving me, AMEN"

A- Admit

Admit honestly to God that you have sinned and disobeyed
Him

B-Believe

Believe that Jesus dies on the cross and rose again. His blood
was shed to pay your sins.

C-Choose

Choose to trust Jesus alone for the forgiveness of your sins