



A Ministry Partnership of FACCI Path 2 Peace & Cornerstone Christian Church

# CELEBRATE RECOVERY

**Cornerstone Christian Church**  
**2275 West Chester Pike**  
**Broomall, PA 19008**  
**Saturdays 10 am – 12 noon**

**Fresh Start would like to extend a “Big Shout Out” to all of our 2017 GRADUATES!!!**



**CONGRATULATIONS!!!**

**We are very proud of each and every one of you!!!**

**Focused Conference Call Prayer Groups**

**(712) 775-7035 - Participant code - 616745#** Unless otherwise indicated

Community Praying Parents (Tuesday)	Day Prayer –12:00 noon – 4:00pm (Friday)
Getting Closer to God - 7:00am -8:00am (Saturday)	Healing Hour –(- 7:30 -9:00pm (Thursday)
International Members Prayer –7:00am – 8:00 (Saturday)	Tuesday Corporate Prayer 7 -9:00pm
Praying for Young Adult Children 7:00-8:00pm (Mon)	Men –5:00-8:00am – (Monday – Friday)
Path to Peace Participants–7:30 -8:30 (Thursday)	Praying Grandparents 8:30-9:30am (Monday)
Praying Parents (parents of young children)-Fri 9:00-10:00p	Seasoned Saints –12:00 -2:00p (Wednesday)
Single Young Adult Mothers - 8-9:30pm Saturday	Strengthening Marriages 3:00 -4:00pm (Sat)
Wednesday Mid week Prayer –7:00 -8:00pm Wed, at church	Word Branch Prayer-7:00-8:00pm(Sun)
Young Men – (ages 18-30)–9:00 -10:00pm Thursday	

**Pick one and call the number at the specific time and pray with other saints. We would like each member to be a part of a prayer group.**



**Favorite Verse//Poetry**

**Psalm 150 (NIV)**

- <sup>1</sup> Praise the LORD.
  - Praise God in his sanctuary;  
praise him in his mighty heavens.
  - <sup>2</sup> Praise him for his acts of power;  
praise him for his surpassing greatness.
  - <sup>3</sup> Praise him with the sounding of the trumpet,  
praise him with the harp and lyre,
  - <sup>4</sup> praise him with timbrel and dancing,  
praise him with the strings and pipe,
  - <sup>5</sup> praise him with the clash of cymbals,  
praise him with resounding cymbals.
  - <sup>6</sup> Let everything that has breath praise the LORD.
- Praise the LORD.



**CLOTHING CLOSET**

**Hours of Operation**

Saturday – 10 a.m. to 11 a.m.

Wednesday – by appointment only.

Spring/Summer clothing is needed: Light-weight Jackets, Sweaters,  
**Special Request for Men’s Clothing and Backpacks**

Thank You



**Share FREEDOM with those behind BARS....**

**Join the FACCC PRISON MINISTRY**



Contact: Minister Lawrence James  
 215.669.5397  
 lnice111@gmail.com

**Nursing Home Ministry**

4<sup>th</sup> Saturday of the Month  
 Contact Christine Miller [cmiller224@comcast.net](mailto:cmiller224@comcast.net)

**Men’s Prison Ministry**

Thursdays  
**Contact Lawrence James**  
 lnice111@gmail.com

**Women’s Prison Ministry**

1st and 3rd Tuesday  
**Contact Harriett Stokes**  
[harriettstokes@aol.com](mailto:harriettstokes@aol.com)

**HUMAN TRAFFICKING IS**

modern day slavery.	happening everywhere, even in the United States, and victims can be U.S. Citizens or of any nationality, age, socioeconomic status, or gender.
exploiting a person through force, fraud, or coercion.	
sex trafficking, forced labor, and domestic servitude.	any person under the age of 18 involved in a commercial sex act.

**TRAFFICKING HOTLINE**

**1-888-3737-888**

CALL FOR CONFIDENTIAL HELP & INFO 24/7

# FRESH START OUTREACH MINISTRY

-----*Restoring Lives, One Life at a Time.*  
*Fresh Start is an Outreach Ministry of Fresh Anointing Christian Center Int'l*



APRIL/MAY/JUNE 2017

**FACCI Vision** - To produce mature disciples of Christ with a fresh anointing who are victorious conquerors *evangelizing* and *transforming* the family, economic, social and political structures in the local and international communities where we worship to the glory of God.

*Multiple Strategic Initiative (MSI) – “This is who we are”*

## **Vacation Safety Tips**

Vacation is a time to relax and have fun. Preparing for a family trip requires a lot of planning. Planning can decrease the chances of becoming a victim of a crime. Tourists make tempting targets for thieves; often lost or distracted, weighed down with bags, carrying cameras, money and other valuables. It is best for you and your family to do all you can to blend in with the crowd. Here are some suggestions for keeping you and your family safe when planning your next holiday trip.

### Vacation Safety Tips

- Before you go, make sure to clean out your wallet or purse; take only essential credit cards.
- Carry your purse close to your body, or wallet in an inside front pocket. Consider wearing a money pouch under your clothes.
- Pack as lightly as possible. Lots of heavy, cumbersome bags will slow you down and make you more vulnerable to getting robbed.
- Expensive, designer luggage can draw unneeded attention to your belongings. Pack your things in inconspicuous bags.
- Carry-on anything you may need or of value i.e., medication, jewelry.
- Don't display expensive jewelry, cameras, bags and other valuable items.
- Stick to well-lighted, well-travelled streets at all times.
- Always lock your car, and leave valuables out of sight, preferably locked in the trunk.
- Don't leave jewelry, money or other items lying around the hotel room when you go out, even for a short while. Lock them in the room or hotel safes. Do not leave them unattended at poolside or the beach either.
- Make sure rooms are securely locked and chains fastened wherever possible. Do not leave room keys lying out at the swimming pool.
- You should know who is knocking before you answer the door. If they say they are from the hotel, confirm with the hotel operator that they are in fact from the hotel.
- Always lock the door while in the room.



safety before you go. Burglars prefer to target homes that look empty because it makes the process easier for them. With that in mind, it's important to make it look like your home is occupied while you're gone. Along with all the other items on the "to-do" list before you go out of town, don't forget these five steps for securing your home:



### 1. Hold Your Mail

A pile of unopened mail and unread newspapers announces to a would-be burglar that your home is empty and ready for intruders. Before you go out of town, call your local post office and ask them to hold your mail. Alternatively, you can even do it online at [USPS.com](http://USPS.com). You'll also want to call your newspaper service to stop delivery until you return.

### 2. Trick Potential Intruders

Make it look like someone's home when you're out having fun. Here are some ways to outsmart crooks:

Time lights and electronics. You can time your lights, television, and other electronics to turn on and off throughout the day. You want your lights to look natural, as if someone's home. Avoid leaving your lights on the entire time you are gone. This will not only increase your electric bill, but it's also suspicious, since most people don't leave lights on all the time when they're home. Hire a landscaper. If you're going to be out of town for a week or more, hire someone to mow your lawn and trim your hedges, so it looks like someone's around and doing the yard work.

Have a neighbor park out front. Tell a trustworthy neighbor when you're going to be out of town, and ask them to park a car in front of your house to make it look like someone's home.

### 3. Ask Neighbors to Keep an Eye Out

Friendly neighbors can be an important line of defense against intruders. Tell your neighbors how long you'll be gone and ask them to keep an eye out for any suspicious activity at your house. If your neighbors know you're gone, then if they see or hear someone at your home, they will know something is probably amiss and they can contact the authorities.

### 4. Avoid Social Media

While it may be tempting to share photos on Facebook or tweet about your airport adventures, consider holding off on vacation-related posts. Those you are connected to online are typically your friends, but you never know when your information will get into the wrong hands. A friend of a friend may see your status update and know that your home is vulnerable. Double-check your safety and security settings on social media, and consider waiting to post about your adventures until you get back. by Elli Bishop

## **5 Home Safety Tips for Summer Vacations**

As you make plans to [visit the beach](#), [go hiking in the mountains](#), or [take a road trip](#), consider your home's

**1 John 3:18: “Dear children, let us not love with words or speech but with actions and in truth.”**

### 5. Nix the Spare Key

If your home is being targeted, the first thing a criminal will look for is a spare key. He will look in the standard places: a conspicuous plastic rock, under the mat, or above the door. Putting a spare key in an easy-to-spot location is like handing your keys over to an intruder. If you're going on vacation, think about removing the spare key all together until you are home, or leave a key with a neighbor.

If you take precautions before going on vacation, then you can relax instead of worrying about the state of your home while you're gone. For additional [home safety](#) and travel tips, visit [SafeWise.com](#). If you have additional tips for keeping your home safe while on vacation, please share in the comments!

### **How to Have a Safe Summer Vacation!!!**

It is finally summer! You are finished with school or work, and now you have three months to spend time with your family and other loved ones. One of the best things about summer is that there are usually plenty of activities and adventures to have that have to wait for this very special time of year. In my opinion, summer is the best time of the year, but it is also a time to be wary of a few unseen dangers that are slightly unique to the season. Here are several suggestions for keeping safe over the summer holiday.



#### **1. Always have a first aid kit handy for small emergencies.**

It is a good idea to keep a kit in each car that you drive, and of course on for the home, possibly even one on each level of the house! Make sure that you have bandages, gauze tape, hydrogen peroxide or iodine, burn cream or spray, calamine lotion, and tweezers in your kit. This should come in handy for any minor scrapes, burns, rashes or splinters that could happen at any time!

**2. Be wary of the sun!** The sun is stronger than ever, and every day that you are outside should be a day that you apply sun block. The minimum protection level should be 15 SPF, and better yet use 50 SPF if you are at the pool or beach. Try to limit your time in the sun, too. If you are at a picnic or a pool party, try to get into the shade for some of the time and drink lots of water or lemonade.

**3. Drink lots of water.** This is very important. Hot weather will cause dehydration, and that is a trip to the emergency room if it gets out of hand. Try to drink at least eight glasses of water a day. Water is always a better choice than sugary drinks that have a lot of sodium and calories

**4. Limit your summer activities to the ones that are less dangerous.** Just because it is summer does not mean that you should try skydiving or cliff jumping. If you are not already involved in these types of activities, it's recommended to trying them. Stick to what you know, and you have a better chance of not getting hurt this summer.



**5. If you travel, research your destination thoroughly before you go.** If you are familiar with a place and have done research, you have a better chance of not ending up in the wrong part of a town that you don't know.

### **6. Be wary of crowded places like amusement parks and large gatherings like concerts and fireworks.**

Keep your children and belongings close at hand to avoid any unpleasant endings to an otherwise fun occasion. Always have a safe place to meet if you get separated from your group.

### **7. If you go on vacation, make sure to leave your phone numbers with a neighbor who will be keeping an eye on your house, and get their numbers, too.**

The neighbor does not need to go in your house unless they are watching an animal or bringing in your mail. Call and check up during the vacation if you feel the need.

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### **Top 7 Benefits of Magnesium**

Magnesium is intimately involved in over [600 reactions](#) in the body including the metabolism of food, the transmission of nerve impulses, the synthesis of fatty acids and proteins, muscle movements, gene maintenance and protein formation.



It is one of seven essential macrominerals that must be consumed daily in large amounts — 100 milligrams or more. We store about 25 grams of magnesium in our body with more than 50 percent of this being stored in the skeletal system. The rest goes in the muscles, soft tissues and bodily fluids.

Unfortunately, studies note that about 50 percent of the people in the United States and Europe get [far less](#) than the recommended amount of magnesium. It is important to know that magnesium levels in soil are lower than they used to be. Plus, the use of chemicals such as fluoride and [chlorine](#) in water make magnesium less available. In addition, daily use of sugar and caffeine also deplete magnesium supplies within the body. In addition, if you live a high-stress life, it is likely that you are magnesium deficient.

A magnesium deficiency can lead to a range of chronic health issues. Just to name a few: calcium deficiency, poor heart health, weakness, anxiety and high blood pressure. You can also add type 2 diabetes, respiratory issues, fatigue, poor memory and confusion to the list.

#### **Health benefits of magnesium**

Here is just a sneak peek at some of the amazing benefits of this tiny macromineral and why it is so important to be sure you are getting enough of it.



#### **Blood sugar balance**

Magnesium can help to regulate blood sugar. Magnesium helps manage insulin levels in the body and can prevent blood sugar spikes and crashes from occurring. It also plays a large role in blood pressure control, preventing high blood pressure from occurring, especially when combined with enough potassium in the diet. This does two things: controls stress that can elevate insulin levels and improves overall blood pressure that, when out of control, increases insulin resistance and can cause type 2 diabetes to occur more easily.

#### **Depression**

Magnesium is essential for proper brain function and mood regulation. Research indicates that without enough magnesium,



you are more [prone to depression](#). According to the [Depression and Bipolar Support Alliance](#), major depressive disorder impacts 14.8 million American adults. In one [study](#) of over 8,000 people, researchers found that those 65 years old and under with the lowest intake of magnesium had a 22 percent increased risk of developing depression.

In a randomized controlled trial including older adults suffering from depression, a 450-milligram magnesium supplement improved mood just as effectively as an [antidepressant drug](#).

#### **Anxiety**

No one likes being anxious. If you find you are frequently in this state, you may want to try increasing your magnesium. Low [magnesium levels](#) have been attributed to an increase in anxiety. According to [research](#), a diet low in magnesium changes the types of bacteria present in the gut and alters anxiety-based behavior.

#### **Heart health**

Studies [indicate](#) that even having a slightly reduced level of magnesium can cause severe changes in how the heart, blood vessels, blood cells and other tissues function. Magnesium is critical for proper electrical and mechanical functioning within tissues such as [nerves](#) and muscles (such as the heart), and blood vessels.



#### **Migraines**

Research has shown that low brain magnesium is evident during a migraine attack. One [study](#) found that a regular intake of magnesium reduced the frequency of migraine attacks by just over 41 percent. Another [study](#) found that taking a magnesium supplement daily can help prevent menstrual-related migraines.

#### **PMS**

According to Dr. Carolyn Dean, a magnesium expert and Medical Advisory Board member of the [Nutritional Magnesium Association](#), magnesium could be the answer to a host of [premenstrual symptoms](#). These include such things as mood swings, fluid retention, depression, breast tenderness, headaches, poor sleep and sugar cravings.

#### **Brain power**

Research has shown that mice given extra magnesium had better [working memory](#), long-term memory and a greater ability to learn. According to head researcher Dr. Liu, “Magnesium is essential for the proper functioning of many tissues in the body, including the brain and, in an earlier study, we demonstrated that magnesium promoted synaptic plasticity in cultured brain cells.”

#### **Signs of magnesium deficiency**

Anxiety is a common symptom of a magnesium deficiency.

Here are just a few signs that you may be magnesium deficient:

- Anxiety
- Depression
- Muscle cramps
- High blood pressure
- Hormone problems
- Sleep issues
- Low energy
- Low vitamin D
- Low vitamin K

#### **Good sources of magnesium**

Magnesium-rich foods are found abundantly in nature. Try these delicious options:

#### **Spinach**

Spinach is rich in many key nutrients for your health, including magnesium, protein, vitamin E and B vitamins. Raw spinach only has about [78 milligrams](#) of magnesium per cup, but one cup of cooked spinach contains over [760 milligrams](#)! That's twice the amount from kale and collards, with only Swiss chard beating spinach as the top source from leafy greens.

#### **Seeds**

Pumpkin, sunflower, sesame, chia, hemp and flax seeds are all [great sources of magnesium](#). Seeds are also rich in anti-inflammatory fats and high in protein. Try sprinkling a couple tablespoons of seeds onto salads, add them to a green smoothie, or toss a few in with some berries and organic Greek yogurt for a high protein, magnesium-rich breakfast or snack.

#### **Cocoa and cacao**

Dark chocolate is a great source of magnesium. Raw nibs and cacao powder are incredibly high sources of magnesium, along with [dark chocolate and even cocoa powder](#). While you shouldn't rely on chocolate alone for your magnesium intake, having a small square of dark or raw chocolate (or a couple tablespoons of cocoa) is certainly an enjoyable way to add more magnesium to your day!



#### **Almonds**

Almonds are high in protein, vitamin E and the highest source of magnesium among all nuts, with cashews being a close second. Almonds contain roughly [76 milligrams per ounce](#) (about 23 nuts), or 15 percent of your daily needs. For the best anti-inflammatory option, choose raw almonds (unroasted) or raw almond butter.



#### **Bananas**

Bananas are often avoided for their high sugar content, but this fruit is actually the best source of magnesium among all common fruits. Bananas are also a great source of vitamin C, potassium, fiber, vitamin B6 and manganese. A medium-sized banana contains [32 milligrams of magnesium](#).

#### **Coffee**

Your morning cup of java just got a bit more exciting — coffee is the highest source of liquid magnesium you can consume! It's also higher than any food source — just in case you were wondering. Espresso has a higher magnesium content, but all coffee comes in around [1000 milligrams or more](#) in just one eight-ounce cup. Do keep in mind that calcium from milk and refined sugar can [interfere](#) with magnesium absorption, so drink your coffee black. Also use a raw, whole-food sweetener like honey instead of sugar.

**Note:** Besides eating more magnesium-rich foods, you can try this amazing [magnesium rub](#) to increase your levels.

— Susan Patterson

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*Have a Happy, Safe and Blessed Summer!!!*