

FRESH START OUTREACH MINISTRY

-----Restoring Lives, One Life at a Time.

Fresh Start is an Outreach Ministry of Fresh Anointing Christian Center Int'l



OCTOBER 2016

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

FACC 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.

Multiply Strategic Initiative (MSI) – This is who we are”

SAVE THE DATE!!!

Are you registered to VOTE!!!



Deadline Alert: 10/11/2016 is the last day to register before the 11/08/2016 election.

You can also text your registration. Go to:

<https://www.hello.vote>
and enter your phone number

Upper Darby Community Day!!!

October 22, 2015
Upper Darby High School 10am-2pm

Election Day!!!

United States Presidential Election,
Tuesday, November 8, 2016

HALLELUJAH NIGHT!!! TBA

Thanksgiving Outreach!!!

Wednesday November 23, 2016

Nursing Home Ministry

4th Saturday of the Month
(next visit October 22)
Contact Christine Miller

cmiller224@comcast.net

Men's Prison Ministry

Thursdays beginning Sept. 29
Contact Lawrence James
lnice111@gmail.com

Women's Prison Ministry

1st and 3rd Tuesday
beginning October 4th.
Contact Harriett Stokes
harriettstokes@aol.com

45 Things To Do With Baking Soda

Oftentimes, the simplest things in life can be the most powerful. One example of this is baking soda. We don't think much of that little box that sits in the pantry, but the stuff inside is potent and very versatile.



*Baking soda is scientifically known as sodium bicarbonate. In nature, it is found as the mineral nahcolite, which exists in its pure form in the Green River Basin in Colorado. The main benefit of baking soda is that it neutralizes pH and helps keep things from becoming overly alkaline or overly acidic. This makes it great for a wide array of applications.

*The following are 45 things you can do with baking soda... 45 of the many! Whenever you can, go with aluminum-free baking soda, especially when taking it internally.

- 1. Keep your fridge fresh.** Put an open box of baking soda in your fridge to absorb moisture and odors. Replace the box with a new one every month.
- 2. Revolutionize your laundry.** Add half a cup of baking soda to each load of laundry, along with a natural detergent, to enjoy the cleanest clothing and sheets ever.
- 3. Make a multipurpose floor cleaner.** Mix half a cup of baking soda into a bucket of warm water, and use the mixture to mop your floors. You can also remove scuff marks from tile and laminate floors by putting a bit of baking soda on a damp sponge and gently scrubbing. Rinse floors by mopping with pure water when you're done.
- 4. Put out a small fire.** When you're cooking, keep a box of baking soda close at hand. If a small fire erupts, get to a safe distance, and throw cups full of baking soda near the base of the fire. Of course, if the fire is too large or gets out of control, leave the house and call the fire department.
- 5. Clean the bathrooms.** There's no need for harsh tub and toilet bowl cleaners when you have baking soda. Mix baking soda, coarsely ground salt

and natural liquid dish soap into a paste. Apply to tubs, sinks and toilets, let it sit a while, and scrub before rinsing.

6. Clean your dishwasher. To keep your dishwasher clean and smelling fresh, run a load of baking soda through it from time to time.



7. Keep your kitchen free of that garbage scent. Simply pour about a quarter of a cup of baking soda into the bottom of your garbage can to keep those smells from taking over.

8. Get cloth diapers extra clean. To clean cloth baby diapers, soak them in a mixture of about a quarter cup of baking soda to a quart of water before throwing them in the wash.

9. Keep germs off of your sponges. Soak sponges and cleaning rags in a mixture of about one quart of water and three to five tablespoons of baking soda for a couple of hours to get them nice and clean.

10. Deodorize carpets. Sprinkle some baking soda onto your carpets and rugs before vacuuming to get rid of funky smells.

11. Deodorize pet areas. You can sprinkle baking soda in the bottom of litter boxes, underneath the litter, to keep the smell from getting too nasty. You can also deodorize pet beds and areas by sprinkling a bit of baking soda onto them before vacuuming.

12. Clean up grease stains. If you have a grease stain on cement floors or your driveway, pour baking soda over the top before scrubbing. The baking soda will help soak up the grease.

13. Deodorize yourself. Instead of deodorant, rub a little bit of baking soda under your arms. Don't use too much, to avoid powder on your shirt. Alternately, mix a sprinkle of baking soda with a little bit of coconut oil, and rub under your arms. This should keep you smelling fresh all day.

14. Amplify your shampoo. When you squeeze your favorite natural shampoo into your palm, add about half a teaspoon of baking soda to the mix. This will help remove residue and leave your hair feeling ultra-clean.

15. Degrease your hair between shampoos. No time to shower? Sprinkle a bit of baking soda into your hand and work through your hair, being careful not to get too much on your scalp. This will absorb oil and moisture, and keep your hair looking cleaner until your next shampoo.

16. Replace your mouthwash. Mix a teaspoon of baking soda into a cup of water, and use as a mouthwash to neutralize odors.

17. Whiten teeth. Make a paste using baking soda and water, and use it to brush your teeth. Afterwards, brush with a natural toothpaste, and rinse well.
Note: Don't do this for more than a week, and wait a few months between treatments, so that you don't wear down your tooth enamel.

18. Clean your brushes and combs. This includes toothbrushes, hair combs and hair brushes. Simply soak overnight in a mixture of half baking soda, half water, and rinse thoroughly in the morning.

19. Remove fingernail stains. Mix equal parts baking soda and peroxide in a small bowl, and gently scrub your nails with the mixture using an old toothbrush. Rinse thoroughly. Over time, this should remove staining.

20. Soothe insect bites. Mix baking soda and water to make a paste, and apply to insect bites to reduce the itching and irritation.

21. Pack in a camping backpack. A baking soda and water paste can also help to soothe the sting of poison ivy, so make sure you bring a box next time you go camping or hiking.

22. Get rid of a splinter. Soak the affected area in a bowl of water with one tablespoon of baking soda. Doing this for a few days, twice a day, will help the splinter to naturally come out on its own, according to [Dr. Axe](#).

23. Exfoliate your skin. Who needs expensive scrubs? Mix a bit of baking soda and water in your palms, and gently scrub your face using a circular motion. Rinse thoroughly. You can also put baking soda on a washcloth in the shower to exfoliate your entire body before you soap up.

24. Diffuse an acne flare up. Make a paste of baking soda and water and apply a bit directly to acne. This will help reduce redness and may help it to clear up faster, because the baking soda aids in drawing out bacteria and dirt.

25. Reduce bloating after meals. Combine half a cup of water, the juice of one fresh lemon and one teaspoon of baking soda in a cup. Stir, wait for fizz to subside a little and drink after a big meal to help relieve bloating and gas.

26. Relieve acid reflux. To help soothe the burn of acid reflux, add a quarter teaspoon of baking soda and two tablespoons of raw, organic [apple cider vinegar](#) into a glass of water and drink after meals.

27. Tone down gout pain. To help neutralize uric acid buildup, combine two tablespoons of freshly-squeezed lemon juice and a teaspoon of baking soda, and drink.

28. Make a great foot soak. Relieve swollen, aching feet by mixing three or four teaspoons of baking soda into a tub of warm water. Soak and relax!

29. Soften your hands. Add a teaspoon or two of baking soda to a container of natural liquid hand soap, and use occasionally to exfoliate and soften the skin on your hands.

30. Take a luxurious bath. If your skin is feeling particularly oily, or if you've been exercising heavily, add about half a cup of baking soda to a warm bath, along with a few drops of your favorite essential oils, and soak. The baking soda will take care of that oil and sweat.



31. Scrub pots and pans. Add a sprinkle of baking soda to a damp sponge before scrubbing your pots and pans. It will help remove any char that may have accumulated, and get your cookware extra clean.

32. Banish drain odors. Got smelly drains? Baking soda to the rescue. Pour about half a cup of baking soda down the drain while water is running, or add some while you run your garbage disposal. Problem solved!

33. Polish the silver. Mix about three tablespoons of baking soda to one tablespoon of water, dip a clean cloth in the mixture, and use to polish silver plates, flatware, and vases. Rinse and dry when you are finished polishing.

34. Get scuff marks off of walls. Sprinkle some baking soda onto a clean, damp rag, and you'll be able to get most anything off of your walls with a bit of elbow grease. Wipe the wall with a clean cloth or sponge when you are finished.

35. Get the dirt off of produce. When washing your fruits and vegetables, sprinkle a bit of baking soda onto a clean, wet washcloth, rub gently, then rinse thoroughly.

36. Keep ants out of your home. Sprinkle a bit of baking soda along the doors of your home, and any crevices that may be letting in ants. This helps to keep these critters at bay. Baking soda can help to repel cockroaches, as well.

37. Polish your faucets. Add some baking soda to a damp sponge and use to polish your bathroom and kitchen faucets. Buff dry with a washcloth or clean rag, and enjoy the shine.

38. Clean your microwave. To get the grease and grime out of your microwave, simply wipe it down, inside and out, with a damp cloth sprinkled with baking soda.

39. Clean your coffee maker. Add a teaspoon of baking soda to a full pot of water, and run through your coffee maker to clean it. Follow up with a full pot of pure water to rinse.

40. Get the smell out of your mugs. Do you have coffee mugs or teacups that have built up a bit of an odor from repeated use? Mix a quarter cup of baking soda with about a quart of warm water, and pour into affected cups and mugs. Soak overnight before washing and the smell should be gone.

41. Melt driveway ice. Out of road salt? Sprinkle some baking soda on your doorstep or walkway to melt the slippery stuff.

42. Clean your car. Instead of the wide array of chemical-laden car cleaning products, you can clean your car with baking soda instead. Mix about a quarter cup into about a quart of warm water, dip in a cleaning rag, and use to clean the interior of your car.

43. Rev up your metabolism. Add half a teaspoon of baking soda to a daily cup of organic [green tea](#) to help keep your body alkaline and encourage your body's fat-burning processes.

44. Make a great pre-workout drink. Heat seven cups of coconut water in a pot over low heat. Dissolve 1/4 teaspoon of baking soda into the coconut water. Add 1/2 teaspoon natural sea salt, 1/2 cup fresh lemon juice, and 1/4 cup raw honey. Pour into a large jar and shake well. Drink before a workout to [give you energy](#) and help keep lactic acid at bay. You can store this mixture for a week in the fridge.

45. Recover after a workout. For a twist on the above-listed workout drink, simply mix together 4 cups of water, 1/2 teaspoon baking soda, 1 teaspoon of sea salt, and 1 tablespoon of fresh lime or lemon juice.



This beverage can help to [fight fatigue](#) and help you recover faster. Are there any other things you use baking soda for? Please let us know!

— Tanya Rakhmievich

Favorite Verse//Poetry

Galatians 4 (NIV)

4 What I am saying is that as long as an heir is underage, he is no different from a slave, although he owns the whole estate. ²The heir is subject to guardians and trustees until the time set by his father. ³So also, when we were underage, we were in slavery under the elemental spiritual forces of the world. ⁴But when the set time had fully come, God sent his Son, born of a woman, born under the law, ⁵to redeem those under the law, that we might receive adoption to sonship. ⁶Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, "Abba, Father." ⁷So you are no longer a slave, but God's child; and since you are his child, God has made you also an heir.

