



Resolutions from the Bible

New Year's resolutions are frequently made and often broken. But what if we made it our goal to make resolutions based on Scripture rather than only self-improvement?

The Bible offers numerous examples of areas where we can focus growth while serving God. Instead of the usual topics of losing weight, stopping smoking, or not using bad language, let's consider five New Year's resolutions from the Bible.

5 New Year's Resolutions from the Bible

1. Draw Near to God
2. Meditate on Scripture
3. Grow with God's People
4. Improve God's Temple (Your Body)
5. Consider Handwriting Scripture

In His Service,



H-3 Ministry

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.

Jeremiah 29:11



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Why Indoor Air Quality Is So Important

Breathing quality indoor air is critical for good health. Most Americans spend a significant amount of time indoors--either in the home, office or other types of buildings--where gas, chemical and other pollutants can cause headaches, eye irritation, allergies and fatigue. Serious pollutants can cause certain types of cancers and other long-term health complications.

Clean air can prevent many environmental health hazards such as asthma, which according to the US Environmental Protection Agency, affects 25 million people, including 7 million children in a given year. Asthma accounts for nearly 17 million physician office and hospital visits.

Common indoor air pollutants include:

- Second hand smoke: A serious indoor air pollutant which can worsen symptoms for asthma sufferers, increase risks of ear infections in children and increase risks for Sudden Infant Death Syndrome.
- Radon: A dangerous gas pollutant identified as the second leading cause of lung cancer, Radon enters homes through cracks and other improperly sealed openings.
- Combustion Pollutants including carbon monoxide and nitrogen dioxide: These gases come from burning materials or improperly vented fuel-burning appliances such as space heaters, wood stoves, gas stoves, water heaters, dryers and fireplaces.

Carbon monoxide is a colorless and odorless gas which is not easily detectable by human senses, and interferes with oxygen delivery throughout the body. Carbon monoxide causes headaches, dizziness, weakness, nausea; and toxic amounts can lead to death.

Nitrogen dioxide, which is also a colorless and odorless gas causes eye, nose and throat irritation, shortness of breath, and increased risk for respiratory infections.

Indoor air quality is a critical public health issue that continues to be addressed at the local, state and federal levels. Recognizing the importance of air quality, some states have implemented broadly encompassing legislation to address health concerns.

Indoor air quality continues to be a critical concern that requires immediate action from governments and homeowners alike.



How to Dress for the Cold

Dress for the weather--that's an important element of dealing with cold winter weather. But how do you do it? Read on!

Dress in layers. Use many thin, warm layers rather than a few thick layers. It will insulate better and allow you to strip off layers if the temperature climbs. There are several reasons why you may develop depression during the holidays:

Dress for the appropriate activity level. Dressing for an active day of skiing will be different than dressing for a sedentary day of ice fishing. for support. You can also try talking to a therapist. They can help you figure out where your feelings come from and develop solutions to overcome them.

Buy or find a pair of insulated boots. Ideally, the lining should be wool or synthetic--not cotton. Linings can be purchased separately. You can purchase boots already with the lining, or use boots two sizes larger than usual, and use a lining.

Wear winter socks. Warm winter socks are important in keeping warm dry feet. Wool is best, although good synthetic "fleece" socks are often quite good. You can layer socks, but be careful that your feet are comfortable and the circulation isn't shut down.

Use a good quality coat, parka, or jacket. Generally speaking, the thicker the better, whether it is a synthetic ski jacket, a wool pea coat, or a down jacket.

Wear a base layer. A "base layer" is long johns, union suit, long underwear, or whatever can provide a warm, light base to your winter gear. Merino wool products are recognised as one of the best base layers available.

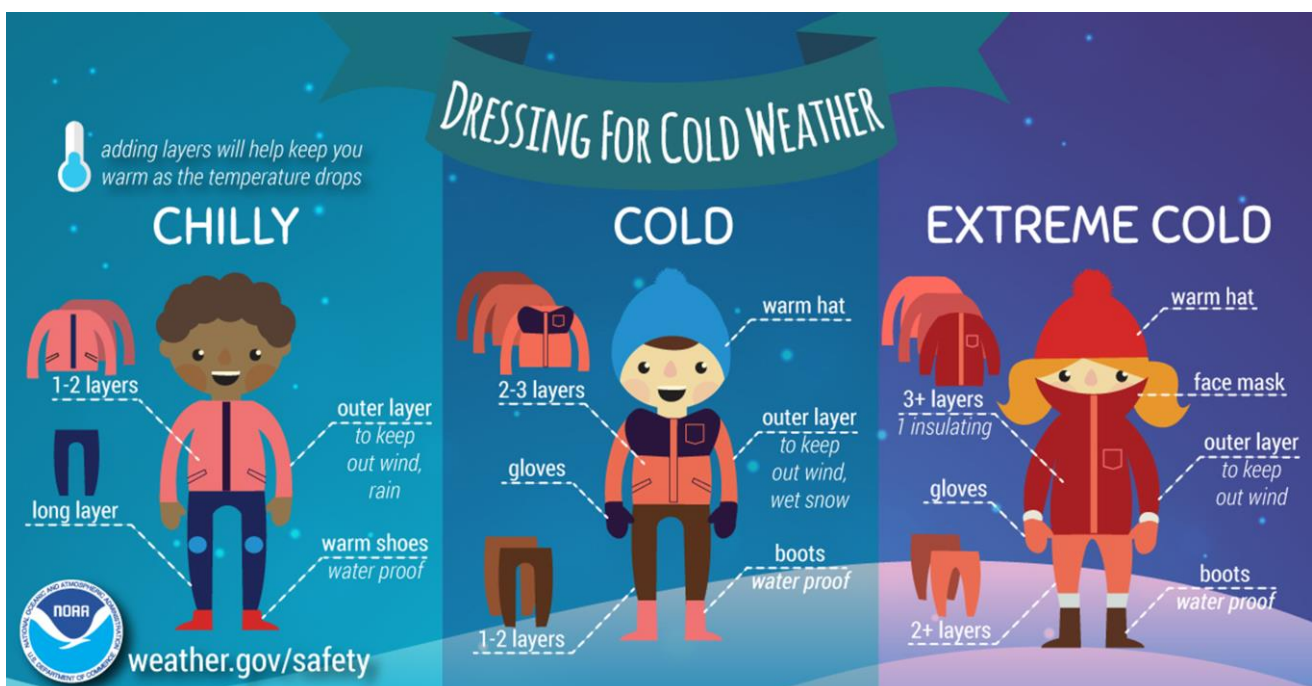
Wear a hat. While it's a myth that most body heat escapes through the head, covering any exposed body part helps retain body heat.

Wear gloves or mittens. Fingers and hands are very vulnerable to the cold, so keep them covered. Very thin gloves (like "magic gloves") are better than nothing, but comfortable, warm gloves are important.

Hand warmers can be useful, especially if you don't have shelter handy. They can be purchased at any outdoor or hunting store. Never use these as a substitute for dressing warmly, however.

Wear more than one layer on your legs. Oddly, some people will wear five layers on their torso, and only one layer on the legs. At minimum, have a base layer like long underwear and an outer layer, like snowboarding pants.

Keep dry. Being wet will cause chill to set in more quickly than if you're dry. Have waterproof or at least water resistant outer layers.



Dressing for the Cold Weather Tips

- Don't over-dress. Being sweaty and clammy is dangerous.
- You should be warm--not hot--and dry at all times.
- You can often purchase appropriate winter gear through military surplus catalogs and websites. Often it is just as good as pricey name brand gear and a fraction of the cost.
- Mittens insulate better than ordinary gloves as the fingers insulate each other better when packed close together. However, the main disadvantage is that they make it difficult to do some things with your hands e.g. turn the page of a newspaper/book or handle small objects.
- In an emergency, you can further insulate your jacket, shirt, or the like by stuffing newspaper, dry leaves, or the like in your clothes.
- Dress for function over fashion. Of course, you don't have to dress unfashionably in the cold. But in truly bitterly cold weather, dress to keep warm regardless of how you look. You might look like a geek, but you'll be a warm geek!
- When dressing, keep in mind whether you will be exposed to moisture (sleet, wet snow, rain and/or wind). Both moisture and wind will make you colder faster than if the weather is dry and calm.



resources this issue

Resources: <http://www.ultimateair.com/blog/bid/47758/Why-indoor-air-quality-is-so-important>

<https://www.wikihow.com/Dress-for-the-Cold>

<http://www.patheos.com/blogs/holywrit/2017/12/5-new-years-resolutions-bible/>

<http://www.heartprintsofgod.com/>

SAVE AND COUNT YOUR BLESSINGS THIS YEAR

This January start the year with an empty jar. Each week add a note with a good thing that happened.

On New Year's Eve empty the jar and read about the amazing year you had.



A New Year's Prayer

May God make your year a happy one!
Not by shielding you from all sorrows and pain,
But by strengthening you to bear it, as it comes;
Not by making your path easy,
But by making you sturdy to travel any path;
Not by taking hardships from you,
But by taking fear from your heart;
Not by granting you unbroken sunshine,
But by keeping your face bright,
even in the shadows;
Not by making your life always pleasant,
But by showing you
when people and their causes need you most,
and by making you anxious to be there to help.
God's love, peace, hope and joy to you
for the year ahead.

~Anonymous