

Health Corner

By Serena Scott, CMH



Strengthening Your Immune System

Why is the Immune System so important? The immune system is the only system that defends the body against infection and everything that does not belong inside of you. It also protects the body's own cells. It is your body's first-line defense against invaders. Without an immune system, we would have no way to fight harmful things that enter our body from the outside or harmful changes that occur inside our body. Strengthening the immune system is not only a good idea, but a necessity. The healthy functioning of the immune system is dependent to a large extent on proper nutrition. Here are some practical and helpful recommendations on strengthening your immune system.

- Eat fresh fruits in abundance every single day. Some examples of fruits that strengthen the immune system are citrus fruits, berries, pomegranates, apples, pineapples, seeded red grapes.
- Eat raw leafy greens and vegetables in abundance every single day. Some examples of vegetables to strengthen the immune system are broccoli, watercress, arugula, Brussel sprouts, kale, red cabbage, turnips.
- Eat an assortment of sea vegetables every day. Some examples of sea vegetables are kelp, dulse, nori, wakame, kombu. Eat fermented foods. They are especially beneficial to the intestines. A good microbiome improves the immune system. Examples of fermented foods are Kimchi, Kombucha, Sauerkraut, Miso, Tempeh.
- Add fresh raw garlic to your salads every day. You can also take garlic capsules. Garlic contains natural antibiotics that act against at least 15 species of harmful bacteria. Garlic boosts the immune system.
- Eliminate all heavily processed foods. This includes cookies, sugary drinks, deli meats, and frozen pizza, salty snacks like chips, and most commercial breakfast cereals. These foods may taste good, but they're loaded with added ingredients, chemicals, and preservatives that aren't good for you.

Spring and summer are great seasons to do this because it helps prepare us to have a stronger immune system for the fall and winter months where the tendency of getting sick is higher.

"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body." **1 Corinthians 6:19-20**

All Nations Fellowship SDA Church

Our Mission

Building a healthy, strong and growing community of believers in Christ who work together to prayerfully, strategically and intentionally advance the kingdom of God by sharing the gospel of Jesus Christ.

Matt 24:14; John 14:1-6, 27, 28; John 3:16; John 18:36; Rev 11:15; Acts 28:31; Luke 24:13-3

Sabbath School 9:50AM

Praise and Worship Service 11:15AM

(773) 336-2261
ngreaves@lrcsda.com

HEAD ELDER:
Courtenay Osborne
(630) 452-1201
court.osborne777@gmail.com

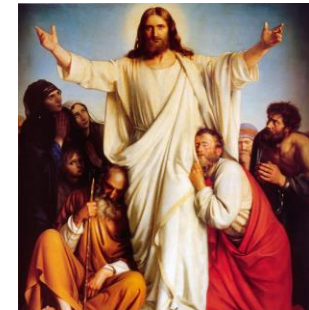
CHURCH CLERK:
Ena Collymore
630-964-4625
clerk@anfsdac.org

COMMUNICATIONS SECRETARY
Michael Campbell
(708) 651-6336
mdc65@gmail.com

(312) 391-3332
serenascott10@yahoo.com

PRAYER COORDINATOR:
Henrietta Collins
(630) 682-9322
hcollins845@att.net

SABBATH SCHOOL LEADER:
Ronald Tunis
(630) 334-3443
ron.tunis@yahoo.com
EMAIL YOUR BULLETIN NOTICE/S
TO: anfcclerk@live.com
church@anfsdac.org Website:
<http://anfsdac.org>



All Nations Fellowship SDA Church

Where all feel loved, valued, and cared for because the presence and power of God's Holy Spirit produce His fruit in our daily living and in our worship.

You Are Welcome Here

...to this part of God's family, a community of believers in Christ seeking to live under His Lordship. We are glad that you have joined us here today. We trust that you will receive a tremendous blessing from God as you worship and fellowship with us.

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3700 Fairview Avenue, Downers Grove, IL 60515
630-964-4625

“Christian Lifestyles”
(Recap from Presentation on April 20, 2024)
Romans 12:2

Jackie Abrams introduced the Perspectives topic of *Christian Lifestyle* in the areas of Business, Finance, and Outreach.

The first presenter, Melvin Pettis, addressed the Christian lifestyle in the business arena. He informed the congregation that he is the son of a preacher, and his father started three churches on the west side of Chicago. He took this spirit of service to college where he started a Christian group. How do you bring Christian business principles into business? Core principles to bring are honesty, treat people right, be fair in business practices, be wise, and donate to a cause. Also put God first, allow God’s will to be presented, and allow guidance in a godly manner. It is also important to be comfortable with change and know that the opposite of fear is faith. God calls us to be anointed and bring forth his principles in business.

The second presenter, Pastor Nikolai Greaves, addressed the Christian lifestyle in the area of finance. In his additional role of Director of Stewardship at Lake Region Conference, it is his responsibility to teach about the 10 percent (tithe), but also to help people to understand what to do with the 90%. Two dimensions are involved when presenting the topic of finance - mindset and math. Mindset is extremely important. The mind has been made to believe that people with money are the problem. Notice that the villain in many of the superhero movies is the person with money. Deuteronomy 8:18 states, “God gives you the power to get wealth.” God does not declare the acquisition of wealth to be sin, and scripture does not say that money is the root of all evil. It is the *love* of money that is. A person is neither righteous or not righteous based on net worth. The math part addresses preparation. When the interpretation of the king’s dream was that there would be seven years of famine, during the years of plenty Joseph set up storehouses to have savings during poor economic times. Pastor Greaves stressed seeing the times in which we are living, are you planning and preparing for the future when times will be worse?

The third speaker, Ron Harlan, spoke on the Christian Lifestyle in outreach. God has a mission and that is intervention for those unaware of repentance and who perish due to ignorance of God’s word. If there is no change within, there will be no success in reaching those without. Use whatever gift you have to serve others - not by force, but in love. The goal of outreach is discipleship. Personal ministry softens stony hearts so that the seed of truth can take root. There are more people who want to know about God than there are people in the church.

Gabrielle White concluded by stating that being a Christian is about doing God’s work in business, finance, and outreach - all in a way that gives God the glory, honor, and praise.

[Click here](#) to hear this sermon in its entirety.

Recap by Kathy Tunis

All Nations Fellowship SDA Church
Divine Service
April 27, 2024
11:15 AM



Welcome-----Pastor Nikolai X. Greaves

Praise Team

Opening Prayer and Scripture-----Joshua Robinson
"2 Chronicles 32:7-8" NKJV

Children’s Story-----Abigail Greaves

Tithes and Offering-----Video

Intercessory Prayer-----Glenn White

Special Music-----Jeremy Robinson

Sermon-----Pastor Philip Willis Jr.
"Courage in Crisis"

Closing Prayer-----Pastor Greaves

ANNOUNCEMENTS and Reminders

- **Breakthrough Tuesdays 1st, 3rd and 4th Tuesdays at 7:30PM. Zoom ID: 96091356728; Passcode: 7**
- **Sabbath School is at 9:45 AM. Zoom ID: 945 6406 8099, Passcode: ritBb4**
- **Health Meetup 2nd Tuesday 6:45PM.**
- **Go Fund Me for Tracia Williams to help with medical expenses as she battles cancer. <https://gofund.me/9c56f792>**
- **Please keep the family of Vilma Robinson in your prayers as they mourn her passing.**
- **Please support the LRC Education fund raising campaigns. Millions of dollars are needed to renovate our schools.**
- **“Just for Prayer” Teleconference on Thursday evenings at 8:30 pm. The call-in number is: 716-293-7717. PIN # is 71316.**
- **Pray for healing for Allison Hull, Gabby Smith, Sade’ Carpenter(Osborne’s niece), Tracia and Teresa Williams, Sophie Reyes (co-worker of Diane Wright), Darin (Dawn Robinson’s brother) Jerome Atkins, Deb Agard, Joyce Agard, Henrietta Collins, Maria Hartung, Fuchsia Campbell, Bob (Fuchsia Campbell's nephew) Michael Hartung, Gloria Toscano, and Dana (Allison’s daughter), Shirley Matthews Atkins, Nicole Pratts**
- **The Environmental Working Group is a nonprofit, nonpartisan organization dedicated to helping you live your healthiest life. This is an excellent resource for information on toxicity in your environment. <https://www.ewg.org>**