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HOPE

HELPING. OUT. PEOPLE. EARNESTLY

**COVID19 QUARANTINE CENTRE
LIVINGSTONE FOUNDATION INTERNATIONAL
KEVIJA-Ü/THAHEKHU, DIMAPUR**
Managed by Western Sümi Hoho &
Western Sümi Baptist Akukuhou Küqhakulu (WSBAK)
FRIDAY

e-Newsletter

VOL-1 ISSUE NO -14

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G. JOLLY ZHIMOMI
President, WSTH

GRATITUDE

The Leap year 2020, has been the most crucial and challenging for everyone with many fears, outbreaks, and pandemics. Everyday unusual things kept happening around the world, making one think if it is the end of the world.

The most unprecedented and fearful one is the COVID-19 pandemic attack on the human race, not only did it take away many precious lives but also made this year more perplexed and uncertain. Amid this WSBK-WSH coming forward together to manage the LFI Quarantine Centre made us realize that there is indeed light and hope on the other side of the tunnel.

I am proud and thankful to God for allowing me to be a part of this humble involvement and extending the best that I could for the inmates of LFI Quarantine Centre at this hour as the convenor of the Food committee.

To manage breakfast, lunch, and dinner for 155 inmates +10 Officials is not an easy job, but with the support from the Food Committee Members everything was made possible.

I take this time to thank:

- Rev. Tovishe Sema (Secy. DoME, WSBK)
- Mrs. Kakheli Inato Jimomi (Secy. DoWM, WSBK)
- Mrs. Toyeli Samson (Council Member, WSBK)
- Mr. Toluho Chishi (Pastor, Lhomthi Village Baptist Church)
- Mr. Mughabeto K Jimo (Pastor, Thahekhu Village Baptist Church)

I am also thankful to all the individuals and the well-wishers for generously contributing all the essential commodities at this trying time.

My sincere thank the Akuvuto Community for taking all the trouble preparing the lunch and dinner for the inmates at the LFI quarantine centre.

As usual, the Units of WSTH have played an important role in different ways For which my gratitude goes out to the following Unit/Area for their co-operation given to the Food Committee:

- 1. Ato Area 2. Aqahuto Area 3. Niuland Area 4. Kuhuboto Area STH 5. Thahekhu STH
- 6. Lhomthi STH 7. Mishikito STH 8. Chekiye STH

The feedback that we've received from the inmates, as well as the public and the media, have been so wonderful and motivating, this has not only encouraged us to do more but also helped us realize that the time and effort that we have given has not gone barren rather it was fruitful.

This Pandemic has not only tried us but also made us realize that we humans can overcome anything when all hands come together and lift each other.

QUARANTINE ETIQUETTE Ver. 1.0



"You may survive the virus but someone else may not, so stay safe and follow guidelines strictly"

Toilet Etiquette

1. Remember infection can spread through sharing of dirty toilets

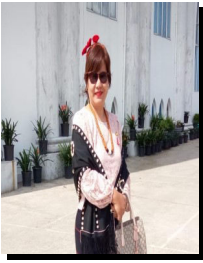
2. Clean the toilet before and after every use with cleaning solution and water

3. Keep the toilet as clean as you will want it when you use

4. Wash your hands thoroughly after using the toilet

5. Maintain a distance of about 2 metres distance while going for needs





Kakheli Inato Jimomi
Secy. Dept. of Women
Ministry - WSBK.

PRAYER THE STRENGTH FOR TOUGH TIME:

The Strength does not come from a mere physical strength but through an indomitable will and persistent prayer. I believe one of the reasons which prevent us from being truly our selves and finding our own way is that we do not realize the extend of our spiritual blindness and wounds. If only we know we are spiritually blind and wounded how eager we would seek best treatment and healing by turning to God who is the Greatest Healer. But the tragedy is that we do not realize the gravity of our spiritual blindness and wounds. Many things leap in to our eyes, mind and soul to be aware of our spiritual abnormalities. Hence we grow weaker, stiffer and powerless every day and harden our mind, which stops us from bending our knees to talk to God and drift away from God rather then seeking his help and strength to be strong. Prayer at last is almost forgotten in our daily life.

Why do the believers facing problems in prayer?

Firstly, Prayer is becoming less important because the devil has a well-developed strategy to keep us away from praying. I sometimes believe that Satan has an invisible spray of fear and uses it to pollute the atmosphere every time when a Christian is about to take an important step to go forward. But remember God always ask us to step out in faith and ignore our feelings of fear because God did not give us a spirit of fear rather a spirit of power to overcome fear and temptation.

According to Bible Gideon was fearful before the big battle. Abraham trembled too as he put his son Isaac on the sacrificial altar. David's knees were shaking when he run to meet Goliath. However we find in these people the true spirit of power that resists the spirit of fear and did not disqualify them from serving and obeying God. Thus their heroic and victorious acts are still alive which fascinates and inspires thousands of people till today.

Prayer brings us in to the realm of the supernatural and unknown territory where there are things we can never be afraid to talk with god. Many people at times experience an unexplainable fear when they decide to pray. If it so happen we need to realize that Satan is the source of fear, so take authority over it in Jesus name and we will surely overcome the fear. Prayer is nothing to be afraid of it's as natural and simple as breathing. God's willingness to become involved in human affairs is as real and accessible as the air around us. To pray is to let Jesus in

to our needs, we should never let any spiritual panic attacks keeps us from praying.

Secondly we often lack confidence; most people don't realize what a big part of thoughts Satan shoots into our minds have to do with, a low self-image. He just loves us to torture us with self condemnation, since prayer is the thing he hates more than any thing else, it is important that we don't fall for his garbage bag of dirty tricks. God is not like human being who gets offended very quickly the moment we hurt Him. But He understands us and loves every individual more than anything. He has full of comfort, total love, peace, and forgiveness, He will answer our entire petition and more than that He wants us to have a willing communication with Him with confidence.

Thirdly why are there so many distractions or why is it that when we close our eyes to pray, we suddenly remember that it is my friend's birth day or wedding anniversaries etc and I haven't bought a gift? How our morning devotion is plaque with the dreams we had previous night? How comes confessing our sin and the idea of buying a microwave, computer, cosmetics comes in on the same brain wave? How comes all these distractions appears when we pray?

We need to be aware that a part of Satan's sabotage of the telecommunication between heaven and earth is interrupting the conversation between God and the believers. Every one faces wandering thoughts but Infect we just need to learn to take captives of every thought to make it to God and go RIGHT on praying.

After all prayer is not for time past but it is one of the most important in the Kingdom of God. At times we are faced with untold miseries and tough times, and though we pray we don't seem to get on answer, does that mean that God does not hear our prayer? Have we ever questions ourselves whether our unanswered prayers are accompanied by "FAITH" in the required sense? Or just because we don't receive the results immediately does not mean that there is no God or God does not love us any more. The Bible tells us that when we speak to God, He will not only listen to us but also answers our prayers. In Luke 11: 5-13 Jesus says "Ask and God will give it to you". God indeed does not always give us what we ask for but perhaps what we ask for is not good for us. Jesus tells us that God will not give us things that will harm us. He compares our requests to God with a child request to their parents. He goes on saying "If your children ask for a fish would you give them a snake?" The implied answer is no, parents don't give their children things that will harm them and neither will God. We should remember that prayer is entering another dimension- a realm where things don't always work the way they do on earth, but the good news is that prayer always offers an escape from helplessness to a hopeful future.

Fourthly we are not good at handling tough times. God knows we need security and He created a predictable universe. He does not change the colour of the sky or the sorrow every minutes nor pull

pranks like allowing the water to freeze for a couple of weeks or months or a year, nor does He punish us by taking away the sun until we promise to be faithful and good. There are mysteries, which our human brain can never comprehend about God. When we view God as simply running and answering machine we miss the God's blessing or if we only concentrate on ourselves worrying if we are praying long enough, hard enough, then we are not focused on knowing, hearing and loving God. God is more interested in the cry of our hearts, if we lift our hurt and wounded spirit to God and reach to Him we will truly find God.

In Psalm 138:3 we notice a very strong prayer of David "On the day I called you answered me, you increase my strength." David literally expressed that God strengthened him with the strength in his soul. He was exactly saying that if the burden was not removed, God still gives us enough strength to bear it. God is not interested in merely removing our difficulties, He is also concerned with being himself within us, with our problems, difficulties and tough times, thus affording us strength to meet the difficulties we face. This is how God does it most of the time yet we fail to realize and fail to handle our tough times with the prayer of strength.

There are times when God may alter circumstances may heal broken relationships, may change the situation we find ourselves in, but what we need is not different circumstances but a different people, a changed person. In most instances it is not the situation that must be changed, it is the individual that must be changed. Isn't that Paul's message in 2nd Cor.12: 7, very encouraging when he wrote about a thorn in the flesh, a messenger to harass him, Satan had targeted him, singled him out, afflicted him and Paul ask God to remove that affliction but God said, "My grace is sufficient for you". Paul understood and said, "Therefore I will glory in my infirmity and weakness for when I am weak then I am strong".

When God change us and strengthen our inner being we are able to deal with the circumstances of life. Every hard time we have to face is but an opportunity in our hearts and to walk in a new dimension of spirituality with the Lord. Honestly most of the time God is not going to change the circumstances how can then we have victory? It is so simple we can have victory on our knees before God. It is wonderful to know that anything that concerns me concerns God when I am hurt God is hurt too. We are in this togetherness, He cares for us!

When David was walking in the midst of trouble he did not walk alone, the great God was with him. When we walk through the trouble waters we have a good company, for God is near to pour fresh life into us. Psalm 138: 8, treats the trust we can have in God. He will perfect and complete that which concerns us. His assurance is firm; God always finishes what He starts. He never stops until He completes His work. God's promise is always perfect; Psalm 38:8 is glorious to me. All our worries, tensions, tough times are safe in God's hand. How ever as long as we act like we don't need God, as long as we are unwilling to accept His solution to a problem there can be no strength. Prayer is letting Jesus

come in to take control of our distress, our dilemma, tough times that surrounds us.

If our tough time is big enough it is bigger enough to pray about. Paul says, Worry about nothing but pray about everything. When we pray we will surely have a weapon to change our life, our family, our neighbours, church, nation and our tough times. Why don't we start praying and become the awesome force for good that God intended us to be.

Let us start praying with right attitude- for there is surely strength for hard and tough times if we commit our life to God through prayer. Some time we need a wall of faith, sometimes a wall of grace, other times it is sweet mercy that we need, but there is one for which we know, it makes all the other strong, it is a wall of prayer surrounding us. Keep praying dear!!



COVID-19 MYTH BUSTERS

Can shoes spread the COVID-19 virus?



The likelihood of COVID-19 being spread on shoes and infecting individuals is very low. As a precautionary measure, particularly in homes where infants and small children crawl or play on floors, consider leaving your shoes at the entrance of your home. This will help prevent contact with dirt or any waste that could be carried on the soles of shoes.

#Coronavirus #COVID19 World Health Organization

11 June 2020

FACT: Drinking alcohol does not protect you against COVID-19 and can be dangerous.

The harmful use of alcohol increases your risk of health problems.



World Health Organization #Coronavirus #COVID19

27 May 2020

Do not under any circumstance spray or introduce bleach or any other disinfectant into your body. These substances can be poisonous if ingested and cause irritation and damage to your skin and eyes.

Bleach and disinfectant should be used carefully to disinfect surfaces only.

Remember to keep chlorine (bleach) and other disinfectants out of the reach of children.

World Health Organization #COVID19 #coronavirus

FACT: Spraying or introducing bleach or another disinfectant into your body WILL NOT protect you against COVID-19 and can be dangerous

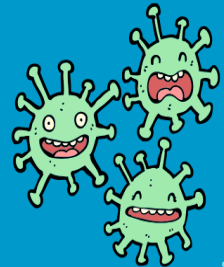


27 April 2020

The virus that causes COVID-19 is in a family of viruses called Coronaviridae. Antibiotics do not work against viruses. Some people who become ill with COVID-19 can also develop a bacterial infection as a complication. In this case, antibiotics may be recommended by a healthcare provider. There is currently no licensed medication to cure COVID-19. If you have symptoms, call your health care provider or COVID-19 hotline for assistance.

World Health Organization #Coronavirus #COVID19

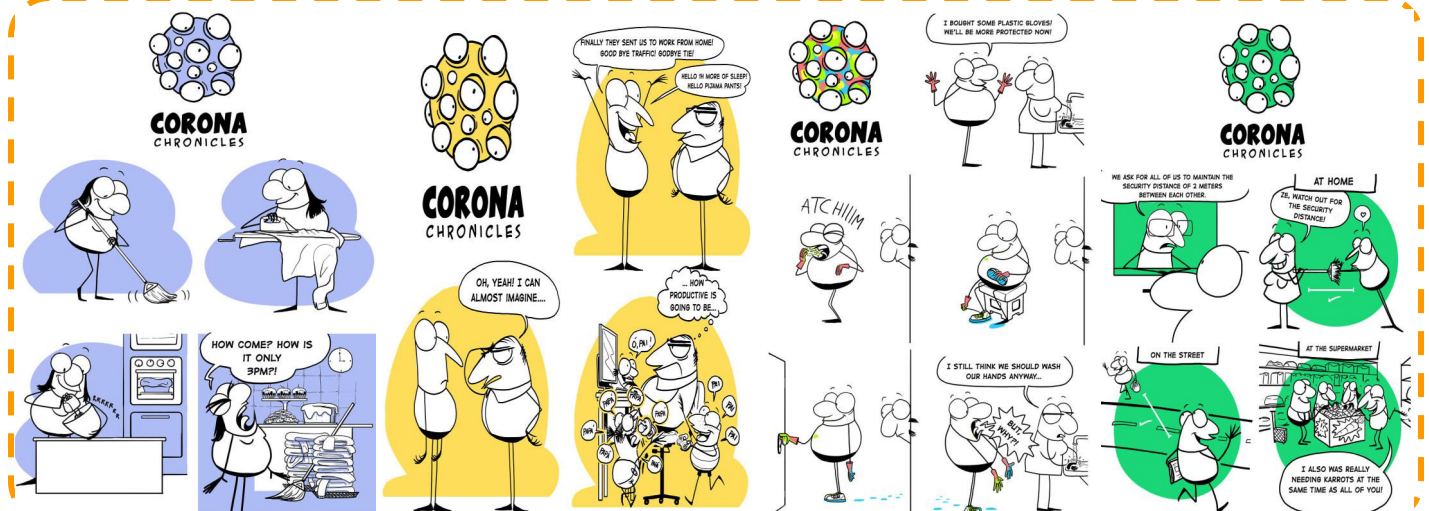
FACT: COVID-19 is caused by a virus, NOT by bacteria



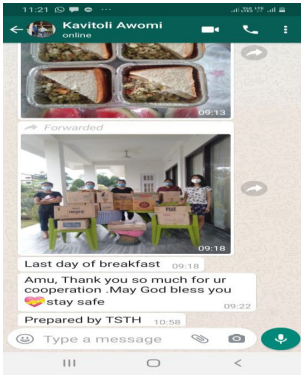
9 June 2020

To be Continued...

COMIC ZONE



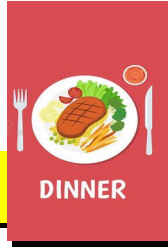
FRIDAY



Breakfast was prepared by Thahekhu STH.

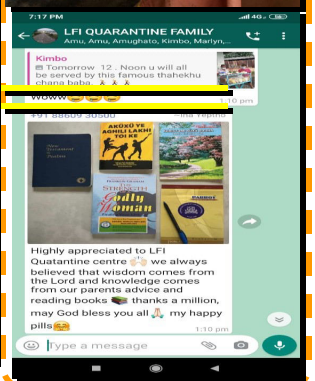
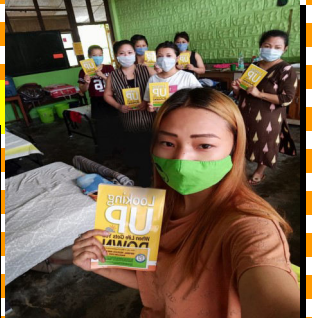


Lunch was prepared by Madam Toyeli Samson



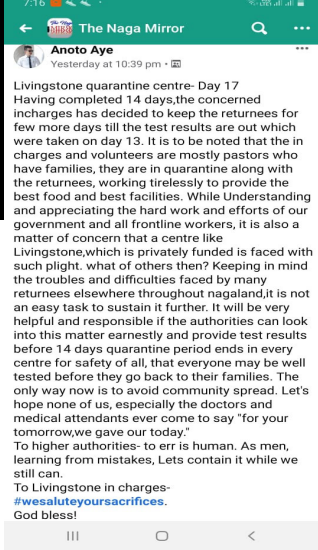
Dinner was prepared by Madam Jolly Zhimomi

Responses from inmates



Mrs. Jolly Zhimomi, President WSTH is the Convener of Food Committee. For the past few days, the committee have taken responsibility to prepare food for the inmates. This evening was her closing day and she came personally to oversee the food delivery along with her helpers.

#Concern#Applause#Truth



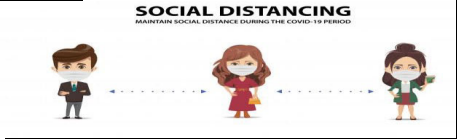
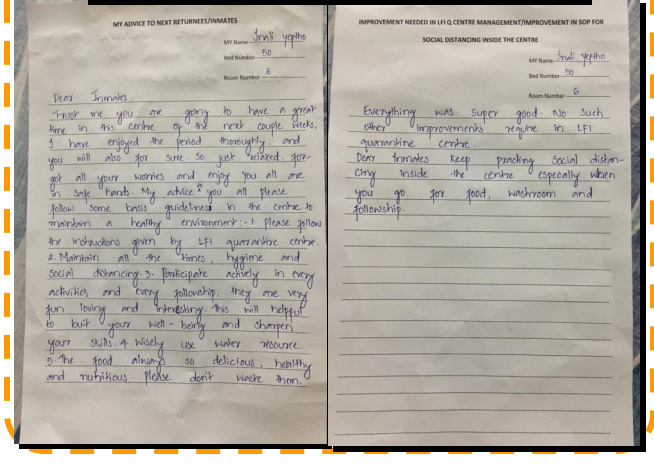
Healthy & Refreshing Drinks from the Returnees of Peren district to the Volunteers.

Evening Worship led by East Dimapur SBC Purana Bazaar



Message by Pr. Nivukhu Zhimo

Questionnaire Responses from Inmates



HELPLINE NUMBERS:

For General Help:

Medical Quick Response Team (QRT): 07630877983/06009920884/03862-227006.

Reception: 7005352003: 9436004409: 8837207330

Organiser's: 8787581778/9402832881: 8119960737

For Personal Online Counselling: 6009099799 (Female), 8730028488 (F), 8415867373 (F), 8794588394 (F), 7005575202 (Male), 7005837100 (M)

Soliciting your cooperation