

# HOPE

HELPING. OUT. PEOPLE. EARNESTLY

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

e-Newsletter

VOL-1 ISSUE NO -16

SUNDAY

14/06/2020

## COVID19

### SOME DO'S & DON'TS:

#### Do's

1. Always use Hand Wash or Hand Sanitizer
2. Always Cover Your Mouth & Nose
3. Consult A Doctor If Sick
4. Stay Indoors
5. Maintain Social Distancing

#### Don'ts

1. Avoid Contact Anyone
2. Do Not Spit
3. Avoid Close contacts
4. Don't Panic
5. Don't Touch Your Face, Eyes & Nose



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

### Life full of God

Can you imagine how beautiful and amazing our life will be if all the Christian live a life full of God. Our world will surely become a better place to live in for all kinds of people without hatred, revenge and war. God has created every individual with a wonderful purpose, to live a life full of Him. When God created lovely trees, flowers, birds, fishes in the sea, varieties of animals, sun, moon and stars God never said 'Let us create all these in our image' but the good news is that when God created you and me God did said 'Let us create human in our own image' (Genesis 1:26-28). It is wonderful to know that we are created in God's own image! We are therefore precious and valuable. We may not be a highly qualified person, we may not possess wealth, we may not even possess land, cars, diamonds and pearls, we may not have big buildings or money in the bank but we are still very important person in the eyes of God and therefore we can still live a life full of God no matter what! Living a life full of God pleases him more than anything else in the world and that makes us even more special to him.

What happens when we live a life full of God?

We will begin to see God as a big and astounding God, as giver, healer, shelter, provider, forgiver, God who can do all things mightily. When we look through the small end of binocular, everything appears bigger and clearer, similarly when we live a life full of God, our hope enlarges, our faith enlarges, our vision enlarges, our spiritual life enlarges, our love for fellow human enlarges. Our God is a big God thus when we allow him to rule our life totally our life becomes gradually bigger!

When we live a life full of God we begin to pray a big prayer. In the Bible we see Hanna's big and powerful prayer. (1 Samuel 2:1-26). She prayed so hard with all her might, she totally surrendered to God, she trusted God completely, her powerful prayer was full of God and that reaches God, her request was granted by blessing her a son Samuel. My dear friend if only we live a life full of God we can pray Hanna's prayer!

We have Elijah's powerful and big prayer in 1 King 18:36-38. Elijah was all alone with four hundred fifty Baal worshippers and four hundred prophets of Asherah. They had a contest, the Baal worshippers prayed the whole day, louder, cutting themselves with swords and spears until their blood flowed, which was the way they worshipped. But nothing happened. Elijah then went near the altar and prayed. "Lord, you are the God of Abraham, Isaac and Israel; prove that you are the God of Israel and that I am your servant. Then the fire from the Lord came down and burns the sacrifice, the wood, the stones, and the ground around the altar. It also dried the water in the ditch. When all the people saw this, they fell down to the ground, crying, "The Lord is God! The Lord is God!" My dear friend if only we live a life full of God we can pray Elijah's prayer!

When we live a life full of God we will be able to say with Ruth “Where you go, I will go. Where you live, I will live. Your people will be my people, and your God will be my God.”(Ruth 1:16).

When we live a life full of God we will be able to sing with Mary, “My soul praises the Lord; my heart rejoices in God my savior, because he has shown his concern for his humble servant girl. From now on, all people will say that I am blessed, because the powerful One has done great things for me. (Luke 1; 46-49).

When we live a life full of God we will be able to give or best just as the widow did in Mark 12:41-44.

When we live a life full of God we will be able to say with Paul, “To me the only important thing about living is Christ, and dying would be profit for me.”(Philippians 1:21).

When we live a life full of God we will be able to say with Zacchaeus, “I will give half of my possessions to the poor. And if I have cheated anyone, I will pay back four times more.”(Luke 19:8)

Living a life full of God will surely help us to produce the fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.(Galatians 5:22-23).

Living a life full of God will also ameliorate us to do our best in all that we do and say, to our faith we will be able to add goodness; and to our goodness, add knowledge; and to our knowledge, add self-control; and to our self control; add patience; and to our patience, add service for God, and to our service for God, add kindness for our brothers and sisters in Christ: and to this kindness for our brothers and sisters add love. All these will help us to be useful and productive in our knowledge of our Lord Jesus Christ. (2 Peter 1:5-8).

**AVAILABLE FOR  
TELEMEDICAL  
CONSULTATION**



Through :  Voice Call  
 WhatsApp video call/Chat  
 SMS

**Dr Apong Longchar**  
M.B.B.S., D.C.H., M.D. (Ped)  
CHILD SPECIALIST AND NEONATOLOGIST  
Nikos Hospital and Reseach Centre  
Dimapur , Nagaland  
Reg. No NMC/R15/00340

For Details contact :  
**+91 8787593557**  
Between 9:00 am to 4:00 pm.



**QUARANTINE**  
*is no less than*  
**SACRIFICE.**

we APPRECIATE your  
tolerance.  
Kalitoli K Katty



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Theme Song for Inmates  
composed by Ministry team

**THEME SONG NOW AVAILABLE ON YOUTUBE**  
**LIKE, & SUBSCRIBE**  
<https://youtu.be/QMgwQWpRjsg>

**Heal me oh Heal me Lord (2×)**  
**Touch me with your healing hands**  
**Heal me oh heal me Oh Lord. (2×)**

**Save me oh save me Lord (2×)**  
**From all deadly disease**  
**Save me Oh save me oh Lord**

# COVID-19 MYTH BUSTERS

The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test. You cannot confirm it with this breathing exercise, which can even be dangerous.

## FACT:

Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from the coronavirus disease (COVID-19) or any other lung disease.



#Coronavirus #COVID19

You can catch COVID-19, no matter how sunny or hot the weather is. Countries with hot weather have reported cases of COVID-19. To protect yourself, make sure you clean your hands frequently and thoroughly and avoid touching your eyes, mouth and nose.

## FACT:

Exposing yourself to the sun or to temperatures higher than 25C degrees DOES NOT prevent nor cure COVID-19



#Coronavirus #COVID19

27 April 2020

The prolonged use of medical masks can be uncomfortable. However, it does not lead to CO2 intoxication nor oxygen deficiency.

While wearing a medical mask, make sure it fits properly and that it is tight enough to allow you to breathe normally. Do not re-use a disposable mask and always change it as soon as it gets damp.

## FACT:

The prolonged use of medical masks\* when properly worn, DOES NOT cause CO2 intoxication nor oxygen deficiency



\* Medical masks (also known as surgical masks) are flat or pleated; they are affixed to the head with straps or have ear loops.



#Coronavirus #COVID19

5 June 2020



#Coronavirus #COVID19

17 April 2020

FACT: COVID-19 can be transmitted in areas with hot and humid climates



To be Continued...

# Hope

## COMIC ZONE

# Hope

**Talk to your kids about what they've heard about the COVID-19**

**Ask them how they feel about it.**

**Explain to them that COVID-19 is a virus like a cold**

**and one way to protect ourselves is to protect our eyes, nose, and mouth**

**Come up with new ways to say HELLO.**

**Above all, make sure they feel safe and protected.**

**Keep yourself informed.**

**Remember that the best way to take care of yourself and others is to:**

- REST
- WASH YOUR HANDS
- STAY HEALTHY
- AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH

It's a word you might have heard at school or online or on T.V.

HE MIGHT HAVE THE... **CORONAVIRUS!!!**

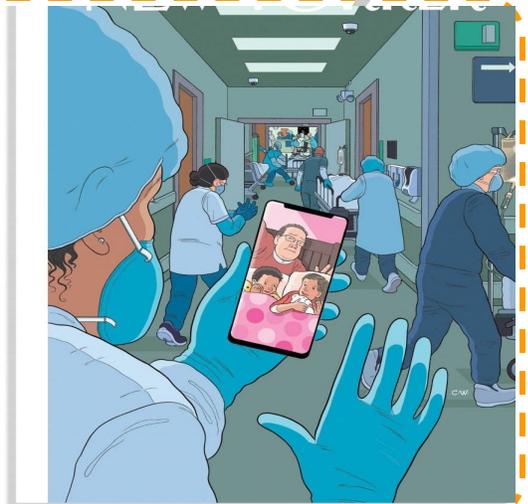
OMG! OMG! OMG! WAIT... WHAT IS THAT?

This **coronavirus** is a newly discovered virus. It causes a disease called **COVID-19**.

In some parts of the world it has made lots of people **sick**.

**Coronavirus Facts**

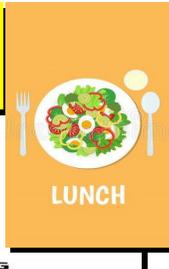
- "Corona" is Latin for crown.
- Under a microscope these viruses look like a crown with spikes ending in little blobs.



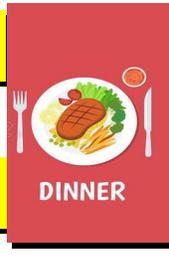
SUNDAY



Breakfast was prepared by Madam Zhehuli wife of K. Denis.



Lunch was prepared by Madam Toyeli Samson.



Dinner was prepared by Akuvuto Community.



Miss. Jelito Ayemi, A.S.S. NST, Peren) donated gift pack to the returnees leaving for Peren.



Salute to the first batch of The Front liners. Thank you so much for your sacrifice & service

1. Mr. Suhuto Chishi, Secretary

Dept. of Youth Ministry, WSBK (Convenor, Sumi Covid 19 Committee) .

2. Mr. Vitohe Chishi , Thahekhu village Council Member (Convenor, Reception Accomodation and Sanitation committee).

3. Mr. Amugha Awomi, Coordinator, Skill Development, WSBK (Sanitation ic)

4. Mr. Kimbo Chishi, Associate Pastor Youth, Thahekhu village Baptist church (Reception ic)

5. Mr. Kuhoi Yeptho, VDB Secretary Thahekhu Village (Convenor Transportation ) .

6. Mr. CHIKHALU AYE, Assistant Manager NIDC, (Nodal Officer, LFI Quarantine Centre).



Presenting the 2nd Batch of The Front Liners:

1. Kughato Achumi Vice President Western Sumi Student Union.
2. Vicky Achumi Ex President Aghunaqa area Student Union.
3. Kahito Chishi President Dimapur Sumi Student Union
4. Boqhito Chishi Associate Pastor Thilixu BC (designate)
5. Shitovi Sema Desk Coordinator, DoYM - WSBK
6. Jesse K Yeptho Secretary DoCEM WSBK
7. Chikal Ayemi, Assistant Manager, NIDC LFI Quarantine Center Nodal Officer.



Mr. Inavi Achumi, Naharbari East Dimapur Village has contributed Two bags of Ladies finger, Two bags of ridge gourd Two bags of pointed-gourd, One bag of Chilli And One bag of long beans For LFI Q-Centre.

## Shops and Market



Relaxation is given only by the Government.

CORONA hasn't given Relaxation.

Be careful and Be safe. India has the habit of losing in FINALS

**SOCIAL DISTANCING**  
MAINTAIN SOCIAL DISTANCE DURING THE COVID-19 PERIOD



## STATUS UPDATE

60 RETURNEES released from Q - Centre LFI,  
at Present 78 inmates at Q - centre LFI.

## 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