



December Greetings From Your Neighbors at Fairfax Baptist Church

Eat Right: Look Good

That is the lead headline of Dr. Jonathan Wright's November 2011 newsletter, *Nutrition & Healing*. One of the front-page nuggets is the doctor's report of a connection found between skin wrinkles and food. Skin wrinkles faster with those eating lots of sugar, pastries, milk, processed meats, and potatoes. Foods that slow skin wrinkling include fruits (apples, melons, cherries, pears) and vegetables (spinach, beans, celery, and eggplant), eggs, nuts, olives, yogurt, tea, and pure water.

Dr. Wright was reporting the findings from an article "Skin Wrinkling – Can Food Make a Difference?" the article was published in *Journal of the American College of Nutrition*.

Quote of the Month

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

Maya Angelou

Christmas or Christmas Day is an annual holiday generally celebrated on December 25th by billions of people around the world. It is a Christian feast that commemorates the birth of Jesus Christ liturgically closing the Advent season and initiating the season of Christmastide which lasts twelve days. In much of the world's nations Christmas is a civil holiday, is celebrated by an increasing amount of non-Christians, and is an integral part of the Christmas and holiday season.

Christmas from Wikipedia

What Does the Bible Say?

What does the Bible say about Work and Profit?

Paul makes this comment for those who do not want & refuse to work:

For even when we were with you, this we commanded you, that if any would not work, neither should he eat. For we hear that there are some which walk among you disorderly, working not at all, but are busybodies. Now them that are such we command and exhort by our Lord Jesus Christ, that with quietness they work, and eat their own bread.

2 Thessalonians 3:10-12

WHAT IS GOODNESS?

What is Goodness? Dennis Prager believes “goodness is about character – integrity, honesty, generosity, moral courage... and more than anything else, it is about how we treat other people.”

Prager writes about this in *National Review Online*. We all want to be treated right, but we also do not reward or honor those who are honest, courageous, and gracious. That is expected. It is a given.

Hollywood cannot attract moviegoers to flicks about the righteous. Sass, comic indolence, strutting rage, clever cheating – beating the system – that’s the ticket. That’s what gets attention, draws stardom, gathers more money than you can spend.

Stories about nice people are reserved for the obituaries. We live in a world where nice people finish last. And Hollywood would not have it any other way.

Such conflict of values brings a warning: as you sow, so you harvest. If you laugh, talk up, and spend money to honor bad people, then you should not be surprised or outraged if you are taken to the cleaners.

So remember:

You can fool some of the people all of the time, and those are the ones Hollywood wants to concentrate on.

The difference between genius and stupidity is that genius has its limits.



Color Me Christmas!



Today's Joke(s)



A tight-fisted owner of a company told his employees, “You worked very well this year. The company’s profits skyrocketed. As a reward, I am giving everyone a check for \$100.”

“If you work with the same zeal next year, I will sign them!”

A frightened patient called her doctor’s office and asked,

“Is it true that I must take my new prescription for the rest of my life?”

“I’m afraid so,” the doctor told her.

There was a moment of silence before the woman continued. She then stammered, “I’m wondering, then, just how serious my condition is. This prescription is marked **NO REFILLS.**”

Worship Service
Sundays @ 11:00 am
Bible Study:
Sundays @ 9:30am
Tuesdays @ 7:00pm
Thursdays @ 10:00am

Look for us on the
FairfaxCityPatch
www.fairfaxcity.patch.com



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Feel free to contact us if there is an item about your neighborhood you would like included in this newsletter.

Fairfax español Adventista del Séptimo Día Iglesia

Se reúne en: Fairfax Baptist Church
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Servicios: Sábado 9:00am & 5:00pm
Martes 7:00pm

Contacto: huldaalferez@gmail.com