



October Greetings From Your Neighbors at Fairfax Baptist Church

Where Has Common Sense Gone?

These are some directions found on everyday products:

Soap: Use Like Regular Soap

Frozen Dinner: Defrost Before Eating

Chain Saw: Do Not Stop Chain Saw with Hand

You Can Worry To Death

Chronic worry can cause serious physical problems, such as heart attacks and high blood pressure. Dr. Charles Mayo, of the famous Mayo Clinic, wrote, "Worry affects the circulation, the heart, the glands and the nervous system. I have never met a man or known a man who died of overwork, but I have known a lot who died of worry." You can literally worry yourself to death. *(Jonathan McLeod)*

When The Shoe Is On The Other Foot

Nikita Khrushchev harshly criticized former Premier Joseph Stalin. As Khrushchev was jabbing verbal punch after punch in his speech to the Supreme Soviet, he received a note from the audience. The note asked what Khrushchev was doing during Stalin's cruel atrocities. Khrushchev stopped and demanded to know who wrote the note.

(Continued.....)

Holiday Family Brunch

All Are Welcome!
Sat., December 3, 2011
11:00 am—1:00 pm

Come for food,
friendship and fun!

(...continued)

Not a peep. Not a stir, not even a mouse. Khrushchev warned threateningly he would give just 60 seconds for the perpetrator to stand up. Time ran out, and, again, there was no movement, no sound.

Khrushchev then growled, "You know what I was doing? The same as the note writer. I did nothing. I was too afraid to be counted." *(James S. Hewitt)*



Today's Joke



Great One Liners

Wrinkled is not one of the things I wanted to be when I grew up.

A clear conscience is usually the sign of a bad memory.

If a man says something in the woods and there is no woman there to hear him ... is he still wrong?

When I die, I want to die like my grandfather – peacefully, in my sleep. Not screaming, like all the passengers in his car.

There are two theories on how to argue with a woman. Neither work. *(Will Rogers)*

Quote of the Month

There is a basic law that like attracts like. Negative thinking definitely attracts negative results. Conversely, if a person habitually thinks optimistically and hopefully, his positive thinking sets in motion creative forces -- and success instead of eluding him flows toward him. *(Norman Vincent Peale)*

What Does The Bible Say?

The freedom to make our own choices is a very important issue in our society. Every day, each of us chooses to do the things that we do. No matter what our choices are today, they are ultimately creating our future because every choice that we make will either cause us to be blessed or cursed. Another way to put it, is that things will get better or worse for us. All choices have consequences. These consequences will be for our betterment or will work to destroy us. We are responsible for our choices.

Messages going forth in our society today have stressed our "right to choose" but have not balanced it with the message that our choices also have consequences. For instance, most movies have glamorized many things that are bad for us and have not generally shown the destructive results of smoking, drinking, adultery, fornication, gambling, abortion, etc.

We face choices on a personal level daily:

- What shall we eat?**
- Whom should we vote for?**
- Whom shall we marry?**
- What occupation should we pursue?**
- Should I put this item on credit?**

Our future is determined by all the choices we are making today. Let us bring God into helping us make our decisions. In doing this, it will determine whether our future will be secure and will have God's blessing on it. Let us be as Joshua was and declare:

**"As for me and my house,
we will serve the LORD."
(Joshua 24:15)**

God promised Joshua good success if he obeyed the words of the Bible and chose to follow Him. Joshua and his family were blessed because he made the right choices; even though he went through many battles, God was with him. He was an overcomer!

Health Tips 101

Kiwis Have Great Health Benefits—Also known as the Chinese Gooseberry, kiwifruit is a very delicious fruit that is known for its appearance and flavor. Kiwis are about egg size and have a brown fuzzy-like surface. When cut open, a bright lime green flesh is revealed. Within the bright lime green flesh are black seeds which can be eaten. The skin is somewhat tough, but the flesh is soft. There are both green and yellow kiwifruit.

Kiwifruit is a small fruit which packs a load of healthy nutrients. Kiwifruit are very delicious, and there are a number of vitamins and minerals available in this fruit. It is very high in vitamin C and it also contains potassium, vitamin A and vitamin E. The skin of the kiwifruit contains antioxidants so even though people usually discard this part of the kiwifruit, they shouldn't because it offers lots of health benefits.

Kiwifruit is also high in fiber making it a natural laxative. Because kiwifruit contains lutein it can also be consumed to promote eye health.

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



Fairfax Baptist Church

10830 Main Street
Fairfax, VA 22030
703-273-1820
www.fairfaxbaptist.com
Dr. James F. Hoffman, Jr., Th.D, Pastor
pastorfxbc@aol.com

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
10830 Main Street
Fairfax, VA 22030
Servicios: Sábado 9:00am & 5:00pm
Martes 7:00pm
Contacto: huldaalferez@gmail.com