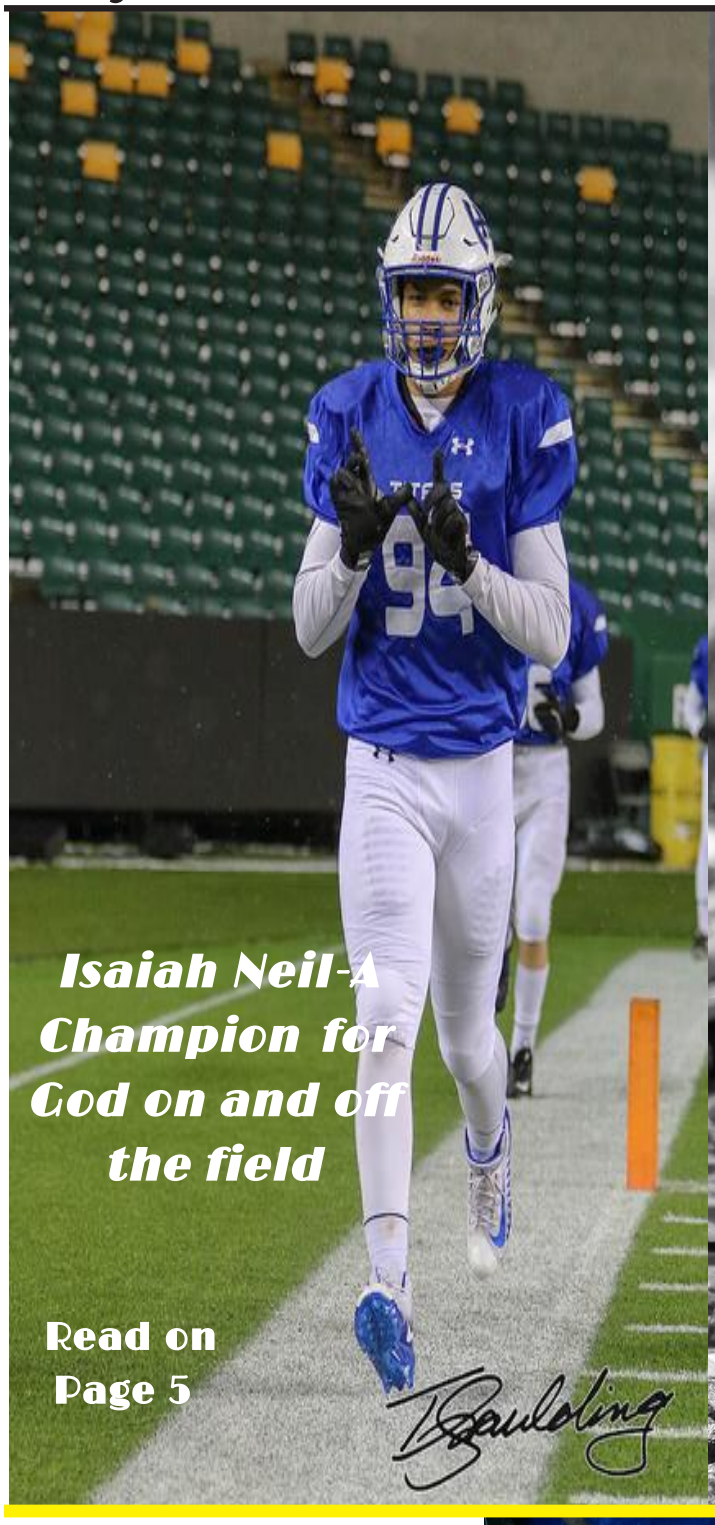
www.edmontonlight.com

Edmonton Light

Bringing hope to the community

CONNECTION EVANGELISM TRANSFORMATION

Serving Edmonton and Area ***FREE*** Issue 5, Volume 2 May 2019



Isaiah Neil-A Champion for God on and off the field

Read on Page 5



Let's Pray About It... Prayer Works!

Page 4

Financial Smarts in Marriage

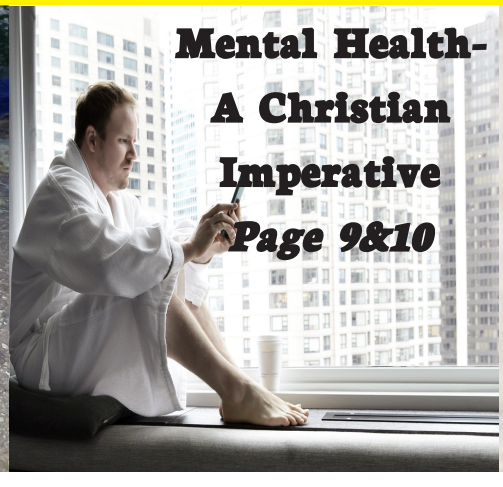
Dr Dobson

Page 3



Nothing is impossible with God

Page 6



Mental Health- A Christian Imperative

Page 9&10



We Are All That And More

Part 2
Page 11

Let's Eat!

"Jesus saith unto them, Come and dine…" John 21:12

One of the things I missed most when I went off to college was the tasty cooked-from-scratch meals my mother would serve up at home. My mother knew this, so whenever I visited during breaks, she always had a bowl of my favorite soup ready. We would sit and eat at the kitchen table while catching up on the latest news. I felt so special – this moment was created just for me.

Jesus' disciples must have felt the same way when He appeared to them on the shores of the sea of Gallilee after His resurrection. Tired after their fruitless toil in the night, and then hauling in the huge catch after obeying Jesus' instructions, they gratefully accepted the invitation to join Him for breakfast. This was one of their special moments with Him—one that they would not soon forget, but would cherish in their hearts long after His ascension.

Yet, the moment signaled a deeper meaning than that of fellowship or food. Jesus then commissioned them to serve Him by serving others. They were to feed hungry people just as He had fed them. (John 21:15)

We also have the privilege of dining with Jesus. He is the Bread of life and invites us to have fellowship with Him in His word and prayer. Sharing special moments with Him will bring us joy and satisfaction but will also give us the virtue we need to go and share the good news of the gospel with others.

©2010 Phillippa Brown



Phillippa Brown is the author of Holy Hands- A Hand Book for Intercessors. This book is available at www.amazon.ca

Walking for Fitness

Warmer days are ahead and make getting outside for a walk an easy and enjoyable way to add exercise to your day. Health Canada recommends healthy adults under the age of 65 get at least 2.5 hours a week of moderate physical activity. Simply adding a brisk walk to your daily routine can improve overall health.

Create a few habits to help make your daily walks fun and help you maintain a healthy level of activity.

Begin by setting a goal. You may want to start with a brisk 30 minute walk each day and work your way up to 10,000 steps a day.

翠Wear comfortable footwear that provides protection and supports the foot.

翠Try tracking your steps with a phone app or a pedometer.

翠Schedule a 15 or 30-minute walk before work in the morning, into your lunch hour or immediately after work.

https://www.albertahealthservices.ca/assets/news/wa/ne-wa-2019-03-25-walking-for-fitness.pdf

Strawberry Kale Salad



4 tsp apple juice
2 tsp apple cider vinegar
2 tsp finely chopped shallot
1 tsp maple syrup
1 tsp whole grain mustard
1/4 tsp salt
1/4 tsp freshly ground pepper
3 tbsp grapeseed oil or canola oil
1 1/2 cups sliced strawberries
1 pkg (5 oz/142 g) baby kale
1 ripe avocado, sliced
1/4 cup chopped toasted walnuts
1/4 cup crumbled soft goat cheese

1. To prepare dressing, whisk together apple juice, vinegar, shallot, maple syrup, mustard, salt and pepper until combined. Gradually whisk in oil until blended.
2. Combine strawberries, kale, avocado, walnuts and cheese in a bowl.
3. Add dressing and toss to combine. Serve immediately. Serves 6.

Cook's Note: Baby kale is more tender and mild in flavour than mature kale. It is often used as a salad green. Look for it in the produce section of grocery stores where packaged greens are sold..

Nutritional analysis per serving:
178 calories, 15.2 g fat, 3.5 g protein, 9.8 g carbohydrate, 3.8 g fibre, 137 mg sodium

Recipe courtesy of: Atco Blueflame Kitchen

Financial Smarts in Marriage



Dr. James Dobson has been a trusted source for psychologically sound, biblically based advice to help strengthen marriages, parents and families. www.drjamesdobson.org

Because of the critical nature of this discussion, we are going to turn to an expert for advice. Following is an edited version of an interview I conducted with Larry Burkett on a **Focus on the Family broadcast. Larry is president of Christian Financial Concepts**, and has devoted his life to helping families live within their means. I believe the advice that follows will be especially helpful to young couples who are establishing lifelong spending habits. Now is the time to lay hold of these fundamental principles.

DOBSON: Larry, based on your experience as a financial counselor, what is the most important advice you can give a young married couple about managing their money?

BURKETT: Without question, the first counsel I offer is the area of credit and its potential to destroy a family. As I have often emphasized, credit is not the problem in itself, but its misuse poses a serious threat to the well-being of the home. In this context, I often tell couples to label their credit cards: "Danger--Handle with Care!"

Credit is so accessible in our society today; it can be used for every conceivable expenditure. It is very tempting for the typical family to use it to buy things they really cannot afford. By so doing, they don't avoid the inevitable payment, they only delay it, threatening their financial security in the future.

DOBSON: Describe how that process takes place. How does a young couple manage to slide into serious credit problems?

BURKETT: Many of the debt-ridden couples we counsel started down the road to financial ruin very early in their marriage. While the wedding bells were still ringing in their ears, they were arranging loans for cars, refrigerators, and dishwashers they really couldn't afford to own. About two years into the marriage, they were overwhelmed by their payments and decided to consolidate their debts into one loan. This maneuver helped them survive the moment, but it only forestalled the inevitable. They didn't change their spending habits and continued to use credit as a means for handling unexpected emergencies and for acquiring unnecessary items. It didn't take long before their monthly payments became too heavy again, only this time the outstanding debt was far greater. This led to feelings of hopelessness and guilt which caused them to begin arguing and blaming each other for their troubles. When they were this far down the path, bankruptcy and divorce became their likely destination.

DOBSON: How common is that tragic scenario?

BURKETT: I'm afraid it happens much too frequently. Studies indicate that approximately 80 percent of couples seeking divorce state that the focus of their disagreements is money.

DOBSON: How can they avoid running their finances and their marriage into the ground?

BURKETT: Money is either the best area of communication in a marriage or it is the worst. At the outset of their marriage, a couple must deal with questions such as: Who is going to balance the checkbook? How often will we eat out? What kind of car will we buy? How will we pay for it? How will we use credit cards?

If a husband and wife can't have meaningful discussions and reach agreements over these questions, they probably can't talk about any of the other areas so vital for a healthy relationship. That's why I recommend that every couple sit down and develop a family budget. This is not a popular idea, but I believe many people have had bad experiences with budgets because they have misunderstood the concept. There are generally three reasons why couples have failed in this area. First, some men think the budget is a weapon they can use to attack their wife's spending habits. As a result, it becomes a source of constant bickering and fighting. Second, there are those who establish an unrealistic budget that inevitably ends up in the trash. Finally, many families try to correct three years of bad spending habits in three months. They become disillusioned with the budgeting process because they couldn't succeed immediately.

DOBSON: What is the proper approach to budgeting?

BURKETT: A budget is nothing more than a plan for spending money. It doesn't limit expenditures, it defines them. It makes this simple statement: "We have a given amount of income, and this is what we're going to do with it." If a husband and wife can agree on a basic plan and learn to appreciate each other's assets, I believe they will also begin to improve in other areas of communication as well.

DOBSON: How do they begin to develop an outline for their spending plan?

BURKETT: I would advise they approach their budget on an annual basis. A proper family budget is not a one-month spending plan: It is a twelve-month plan.

DOBSON: What are the major categories they must consider, and what percentages should be allocated to them?

BURKETT: I must be careful to point out that the percentages I provide are only guidelines. First, they should plan to set aside 10 percent of their gross income for tithing to their local church. And they can expect that the government will take 15 percent for income tax. Now let's look at the remaining amount and divide it into several categories with corresponding percentages.

HOUSING 36%
INSURANCE 5%
FOOD 22%
CLOTHING 5%
AUTOMOBILE 16%
ENTERTAINMENT 5%
MISCELLANEOUS 8%

Obviously, these categories and percentages will vary according to a particular family's priorities and preferences. But this is a good place to start.



Let's Pray About It... Prayer Works!

We are often perplexed by the storms of life that confront us and at times catch us off guard. Maybe it is the sudden or unexpected death of a loved one, a case of identity theft, betrayal of a confidante or just simply you feeling unaccomplished in your life. During these situations we tend to ask ourselves, why me? who am I? or what should I do? It is in these moments of despair when we feel all alone and tend to isolate ourselves because of fear, doubt and a lack of understanding of God's words that we are most vulnerable.

For the believer these situations can cause us to question our faith and for the unbeliever there might be a belief that it is just fate. Despite these beliefs we can find direction in the word of God.

Why Me?

The answer to this question will depend largely on who we are, our ethos and current circumstances. 1 Peter 4:12-19 (KJV) has this to say:

12 Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you:
13 But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy.
14 If ye be reproached for the name of Christ, happy are ye; for the spirit of glory and of God resteth upon you: on their part he is evil spoken of, but on your part he is glorified.
15 But let none of you suffer as a murderer, or as a thief, or as an evildoer, or as a busybody in other men's matters.
16 Yet if any man suffer as a Christian, let him not be ashamed; but let him glorify God on this behalf.

Such direction for us today! Suffering is a part of the believer's journey. But how should we embrace suffering one might ask? The writer says we are to rejoice! Consider yourselves to be in good company. Christ suffered and rose from the dead on the third day so we can have victory over all things. He overcame death and hell and so we need to lean on Him, on His strength and might! In essence every born again believer becomes a target for the enemy so we should not be surprised but take courage in the fact that Jesus fulfilled His purpose by being obedient even to death. Spoiler Alert! It had to be you so push through.

Who am I?

The search for our identity has been the quest for many throughout generations. Our identity is based in the word of God. We are who God's word says we are; full stop. Who we are is not based on what society deems us to be, but rather what God's word says.
We are loved of God - John 3:16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life,
We are called of God - Jeremiah 1:4 Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations, chosen generation- 1 Peter 2:9,
We are redeemed and forgiven - Ephesians 1:7 In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace,
We are heirs of God and joint heirs with Jesus Christ - Romans 8 :17 And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together.
And the list goes on. I hope that by now you are convinced that God sees us differently than how society sees us.

What should I do?

This is the million-dollar question. Many before us pondered this same question. But the answer is in the word of God. Philippians 4:6-7 states, "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." What are your prayer points? Don't think that you have to face this all by yourself. If you need someone to pray with you, email us at info@edmontonlight.com today.

Acts 16:25-34 (KJV)
25 And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them.

26 And suddenly there was a great earthquake, so that the foundations of the prison were shaken: and immediately all the doors were opened, and every one's bands were loosed.



Isaiah Neil- A Champion for God on and off the field!

Meet Isaiah Neil, a young man with many talents, skills and a passion to serve. Isaiah is an ardent Christian who strives to be the best and a Godly example to his peers.

Who is Isaiah?
I am a very academic minded person who focuses on my studies. I enjoy playing sports, specifically football. I try to do my best in everything and I have very high hopes and standards for myself and for the future. I always want to be in the will of the Lord and not overstep what His will says for my life, despite what I may want or what I may see.

Why football?
I got introduced to football when I was in grade 4 by a friend at school. Originally, I just wanted to try it but it has grown on me. There were times I wanted to quit but I stuck with it through it all.

What else are you involved with?
In terms of ministry, I teach Sunday School which I thoroughly enjoy! I am involved in my church youth ministry and also in outreach and other evangelistic work that we

What have you been focused on in recent times?
Currently, I am applying to go to university at the University of Alberta. My faculty of study will be Bio- Chemistry or Pharmacology. In terms of where that will go for a job, I am giving that to God. I haven't fully decided as yet but I am giving everything to God whether I stay here or go away. Whatever is in the future, I give to God. It is important to me to be in the will of the Lord because if I step outside of what God wants, it is going to affect me. I know that decisions like career, job or family will affect me for the rest of my life. I for one cannot live in a condition that I know God never intended me to be in. I struggle a lot with not being my best for God. I cannot live outside of what God wants for me. If I am not my best for God, then that is not good enough.

What strategies do you use to navigate your teenage years? How do you remain grounded?
I credit a lot of my foundation to my upbringing. My mom in particular taught me scriptures and taught me how to apply them and I have learnt not to run off with the crowd. My mom cannot do everything for me, so I had to make the decision. It is about making up your mind about what's right or wrong. As much as there are times when it is neither black nor white, there are other times when it is not like that and you need to make a decision. It is about making and having a relationship with God. There is going to come a time when you are going to struggle. God has been my best friend. There were times when I faced racism and bullying, where I was picked on and things were said to me that were hurtful. But everything has been based on my relationship with God. When situations come up I know what to do.

If you had one opportunity to minister to a youth, what would you say?
I would say that at the end of the day, to get through anything you have to make up your mind for yourself. You cannot do it for your friends or parents. God cannot work in you if…… These days, people struggle with insecurity. Social media tells them who they are and they end up with issues. You cannot depend on others, you just have to remain true to self and allow God to work in you and to fix things.



But the Lord said to me, "Do not say, 'I am too young.' You must go to everyone I send you to and say whatever I command you. 8 Do not be afraid of them, for I am with you and will rescue you," declares the Lord.

Jeremiah 1: 7-8 (NIV)



Nothing is impossible with God



There is power in the name of Jesus. Here is my testimony. Jamaica has been having a lot of rain since January 2019. I have some chicken and my chicken lay eggs which I sell to my neighbours. It rains almost every day and my chicken feed pad is filled up with water to the point where I've had to throw away the corn.

One morning before I left out for work, I prayed to Jesus about the rain wetting the chicken feed. The feed is expensive and it is hard for me to be buying the corn and the rain falls and destroys it.

Radical Prayer

I said to Him, ***"Okay Jesus this is the deal. I can't tell you to stop the rain from pouring down because would be selfish of me to ask you to do that."***

"You are a God who made Peter walked on the water. You make an ox-head float unto the water. The last time I checked, you are the same God. I am sure you can keep my chicken corn dry while the rain falls."

When I got home in the evening, the rain was still pouring down. As I went to the back of the yard I was saying to myself, oh my God the chicken feed is wet again. But I was surprised to see it was dry instead. Immediately, I called my husband and said to him, ***"Look the rain is pouring down but the chicken feed is still dry."*** I cried because of how God loves me and how faithful He is. I could not believe it and I told my husband that if I shared this with anyone, they would not believe me. Sometimes we look at some simple things and think that God will not hear us but we are so wrong. He is hearing us and He is answering us too!

God did it again

Another morning before I left for work, I asked my husband to take up the chicken feed before he left out for work. He forgot to take it up, the rain came down and when I reached home the whole place was soaking wet; except for the chicken feed was still dry. To God be the glory great things He has done and great things He can do!

My encouragement to my brothers and sisters is to open a savings account for prayer and fasting. Make a deposit on a regular basis because there will be a time when you will say things and they will just happen. You never know how powerful you can be. With God nothing is impossible!

Contributor: Albena Drummond Bryan

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life.

St Matthew 6:26-27 NIV

3- step strategy to defeat the spirit of offense in the Church

Disclaimer: Arm up for the enemy does not like to be exposed. He'd much sooner have Christians believe he doesn't exist. Also, there is a difference between offense and conviction. Offense comes from wrong doing or perceived wrong doing (especially to one's self or loved ones). Conviction comes when you've been told the Truth of God based on the Word of God and your sinful nature (flesh) doesn't want to change!

Specifications: Offense; Demon class: prince; Main followers: malice, bitterness, gossip, unforgiveness, anger, discord, indifference, apathy; Demonic powers: causes people to turn on each other, have each other killed physically (especially in persecuted regions), have each other killed spiritually, is responsible for people leaving churches where God planted them and even causes church splits. (See Matthew 24:9-14).

Step 1. Rebuke your flesh to get in the Spirit of Jesus and stop offending people yourself! (See Galatians 5:14-26; Romans 8:1-14).

The real you is not the selfish, offending, proud, carnal you; rather it's the Spirit led one! That goes for others too! Don't be fooled! Satan's strategy hasn't changed church! Wake up! He's turning us against each other because he knows our power is in our corporate love (St. John 13:34-35). Don't listen to him. Unite! (Ephesians 4:1-16).

Step 2. Rebuke the enemy, specifically the spirit of offense. Get back into the Word of God and Praise! (See Psalm 119:164-165; Psalm 149:5-9; Psalm 1).

Make no mistake. It is a powerful demon and is successful because many of us don't follow these 3 steps. It's NOT your brother or sister...it's the spirit of Offense. Wake up Church! We are at war. Pick up the spiritual weapons God gave you and fight! Use your mouth in the Spirit not in the flesh.
"Great peace have they which love thy law: and nothing shall offend them." (Psalms 119:165 KJV)

Step 3. Pray for the person(s). Yes, pray for the offender that they too would be converted! Love them like Jesus does! (See Luke 23:34; Acts 7:58-60; Matthew 5:43-45; Romans 12:9-21).

Overcome evil with good! The prayer quickly becomes the action for as you speak it you live it. All this is now possible because flesh and adversary have been subdued and the Spirit is leading. "Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy. But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you..." (Matthew 5:43-44 KJV)

The common struggle in the Body of Christ is that many just do one or 2 of the steps...no Church! We need to do all 3 at the same time individually and corporately. You wouldn't believe how effective this is until you do it & do it consistently and all at once. Over the years I've done these steps but not all at once until recently when I enacted all 3 at the same time in the Spirit, and I'm never going back. Enough! No more incomplete victories in this critical area of spiritual warfare. Complete obedience.Complete victory! (Joshua 1:8-9). Forward in Jesus name!

Contributor: Evg. Joshua Walters



The heathen raged, the kingdoms were moved: he uttered his voice, the earth melted. The LORD of hosts is with us; the God of Jacob is our refuge.
— Psalm 46:6–7 KJV

Romans 12:17-21

Never pay back evil for evil to anyone Respect what is right in the sight of all men. If possible, so far as it depends on you, be at peace with all men. Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, "VENGEANCE IS MINE, I WILL REPAY," says the Lord.read more.

"BUT IF YOUR ENEMY IS HUNGRY, FEED HIM, AND IF HE IS THIRSTY, GIVE HIM A DRINK; FOR IN SO DOING YOU WILL HEAP BURNING COALS ON HIS HEAD." Do not be overcome by evil, but overcome evil with good..

Cheryl Ackinson: I lift my hands to Jesus!



This is an extraordinary story of one woman's faith in God that led to her limb being restored to full functionality! The top of her right middle finger was cut off and God restored life to it.

Take us back to the day of the event. What were you doing at the time of the incident?
It was a Sunday morning and I was on my way out to church to catch Sunday school. Instead of going through the front door which I normally do, I decided to go through the side door. The side door doesn't have a handle just a key knob so I put my hand on the side of the door to pull it shut. It was then that my finger got caught in the door. Immediately I felt a burning and when I looked at my finger, I realised that a part of the limb was missing. My entire body was in shock; my finger especially.

How did you feel at the time of the incident and what did you do?
I pushed the door open and saw a part of my finger on the floor. Immediately, forgetting to pick up my finger, I ran to the bathroom instead because of the excessive bleeding. I panicked! Because of my desperate cry I was rushed to Misericordia Hospital by a family member.

What was it like waiting in the emergency room? What were some of the thoughts going on in your mind?

On arrival at the Misericordia Hospital, there were few people ahead of me in the line. Because of my excessive crying I was moved up in the line due to the severity of my pain. After registration I was placed in a room to see the doctor but I had to wait quite awhile before the doctor came to see me. Due to the long wait, the finger lost life and it was pointless sewing it on owing to the fact that it was not placed on ice. I thought that I had lost my finger for good. I began to think how I was going to cope and to care for my family because it was on my dominant hand. However, in all things I still trusted God.

Did you believe that your limb could ever return to functionality and at what point did you have a change of heart?
Looking at the state that it was in, I doubted that the finger could be restored but in my heart I trusted God for a miracle. The doctor had sewed the finger back on hoping that the life from the lower part of the finger would assist the other part, but that did not happen. The top part of the finger had changed colour to a dark-black from grey because there was no blood flowing through it. It felt numb and rubbery and had no life. It couldn't bend on its own.

How did you receive your healing?
I was at church and I went into the prayer line for healing for my little girl who was sick. I was approached by someone to go into the line for myself to have my finger prayed for. After much deliberation, I went back into the line and they prayed. Mother Taylor prayed. She held up my hand and asked if I was feeling anything, I told her no. She asked the other ministers to join her in praying for me. It was at that point that I started to feel pain in my finger. It was in that moment that I knew something was happening. It felt different. During the prayer the pain continued to linger in the finger. Right then and there, Mother Taylor began to rejoice, and asked me to testify of the healing power of Almighty God!

When did you notice a change in the finger?
It was about a month later after life had returned to the finger that I noticed that the colour had also returned. God was completing the healing process internally all this time. I was driving and I looked at my finger and realized that the finger was like new. It was no longer black. God came through and did a surgery on my finger.

Final Thoughts?
God hears and answers prayer and He is truly a healer. We should live by faith, not doubt Him but trust Him in all things. The blood that was shed was for the healing of the nations. It does not matter what your condition is or what disabilities you may have; God is able to deliver!





Mental Health- A Christian Imperative

The World Health Organization defines health as "A state of (complete) physical, mental and social well-being and not merely the absence of disease or infirmity." Further, it adds that mental health is "The state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." This may in fact be the worldview shared by many practitioners in the Health Service field; however, the bible though not a science book, endorses well-being in terms of prosperity. It states, "I wish above all things that you may prosper and be in health even as your soul prospers." (3 John 1:2) The narrative was the declaration of the Apostle John who spoke as an eye witness of Jesus, who like the Jehovah Rapha of the Old Testament was moved with compassion for those who were not in good health and subsequently healed them from their infirmities.

Life is a series of ebbs and flows, ups and downs, rise and fall and we all experience these conditions as citizens of earth. We eat because we are hungry, we sleep when we are tired, and we laugh when we are happy and cry when we are sad. Yes and we do get sick periodically. All these experiences are just stops along the journey of life. In our existence as humans we are conditioned based on our family of origin to embrace certain values and belief systems. These may change as we evolve into adulthood and decide to alter the impact of these values and beliefs. If we choose to embrace them, they will inform the choices we make. For those of us who are Christians, our values and belief systems are informed or are guided by the bible and rightly so for it is the foundation of our very existence.

The million dollar question is; do we experience ill health any differently from those whose lives are not guided by the bible? Does hunger treat us differently, does death discriminate because of our values and belief systems? No, I don't think so. Then why, pray tell me, do we think that the global phenomenon of mental health concerns such as grief and loss, depression, anxiety, mood disorders and psychotic disorders that are part and parcel of our fragile human existence bypass Christians? Let me be clear! As Christians we have an amazing opportunity to avail ourselves of the healing resident in the Church. "Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the LORD and the prayer of faith shall save the sick, and the LORD shall raise him up; and if he has committed any sins it shall be forgiven him." (James 5:14-15)

continued on page 10

Continued from page 9

Mental Health- A Christian Imperative

Instead of demonizing mental health concerns, we should strive to understand the root cause of the concern. In my view, it's a combination of fear and ignorance. People fear what they don't understand so to allay those fears it is imperative that we educate ourselves. We live in the information age; therefore, we have information at our finger tips. Our society is well aware of the stigmas associated with mental health concerns so social marketing is used to reframe the conversation or to remove or normalize stigmas. Psychosis is an indication that an individual has sensory experiences of things that do not exist and or beliefs with no basis in reality. When an individual has this kind of experience, it is referred to as a psychotic episode. It is not uncommon for a medical or physical health issue to present itself with a psychotic episode. Case in point, there was an individual who was experiencing a psychotic episode and was passed off as demonically possessed and that was not the case. The experience must have been traumatic for the individual and being seen as possessed did not help the situation

After consultation with a qualified doctor, blood work was done and it was determined that the condition was medical. Treatment was provided and the individual's well-being was restored.

Life circumstances may push us to the breaking point or over the edge, whatever we chose to call it. That means that our mental health may be compromised because we are unable to cope or function productively and, to survive the onslaught we check out. What we may need is a reset, to use a computer term. It may be a combination of pharmaceutical and mental therapy which in many cases is avoided like the plague. Losing a loved one prematurely may cause an intense reaction or, having a combination of challenges may create a mental health crisis. Grief and loss unattended may morph into clinical depression and the situation may require hospitalization. As well, an individual may be genetically predisposed to mental illness or over time due to contributing stresses display signs and symptoms of mental illness. Based on empirical evidence, with medication, therapy and support that individual can live a fruitful and productive life. In short, they can regain balance in their well-being.

After consultation with a qualified doctor, blood work was done and it was determined that the condition was medical. Treatment was provided and the individual's well-being was restored.

Life circumstances may push us to the breaking point or over the edge, whatever we chose to call it. That means that our mental health may be compromised because we are unable to cope or function productively and, to survive the onslaught we check out. What we may need is a reset, to use a computer term. It may be a combination of pharmaceutical and mental therapy which in many cases is avoided like the plague. Losing a loved one prematurely may cause an intense reaction or, having a combination of challenges may create a mental health crisis. Grief and loss unattended may morph into clinical depression and the situation may require hospitalization. As well, an individual may be genetically predisposed to mental illness or over time due to contributing stresses display signs and symptoms of mental illness. Based on empirical evidence, with medication, therapy and support that individual can live a fruitful and productive life. In short, they can regain balance in their well-being.

Contributor: Frank David Tavares MA

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

3 John 1:2 KJV

Serving western Canada since 1992

Spice Island Ltd

East & West Indian Groceries



Retail & Wholesale
Indian, Fijian, Jamaican Groceries,
Dried fruits, Nuts Lentils, Spices, Naan,
Samosas, hot sauces and more...

Stores Hours:
Mon-Sat.
10:00am - 7:00pm
Sun & Holiday
11:00am - 6:00pm

Hitendra Pithva
10058-163 St. Edmonton Alberta Canada. T5P 3N4
(780)-489-2738 | (780)-489-2741 | hdpithva@hotmail.com

We Are All That And More

(Part 2)



Bishop Calvon Ezekiel Watson, B. TH
Pastor - Faith Fellowship Worship Centre

Ephesians 1:3-14

There are spiritual blessings in Christ:

- He chose us in Him before the foundation of the world to be blameless - God's initiative, act of grace
- He adopted us – we now belong to God's family. We who were not a people.
- He redeemed us – forgiveness of sins – He paid the price for us. We are no longer for sale.
- He revealed to us His mystery – we now know.
- He included us because we heard the word of truth, the gospel of our salvation – we belong.
- He sealed us with His Spirit – we are covered for now and the future.

Reflection on the Blessings:

✍ God is the giver and we are the ones receiving. God takes the initiative, all the actions in the text are done by the Divine. This is already accomplished. Our salvation is real, it is already accomplished in Christ. We are not trying to make this happen.

✍ This is not what God is planning to do. These are actions accomplished once and for all in the past but their effects carry over into the present.

✍ It is all stated in the past tense – chose, predestined, redeemed, revealed, included, sealed.

✍ He designed a purpose for us activated through Jesus Christ in time pass but is a current reality now for all His children.

✍ The believer is not on a programme to work to earn God's favour.

✍ We live and serve because we have already received God's favour.

✍ The blessings are real. They are in Christ Jesus.

Therefore:

✍ I don't need to prove to people that I am a person of potential.

✍ My performance of the rituals in church does not make me have more potential.

✍ The treatment that I receive in church does not determine my level of potential.

✍ The world goes after material wealth with vigor and often with moral abandon. Men scratch, dig and, bite and claw to get to the top of the heap and find nothing there but emptiness and vanity. And in the end, they go to their grave with no more than they came into the world with.

But we the people of God are blessed beyond measure:

- Because of our security in Christ, we are kept in times of crisis.
- Because of who we are in Christ, we do not lose our minds when things are falling apart around us.
- Because we are blessed with all spiritual blessings, we do not have to skip from one church to another seeking for spiritual highs to deal with our emotional lows. We are made complete in Christ Jesus our Lord. What we need is in Christ Jesus. We have wonderful grace in Jesus.
- Because we are sealed by the Spirit, the devil cannot buy us out again – we are not for sale.
- Because we are blessed in heavenly places, we can deal with earthly battles. We can call on heaven.

Protecting yourself from allergies

Seasonal allergies occur at the same time of the year, every year. Exposure to pollen and snow mold, a type of fungus on grass after snow melts, may cause allergic symptoms.

These symptoms may include itchy and watery eyes, sneezing, headache, fatigue and a runny, stuffy or itchy nose.

"Cleaning the inside of your nose with salt water, using a humidifier in the bedroom and taking hot showers may help relieve symptoms," says Yvonne Ewanicke, a site manager at Health Link. "You can also try taking an over-the-counter antihistamine to relieve symptoms."

If symptoms continue, ask your doctor if immunotherapy or allergy shots might help you.

They help prevent and reduce allergies.

Visit myhealth.alberta.ca or call 811 for more information.



Worship Centres Connection

Zion Apostolic Ark Pentecostal Church

Sundays @ 1:00pm
6:30pm
Meeting at Callingwood Road Presbyterian
6015 184 Street
Edmonton, AB

Bethel United Church

Sundays @ 11:00 am
6:30 pm
Tuesdays @ 7:00pm
Thursdays @ 7:30pm
9950 148st Edmonton
Tel: 780-451-1262

Refuge Temple Outreach Centre

Sundays @ 11:30 am
6:30 pm
3140 Parsons Road NW
Edmonton

Tel: 780-440-2325

Faith United Bibleway

Sundays @ 1:30 pm
7:00 pm
Mondays @ 7:30 pm
2 Mission Street
Sherwood Park

Tel: 780-433-5446

Divine Restoration Ministries

Sundays@ 10 am
Wednesdays @7:30 pm
Fridays @ 7:30 pm
12825 52 Street
Tel: 780-940-2787
Pastor: Kelechi

Faith Fellowship Worship Centre

12320 Mount Lawn Road (Wayne Gretzky Drive)
Edmonton
Tel: 780-426-2646
www.ffwc.ca

Get In The Ark Ministries

1004 AB-16,
Carvel, AB
Sundays @ 2:00 pm

Tel: 780-982-4828
(Pastor T Rohovich)

Beulah Church of Jesus Christ Apostolic

Sundays@11:00 am
6:30 pm
11901 50 St NW
Edmonton,
Tel: (780) 474-4908

Edmonton Light

Fundraiser
Yard Sale

Saturday June 22, 2019
10am - 6pm

@ Bethel United Church
9950 148st

Come early to catch the best deals!

PAUL
THE PLUMBER

- Plumbing • Heating
- Air Conditioning • Gas Fitting
- Boiler Systems • Installations and Repair
- Mechanical Maintenance
- 30 Years Experience • Seniors Discount



Tel: 780-964-4803
Email: paul@paultheplumber.ca
website: www.paultheplumber.ca

Licensed.Insured.Bonded *Call us today

We have you covered!



GET NOTICED!

Mention this ad to receive a $100 discount off any size ad*
* New Advertisers Only

Your ad will be displayed in the printed guide and online

Additional benefits may include:
- A link to your website
- A business profile
- A contact link to your email
- Google Map placement
- Display space for your favourite scripture, quote, graphic, etc.

What's the Go Local Go Christian Challenge?
We are challenging Christ followers to support local Christian Businesses.

How does it work?
Support Christian businesses in your local area through:
PROMOTION – Promoting local Christian Businesses by referring them to friends, family and co-workers.
PURCHASES – Purchasing products or services from local Christian businesses.
PRAYER – Praying for Christian Entrepreneurs in your local marketplace.
SHARING – Share with us on our social media pages how you have supported a local Christian business.

Pray, then Share With Us! Support Local Christian Businesses through promotion, purchases.
go Local go Christian Challenge

/Shepherdsguidecanada
The Shepherd's Guide Canada
@TSG_Canada

The Shepherd's Guide CHRISTIAN BUSINESS & MINISTRY DIRECTORY
1-800-563-4276
admin@shepherdsguide.ca
shepherdsguide.ca

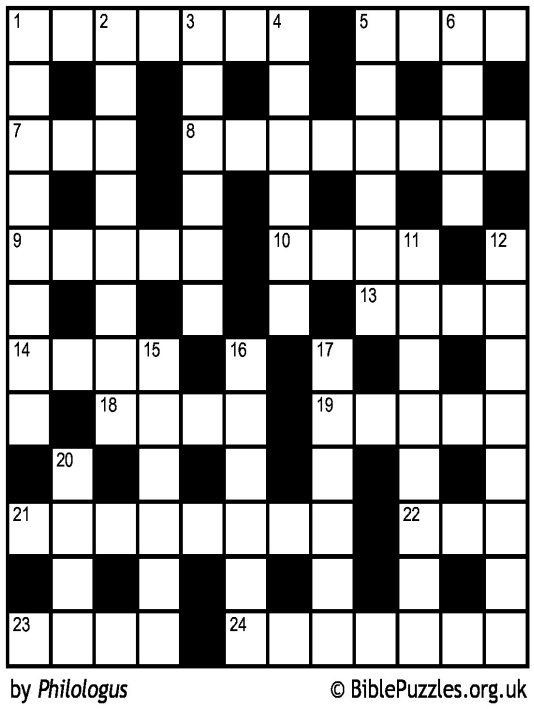
Quick Bible Crossword X

Across

1 Orders (7)
5 Sidon's prophetic partner (4)
7 Be indebted to (3)
8 Follower of Christ (8)
9 Water walker (5)
10 Always (4)
13 Salty expanses (4)
14 Blemish (4)
18 Mount from where Moses saw the Promised Land (4)
19 Take (5)
21 Wife of Moses (8)
22 Bind (3)
23 Old harp (4)
24 Temporal (7)

Down

1 Sprinkled with blood at the first Passover (8)
2 Genesis (8)
3 Persist (6)
4 Miriam, to Aaron (6)
5 Judah, Issachar, for example (6)
6 Reign (4)
11 Turned away (8)
12 Stringed instrument (8)
15 Place of worship (6)
16 Sadness (6)
17 Queen (6)
20 Feel for (4)



by *Philologus* © BiblePuzzles.org.uk

Daniel Word Search

M	O	K	I	N	G	D	O	M	E	N	O	T	S	P	M	U	T	S
M	E	P	E	T	A	T	E	N	M	S	E	S	L	U	P	S	S	H
J	O	S	U	C	J	S	G	N	H	B	S	V	R	A	M	W	A	O
D	C	U	H	G	A	Z	T	A	O	N	Z	B	A	A	G	I	E	L
R	H	V	N	A	C	N	D	R	A	F	L	W	E	E	R	N	B	A
Y	A	L	C	T	C	R	R	I	O	H	L	R	X	A	H	E	L	T
S	L	Z	F	A	A	H	C	U	V	L	D	I	Z	L	L	H	E	E
S	D	J	Z	C	T	I	A	S	F	T	O	A	O	L	V	Q	A	R
A	E	O	H	E	G	V	N	I	U	Y	H	G	Y	N	R	B	H	P
R	A	I	G	A	N	F	M	Q	N	I	R	P	E	O	S	E	S	R
B	N	J	M	E	D	D	L	O	G	A	R	E	Z	R	E	L	I	E
R	S	M	N	C	N	G	A	I	K	A	N	A	I	I	S	S	M	T
A	U	O	B	O	Y	D	R	H	Y	X	N	A	D	F	R	H	N	N
N	R	I	M	A	G	E	E	E	C	E	T	M	H	O	E	A	O	I
I	Y	D	U	O	R	U	D	B	P	U	V	C	A	D	V	Z	L	L
H	C	U	P	P	E	R	C	H	A	M	B	E	R	N	L	Z	Y	E
S	Z	R	J	O	T	P	S	D	E	C	R	E	E	A	I	A	B	G
M	C	I	N	Y	A	A	H	A	N	D	S	C	N	B	S	R	A	S
M	E	D	E	U	W	R	A	Z	Z	A	H	S	E	T	L	E	B	E

BiblePuzzles.org.uk

ABEDNEGO
ASHPENAZ
ASTROLOGERS
AZARIAH
BABYLON
BAND OF IRON
BEAST
BELLY
BELSHAZZAR
BELTESHAZZAR
BRASS
CHALDEANS
CLAY
CYRUS
DARIUS
DECREE
DEN OF LIONS
DREAMS
FIERY FURNACE
GOLD
HANANIAH
HANDS
HEAVEN
IMAGE
INTERPRET
IRON
KINGDOM
LEGS
MAGICIANS
MEDE
MESHACH
MISHAEL
MOUNTAIN
NEBUCHADNEZZAR
PRAYED
PULSES
SHADRACH
SHINAR
SILVER
STONE
STUMP
UPPER CHAMBER
WATER
WINE

Test Your Bible Knowledge

To which city did God ask Jonah to take his message?
Who wrote the letter to Philemon?
What happened to Jesus forty days after his resurrection?
Who hid two spies but claimed not to know of their whereabouts when asked?
What gift did Salome, daughter of Herodias, ask for after she danced for Herod?
Who said "thy God shall be my God"?
When the Prodigal Son returned, his father gave him a robe, shoes and what other item?
On which mountain were the Israelites given the Ten Commandments?
Which small body part can "boast of great things"?
What are the names of Lazarus' sisters?
Which son did Jacob not send to Egypt for grain during the famine?
What was the first thing Noah built when he came out of the ark?
What is the name of Jesus' cousin, born six months before him?
What did Naomi tell the people in Bethlehem to call her?

Which musical instrument did David play for Saul?
Which small body part can "boast of great things"?
What are the names of Lazarus' sisters?
Which son did Jacob not send to Egypt for grain during the famine?
What was the first thing Noah built when he came out of the ark?
What is the name of Jesus' cousin, born six months before him?
What did Naomi tell the people in Bethlehem to call her?

Editor's Choice Praise and Worship Songs

Soul's Anthem – Tori Kelly
God Made Me - Mississippi Mass Choir
Let It Be Known - Lakewood Music
If God Doesn't Want It - Christa Deana
Be Encouraged - William Becton
Grace - Bebe & Cece Winans
A Heart That Forgives - Kevin LeVar & One Sound
Recover - Gene Moore
Red Letters - Crowder
Live Through It - James Fortune & FIYA

Continue to submit your favorite praise and worship songs for inclusion.

A Believer's Prayer

Lord, I thank You for my life
It may not be the life I envisioned, but it is the life that will best help me to secure an eternal future with You
Living this life has taught me not to depend on man, but to depend on You
I have learned not to trust in man, but to trust in You
You are a never failing God and when there is no one else to turn to, You are always there
You have been a provider, a healer and a very present help in the time of trouble
You have been my strong tower and my refuge in the time of storm
When the cares of life knocked me down, You were there to pick me up
You mended my broken heart and put me in a place of wellness
You never leave my side, You are ever faithful
Even when I don't deserve your mercy, You still pour out your mercy on me
You open doors and make ways when there seems to be no way
My life is better because of You
My future is brighter because of You
My faith is stronger because of You
My light shines brighter because of You
My life is worth living only because of You
My hope is set on You and only You
Oh how my soul loves You Jesus
I can testify of your goodness and cause others to come to know the God that You are
Lord, I thank you. I thank you
I thank you for my life.

Live Through It

Life is filled with so many ups and downs
Have you ever been there?
One day you're smiling, the next day you're fighting
To hold back your tears, to hide how you feel
So tired of faking like everything is ok
When you know it's not right
No sleep at night.
You may be asking 'cause you never imagined
How can this be God?
This cannot be God.
I can only tell you what He told me

Live through it
Grow through it
Get through it
You can make it if you just
Pray through it
Don't let this be the end for you.
So live through it.

Someone you love
May have just let you down
It's not the end of the world
God already knew everyone who would leave you
It's better this way. Don't beg them to stay
You didn't see it coming and now you feel broken.
How can this be God?
This cannot be God.
I can only tell you what He told me

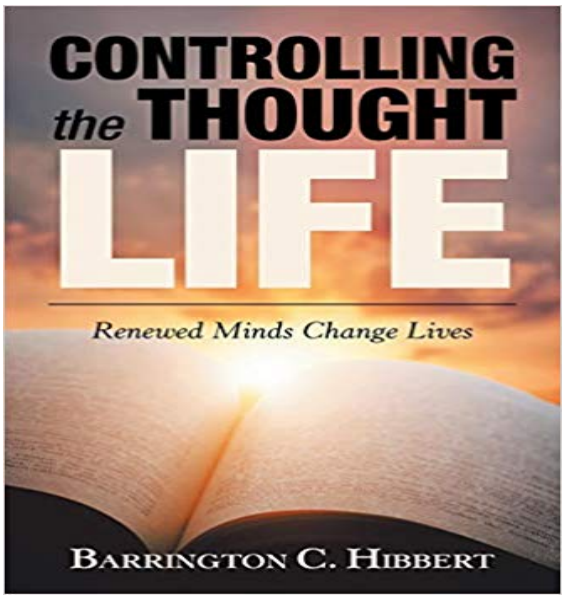
Live through it
Grow through it
Get through it
You can make it if you just
Pray through it
Don't let this be the end for you.
So live through it.

I know you're saying now
There's no way I can live through this.
But Live through it
No one can understand all that you have been dealing with
You're dying inside (dying inside)
You're in the fight of your life
But God knows (but God Knows)
And He's there (and He's there)
And you will

Live through it
Grow through it
Get through it
You can Live through it
You can Live through it
It's working for your good.

It's working for your good.
It's working for your good.
It's working for your good. Your good. Your good.
It's working for My Good. My Good. My Good.
This will not be the end for you. So Live through it.

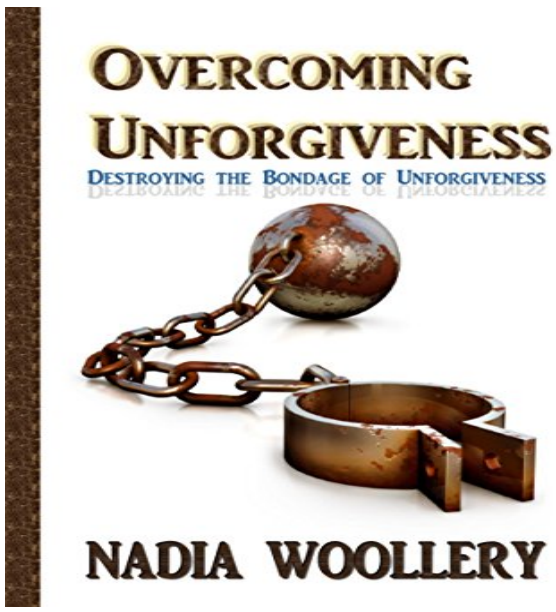
Songwriters: Cheryl Fortune / James Fortune / Terence



The mind is where most of the battles in your life are won or lost. If the thought life is obedience to Christ, you can live a more spiritually fulfilled and successful life. In Controlling the Thought Life, author Barrington C. Hibbert helps you look at your negative thoughts in light of God's word and discusses how to experience better outcomes in many areas of your life.

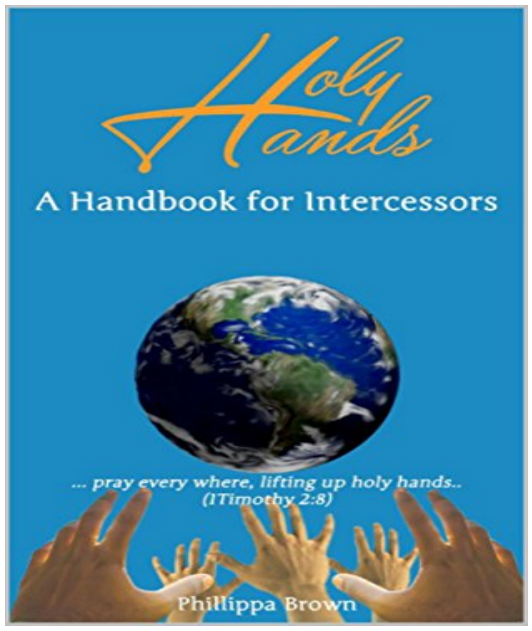
Hibbert addresses the thought life from a biblical perspective rather than from a psychological one. While psychology provides many insights, and offers some solutions, it is inadequate to solve the human problem, for at the heart, humanity's problem is the sin nature, which only God can fix.

Controlling the Thought Life provides an inspired, straightforward, and easy-to-read discussion on an array of dysfunctional thoughts. It examines these chosen thoughts, applies God's word to them, and encourages you to obey what Christ's word has to say about them rather than letting these thoughts dominate you. Hibbert shows that you can be transformed by a renewed mind and can strengthen your walk with Christ.
Available at www.amazon.com



Overcoming Unforgiveness is a study manual which examines the various ways in which unforgiveness develops in an individual, such as keeping resentment in their heart, for an extended period of time. Unforgiveness is illustrated as a tree, which has roots of bitterness , which are hidden , and fruits, (such as hostility, malice, anger, wrath) which are visible.
Keys are given for dealing with people who are struggling with unforgiveness.
Forgiving each other is not an option; it is a mandate given by God.
Unchecked unforgiveness causes an individual to blame others for their failures in life. They never accept or understand the wrong that they have done.
Shame and guilt usually sets in when unforgiveness goes unchecked.
God hates an unforgiving spirit...
Why? It shows disregard for what He did on the Cross.
Available at www.amazon.com

2 Timothy 2:15 (KJV)
15 Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.



This book will stir the heart to prayer. It will ignite a passion birthed by the Holy Spirit as God's desire for us to pray. The strategies presented are supported by the word of God and this tool can be used by the seasoned prayer warrior as well as those new to a life of prayer.
Available at www.amazon.com

ZION APOSTOLIC ARK PENTECOSTAL CHURCH
Join us!

SERVICE		
SUNDAY	Afternoon Service	1:00 P.M.
	Evening Service	6:30 P.M. - 8:30 P.M.
WEDNESDAY	Bible Teaching with Bishop Williams	7:30 P.M. - 9:30 P.M.
FRIDAY	Youth Service	7:30 P.M. - 9:30 P.M.

ALL ARE WELCOME

FOR MORE INFORMATION, PLEASE CONTACT US AT:
CHURCH ADDRESS: Callingwood Presbyterian Church @ 6015 – 184 St.
CONTACT INFO: Pastor L.C. Brown @ 780-444-7559
Email: zionapc@gmail.com

Letters Policy: ***Letters to the Editor should not exceed 400 words. They should be signed and the address of the writer should be clearly stated along with a telephone number for verification purposes. The Edmonton Light reserves the right to edit letters and the opinions expressed are not necessarily those of the Edmonton Light Newspaper.***

Advertisers
The deadline for advertising in the July edition is June 20
To reserve an ad
Call 780-721-3582

Distribution: ***The Edmonton Light is published on a monthly basis and we are also online where we have a growing number of followers. Should you be interested in becoming one of our distribution points contact us today at info@edmontonlight.com as we connect to share the love of Christ, evangelize the city and transform our local communities.***



What happens if my permanent resident card expires while I am outside Canada?

You need a valid permanent resident (PR) card to return to Canada by plane, train, bus or boat. If you know your card will expire when you're travelling, renew it before you leave. You can only renew your card in Canada. We don't send PR cards to non-Canadian addresses and we don't allow third parties to get them for you.

If you're outside Canada and don't have a valid PR card, you need a permanent resident travel document (PRTD) to return to Canada. You can only apply for a PRTD from outside Canada. If you try to return to Canada without a PR card or PRTD, you may not be able to take your flight, train, bus or boat to Canada.

If your card expires when you're outside Canada, you still have your permanent resident (PR) status. To keep your PR status, you need to stay in Canada for a certain amount of time.

What happens if your PR card expires when you're outside Canada depends on how you plan to return to Canada.

Private vehicle

There are other documents you can use to re-enter the country.

When you return to Canada, apply for a PR card if you plan to travel outside Canada again.

Some examples of private vehicles include, but are not limited to: a car, truck, motorcycle, or recreational vehicle that you own, borrow, or rent. It is a vehicle not available for public use.

Commercial vehicle: airplane, bus, train, or boat

You must apply for a permanent resident travel document (PRTD). Otherwise you may not be able to travel to Canada.

You can apply to replace your permanent resident (PR) card when you return to Canada or if you haven't left yet. You may eligible for urgent processing.

Validity

Most PR cards are valid for five years, but some are only valid for one year. The expiry date is printed on the card. When your PR card expires, you can't use it as a travel document. If your PR card will expire within six months, you should apply to renew your card. You need to be in Canada. If you're re-entering Canada by commercial vehicle and have an expired PR card, get your PRTD to re-enter Canada.

Check our processing times to see how long you will have to wait to get your new card.

http://www.cic.gc.ca/english/helpcentre/answer.

Atlantic International Graduate Program

In general, you must:

1. Have a degree, diploma or other credential from a publicly-funded institution in an Atlantic province
2. Have lived in an Atlantic province for at least 16 months in the 2 years before getting your degree, diploma or credential
3. Take a language test to show you can communicate in English or French
4. Show you can support yourself and your family when you come to Canada
5. The employer must also meet certain requirements.

Read the full requirements for the Atlantic International Graduate Program

In Canada, human rights are protected by federal, provincial and territorial laws. ... The Charter protects every Canadian's right to be treated equally under the law. The Charter guarantees broad equality rights and other fundamental rights such as the freedom of expression, freedom of assembly and freedom of religion.
Human Rights in Canada | Canadian Human Rights Commission
https://www.chrc-ccdp.gc.ca/eng/content/human-rights-in-canada