

HEALTH TIPS FOR WINTER, 2012 CHRISTMAS VITAMINS



BY PARISH NURSE
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CHRISTMAS VITAMINS



- VITAMIN A – APPRECIATE
- VITAMIN B – BELONGING
- VITAMIN C – CHRIST
- VITAMIN D - DELIVERANCE
- VITAMIN E – EVERLASTING



VITAMIN A

- APPRECIATE – the life you have been given
 - - the home you live in
 - - the food you have to eat
 - - the family you have
 - - the friends you have
 - - the career or job you have chosen
 - - what Christ has done for you





VITAMIN B



- BELONGING – to Risen Savior Lutheran Church
- - to a human body that BREATHE
- - to a human body that loves
- - to a human body that bears children
- - to a spiritual body that goes to heaven
- - to a Savior who never leaves you

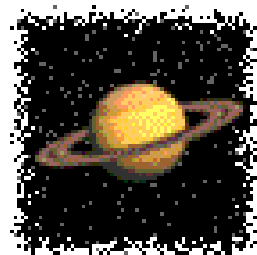
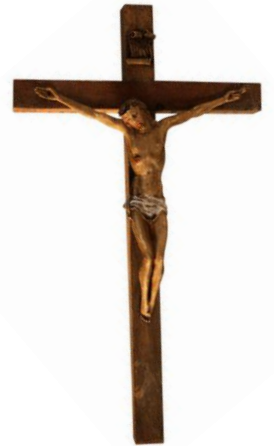




VITAMIN C



- CHRIST – who came to earth in a human body
- - who lived a perfect life on earth
- - who taught us about salvation
- - who died a painful death to save us
- - who paid God's judgment for our sins
- - with Whom we will be united in heaven





VITAMIN D



- DELIVERANCE – from sin
- - from worldly desires
- - harm
- - from cold; while the earthly sun provides warmth, growth and Vitamin D, the heavenly SON, Jesus, provides the warmth and comfort of his presence in this life and the assurance of spending eternity with him in heaven
- Jesus is truly the sunshine of our lives!





VITAMIN E



- EVERLASTING LIFE
- WHAT MORE COULD A PERSON ASK FOR?
- WHILE EARTHLY VITAMINS CAN HELP US TO STAY PHYSICALLY HEALTHY, CHRISTMAS VITAMINS CAN KEEP US IN GOD'S LOVE NOW AND ETERNALLY!
- CONSIDER TAKING SOME TODAY.
- GOD'S BLESSINGS ON YOUR CHRISTMAS.
- IT HAS BEEN A PLEASURE WRITING HEALTH TIPS FOR THE CONGREGATION THIS PAST YEAR. YOUR PARISH NURSE, JANE



