

BETH EDEN BAPTIST CHURCH

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OFFICE OF THE PASTOR

"The Mother Church of E. Morgan Park"

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1891**



BETH EDEN BAPTIST

September 29, 2022

Dear Saints of God,

I came across the following bit of information that I like to share. "Got a Cold? Think Hugs, Not Drugs" *February 16, 2015* *Dr. Gary Lewandowski*

Getting sick isn't fun. To see if social support helps combat illness, researchers interviewed 406 healthy adults each day for two weeks about whether they were hugged that day. Researchers then exposed participants to the common cold and assessed participants' mucus secretions, congestion, and antibodies present in their blood over the next few weeks. Participants who received more hugs were less likely to become infected with the cold and experienced less nasal congestion. Hugs were especially important on particularly stressful or tense days. PsychologicalScience.org

I know that due to the pandemic, we have not been able to have much physical contact with one another, but there is truth to the understanding the importance of a caring attitude, even though we may not be able to physically hug. This is another reason to have your booster shot, and your flu shot, so you could be closer to your loved ones. As Christians, the care that we have for one another is a care that God demonstrates to us by reminding us to cast all of our care upon the Lord, because the Lord cares for us. (I Peter 5:17)

Hugging is a sense of caring, Kindness is a sense of caring. Speaking positive thoughts is a sense of caring. Praying for someone is a sense of caring. Being genuine is a sense of caring. Scripture puts it this way in Galatians 5:22-23, "*The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. Against such things there is no law.*" I think that when we combine all that is understood about caring, we can visualize it as one Big Hug!

Our world needs a big hug. When we consider the challenges because of various divisions that are faced, we need the comfort of One who loves us, and can be the Mediator we need for peace, love, and understanding.

The gospel singer Sara Jordan Powell recorded a song with these words: *“Touch somebody's life with your goodness. Touch somebody's life with your love. Touch somebody's life with understanding. For it's the only way to show your Father's love. Touch somebody's life with your mercy. Touch somebody's life with your peace. Touch somebody's life with your joy. And it's amazing how Your own life will increase. Touch somebody's life as you pass them. You may never pass That close again. It's not hard to Reach out in love and touch somebody. You'll be surprised How soon that same touch Comes back to you.”*

Feeling the presence of God is like a big, big hug. On Sunday, we can experience God's presence in our lives, as we share in Holy Communion. October 2nd is the first Sunday of the month, our Communion Sunday. We come together to remember the love of God towards us, in that *“while we were yet sinners, Christ died for us.”* (Romans 5:8). But not only that, God gives us the Holy Spirit to dwell in our hearts. I describe this hug as the Comforter. John 14:26 records, *“But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.”*

PUT ON A SMILE: Three sons left home, went out on their own and prospered. They discussed the gifts they were able to give their elderly mother. The first said: "I built a big house for our mother." The second said: "I sent her a Mercedes with a driver." The third said: "You remember how our mother enjoys reading the Bible. Now she can't see very well. So I sent her a remarkable parrot that recites the entire Bible. It took elders in the church 12 years to teach him. Mama just has to name the chapter and verse and the parrot recites it." Soon thereafter, their mother sent out her letters of thanks. "Milton," she said, "the house you built is so huge. I live only in one room, but I have to clean the whole house. "Gerald," she said, "I am too old to travel. I stay most of the time at home, so I rarely use the Mercedes. And that driver is so rude! He's a pain!" "But Donald," she said, "the little chicken you sent was delicious!"

Love ya!

Pastor Jenkins

Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him. 1st Corinthians 2:9