



Lacombe Church Newsletter

Love Matters Most Part 5

Love is Not Rude

My heart sank as I checked my Facebook notifications. I had commented about emotions I was feeling due to the COVID-19 pandemic. While I'm confident of God's goodness, I'm still very concerned about how the pandemic will impact people around the globe. That's why it stung a little to read this reply from a complete stranger: "You're weak" he said. He might be right, but I didn't understand why it was necessary to say.

I don't want to expend valuable emotional energy being offended. It was a very minor comment, and "love keeps no record of wrongs." I'm not sharing this to garner sympathy or hold a grudge, but simply to illustrate a point. Rudeness causes pain, tearing people down rather than building them up. Scripture reminds us: "Love is not rude..." (1 Corinthians 13:5, NCV).

Our culture has become increasingly polarized, opinionated, and rude. If you turn on the news or read a politically or socially charged debate on social media, you will likely sense thick hostility in the air. It seems that the enemy has been on a mission to rob humans of our ability to express our own beliefs without demeaning or belittling others.

The only person who was never rude is Jesus..

The word rude can be defined multiple ways. It can mean "offensively impolite or ill-mannered," "ignorant and uneducated," or "primitive, lacking subtlety or sophistication" (Google Dictionary). These definitions indicate that rudeness makes us less noble and less human than we were created to be.

Most of us can recall times when we've been rude, as well as when we've been hurt by rudeness. The only person who was never rude is Jesus: "He exercised the greatest tact, and thoughtful, kind attention in His intercourse with the people. He was never rude, never needlessly spoke a severe word, never gave needless pain to a sensitive soul." The quote goes on to say that even when Jesus had to confront people, he never resorted to rudeness: "He fearlessly denounced hypocrisy, unbelief, and iniquity, but tears were in His voice... Every soul was precious in His eyes" (Ellen White, *The Desire of Ages*, p. 353).

As we dialogue with those around us, let's ask ourselves: "Does the way I'm speaking reveal that I believe every soul is precious?" By rejecting the impulse to be rude, we can become more noble, more human, and ultimately—more like Jesus.

Elise Harboldt, Creative Writer at Light Bearers



Elise Harboldt

After attending ARISE in 2007, Elise accidentally became a nurse. Thankfully, God set her on an unconventional career path that currently includes health media production. Elise is captivated by the beauty of Jesus and thankful for His compassionate presence in her life. She's stoked about the restorative potential of the gospel and the health message.

For more information about ARISE visit lightbearers.org

Editor: Arnetta Bolig

The Health Page

Air Quality in Your Home

Did you know that Americans spend about 90% of their time indoors? And that the air inside most homes is 2-5 times more polluted than the air outside? In fact, indoor pollution is considered as one of the top five environmental risks for public health.

This indoor air pollution comes from toxic chemical products such as household cleaners and pesticides. Our carpets, foams, and composite wood products emit fumes, as do poorly vented combustion appliances like gas stoves and furnaces. Newer homes are built to be more energy efficient and thus limit the amount of fresh air exchange from outside.

Pure, fresh air is negatively charged. Did you ever walk outdoors after a thunderstorm? Or by a sea shore or stream? Do you remember feeling invigorated? Inhaling the air rich in negative ions has a positive effect on our well-being. Negative ions are found in sunlight, forests, mountains, rushing water, after a thunderstorm, etc. The benefits are many: improved sense of well-being, increased rate and quality of growth in plants and animals, improved lung function, decreased anxiety, lower body temperature, improved learning, lower resting heart rate, increased brain function, and decreased survival of bacteria and viruses in the air.

The last benefit mentioned is especially important to us during this pandemic. The World Health Organization estimates that exposure to indoor air pollution almost doubles the risk of pneumonia. Spend some time outdoors when possible, or open the windows or doors for a while. In heavily polluted environments, experts recommend airing out our houses at night because smog levels fall significantly after sunset. We're fortunate to live where the outdoor air is of relatively good quality. Take in deep breaths of fresh air several times a day.

When the negative ions are depleted, eye irritation, shortness of breath, coughs, decreased lung function, and decreased physical performance are the result. Researchers found that young children exposed to high levels of household chemical compounds (cleaners, polishes, etc.) were significantly more likely to develop respiratory problems, such as asthma, later in life. Protective negatively ionized air abounds in mountains, forests, waterfalls, streams. A walk around Cranna Lake is refreshing, isn't it? Those who are housebound, open the windows or doors briefly in this cold weather, or turn on the fan that takes the indoor air out, and brings the fresh outdoor air into our homes.

Also, we could grow plants in our homes to remove specific gases and absorb indoor air pollution. Potted plants naturally increase oxygen and negative ion levels while reducing carbon dioxide. Experts recommend one plant per one hundred square feet for an effectiveness rating of 90%. Plants are helpful when removal of the source of contamination is not possible or is not practical.

To remove formaldehyde (found in cleaning compounds, air fresheners, hair products some detergents, disinfectants, grocery bags, paper tissue, paper towels, some fabrics, carpet backing, natural gas, particle board, plywood, furnishings), grow spider plant, corn plant, pot mum, English ivy, gerbera daisy, azalea, ficus, aloe vera, or philodendron.

To remove benzene (found in detergents, plastics, rubber, dyes, inks, paints, tobacco, synthetic fibers, cleaning solutions, deodorizers, degreasers, furniture polish, aerosol, air fresheners, glue, fungicides), grow English ivy, pot mum, gerbera daisy, peace lily, or golden pothos.

To remove trichloroethylene (found in dry cleaning solvents, metal degreasers, inks, paints, lacquers, varnishes, adhesives), grow gerbera daisy, pot mum, peace lily, English ivy, or Warneckii dracaena.

To remove toluene (from cleaning products, degreasers, deodorizers, glue, paint, petroleum products, plastics, solvent, polyethylene, carpets), grow Chinese evergreen.

To remove fumes (from oil, gas, carbon monoxide), grow spider plant, English ivy, or dracaena.

The information presented here was gleaned from "Amazing Health Facts" and "Creation Health. I am thankful God created myriads of useful plants. Above all, I want Him to cleanse my heart, His temple, with hyssop, and remove the pollution of sin from my life. Will that be your daily prayer in 2021, too?

May you prosper and be in health, even as your soul prospers.
Esther Yaceyko, Health Ministries Team member

January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Date	Speaker	Birthday
Sabbath	Jan 02	DJ Jacobson
Sunday	Jan 03	Gordon Simanton
Wednesday	Jan 06	George Mainville
Friday	Jan 08	Anna Hofmann
Sabbath	Jan 09	Pastor Halvorson
Tuesday	Jan 12	Thelma Parker
Friday	Jan 15	Rita Yuros
Sabbath	Jan 16	Deisy Amaya Harry
Tuesday	Jan 19	Walter Latoski
Wednesday	Jan 20	Jannie Vorster
Thursday	Jan 21	Ed Reimche
Sabbath	Jan 23	Pastor Halvorson
Sabbath	Jan 30	James Hulme Joyce Penner