

Parish Nurse News
December 2010

Congratulations trivia winners: Joe P

Thank you also for your entries : Vicki,
Jean H, Sue N., Joe and Lyle

Answer found in Proverbs 30:24
ant, rock badgers, locusts and spider

December trivia:
**Name the only animal that didn't find
mention in the bible.**

Prayer:

Dear Lord,
**Keeper of the heavens and the
earth, hear our humble prayer and
accept our genuine thanksgiving for
the birth of your son Jesus. Thank you
that through your son Jesus we now
can have eternal life. Jesus who was
sent to earth to shine light into
darkness.**

Amen

Luke 1: 57-58

When it was time for Elizabeth to have her baby, she gave birth to a son. Her neighbors and relatives heard that the Lord had shown her great mercy, and they shared her joy.



Luke 1:30-32

But the angel said to her, "Do not be afraid Mary, you have found favor with God. You will be with child and give birth to a Son, and you are to give Him the name Jesus. He will be great and will be called the Son of the Most High.



There has been only one Christmas -
the rest are anniversaries.
~W.J. Cameron

Green Leafies vs. Diabetes

Green leafy vegetables like spinach and kale may lower the risk of Type 2 diabetes. British researchers pooled the results of four studies that followed a total of 177,000 people (mostly women) for 5 to 23 years. Overall those who averaged 1 1/3 servings of green leafy vegetables a day were 14% less likely to be diagnosed with diabetes than those who averaged only one serving every five days.

What to do: It's not clear if greens prevent diabetes or if it's just that healthy people eat more greens and have a lower risk of diabetes. Either way, why not have a spinach salad tonight?

Christmas gift suggestions: To your enemy, forgiveness, to an opponent, tolerance, to a friend, your heart, to a customer, service. To all, charity. to every child, a good example. To yourself, respect."
~ Oren Arnold [BHCC Home](#) [Page 2](#)