

The Light Post

Encouraging and Enlightening God's People

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And be Thankful: A Thanksgiving Meditation

What does God think of thanksgiving? He is blessed and honored by it because a life of thanksgiving is the mark of a saint who knows God's character and His position as God alone. The Lord is the giver of all good gifts and He is worthy of thanksgiving. Since God's qualities are not hidden, thanksgiving is not optional. "For since the creation of the world God's invisible qualities-his eternal power and divine nature-have been clearly seen, being understood from what has been made, so that men are without excuse. For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened (Romans 1:20-21)." The absence of glory and thanksgiving ascribed to God leads to darkened hearts and futile thinking. May God's people receive wisdom as we glorify His eternal power and divine nature with praise and thanksgiving!

God is Jehovah, the great I AM. He is El-Shaddai, the Almighty God. He is Jehovah-Jireh, God our Provider. "Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows" (James 1:16-18). Everything we enjoy in the present and coming age is a gift from God worthy of thanksgiving.

But what if our life is a mess? What if our circumstances feel like anything but a gift from God? Circumstances may deceive us but God's Word tells us: "We know that in all things God works for the good of those who love him, who have been called according to his purpose" (Romans 8:28).

God is at work for our good and His glory. Biblical

thanksgiving does not focus on our circumstances, but on the character of God. Circumstances change; God does not.

In Psalm 73, David was perplexed at the prosperity of the wicked while the godly faced difficulties and trials. However, he reminded himself that God alone was His provision, counsel, strength, desire and portion. He knew from God's Word the fate of those who are far from God and he remembered that it was good and right for him to be near God, his refuge-offering thanksgiving for all God had done.



Those who have the salvation of God through faith in Jesus Christ know the secret to peace is found in thanksgiving. The Apostle Paul, writing to the Philippians, said, "Do not be anxious about anything, but in everything by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will

guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7).

By submitting our requests to God with a thankful heart, we receive peace that transcends all understanding. Thanksgiving is integral to a right relationship with God. It is the hallmark of a true follower of Jesus Christ because thanksgiving honors God, bringing glory to His name and blessings beyond measure. "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And Be Thankful." (Colossians 3:15)

Excerpted from My Journal, a monthly devotional magazine from Leading The Way with Dr. Michael Youssef.



The Spotlight

Sr. Pastor Lincoln Corbin

The Righteousness of God

Have you ever noticed how much we try to become the righteousness of God? The word “righteousness” simply defined means right clothes. Sinners realize this and try to clothe their “nakedness” before God with a flurry of excuses, all which fall dramatically short. However, let’s wait before we cast our crooked finger at someone outside of the faith, let’s point it inward.

Christians have a hard time accepting the fact that no matter what they do, if it’s not done through Jesus Christ, then it is in God’s eyes filthy rags and not the Armani’s or Prada’s that we think we wear so well.

(Rom 3:21-26, NKJV)

But now the righteousness of God apart from the law is revealed, being witnessed by the Law and the Prophets, even the righteousness of God, through faith in Jesus Christ, to all and on all who believe.

(2 Cor 5:21, NKJV)

For He [God] made Him [Jesus]

who knew no sin to be sin for us, that we might become the righteousness of God in Him [Jesus].

(Romans 10:3-4)

For they being ignorant of God's righteousness, and going about to establish their own righteousness, have not submitted themselves unto the righteousness of God.

For Christ is the end of the law for righteousness to everyone that believeth.



In fact, Jesus is the righteousness of God. Putting on Christ is the only way to gain God’s righteousness. Some believers feel that its work based and performance rated and thus, live trying to present to God their filthy rags as clothing. It rocks their faith to the core not to be accepted in God’s eyes for all the labor they do in an effort to appear ‘saved’ before God.

It’s simple, you become righteous by believing and accepting Jesus Christ into your life as Lord and personal savior. Simple as that.

That’s it ! Nothing else. Go home. Leave already.

Do you think God is leaving you in charge of His plan of salvation? How to run it and effect it? Some of us cannot even balance a check-book let alone captain our salvation and destiny.

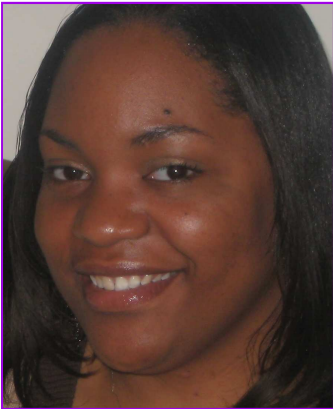
No matter how hard you try, your offering does not make you righteous, nor does your church attendance, or how nice you are to the pastor or how many times you pray and fast. Apart from the ‘putting on of Christ’, we do not have a chance at righteousness. **Romans 13:14; Ephesians 4:24; Colossians 3:5-14** in its language speaks to this newly clothed man.

Never forget saints, God is in the driver’s seat, and he does not need a co-pilot. Enjoy the ride!

Jude 1: 24-25

Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy, To the only wise God our Savior, be glory and majesty, dominion and power, both now and ever. Amen

-Sr. Pastor Lincoln Corbin



Thanksgiving

Deaconess Brandie Wooding

“Think of a way to give to someone who has been facing hardships.”

November is the time for celebrating Thanksgiving with turkey and all of the trimmings. It is an excuse for many employees to have the day off and for families that have not seen one another in awhile to get together. The table is set with the choicest linens, and the china is placed in such a way to form a lovely display. The aroma of certain traditional dishes such as stuffing and macaroni and cheese just to name a few are steaming on the stove. The ever present desert of choice for the occasion is pumpkin pie waiting as the grand finale after the meal. If you are like my family we prefer sweet potato pie warm and fresh from the oven.

Thanksgiving is a time for people to express gratitude; for life, health, strength, and most of all for family. Thanksgiving is a time to also give to others. Though many of us are appreciative for what God has done in our lives we cannot so forget those individuals who are hungry and struggling to make ends meet. This year many families have experienced financial hardships due to the loss of a job. So many have lost their homes and are displaced in this season of their life. For those individuals who were already finding it challenging to provide for their families, the times have become even more challenging. Worldwide disasters are consuming cities and some have even ended in a significant amount of deaths. Wars and fighting continue to plague distant nations, while women and children mourn in the streets. Instead of offering words of hope and comfort, the media continues to communicate worldwide despair. While we sit in our comfortable homes sipping



warm apple cider and enjoy our home cooked meals; while people just like us are suffering. So you might ask yourself what can I do for humanity.

The answer is pray for peace and comfort to those who mourn. Pray for those who cannot afford to even buy themselves or their family something to eat. Pray for those who have no home and no stability in their lives.

Feed someone who cannot afford to feed themselves. Reach out to someone who seems to have lost all hope. Open your doors to your brother and sister who are in need. Maybe this is one of the hardest things for someone to do but open your wallet and bless someone just because you care.

God loved us so much that he gave his son as a sacrifice for us. When we stand before God to give an account will he ask; when I was thirsty you gave me nothing to drink; when I was naked you did not clothe me; when I was hungry you did not feed me. So this Thanksgiving, be grateful for all that you have and all that God has done for you. Think of a way to give to someone who has been facing hardships. We have the power to change someone's life for the better. After all it is more blessed to give than to receive.

Upcoming Events

MARK YOUR CALENDARS

Sunday, November 1st– 20th - Donations will be accepted for our Harvest Home baskets.

Thursday, November 12th @ 7pm - David Crowder Band performs at Fountain of Life Center in Burlington, NJ. See website for more info <http://www.itickets.com/events/230961.html>

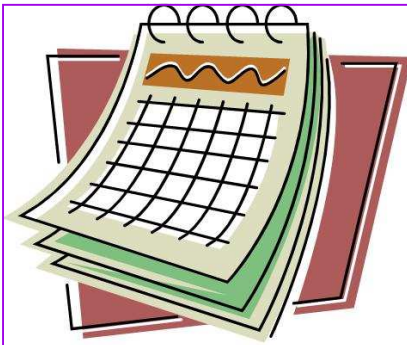
Friday, November 13th @ 8pm - Friday Night Service. Speaker will be Minister Drake Corbin.

Sunday, November 15th @ 4pm - Fellowship out Lighthouse Church in Trenton, NJ.

Friday, November 20th @ 8pm - Friday Night Service. Speaker will be Evangelist Maxine Williams.

Thursday, November 26th - HAPPY THANKSGIVING

FOR MORE INFORMATION CALL **Marvelous Light Church** at 856-461-0600



News & Tidbits



This month we will be taking donations for our Thanksgiving Harvest baskets. These baskets will go to families in need of help. Be a blessing this year and donate food to those without. Please have donations in by the 20th. Happy Holidays



Christian News Around The World

Classroom Ban on Religious Symbols

Religious symbols in classrooms could be banned after a human rights ruling in Strasbourg. Judges backed a parent who complained that displaying crucifixes in Italian state schools breached religious freedoms enshrined in the European Convention of Human Rights.

The European Court of Human Rights ordered the Italian government to pay damages of £4,500 to Soile Lautsi, whose two children, aged 11 and 13, were exposed to crucifixes in their classrooms at their school in their home town of Abano Terme, Northern Italy.

Ms Lautsi went to the Human Rights Court after the school's governing body decided to leave the religious symbols in place despite her complaints. All head teachers in Italy then received the same advice from the Italian Ministry of State Education.

But now the Human Rights judges have effectively thrown out that advice, backing Ms Lautsi's claim that a crucifix on the classroom wall is against the principle of secularism by which she wished to raise her children.

The judges rejected Italian government arguments that the crucifix is a national symbol of culture, history and identity, tolerance and secularism.

The judgment said: "The presence of the crucifix - which it was impossible not to notice in the classrooms - could easily be interpreted by pupils of all ages as a religious sign and they would feel that they were being educated in a school environment bearing the stamp of a given religion." It went on: "This could be encouraging for religious pupils, but also disturbing for pupils who practised other religions or were atheists, particularly if they belonged to religious minorities."

The judges said the freedom not to believe in any religion - enshrined in the freedom of religion guaranteed by the Human Rights Convention - was not limited to the absence of religious services or religious education. It extended to practices and symbols which expressed "a belief, a religion or atheism." www.google.com

Somalia Militants Kill Christian Woman For Refusing To Wear Veil

Somalia -Islamic militants have shot and killed a Somali Christian woman because she declined to wear a veil as prescribed by Muslim custom, Christians said in comments monitored by Worthy News Wednesday, October 28. Members of the Suna Waljameca group killed Amina Muse Ali, 45, on October 19 in her home in Galkayo, in Somalia's autonomous Puntland region, said Compass Direct News, a well-informed Christian news agency.

Ali had told Christian leaders that she had received several threats from members of Suna Waljameca for not wearing a veil, symbolic of adherence to Islam, Christians said. She had said members of the group had long monitored her movements because they suspected she was a Christian.

Ali, an orphan and unmarried, in 1997 joined the Somali Christian Brothers' Organization, a movement also known as the Somali Community-Based Organization. She had been an active member of the underground church in the Lower Juba region, Compass Direct News reported.

She earlier worked with the Belgian con-

tingent of United Nations Operations in Somalia as a translator and played a key role as a translator during a peace conference aimed at bringing together warring clans in the lower Juba region.

Christians said Ali had warned in early October that her life was in danger. "My life is in danger. I am warned of dire consequences if I continue to live without putting on the veil. I need prayers from the fellowship," she reportedly said.

Ali's death follows several other killings by Islamic militants, who aim to impose a strict form of Sharia, or Islamic law, in the country and to topple the government. www.worthynews.com

Evangelist Billy Graham Marks His 91st Birthday

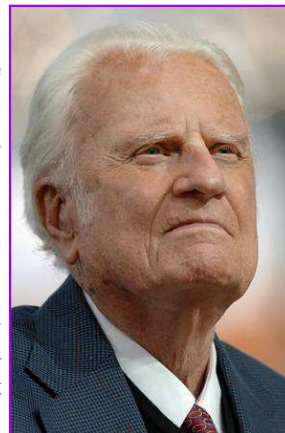
Evangelist Billy Graham will celebrate his 91st birthday on Nov. 7, and is looking forward to visits over the weekend from several family members at his western North Carolina home to mark the occasion.

"I've experienced God's gracious love in a personal way all these years," Mr. Graham said, pausing to reflect on life's blessings as he enters his tenth decade.

"Today my heart is filled with gratitude to the Lord for all He has done for me, and for all the prayers from so many people over the years."

Mr. Graham remains in good overall health with a strong heart and clear mind, while dealing with various age-related conditions - such as macular degeneration and hearing loss. He continues to exercise, including short walks at his mountain home every day, relying on a walker

for balance.



Christian News Around the World

The global evangelist continues to stay abreast of current events through nightly local and network television newscasts and cable programs. He still subscribes to several domestic and international newspapers and periodicals, from which his staff shares articles of interest. He also remains focused on the ongoing ministry of the Billy Graham Evangelistic Association (BGEA), which he founded nearly sixty years ago, now under the leadership of his son, Franklin. billygraham.org

778 Decisions for Christ

A total of 778 people committed their lives to Christ at the Luis Palau Association's (LPA's) recent ten day mission to Moldova and Transnistria, two Eastern European territories near the Black Sea. The mission, which took place under the auspices of the LPA's 'Next Generation Alliance' initiative, involved five evangelists working with churches in the Moldovan capital Chisinau and Balti, the second largest city, as well as elsewhere across this nation.

In Calarasi, the only church in the city took the outreach completely to its heart. Pastor Dorel Ieseanu said: "We have already heard that people who went to the mission, but who do not come to our church, are talking about the peace they received at the meetings. The mother of a young lady who comes to our youth group - and who was suspicious of our church - has changed her mind completely. She now tells her daughter that it's better for her to go to our church rather than the Orthodox one". All non-Orthodox churches are regarded as a sect in Moldova.

The national co-ordinator of the mission, Rev Vitalie Fedula, said: "We praise God for the final result which saw so many coming to know Christ personally. The evangelists all did a great

job! We thank God for the seed that was planted, pray that it will continue to be watered, and that God would make it grow". www.assistnews.net

Egyptian Security Arrests Christian for Praying At Home

On October 24, 2009 Egyptian State Security recently arrested a Christian Copt in the village of Deir Samalout, Samalout, Minia province, for praying "without a license."

According to a story by Mary Abdelmassih of the Assyrian International News Agency (AINA), he was held in prison for two days before being released on "compassionate grounds."

AINA reported that Maurice Salama Sharkawy, 37, had invited Pastor Elia Shafik, to conduct the sacrament of the "Anointing of the Sick" for his sick father, who had suffered a stroke. State Security broke into his house while the prayers were ongoing, handcuffed Sharkawy, put him in a police car and took him to a police station for interrogation.

According to AINA, authorities accused Sharkawy of carrying out "religious

rites without a license," and "causing sectarian sedation" by calling a priest into the village. A number of his cousins living in the same house and attending the prayer service, were also detained with him.

State Security has placed Sharkawy under observation. AINA said that in an audio interview with Wagih Yacoub of Middle East Christian Association (MECA), Sharkawy said that State Security told him he should have first gone to them to obtain permission before carrying out any religious rites. He was also told by Security

that there are twelve Muslim houses in the village and that would create sectarian clashes.



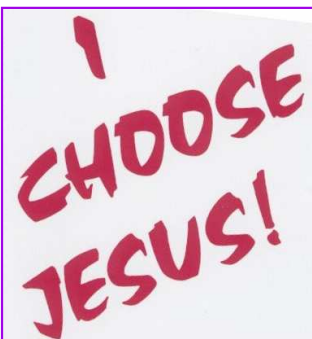
The son of the village mayor filed a complaint that Sharkawy had converted his home into a place of worship without obtaining a government license to host religious ceremonies. AINA said the police record of the investigation states the defendant called for the prayer meeting, which angered a number of Muslim neighbors, who complained to the mayor of the village. The village of Deir Samalut has no church, and the nearest one is in the village of el Tayeba, over five miles away. www.assistnews.net

Authorities asked to release 15,000 seized Bibles

The Christian Federation of Malaysia (CFM) has called for the immediate release of the 15,000 Bahasa Malaysia Bibles being withheld by the authorities. It said the seizure contravened Article 11 of the Federal Constitution which gives all Malaysians the right to profess and practise his faith.

"This constitutional right is rendered illusory if Christians in Malaysia are denied access to Bibles in a language with which they are familiar," said its chairman Bishop Ng Moon Hing and executive committee in a statement Wednesday.

They said withholding the Bibles deprived Christians in Sabah, Sarawak and in the peninsula, a large majority of whom use Bahasa Malaysia, "the right to use the Holy Scriptures in Bahasa Malaysia, to practise and profess their faith and to nour-



Look Up and Live

Pastor Leasa Corbin



“The gospel is so powerful that it takes people all the way to heaven”

The Power of the Gospel

The gospel is so powerful that it takes people all the way to heaven. So, if the gospel is powerful enough to take us to heaven it also can aid us on earth.

The gospel is our salvation; the death, burial and resurrection of Jesus Christ. Apostle Paul said, in Roman 1:16, *“For I am not ashamed of the gospel of Christ; for it is the power of God unto salvation to everyone that believeth.”* By believing and accepting Jesus Christ we inherit the power of God.

The words dynamite and dynamo are derived from the word power. Dynamite is a destructive power and from dynamo we get constructive power. Which means that Jesus Christ has power to destroy and the power to raise up.



The Apostle Paul had such confidence in the Gospel, he felt morally obligated to preach the gospel to everyone in spite of educational backgrounds and culture differences. Romans 1:14 says *“I am debtor both to the Greeks, and to the Barbarians; both to the wise and to the unwise.”* He also was not ashamed of the gospel because it is the power of God. We can allow the power of the gospel to work in us and through us.

The challenges we face with the economy and the swine flu epidemic can be

overwhelming. However we must use earthly wisdom with precaution. We also can't be defeated in our minds, we must use spiritual wisdom in warfare. The power of God helps us on earth as well. The word of God reads in 2 Corinthians 10:4-5 *4) “For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds; Casting down imaginations and every high thing that exalted itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.”* We are not alone in our circumstances; God's presence is with us.

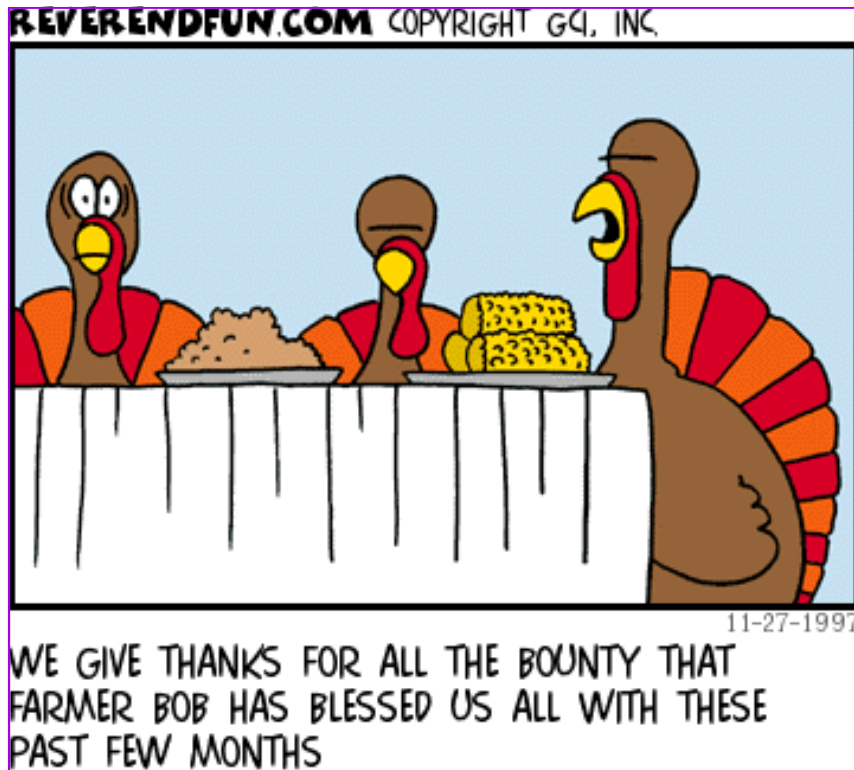
In 2 Corinthians 4:8-9 it reads, *“We are troubled on every side, yet not distressed; we are perplexed, but not in despair, Persecuted, but not forsaken; cast down, but not destroyed.”*

Let's spread the message of the power of the Gospel

to encourage someone that in spite of what is going on we serve a great God who is faithful. There is love, hope and comfort in the gospel.

-Pastor Leasa Corbin

Now That's Funny!



Now That's Funny!



1000 Words

Sister Cheyenne Nixon of Thirtyone Productions has put out Christian T-Shirts. Contact her at thirtyone31productions@gmail.com or 856-304-7511. You can also check out her website <http://thirty-one31productions.moonfruit.com>.

NARROWRD

But small is the gate and narrow the road that leads to life, and only a few find it. ~ Matthew 7:14
© *Thirty-One* 31 Productions

NARROWRD

But small is the gate and narrow the road that leads to life, and only a few find it. ~ Matthew 7:14
© *Thirty-One* 31 Productions



Cooking With the Sisters

Kendra Hall & Shaniqua Leggett

Cooking with the sisters is our monthly recipe column from the sisters at Marvelous Light made famous by their tasty dishes!

Banana Banana Bread

As we enter the season of baking, why not enjoy a loaf of homemade bread! This banana bread is moist and delicious with loads of banana flavor! Friends and family will love this recipe and say it's by far the best! It's wonderful toasted as well!!! Enjoy!"



INGREDIENTS

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup butter
- 3/4 cup brown sugar
- 2 eggs, beaten

2 1/3 cups mashed overripe bananas

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
2. In a large bowl, combine flour, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.

Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

Healthy Choices 101

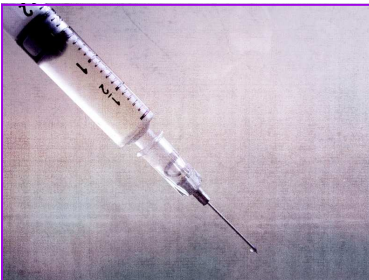


Deaconess Shaniqua Leggett, R.N.

Swine Flu Vaccine To Vaccinate or Not... That is the question

Just a month ago we presented an article on H1N1 or swine flu and the expected effect. With the vaccine on the horizon there are a lot of questions. The major question is whether to take the vaccine or not, since there is not a lot of information available. There is a lot of speculation about the H1N1 vaccine and the effects that it will have on those who receive it as well as who should receive it.

The Centers for Disease Control (CDC) has information on the H1N1 vaccine that we will be sharing with you this month. It is our hope that the following information will help you to make the best decision for you and your family.



Who will be recommended to receive the 2009 H1N1 vaccine?

CDC's Advisory Committee on Immunization Practices (ACIP) has recommended that certain groups of the population receive the 2009 H1N1 vaccine when it becomes

available. These target groups include pregnant women, people who live with or care for children younger than 6 months of age, healthcare and emergency medical services personnel, persons between the ages of 6 months and 24 years old, and people ages of 25 through 64 years of age who are at higher risk for 2009 H1N1 because of chronic health disorders or compromised immune systems.

We do not expect that there will be a shortage of 2009 H1N1 vaccine, but availability and demand can be unpredictable. There is some possibility that initially the vaccine will be available in limited quantities. In this setting, the committee recommended that the following groups receive the vaccine before others: pregnant women, people who live with or care for children younger than 6 months of age, health care and emergency medical services personnel with direct patient contact, children 6 months through 4 years of age, and children 5 through 18 years of age who have chronic medical conditions.

The committee has recognized the need to assess supply and de-

mand issues at the local level. They further recommended that once the demand for vaccine for these target groups has been met at the local level, programs and providers should begin vaccinating everyone from ages 25 through 64 years. Current studies indicate the risk for infection among persons age 65 or older is less than the risk for younger age groups. Therefore, as supply and demand for vaccine among younger age groups is being met, programs and providers should offer vaccination to people over the age of 65.

Will two doses of vaccine be required?

The U.S. Food and Drug Administration (FDA) has approved the use of one dose of 2009 H1N1 flu vaccine for persons 10 years of age and older. This is slightly different from CDC's recommendations for seasonal influenza vaccination which states that children younger than 9 who are being vaccinated against influenza for the first time need to receive two doses. Infants younger than 6 months of age are too young to get the 2009 H1N1 and seasonal flu vaccines.

What will be the recommended interval between the first and second dose for children 9 years of age and under?

CDC recommends that the two doses of 2009 H1N1 vaccine be separated by 4 weeks. However, if the second dose is separated from the first dose by at least 21 days, the second dose can be considered valid.

Do those that have been previously vaccinated against the 1976 swine influenza need to get vaccinated against the 2009 H1N1 influenza?

The 1976 swine flu virus and the 2009 H1N1 virus are different enough that it's unlikely a person vaccinated in 1976 will have full protection from the 2009 H1N1. People vaccinated in 1976 should still be given the 2009 H1N1 vaccine.

(Continued on page 14)

Light Bites

Deacon Atnre Alleyne

Presidents, Phillies, and Perception

This Sunday the President of the United States, Barack Obama, will be coming to my city—Camden, NJ—for a rally for New Jersey’s current Governor Jon Corzine. Although the visit will likely be brief, the fanfare and the excitement about the impending presidential visit are abundant. As the news of the visit spread rapidly through social networks, people have begun to prepare themselves to come see the president “in the flesh” and if possible, speak to him face to face (good luck with that!).

On the same day, the “defending World Series champion” Philadelphia Phillies will be playing game four of the World Series at home against the New York Yankees. Now I probably do not even have to try to explain how excited local Phillies fans are about the opportunity to move a step closer to a second consecutive World Series title. And the hype and hoopla is even more pronounced given that the win would be a blow to the famed New York Yankees Empire. Like the presidential visit, myriad preparations are underway for this grand occasion. Fans are donning their Phillies colors; others are clearing their schedule to make sure the Phillies game has their undivided attention; and so on.

If my senses are correct, I’m sure you are at the edge of your seat waiting for the profound punch line. Why all of the juicy details about the president’s visit and the Phillies possible repeat victory? Well, here it is: *perception*. How one perceives President Barack Obama or the Philadelphia Phillies will define their attitude towards and excitement for the aforementioned events and the nature of their preparations for the events. I’m almost positive that there will be no shortage of shouts of adoration for either the president or the

Phillies.

When I think of these occurrences and consider Pastor Leasa Corbin’s recent sermon, “*Perception of the King*,” I see a lot of powerful insights about how we perceive Jesus and how our perception determines our response to and reverence for him. Pastor Leasa’s sermon focused on Luke 7:36-50 which described a sinful woman that brought an alabaster box and anointed Jesus’ feet and wiped them with her hair (vs. 38). In Luke 7, there was a clear contrast between the “sinful” woman’s perception of Jesus and the Pharisee who hosted Jesus at his house for

givenness, the Pharisee considered himself to be righteous.

This passage, and Pastor Leasa’s timely sermon, reminds us that we need to evaluate our perception of Jesus Christ and consider the degree to which we reverence and adore him. We are easily excited about a presidential visit or the potential of a Phillies World series win, but how excited are we about what Jesus has done for us?

How much emphasis do we place on preparing to meet him? If we read Isaiah 66:1 we learn that heaven is God’s throne and earth is His footstool. Wow! Let that help put things in the proper perspective.

-Deacon Atnre Alleyne



a meal and criticized him for letting such a woman touch him. The woman was able to approach Jesus with reverence, humility, and gratitude because of how important and special she perceived Him to be. On the other hand, the Pharisee fell short in giving Jesus true reverence and adoration because he did not really perceive who Jesus Christ was. The Pharisee’s nonchalant attitude was also likely a result of how he perceived himself. Whereas the woman perceived herself as in need of much for-

Healthy Choices 101 continued

Can people who are allergic to eggs receive the 2009 H1N1 flu vaccine?

People who are allergic to eggs might be at risk for allergic reactions from receiving influenza vaccines, including the 2009 H1N1 vaccine.

People who have had any of the following symptoms or experiences should consult with a doctor or other medical professional before considering any influenza vaccination:

- hives or swelling of the lips or tongue
- acute respiratory distress (trouble breathing) after eating eggs
- documented hypersensitivity to eggs, including those who have had asthma related to egg exposure at their workplace or other allergic responses to egg protein

Because children with severe asthma are at high risk of serious complications from influenza, a regimen has been developed for giving influenza vaccine to children with severe asthma and egg hypersensitivity.

When and how much of the 2009 H1N1 vaccine will be available?

Both the flu shot (in the arm) and nasal spray form of 2009 H1N1 vaccines have now been produced and licensed by the Food and Drug Administration. The federal government has purchased a total of 250 million doses of 2009 H1N1 vaccine. The 2009 H1N1 vaccine first became available in early October and more doses are becoming available every week. Vaccine availability, however, depends on many factors so these numbers will be frequently updated. The first doses of live attenuated 2009 H1N1 flu vaccine were administered on October 5, 2009. Administration of the 2009 H1N1 flu shot began the week of October 12.

Will there be enough 2009 H1N1 flu vaccines for everyone who wants it?

It is expected that there will be enough 2009 H1N1 flu vaccine for anyone who chooses to get vaccinated. The US federal government has procured 250 million doses of 2009 H1N1 flu vaccine. This quantity of vaccine accounts for the National Institutes of Health (NIH) clinical trial data showing that children 6 months to 9 years of age will need two doses and persons 10 and older will need one dose. Limited amounts of 2009 H1N1 vaccine became available in early October, and more will continue to become available over the upcoming weeks.

Where will the vaccine be available?

Every state is developing a vaccine delivery plan. Vaccine will be

available in a combination of settings such as vaccination clinics organized by local health departments, healthcare provider offices, schools, and other private settings, such as pharmacies and workplaces. For more information, see [State/Jurisdiction Contact Information for Health Care Providers Interested in Providing H1N1 Vaccine](#).



Seasonal and H1N1 Vaccine

Will the seasonal flu vaccine also protect against the 2009 H1N1 flu?

The seasonal flu vaccine is not expected to protect against the 2009 H1N1 flu.

Will this vaccine be made differently than the seasonal influenza vaccine?

No. This vaccine will be made using the same processes and facilities that are used to make the currently licensed seasonal influenza vaccines.

Can the seasonal vaccine and the 2009 H1N1 vaccine be given at the same time?

Inactivated 2009 H1N1 vaccine can be administered at the same visit as any other vaccine, including pneumococcal polysaccharide vaccine. Live 2009 H1N1 vaccine can be administered at the same visit as any other live or inactivated vaccine EXCEPT seasonal live attenuated influenza vaccine.

Prior Illness

Should I get vaccinated against 2009 H1N1 if I have had flu-like illness since the Spring of 2009?

The symptoms of influenza (flu-like illnesses) are similar to those caused by many other viruses. Even when influenza viruses are causing large numbers of people to get sick, other viruses are also causing illnesses.

(Continued on page 15)

Healthy Choices 101 continued

Specific testing, called “RT-PCR test,” is needed in order to tell if an illness is caused by a specific influenza strain or by some other virus. This test is different from rapid flu tests that doctors can do in their offices. Since most people with flu-like illnesses will not be tested with RT-PCR this season, the majority will not know whether they have been infected with 2009 H1N1 flu or a different virus.

Therefore, if you were ill but do not know if you had 2009 H1N1 infection, you should get vaccinated, if your doctor recommends it. So, most people recommended for 2009 H1N1 vaccination should be vaccinated with the 2009 H1N1 vaccine regardless of whether they had a flu-like illness earlier in the year. If you have had 2009 H1N1 flu, as confirmed by an RT-PCR test, you should have some immunity against 2009 H1N1 flu and can choose not to get the 2009 H1N1 vaccine.

However, vaccination of a person with some existing immunity to the 2009 H1N1 virus will not be harmful. For more information on flu tests, see [Influenza Diagnostic Testing During the 2009-2010 Flu Season](#).

Any immunity from 2009 H1N1 influenza infection or vaccination will not provide protection against seasonal influenza. All people who want protection from seasonal flu should still get their seasonal influenza vaccine.

Prevention

Are there other ways to prevent the spread of illness?

Take everyday actions to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water are not available, use an alcohol-based hand rub.*
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

• **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures. These measures

will continue to be important after a 2009 H1N1 vaccine is available because they can prevent the spread of other viruses that cause respiratory infections.

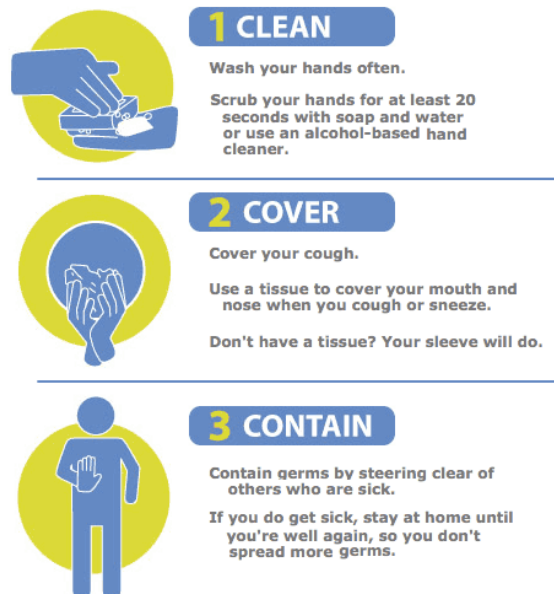
Are natural remedies (also referred to as “complementary” or “alternative” medicine) recommended to prevent the 2009 H1N1 flu virus?

The first and most important step to prevent the flu is to get vaccinated. Vaccination stimulates an immune response using a killed or weakened virus that uses the body’s own defense mechanisms to prevent infection. CDC’s current recommendations to protect against 2009 H1N1 virus do not include natural remedies as a sole prevention method. If you want to use a natural remedy to reduce symptoms, CDC recommends that you talk to your healthcare provider about options.

Alternative medicine should not be used as a replacement for proven conventional care, or to postpone seeing a doctor about a medical problem. The National Institutes of Health (NIH) provides information at <http://health.nih.gov/topic/AlternativeMedicine>

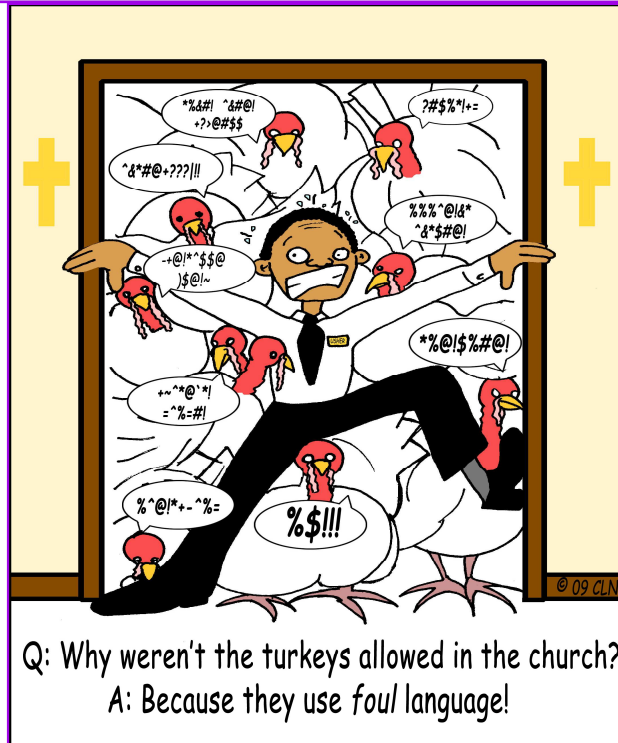
on specific alternative options, including scientific information, potential side effects, and cautions for each.

The Federal Trade Commission (FTC) warns consumers to be cautious about products that claim to prevent, treat, or cure 2009 H1N1 influenza, specifically products like pills, air filtration devices, and cleaning agents can kill or eliminate the virus.



-Deaconess Shaniqua Leggett

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WORD OF THE MONTH

Redeem - To recover ownership of by paying a specified sum. To pay off. To save from a state of sinfulness and its consequences .
We have been redeemed by the blood of Jesus Christ.

Thanks from The Light Post Staff

Sr. Pastor Lincoln Corbin-Pastor, and Columnist
Pastor Leasa Corbin- Pastor, and Columnist
Cesar Sjogren- Editor
Kaleiah Sjogren-Editor
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SERVICE TIMES

Prayer- 9 AM Sun & 7:30 PM Tues

Sunday School- 9:45 AM

Morning Service- 11:00

Tues Prayer & Bible Study- 7:30-9:00PM