

# Keysville City Messenger



## CITY NEWS



### FROM THE MAYOR'S DESK

A few weeks ago I was reading an article about a seasoned marathon runner who had just crossed the finish line with an impressive time when he suffered a heart attack and died. From the outside, he looked to be the picture of health, but a fatal condition was hiding on the inside. That reminded me, we all need an occasional visit to the doctor to make sure our bodies are working properly and there are no unknown serious conditions waiting to take us down. The same is true with our spiritual lives. We are people of habit, most of us follow the same routine day after day often missing clues that our spirit is not enjoying the good health that it was created it for. Just as the doctor has to perform a myriad of test to determine the state of our physical health, we have also been given a process to evaluate the spiritual problems in our lives.

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. (Galatians 5:22-23).*

Let's examine ourselves to make sure we're healthy enough to "Grow our Fruit".

**1. Love.** This word for love doesn't refer to warm feelings but to a deliberate attitude of good will and devotion to others, giving freely without looking at whether the other person deserves it, and gives without expecting anything back.

**2. Joy.** Unlike happiness, joy is gladness that is completely independent of the good or bad things that happen in the course of

the day, Joy allows us to focus on the purpose for the events rather than on the circumstances.

**3. Peace.** It's not the absence of turmoil and mess, but the presence of tranquility even while in a place of chaos. Don't be frazzled by the stuff that happens in your life, experience "the peace that passes all understanding".

**4. Patience.** The ability to endure all the wrongs of life or at the hands of others without lashing out or paying back. Keeping a godly perspective even when our enemies are working diligently to destroy our character.

**5. Kindness.** Always looking for ways to help others, possessing a moral goodness that overflows. And the best is that we look for nothing in exchange, that's kindness.

**6. Goodness.** The soft side of good, reflects the character of God. Goodness in you desires to see goodness in others and is not beyond confronting or even rebuking (as Jesus did with the money changers in the temple) for that to happen.

**7. Faithfulness.** A faithful person is one with real integrity. Operating without hypocrisy and indifference toward others in our life. Our natural self always wants to be in charge, but Spirit-controlled faithfulness should be evident in our life.

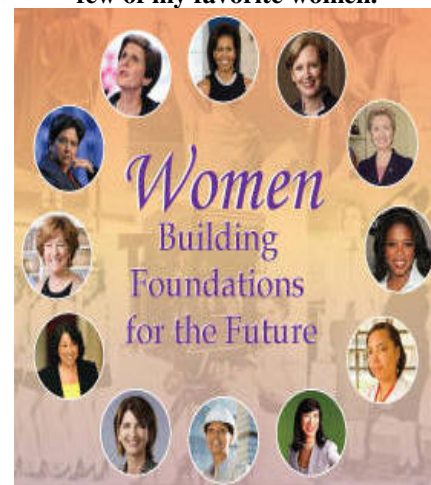
**8. Gentleness.** Meekness is not weakness. Gentleness is not without power, it just chooses to defer to others. It forgives others, corrects with kindness, and lives in tranquility. Stop coming off as hard and nasty and allow the grace of God to flow through you to others.

**9. Self-control.** Our fleshly desires at odds with God's Spirit and always want to be in charge. Self-control releases our grip on the fleshly desires and allows us to be controlled by Spirit. It is power focused, but in the right place.

When we follow the Spirit's lead instead of being led by our self-focused desires, we can begin to produce good fruit. If we fall short, that's ok, the promise has already been made, we just have to admit we have been walking in our own way, ask for forgiving so we can become empowered by the spirit. Then we can rise above ourselves and live life more abundantly. Stay Healthy and until next time....grow your Fruit!

Mayor!

Did you know that March is Women History Month, a time to observe and celebrate the vital role of women in American History? Just want to share a few of my favorite women.



## FYI

### WEATHERPROOF EXERCISES

Can't go outside to work out because it's too cold or rainy or whatever? No problem. You can do plenty of activities indoors.

- **Go dancing.** Ballroom, line, salsa, and belly dancing can get your heart pumping.
- **Sign up** for a self-defense class or martial-arts class.
- **Check out** exercise videos from your local library.
- **Power walk** around an indoor shopping center.
- **Join** a community-sports league and play basketball or volleyball.
- **Volunteer** to help with stretching sessions at a local retirement home or senior center.
- **Play** an electronic fitness game on your television or computer that requires movement of major muscle groups.

### FOLK, KNIFE, SPOON CONNECTION

#### Health Benefits of Eating VENISON

Health benefits of eating venison are several although its a red meat like beef and mutton, it is in a class of its own.

**Benefit 1:** Eating Venison for Iron

**Benefit 2:** Eating Venison for Body Building

**Benefit 3:** Eating Venison for Vitamin B12 to Prevent Pernicious Anaemia

**Benefit 4:** Eating Venison for Diabetics

So when you eat venison, you get the same benefits of unsaturated fat as though you are eating fish or nuts. Unsaturated fats on the hand are mostly found in animal fats and are solid at room temperature. They are responsible for thrombosis, arteriosclerosis and heart failure. Having now seen the benefits of venison, you will now be convinced why it is so beneficial to your health.



## HEALTH TALK

### Colon Cancer

Colon Cancer is one of the most common cancers — and one of the most preventable, if precancerous polyps are found early. But like other forms of cancer, colon cancer can be deadly if it isn't detected until the later stages. Colon cancer is the second-leading cause of cancer deaths in the United States. This type of cancer is also known as colorectal cancer, a term used to describe cancer of the colon or rectum (the last six inches of the digestive tract before the anal opening). Colon cancer occurs when a growth in the lining of the colon or rectum becomes malignant.

#### Preventing Colon Cancer

Lifestyle changes can help in the prevention of colon cancer. The most important choices include:

- **Don't smoke.**
- **Be physically active.**
- **Eat a healthy, well-balanced diet.**
- **Take daily NSAIDs.**
- **Don't ignore any symptoms.**
- **Know your health history.**

Talk to your doctor about the appropriate timetable for your colon screenings based on your medical history. You can prevent colon cancer by having regular check-ups, following healthy lifestyle habits, and promptly investigating any colon.

#### ADVERTISEMENTS/ANNOUNCEMENTS

### Faith Evangelistic Bible Church

*Presents:*

#### *“Down East Boys”*

Who: Gospel Singers

Where: Faith Evangelistic Bible Church

882 Hephzibah/Keysville Road  
(on the hill by the Fire Station)

When: March 25, 2017

Time: 7:00pm

**EVERYONE IS INVITED  
TO COME!**

## SPECIAL THANKS

The City of Keysville will like to thank everyone who came out to our 2017 Black History Fellowship.

**We had a great time!**



#### FREQUENTLY ASKED QUESTIONS

**Can I pay my water bill in cash?**  
No, only credit card, check or money order.

**Can I advertise in the City Messenger?**  
**YES.** Advertisements/special announcements in the City Messenger are accepted for a small fee, please contact City Hall.

All announce must be submitted by the 15<sup>th</sup> of each month and will be available the following month. For example, information submitted Mar. 15<sup>th</sup> will be printed in April 2017 Issue.