


Tri-Healthy Living

Mind, Body, Spirit



As we begin March, in this season of Lent, let us reflect and prepare our mind, body, and spirit for the Resurrection celebration. As Jesus prepared himself we too must prepare ourselves; this can be accomplished through daily prayer, meditation, fasting, and studying the word of God. Lent is also a time to reflect and come to know the ways in which God has worked within and throughout our lives. We are not far removed from 2020, a very difficult year of change and transition. As we spend time with God during Lent, allow what God has brought us through manifest itself in ways that glorify His Kingdom.

In the March issue of [Tri-Healthy Living](#), there is important information regarding colorectal cancer, Covid testing and the vaccine, nutrition awareness, and more. Reading the material included in this newsletter can be life changing as well as lifesaving. Please watch the videos, check out the links, and learn. Remember, knowledge is power!

Thank you for taking time to invest in yourself and learn a healthier way of living.

Introduction by Jeannie Hagler and Naya Ross on behalf of the Health and Wellness Ministry
Third Baptist Church

Mindfulness Moment: Meditation to Relieve Stress

by Rev. Aimme Rogers-Jones

With so much going on in the world around us, it is easy to be stressed out and overwhelmed. Each of us have burdens we are carrying and sometimes they feel too heavy to bear.

While we may not have the power to change our situation, we do have the power to change our perspective of the situation. Taking time for a mindfulness moment can help bring about the change in perspective we so desperately need.

On the final Sunday of February, our Pastor preached about the danger of an empty house. He reminded us how important it is to fill our house with good things. We all need a house full of knowledge, a house full of love, a house full of peace.

Today, take some time even if it's just 5 minutes to find a comfortable position, close your eyes and breathe. If you find yourself starting to think of the list of things you need to get done or feel yourself worrying about the issues in the world, take a breath and focus on your breathing. When I am having a difficult time, I simply breathe in for a count of 4 and breathe out for a count of 4.

Try it!

Breath in 1 - 2 - 3 - 4

Breath out 4 - 3 - 2 - 1

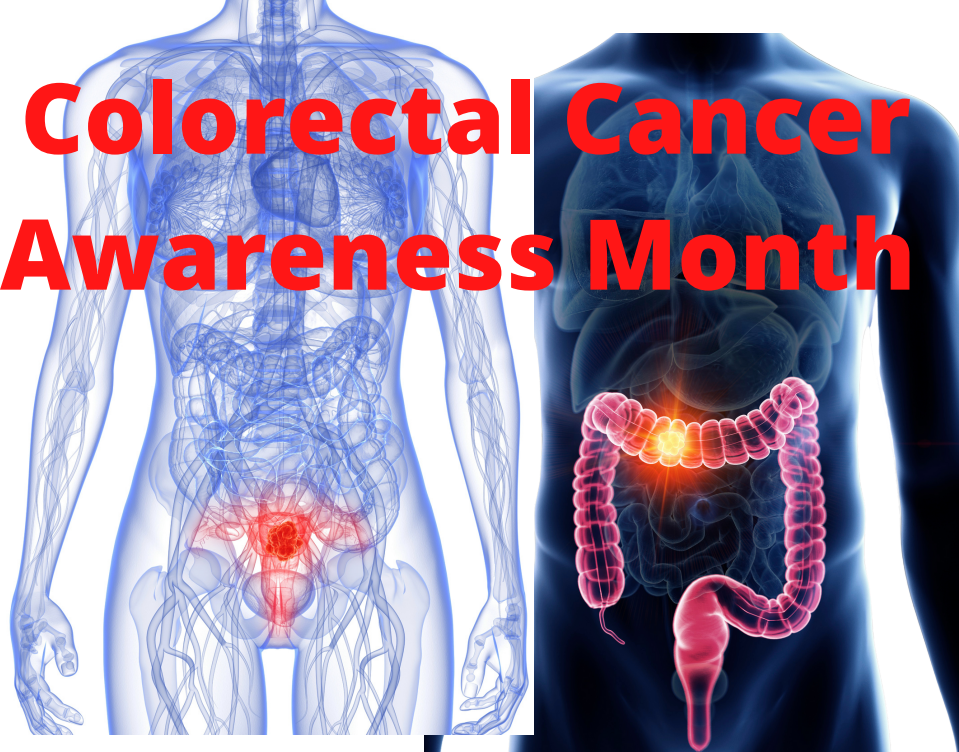
As you sit there breathing, reflect on the blessings God has already blessed you with, starting with the gift of life and the ability to breathe.

To learn more about how meditation can reduce stress, feel free to click the link below

<https://www.verywellmind.com/meditation-4157199>



Colorectal Cancer Awareness Month



The terms colorectal and colon cancer are sometimes used interchangeably, but it is important to know the difference. Rectal cancer is found in the rectum and colon cancer can be found anywhere in the large intestine. Please note that the large intestine, also known as the colon, is the lowest part of the digestive system and is about 5ft in length and the last 12cm of the colon is the rectum. Colorectal cancer is an umbrella term for cancers that may began either in the colon or rectum and stay in one area or spread to both.

According to the American Cancer Society, African Americans are about 20% more likely to be diagnosed with colorectal cancer and 40% more likely to die from this cancer than most other groups. Factors contributing to these statistics include risk factors, access to healthcare, and health disparities linked to systemic racism. Due to the increased rates in colorectal cancer diagnosed in young people, the American Cancer Society now recommends to begin screening at age 45 if at average risk. If high risk, screening may need to begin before the age of 45. Colon cancer has recently claimed the life of the young and talented, very gifted actor, Chadwick Boseman. It is important to know your risk group. For more information please click

this link to read about risk factors
<https://www.cancer.org/cancer/colorectal-cancer/detection-diagnosis-staging/acs-recommendations.html>

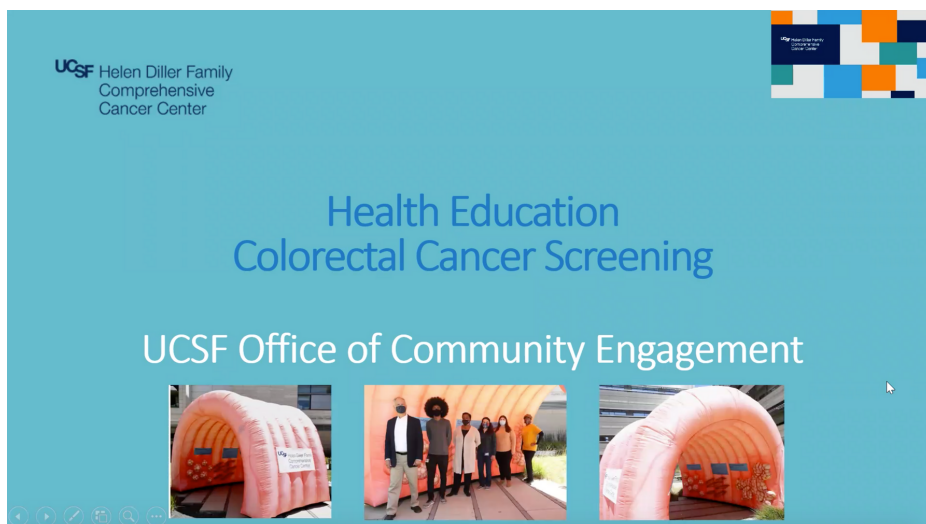
Please take time to view this short, very informative video on colorectal cancer screening. Before viewing the video, take the pre-survey by clicking this link

https://is.gd/S2S_PRE_Survey.

Once you have watched the video, please complete the post-survey here

https://is.gd/S2S_POST_Survey.

Thank you to Michelle Moseley of UCSF Office of Community Engagement for bringing awareness to the issue of colorectal cancer.



Click here to watch the *Health Education Colorectal Cancer Screening* video

<https://ucsf.app.box.com/s/59h4ran5qddfxz35vl4l2xn9wxcql3ne/file/780962900758>



Here are things you can do to bring about awareness to Colorectal Cancer:

If you use Twitter and/or Instagram, use the hashtag #ScreentoSave, #CancerCHE, #getscreened, #ColorectalCancer

Share with someone you know between the ages 45-75

<https://www.cancer.gov/types/colorectal/patient/colorectal-screening-pdq>

It's okay to talk about cancer and encourage your loved ones to get screened.

<https://www.cancer.gov/types/colorectal/patient/colorectal-screening-pdq>

Colorectal screening is a proven prevention strategy that is being adopted by too few people, especially ethnic and racial minorities.

<https://www.cancer.gov/types/colorectal/patient/colorectal-screening-pdq>

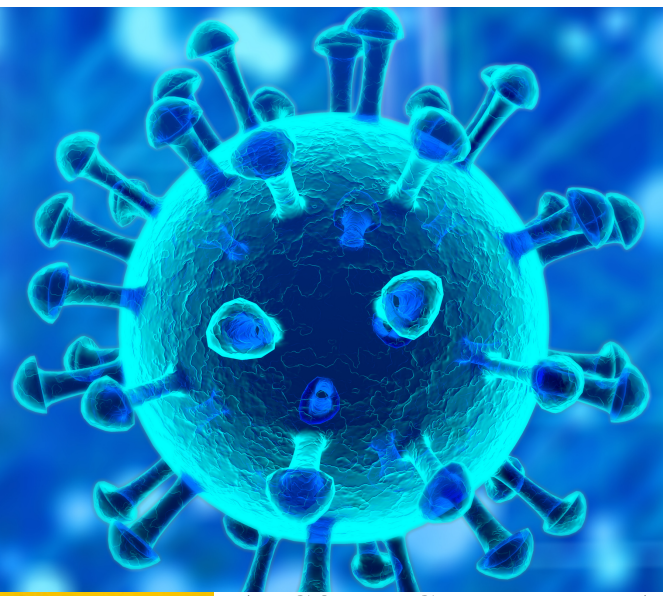
Curious to learn more about the FOBT & FIT/iFOBT #ColorectalCancerscreening tests? Read about them here: <http://bit.ly/2gI4I5d>

Colonoscopies find polyps early, before they can develop into #ColorectalCancer #Getscreenedearly #ScreentoSave <http://bit.ly/2gI4I5d>

African American men & women are the group most likely to develop and die from #ColorectalCancer. #ScreentoSave www.cancer.gov/types/colorectal

Latinos/Hispanics are less likely to #getscreenedfor #ColorectalCancer. #ScreentoSave <http://bit.ly/2kxM7vH>

Covid Corner



The COVID Committee at Third Baptist Church has been established to develop and implement protocols for the safety and welfare of Third Baptist Church and the community. Black and brown people have been disproportionately affected by COVID-19, with this in mind, the COVID committee aims to educate and be a resource to the congregation and community. The committee includes the following members: Jason Henderson, Chair; Jane Brown, Dianne Campbell, Alphonso Campbell, Kimberly Henderson, Dorothy Henderson, Rev. Aimme Rogers-Jones, Naya Ross, Alexander Williams, Minyon Robinson, Rev. Jonathan Butler, Preston Turner. For more information please email Jason Henderson at jh@therefugeinc.org

Free Covid-19 Testing

Third Baptist Church of San Francisco
1399 McAllister Street SF, CA 94115

Main Parking Lot

Tuesdays
11am to 6pm

Wednesdays
1pm to 8pm

Saturdays
9am to 4pm

Register at

<http://bit.ly/aacec-thirdbaptist>



No Appointments
No Insurance needed

To register for free Covid testing, please visit the following link:
<https://home.color.com/covid/signup/start?partner=thirdbaptist>



Click here to watch *Real Talk & Trusted Advice* video below:

https://www.youtube.com/watch?v=1zz9bA62_o0



Over the past several months, a lot of information has been disseminated regarding the COVID-19 vaccine. Not sure what information is valid? The first video included in this section is a panel discussion with Dr. Kim Rhodes and Third Baptists' Rev. Dr. Jonathan Butler. Dr. Rhodes and Dr. Butler answer the hard questions from people in the community on *Real Talk & Trusted Advice*. The second video, *Making it Plain...*, features Dr. Kizzmekia Corbett, biologist/immunologist, and one of the leaders of the Moderna Covid biotechnology research department. Please take time to watch these very informative videos.

Please note that there are vaccination sites throughout the Bay Area. Please click the following link

<https://sf.gov/vaccine-sites> for site availability. Also, the San

Francisco Health Network outlines the criteria according to the phase (group) that is currently being vaccinated and drop in sites.

Please click this link for more information

<https://sfhealthnetwork.org/covid-19-vaccine/>



Click here to watch *Making it Plain* video

https://www.youtube.com/watch?v=fv2qR6xniq4&feature=emb_title



by Kristine Knockum

The human spirit includes our intellect, emotions, fears, passions, and creativity.

Human spirit is considered to be the mental functions of awareness, insight, understanding, judgement and other reason powers. As a noun, this is the non-physical part of a person which is the seat of emotions and character, i.e. the soul.

SPIRIT = an attitude, feeling, or principal that stirs one to action.

SPIRIT ACCORDING TO BIBLICAL PRINCIPLES

Old Testament – Breath or wind and by extension it came to mean the breath as signifying life and thence spirit, mind, and life principle. Genesis 2:7 talks about breath, thence life, seat of emotions, self or person. Job 27:3 & Isaiah 42:5 & Zec 12:1 says Since God is the life-giver, life breath comes from Him and man lives as long as God's breath remains in him.

New Testament - The basic meaning of spirit as breath or wind – its derived meaning are of course, more common and important 2 Thes 2:8 & Jn 3:8.

Mans Spirit is the seat of mans feelings and mental attitudes in contrast to the flesh or the body. Spirit and Soul are often used interchangeably although the tripartite division of man may indicate that spirit is of a higher order than the soul and more amendable to Gods influence, (Thes 5:23) whereas soul would pertain more to man's rational nature.

Remember, God created Adam as He wills...He created his flesh and blood, his bones, hair, and his body from soil and water; this is the beginning of the creation of Adam. Then He put the soul into his body. Then by the soul, man can stand and sit, listen and see, learn and know what animals can know and beware of dangers. Then God put the spirit into the body. By the spirit Adam knows right from wrong and guidance from error and he camouflages and learns and manages all of his affairs.



Recipe's to Remember



Peanut Butter Energy Balls

No cooking required!

You will need:

- 2 cups rolled oats
- 1 cup natural peanut butter or other nut butter
- 1/2 cup honey
- 1/4 cup mini chocolate chips
- 1/4 cup unsweetened shredded coconut

Instructions: Step 1 Combine oats, peanut butter (or other nut butter), honey, chocolate chips and coconut in a medium bowl; stir well. Using a 1-tablespoon measure, roll the mixture into balls. Store in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 3 months.



Baked Eggs with Spinach

You will need:

- 1 tbsp Extra Virgin Olive Oil
- 1 cup onion finely diced
- 1 tsp garlic minced
- 4 cups raw spinach chopped
- Nutmeg grated (pinch to taste)
- Fresh ground pepper (pinch to taste)
- 4 whole eggs (beaten)

Instructions: Add to a sauté pan olive oil, garlic, spinach, nutmeg, pepper, and onion and sauté. Place the sautéed spinach mixture in a baking pan. Pour in the 4 beaten eggs. Bake at 375 degrees for 12-15 min.

Keep in Mind....

MARCH IS COLORECTAL CANCER AWARENESS MONTH

Colorectal Cancer screening saves lives!

Learn more about colorectal cancer here: <https://www.cancer.gov/types/colorectal>

Colorectal Cancer Awareness Quiz <https://www.cdc.gov/cancer/colorectal/quiz/>



Thank you again for taking the time to read *Tri-Healthy Living*. If there is a health and wellness topic you would like to learn more about, please email the Health and Wellness Ministry at tbchealthandwellness94115@gmail.com