

TRI-HEALTHY LIVING

Mind, Body, Spirit

Happy Resurrection Sunday!

As we move into the month of April, Spring is officially upon us. Sunday, April 4th was Resurrection Sunday, the highest holy day in the Christian liturgical calendar. It also marks the end of our 2021 lent season. There are six Sundays during this year's lent season we have been blessed with powerful preaching that was uplifting, thought provoking and soul stirring.

Pastor Brown opened up the lent season with a masterful discussion, including brilliant historical context, on the ways Black people have been a gift in our society. He preached on the importance of being mindful of what we ingest in our physical and spiritual beings. Dr. Brown, also being intune with the times, commissioned us to complete the task of spring cleaning.

Rev. Dr. Jonathan Butler in his sermon, "Begin Again" gave us a beautiful illustration on how through God's grace we all can begin again the process of living a fuller life if we turn away from the lies of the world and open ourselves up to the truth God has for us. Rev. Judge Beverly Phillips reminded us to stop putting new wine in old wineskins, that if we want things to change and be different we have to be willing to try new things.

For the final Sunday in Lent, one of the beloved daughters of Third Baptist Church, Rev. Pamela Smith preached an energetic and compelling sermon reminding us to wait on the Lord and that special orders take extra time.

In their own way each preacher gave a word that speaks to a type of newness that can be found in God. The English word "resurrection" first comes from the Latin *resurgere*, which means to "rise again." On Easter Sunday we celebrate the fact that Jesus rose into new life and each of us has the ability to rise from the dead situations in our own lives and live into a newness. This cyclical reality of death and resurrection is the cornerstone, the foundational bedrock of our Christian faith.

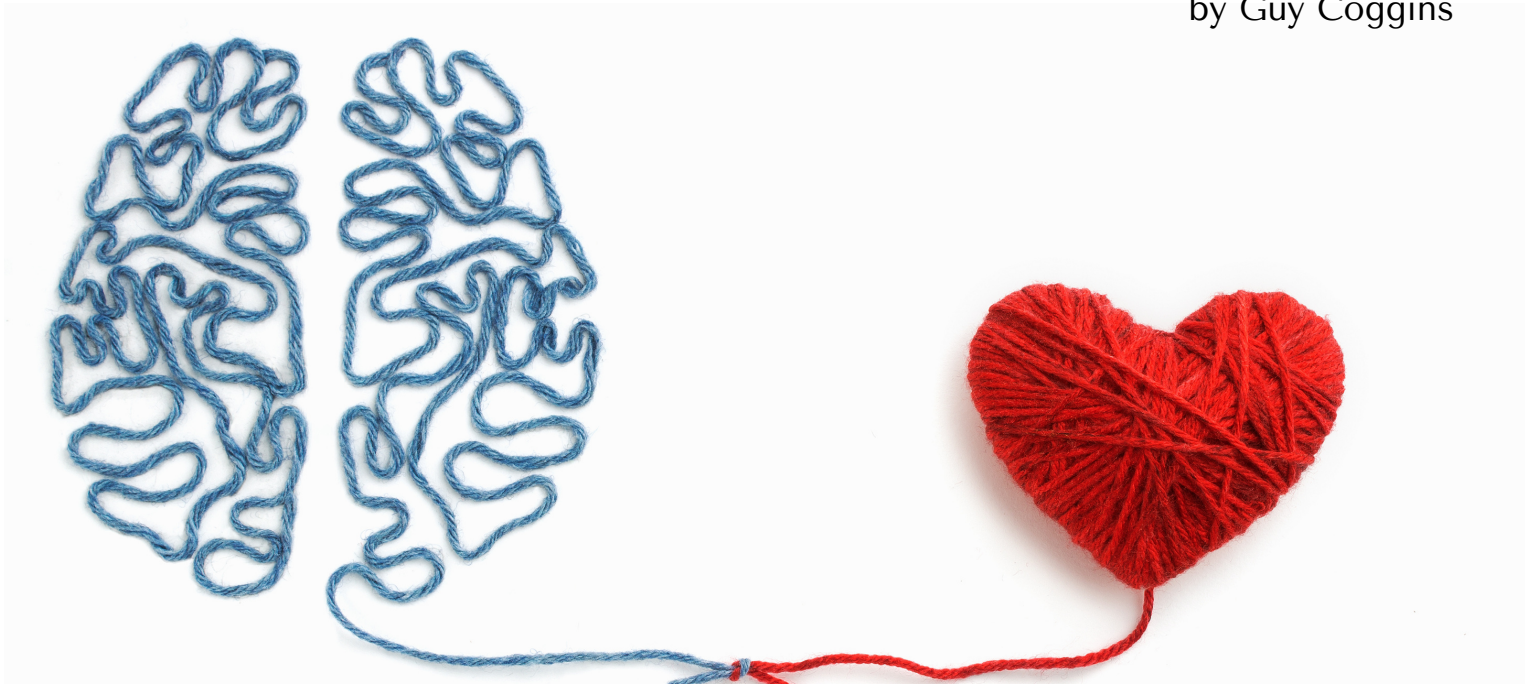
April is Minority Health Month, a time to bring awareness to the health disparities that affect minority populations and to combat those disparities through health education and early detection. In the April issue of *Trinity-Healthy Living*, we will take a look at the brain heart connection, glaucoma, and there will be COVID information. Please take time to read this newsletter. We pray that this month's issue helps to spark more ideas to help you live a more resurrect life.

By Rev. Aimme Rogers-Jones on behalf of The Third Baptist Church Health and Wellness Ministry



Scientists Prove Our Hearts Have Intelligence

by Guy Coggins



The Ancients believed the heart influences our emotions, our morality, and our decision making.

“Man Thinketh in His Heart:”

Old testament Proverbs 23:7: “For as a man thinketh in his heart, so is he,” and in the new testament Luke 5:22: “What reason ye in your hearts.”

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- Science Proves Bible to be True:

Science only recently acknowledges the relationship between the brain and heart. It was not until the last century that we have had the technology to measure the signals that go between both the brain and the heart.

- Our Hearts Govern Our Lives:

We now have scientific evidence that our hearts send us emotional and intuitive signals to help us govern our lives. The magnetic field of our heart energy can be measured out to at least six feet away from our body. This is one of the ways we communicate our feelings with each other through our spiritual energy field.

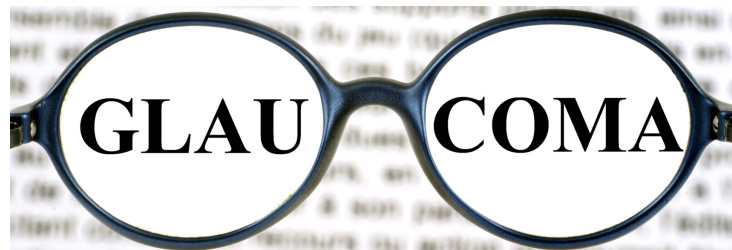
- Heart Intelligence:

When our minds are calmed we can let our hearts do the thinking.

Next time you feel calm especially after deep prayer take a look at your heart, “or feel the area around your heart.” You may notice that your breathing becomes slower and more even.

National Minority Health Month

April is National Minority Health month, a time to bring awareness to the health disparities experienced by racial and ethnic minorities. Minority health month also focuses on the areas of health education, early detection, and control of disease complication, to combat the existing disparities. Please take time to visit the National Institute on Minority Health and Disparities for more information on National Minority Health month and resources available. <https://www.nimhd.nih.gov/programs/edu-training/nmhm/>



Did you know that glaucoma is the second leading cause of blindness in African Americans? There is no cure for glaucoma and you may not experience symptoms according to glaucoma.org. Also, African Americans are 6-8 more times likely to experience blindness from glaucoma than Caucasians. Eye health is extremely important and it is imperative for you to know if you are at risk for developing glaucoma.

Please view the following risk factors::

- Over the age of 40
- Extreme nearsightedness
- Diabetes
- Hypertension (high blood pressure)
- Prolonged steroid use

If you have any of the aforementioned risks, contact your eye doctor to talk about screening/plan. Please visit glaucoma.org for more information on glaucoma, care and treatment, and research.



Tri-Health Living is an e-newsletter that is centered around the health of the mind, body, and spirit. You may be asking, 'How do I get/keep my spirit healthy?' That is a great question! The things you do to keep your physical body healthy, are the same things you do to keep your spirit healthy, in a sense. For example:

- 'Feeding' your spirit with the word of God by reading the bible and allowing it permeate your spirit, can contribute to a healthy spirit.
- 'Exercise' for spirit health, through the practice of praying and meditating. Praying and meditating will allow you the opportunity to strengthen your spirit through connecting and communication with God. Building this into your spiritual health practice will play a major role in sustaining you through life's difficult times.
- Being present in the moment can cultivate a healthy spirit. Being present in the moment means that you are not focusing on the past (things you cannot change) or worried about the future (things you cannot control). Can you be present in the moment?

Please take time to get a spiritual 'workout' in this week. Read the word, pray/meditate, and be present, will get you on the path to a healthy spirit.



For the past 3 Sunday's, Third Baptist Church has been the site of vaccination administration. Please visit <https://thirdbaptist.org/covid-19> for more information. Also visit <https://sf.gov/get-vaccinated-against-covid-19> for vaccination information in the Bay Area.

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>



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