

PRAYER LIST

LILLIE ALFORD, Ethel Clark's sis-in-law
LINDA BULLOCK, medical issues/tests
CHERYL BARRON, Stan Raley's sister
TRAVIS CREASY, Duncan friend
ALLEN DES ORMEAUX, Vincent friend; cancer
CHRIS EMOND, Madison family friend; cancer
ALANA FAIR
JUNE FRANKS, passing of husband Al
 718 Glendale DR, Kosciusko MS 39090
JAMES GORDON, Bridget Smith's dad
THERMAN HODGE; health issues
JACK HUNTLEY, Callens friend
BILLY JOHN, recent health issues
BETTY JOHNSON, home with home health
JORDAN KEMBLE, Warren friend; brain tumor
WALTER KING, Lamar's dad
ACK MEARS
GENE & CHARLENE RALEY, Stan's parents
STAN RALEY
GRADY & HELEN RICHARDSON, Angela
 Duncan's parents; health issues
AL ST. CLAIR
THELMA TALBERT, Shirley Raley's mom
RUTH TAYLOR, nursing facility resident
 Room 102 at Brookdale/Meridian
 4555 35th AVE, Meridian, MS 39305
BARBARA TERRAL, Jennifer Guy's mom
BRENDA THOMAS
MIKE & JIMMIE TIMBES, Duncan friends; health
PERRY TUBBY, Brandie Madison's dad
ROB WARREN SISTERS, Laura Hughes (Lyme
 Disease); & Michelle (compressed vertebrae)
ED WALTERS, husband of close friend of
 Cindy Harper; liver cancer
ANNIE WEBB, Cindy Harper's great-grand-
 daughter; home from hospital
VELMA "DUCK" YATES
MEMBERS of our ARMED SERVICESCHURCH
MISSION WORK WORLDWIDE

ANNIVERSARY & BIRTHDAY

February 6: Lloyd & Bridget Smith
 February 7: Jada Smith
 February 8: Al & Kathy St. Clair

Men's Weekly Breakfast

will meet this Friday for breakfast at
iHop

To confirm location or for more info,
 contact Tom Fair or Stan Raley

Ladies Bible Study

The Ladies Bible Study group
 will meeting each
 second Tuesday
 of each month.

For more information, please
 contact
Brandie Madison

Reason Not Excuse

As Christians we want to attend services regularly. You can probably quote Hebrews 10:23-25 "Let us hold fast the confession of our hope without wavering, for He who promised is faithful. And let us consider one another in order to stir up love and good works, not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching." So the question arises ... "Should I stay home when I am sick and contagious?" The following is for consideration. If you attend "contagious" (coughing, sneezing, runny nose with fever) with pneumonia, flu or a cold, you may not get worse by attending. But what about others? By your attending sick will you infect others who may not be able to attend as a result and may be more effected than yourself. Some people don't need a reason to miss services. But contagious sick is a REASON to stay home. Every year "Flu Season" rolls around. There's the occasional cold and pneumonia possibility. Other viruses are lingering around too. The following is copied from the internet.

While the impact of flu varies, it places a substantial burden on the health of people in the United States each year. CDC estimates that influenza has resulted in between 9.3 million – 49.0 million illnesses, between 140,000 – 960,000 hospitalizations and between 12,000 – 79,000 deaths annually since 2010. The flu is contagious—that means it spreads from person to person, often through the air. You can catch the flu when someone near you coughs or sneezes. Or, if you touch something the virus is on, like a phone or doorknob, and then touch your nose or mouth, you could catch the flu. You can contract the flu more than once a year, because there are many different strains of the influenza virus. It is possible that you could get infected with one strain and then another during a given season, especially if you have a compromised immune system.

Each year in the United States, about 1 million people have to seek care in a hospital due to pneumonia. Unfortunately, about 50,000 people die from the disease each year in the United States. Most of the people affected by pneumonia in the United States are adults. Pneumonia is a lung infection caused by bacteria, viruses, or fungi. Some of these germs do spread from person to person, so you may be contagious if you have certain types of pneumonia.

Flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone.

~Concerned Member~

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU