

KINGDOM WORDS

A WSDA MONTHLY EMAIL NEWSLETTER

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This time of the year we celebrate Mother's Day and Father's Day. Some of us celebrate the joy of being parents and others reminisce about the parents they had that are no longer with us. We also look forward to graduations and weddings, praising God for the joys we have in this life.

I look forward to a time when we can celebrate our eternal life, face-to-face with our Savior. All the good things in this life are wonderful, but I don't believe anything will compare.

-Sis. Alison Legall, WM



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Why Do We Celebrate Mother's Day

Author - *Stacey

Generally, the women in our lives help to shape our lives in significant ways. There are notable psychological benefits attached to the celebration of mother's day. To discuss the importance of why is mother's day important? Let us first look at how it all began.

Origin of Mother's Day

Mother's day celebration dates back to 1908 when Anna Jarvis, a common activist who organized a memorial in honor of her mother. Anna Jarvis used to work as a peace activist who was saddled with the responsibility of caring for wounded soldiers during the American Civil War.

The location today holds the International Mother's Day Shrine. Anna was the first to make an effort to raise funds for the celebration of mother's day in the US. After the death of Anna's mother in 1905, she took steps to make the celebration a worldwide event. She intended to honor all the mothers of the earth for their contribution to our society. In 1911, almost all the US states began celebrating Mother's day and made it a national holiday. West Virginia, the hometown of Jarvis, became the first to make mother's day a state holiday. As time passed, the 2nd Sunday of May was fixed as a day to remember all mothers. In 1914, Woodrow Wilson signed a proclamation in respect to mother's day.

Over time, more countries began to adopt the date to celebrate the mothers. Today, every country in the world celebrates mother's day.

Mother's day, like other celebrations, is an effort like Father's Day to appreciate the contributions of the family towards a better society. Mothers day aims to applaud all the women in the world working hard to improve their families. Contributing to family helps to model a better society.

Psychological Importance

Psychologically, celebrating the women will help to provide us with some form of solace. When we consider the unique ways our mothers affect our lives from the start, we will always find a reason to celebrate them.

Our mothers play an important role in ensuring that we are safe in the womb. The mother also helps us connect better with the world. She provides a safe environment for our survival in the womb and also provides nourishment. Our ability to connect with the world and our environment begins with our connection with our mothers. No matter our personality or the kind of mum we have, they contribute to shaping us the way we are today. In a nutshell, this why Mother's day is important.

Read the full article [here](#).

Family Life Corner

Resources

'Bless my family and may we walk in obedience to Your Word"-Anonymous

Video Resources*



*All topics are facilitated by Willie and Elaine Oliver-
Family Ministries Directors for the General Conference

Worship With Us!

Wednesday Night | 7:00 p.m.
Friday night Prayer | 7:00 p.m.
(Prayer Line: 605-475-4000, PIN 739881)
Sabbath School | Saturday | 10:00 a.m.
Worship Service | Saturday | 12:00 Noon
details at www.woodbridgesda.org

Total Truth

by Nancy Pearcey

Despite the common stereotype, intellectual questions are not always merely a smokescreen for spiritual or moral problems. To be effective in equipping young people and professionals to face the challenges of a highly educated secular society, the church needs to redefine the mission of pastors and youth leaders, to include training in apologetics and worldview. We must refuse to dismiss objections to the faith as major spiritual subterfuge, but instead, prepare ourselves to give what Schaefer called "honest answers to honest questions" (p. 127).

REMINDER

from the Church Clerk

If you move or your contact information changes, please provide the updated information to the Clerk. The Clerk is also available to assist with membership transfers. You may send an email to Jessica at mcneiljj@hotmail.com or call 703-730-7906.

May Health Nugget

Sleep

submitted by the Health Ministry Team

Everything in nature has a rest cycle. The span between sunset and sunrise provides ample time to include a regular schedule of 7-9 hours of rest each night. The fact that "Two hours of good sleep before midnight is worth more than four hours after midnight..." is still true.

We can enjoy the benefits of restful sleep by following a few simple suggestions:

- Have a regular time for bedtime and for rising.
- Get adequate exercise each day, preferably outdoors.
- Reduce fatigue and stress.
- Avoid eating a heavy meal at night.
- Provide a dark, quiet, clean sleeping area with good circulation of pure fresh air.
- Resolve differences in your life, thus having a clear conscience.
- Give your anxieties and worries to God and be assured of peace of mind.

Getting rest for the body should be a well-planned program. During sleep hours, the immune system is revitalized, and the body is able to build up that which is broken down. It will be easy to go to bed early and get up early, once the habit is established, and you begin to enjoy the way you feel.

The old adage that "a change is good as a rest" is often true. Following creation, our Creator gave us the Sabbath - a day of rest. This is to provide a special time to enjoy nature, and to communicate with our family and with God. Overwork, worry, lack of exercise, a fatigued mind, overeating, are among chief causes of lack of proper rest. Having a healthy mental attitude and a definite purpose for what you are doing in life, brings a kind of rest not otherwise acquired.

In addition to the physical rest, the kind of rest most needful today is that from the cares of this life, rather than from work alone.

When you lie down you will not be afraid; when you lie down, your sleep will be sweet. Proverbs 3:24 NIV

Why Do We Celebrate Father's Day

Kaitlyn Chamberlin and Chloë Nannestad

The history of Mother's Day goes back to the 1860s, and Mother's Day was declared a national holiday in 1914. The celebration of one parent paved the way for Father's Day. The history of Father's Day goes back to 1908 when a church in West Virginia held a sermon to honor 362 men who were killed the previous year in a coal mining explosion. This was the country's first-ever event to strictly honor fathers, but it was just a one-and-done thing, at least in that community.

The following year, however, a woman named Sonora Smart Dodd started her quest to establish Father's Day as a national holiday. Dodd was one of six children raised by her single father and thought fathers should be honored in the same way as mothers. After a year of petitioning her local community and government, Dodd's home state of Washington celebrated its first official Father's Day on June 19, 1910. Over the years, the celebration of Father's Day spread from state to state, and after a long fight, it was finally declared a national holiday in 1972 when President Richard Nixon signed it into law. Now, we celebrate with funny Father's Day quotes and dad quotes.

It took more than 60 years from the birth of the idea to Father's Day actually being recognized as a federal holiday, but a lot happened to threaten the parent-celebrating holidays during that time.

In the 1920s and 1930s, there was a national movement to get rid of both Mother's and Father's Day and replace them with one "Parent's Day." Beyond that, some men didn't even want a Father's Day, to begin with. Some saw it as a "Hallmark holiday," invented for the sole purpose of a commercial gimmick, and as many fathers were the sole breadwinners at the time, they didn't particularly want to spend their hard-earned cash on flowers and chocolates. The Great Depression and World War II, however, helped boost the idea of Father's Day. Struggling retailers pushed the gift-giving holiday during the Depression, and during the war, Father's Day became a war to honor the many fathers serving overseas. By the time President Nixon signed the proclamation making Father's Day a holiday, it was already a national institution.

Father's Day is celebrated on different days in different countries. For example, in Europe, the United States, and the majority of other countries, the holiday is celebrated on the third Sunday of June. In many Catholic countries, especially in Latin America, fathers are celebrated on St. Joseph's Day, which falls on March 19. In many Pacific countries, including Australia, New Zealand, and Fiji, Father's Day occurs on the first Sunday in September.

Read the full article [here](#).

Celebrate May Birthdays

3 - Keith Johnston
4 - Rupa Allman
5 - Michael Allman
6 - Harrison Cush
7 - Pastor Lola Johnston
12 - Christine Kiarie
13 - Jennifer Waysome-Tomlin
15 - Kaileb Vanderveen
19 - Jereamy Rose
21 - Nora Sison
25 - Sandra Martial
26 - Bert Cush
26 - Natalia Simons
28 - Debora Wilson
28 - Alexis Zelaya
30 - Brandon Lilly
30 - Kerrienne Vaz
31 - Bob McAdams

Celebrate June Birthdays

2 - Rebecca Allman
5 - Edward Martial
5 - Veronica Mwila
6 - Marlyse Montgomery
7 - Cindy Zelaya
8 - Corrine Bolder
13- John Woodall
15 - Sharonlyn Siler
17 - Zavala Palmer
18 -Karen Shade
21- McDennis Chona
24 - Emily Walker
26 - Gabriel Gillan
27 - Lawton McCalla-Evans
30 - Julian Cook



June Health Nugget

Exercise

submitted by the Health Ministry Team

If you feel stressed, depressed, or unable to concentrate, walking may be the simple solution to your dilemma, and best of all - it's free!

It is amazing what a brisk walk in the open air will do. Studies show moderate exercise will improve digestion, alleviate stress, enhance concentration, improve mental health, slow down the aging process, and help maintain proper body weight.

In addition, many of the lifestyle diseases we face today can be reversed by proper daily exercise. Research suggests that a diet high in fiber helps you feel full while you exercise to lose weight. Exercise strengthens the heart, improves circulation, lowers blood pressure, and is an integral part, along with a proper diet, of a healthy weight management plan.

Everyone should do some physical labor every day. If you have nothing to do for yourself, then do it for a person in need, and charge it to exercise. Walking is the best way to get exercise, and recognized as an aid to health; but unfortunately, many people hop into a car, even when going a short distance of three or four blocks.

"Walking, in all cases, ...is the best, ...because in this exercise all the organs of the body are brought into use... There is no exercise that can take the place of walking. By it, the circulation of the blood is greatly improved." Counsels on Health, pg. 200.

Other forms of exercise may include working in the garden biking, swimming, lifting weights, or exercise on a stationary bike, or while sitting or standing in place.

Physical labor and exercise should be balanced in life, to provide a better blood supply to the body. Perfect health depends upon circulation, and good circulation depends upon the muscle tone of the body to a large degree. Circulation of the blood will be improved when more exercise is enjoyed on a regular basis. The path of fitness is measured in feet, that is, putting one foot ahead of the other!

Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. *-Isaiah 40:30-31*



10 Ways to Avoid Zoom Burnout

Olive Marie Morales

This pandemic has led many people to be online most of the time. Since most countries have implemented lockdowns, quarantine, and physical distancing protocols, almost everyone does everything online, like shopping, socializing, and even working and studying.

This is what makes Zoom popular nowadays. Since meetings and school discussions are done via this online audio and video conferencing platform, many people are now experiencing the so-called "Zoom fatigue" or "Zoom burnout." Has your back been getting sore from sitting almost all day because you need to be on a Zoom meeting? How about your eyeballs getting dry?

What you're probably experiencing now must be Zoom fatigue. Among the symptoms of this kind of burnout include unusual tiredness, unable to concentrate during Zoom meetings, and having that feeling of connection to but disconnect from those on the same meeting you are in.

If you're frequently feeling one, or even all, of the symptoms above, you don't need to worry that much because there are still ways to get rid of or prevent Zoom burnout.

Here are 10 helpful ways, as recommended by Psychology Today, to avoid experiencing any symptom:

1. Set Some Limits

If you are the host, watch the time and stick to the agenda.

2. For teachers, coaches, and team leaders, ensure making your sessions as interactive as possible

3. If there's a chance, do some frequent standing and stretching

4. Protect your eyes; put on Blue-Light Blocking Eyeglasses

5. Don't Forget to Take Short Breaks; meetings over 45 minutes should be followed by a break.

6. For parents, it is ideal for encouraging your kids to take breaks from their Zoom classes!

7. Allow Yourself to Say No to Unurgent or Non-Essential Meetings or Virtual Get-Togethers

8. Make Your Video Connection Short

9. Wrap Up the Meeting, if You Need to, and Go Out

10. Engage in Physical Activities
Moving your body for some exercise is vital for good physical and mental health.

The full article is available [here](#).