Dear Reader,

Happy New Year! Hope 2017 was good to you and that 2018 will be even better. As you can see the newsletter for 2018 has been revamped. It's simple and easy to read. And it's for all women to enjoy.

Please feel free to email your comments, suggestions, questions, etc.

Here is to a happy and healthy 2018.

Editor

Devotional

But You, O LORD, are a shield for me,
My glory and the One who lifts up my head.

I cried to the LORD with my voice,
And He heard me from His holy hill – Psalm 3:3, 4

How has God manifested Himself during those tough times you encounter? Does He comfort you through His Word or does He have someone who has been through what you have and can relate encourage you? Daniel asked the Lord to help him to understand a vision he had and even before he finished praying the angel Gabriel was at his side, explaining the vision. Sometimes, God speaks to us directly or He sends help. Sometimes He brings us to His Word where we find encouragement.

When I was going through a rough period in my life and it seemed

Upcoming Events

Take Action

Equality Now needs your help. In Iraq, girls as young as 9 can be married off. Learn more about the bill which will allow this to happen and take action. Click here.
like I was all alone, God brought the words of this psalm to my mind, reminding me that He was my shield and the lifter of my head. While everyone else seemed to forsake me, God was right there at my side.

We have God’s assurance that when we cry out to Him, He will hear us and respond. Even when we feel helpless and alone, we are not. God is right there beside us, going through the trials with us. He promised in His Word, “When you pass through the waters, I will be with you; And through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, Nor shall the flame scorch you” (Isaiah 43:2).

The next time you face a trial, don’t look down but look up. Look to the Lord, your Keeper (Psalm 121:5).

In the Spotlight

Caitlin Miron, a Queen’s University PhD student has identified a chemical compound which could be effective in targeting cancer cells and preventing their growth and metastasis. It could also be applied to other diseases including HIV.

This is an exciting discovery because researchers have been trying for years to find DNA binders with properties like this one.

“We’ve essentially found a superglue that keeps the ‘knots’ in place and prevents the ‘beads’ from reaching the section of DNA where they can grow and spread cancer cells,” Miron said. She also stated that this compound could also have a high impact on a quadruplex in a part of the HIV DNA that’s responsible for infection. The next step is to determine the best way to adapt this compound for use in humans.

The 28 year old is also the recipient of the Mitacs Award for Outstanding Innovation – PhD in Ottawa

Source: Global News

Health Watch

Anise mentioned in Matthew 23:23. The religious leaders used it to pay their tithes. Today it is used in many ways:

- The oil is used in perfumes, soaps, toothpastes, mouthwashes and skin creams
- The seeds are used to relieve indigestion, colic, gas, halitosis, bloating, abdominal cramps and nausea.
- The seeds have mild diuretic and diaphoretic properties and have been used for their antiseptic effects
- The oil is an expectorant for coughing up mucus in conditions such as asthma, bronchitis, the common cold and the whooping cough. It is used in cough syrups and lozenges.
- The seeds have been used to promote lactation in nursing mothers, increase of libido and relief of premenstrual symptoms
- The oil has been used in ointments and soaps for oily skin and mild acne; it is also used in ointments to treat scabies and lice infestations

As with any natural product there are potential side-effects. Anise should not be used during pregnancy and allergies and skin rashes can occur.

Source: Herbal Resources