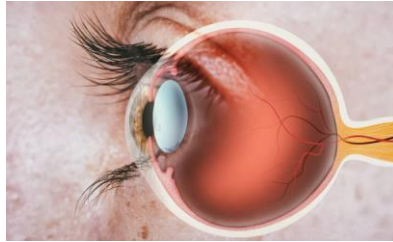


## Health Corner

By Serena Scott, CMH



### Keeping the Health of Your Eyes

The eyes are the true windows into one's health, as the eye is the only place in the body where a doctor can have a clear view of our blood vessels, nerves, and connective tissue.

I'm sure no one wants to lose their vision at any point in time. We only learn to value the gift of sight even more when we don't have it, or when it is not as good as it used to be. The good news is that we can enjoy healthy eyes and good vision for a very long time if we consistently take care of them. Here, I will share some nutrients that will help keep your eyes healthy.

I will begin with **Vitamin A**. This vitamin is essential for keeping your eyes healthy. Vitamin A is necessary for the proper functioning of the cornea, conjunctiva, and the retina. Vitamin A also provides protection to the lens of the eyes against free radicals. A deficiency of this vitamin can cause night blindness.

**Vitamin E** is a potent antioxidant that helps protect the eye cells from damage by free radicals. Research suggests that frequent consumption of Vitamin E helps to protect your eyes from age-related macular degeneration and even cataracts in some instances.

**Lutein** and **Zeaxanthin** are two antioxidant nutrients that are necessary for good eye function. They serve an essential function in the retina. Studies have shown that lutein and zeaxanthin can prevent retinal damage and preserve visual function in cases of diabetic retinopathy, even when blood sugar levels are not well controlled. The benefits of lutein and zeaxanthin are not limited to the retina; the health of the lens also depends on them.

**Astaxanthin** is an extremely powerful antioxidant. It is much more powerful than vitamin E, lutein, and zeaxanthin. Astaxanthin can pass through the blood brain barrier and directly affect the eyes. It prevents light-induced damage, photoreceptor cell damage, ganglion cell damage, and damage to the neurons of the inner retinal layers.

**Vitamin C** is another major antioxidant that plays a role in eye health. It is a powerful antioxidant that protect the eyes against damaging free radicals. Vitamin C is required to make collagen, a protein that provides structure to the eye, particularly in the cornea and sclera. Studies found that vitamin C may reduce the risk of cataracts by 45%.

"The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. **Matthew 6:22**

## All Nations Fellowship SDA Church

### Our Mission

Building a healthy, strong and growing community of believers in Christ who work together to prayerfully, strategically and intentionally advance the kingdom of God by sharing the gospel of Jesus Christ.

Matt 24:14; John 14:1-6, 27, 28; John 3:16; John 18:36; Rev 11:15; Acts 28:31; Luke 24:13-3

**Sabbath School 9:50AM**

**Praise and Worship Service 11:15AM**

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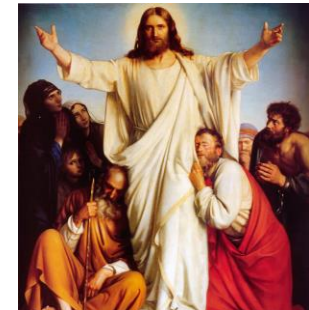
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## All Nations Fellowship SDA Church

*Where all feel loved, valued, and cared for because the presence and power of God's Holy Spirit produce His fruit in our daily living and in our worship.*

### *You Are Welcome Here*

*...to this part of God's family, a community of believers in Christ seeking to live under His Lordship. We are glad that you have joined us here today. We trust that you will receive a tremendous blessing from God as you worship and fellowship with us.*

[www.anfsdac.org](http://www.anfsdac.org)  
[facebook.com/anfsdac](https://facebook.com/anfsdac)

**3700 Fairview Avenue, Downers Grove, IL 60515**  
**630-964-4625**

“The Courage of a Mother”  
(Recap from Sermon on May 11, 2024)  
Exodus 2:1-10

Sheila White began the message by informing the congregation that there are not enough words in the dictionary to describe the importance of mothers. Musicians have curated songs to show moms how much they are loved. Mothers have an infinite love for their children, and the speaker also noted that dads play a critical role in a child’s life.

The narrative in Exodus tells the story of a mother’s courage to keep her child alive. The king directed that all babies under a certain age be killed. However, Moses’ courageous mother, Jochebed, placed her child in an ark of bulrushes and placed him in the Nile River. She placed Moses’ sister on guard to keep him safe. When the baby was found by Pharaoh’s daughter, Moses’ sister asked if she could find a maid to nurse the baby. Moses’ sister then took him to their mother. When he was weaned, he was returned to Pharaoh’s daughter. Moses became the leader of the Exodus, leading his people out of Egypt.

Jochebed partnered with God. A partnership with God elevates us above any other partnership in the world. A partnership with Jesus cleans up, wakes up, perks up, cheers up, straightens up, and fills up all who align their lives in obedience to Him. Because Moses’ mother partnered with God and had courage, her child did not become the product of the king’s distorted scheme. She had no idea that the baby she delivered would one day deliver her. She showed courage and faith when she released her baby into the Nile. There are times when we must release our children to schools, marriage, and into this dangerous world. Sheila White emphasized that when we release our children to God, we trust that our children will be safe.

Other courageous women in the bible include the following:

- 1) Sarah, Abraham’s wife, who had the courage to follow her husband who followed God without knowing where they were going.
  - 2) Deborah, prophet and judge, was called the mother of Israel. At a time when there was spiritual weakness in Israel, she rode with Barak and 10,000 warriors in battle to save God’s people. Deborah was a warrior who showed fierce courage at a time when women were not in the forefront in this patriarchal society.
  - 3) Mary, the mother of Jesus, was a humble peasant who bore courageous societal shame to become the mother of our Lord and Savior, Jesus Christ. Her courage took her through the life of Jesus to the foot of the cross, and even to worship after his resurrection. The legal entry from eternity into time was through this woman.
- Mothers have a commission to take the word of God to the highways and byways and compel them to come. Cancel someone’s hell reservation. Mothers who place their faith in God are given wisdom and courage to accomplish mighty works.

[Click here](#) to hear this message in its entirety.

**All Nations Fellowship SDA Church**  
**Divine Service**  
**May 18, 2024**  
**11:15 AM**



Welcome-----Pastor Nikolai X. Greaves

Health Nugget-----Elder Michael Campbell

**Praise Team**

Opening Prayer and Scripture-----Josie Essex

*"John 15:1-5" ESV*

Children’s Story-----Dr. Calvin Vance III

Tithes and Offering-----Video

Intercessory Prayer-----Michael White

Special Music-----Jeremy Robinson

**Perspectives**  
**The Christian Lifestyle, Part 2**

Introduction of Program-----Gabrielle White

Sermonette-----Josh Essex

Sermonette-----Joshua Robinson

Panel Facilitator-----Jackie Abrams

Reflection-----Video

Personal Reflection-----Jackie Denis

Closing Remarks-----Gabrielle White

Benediction-----Elder Courtenay Osborne

ANNOUNCEMENTS and Reminders

- **Breakthrough Tuesdays 1<sup>st</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Tuesdays at 7:30PM. Zoom ID: 96091356728; Passcode: 7**
- **Sabbath School is at 9:45 AM. Zoom ID: 945 6406 8099, Passcode: ritBb4**
- **Health Meetup 2<sup>nd</sup> Tuesday 6:45PM.**
- **Board meeting this evening at 8:15PM**
- **Go Fund Me for Tracia Williams to help with medical expenses as she battles cancer.**  
<https://gofund.me/9c56f792>
- **Communion will be the 1<sup>st</sup> Sabbath in June.**
- **LRC Camp Meeting: June 21<sup>st</sup>-29<sup>th</sup>.**
- **Please keep the family of Vilma Robinson in your prayers as they mourn her passing.**
- **Please support the LRC Education fund raising campaigns. Millions of dollars are needed to renovate our schools.**
- **“Just for Prayer” Teleconference on Thursday evenings at 8:30 pm. The call-in number is: 716-293-7717. PIN # is 71316.**
- **Pray for healing for Allison Hull, Gabby Smith, Sade’ Carpenter(Osborne’s niece), Tracia and Teresa Williams, Sophie Reyes (co-worker of Diane Wright), Darin (Dawn Robinson’s brother) Jerome Atkins, Deb Agard, Joyce Agard, Henrietta Collins, Maria Hartung, Fuchsia Campbell, Bob (Fuchsia Campbell's nephew) Michael Hartung, Gloria Toscano, and Dana (Allison’s daughter), Shirley Matthews Atkins, Nicole Pratts**
- **The Environmental Working Group is a nonprofit, nonpartisan organization dedicated to helping you live your healthiest life. This is an excellent resource for information on toxicity in your environment.**  
<https://www.ewg.org>