



## Thank God for the Flu ...

There are times in life, when we are forced to slow down. When we are feeling ill, feverish and weak, we suddenly realize how good life was before the flu! Sickness comes as a reminder that we should treasure and cherish our health, our energy and our vigor, that we so easily take for granted in healthier days.

But there is another very positive thing about influenza and other ailments that temporarily force us to reduce our activities to lying still, with a hot water bottle under the blankets, and a cup of tea at our bedside: We suddenly have time to read – meditate - pray and reflect on our lives and our relations without the pressures of daily chores.

If you are the one who is sick, send a friend down to our Delta church library to get you some special type of uplifting reading materials. Browse through the ***Health/Healing*** section and discover the power of “Wings of Joy” by Joan Winmill Brown, a collection of verses and poems of Faith and love.

Learn how to “Tame your Fears” (by Carol Kent) and how to transform them into Faith and action. Or be amazed by a simple, yet powerful formula for Christian growth: **H = IJ** (Happiness is an Inside Job), an insightful book written by John Powell.

Or find the thoughts of a noted theologian, R. C. Sproul, on suffering (“Surprised by Suffering”) in our ***Christian Living*** section. Or explore the “Turning Points” of life (Jim Smoke) and biblical, emotional, psychological and very practical guidelines for your growth.

What do you like to read when you are sick? Share your favorite “get back to health” story with us!