



A New Tool for NCC Unity: Zoom

Zoom makes Social Distancing easier.

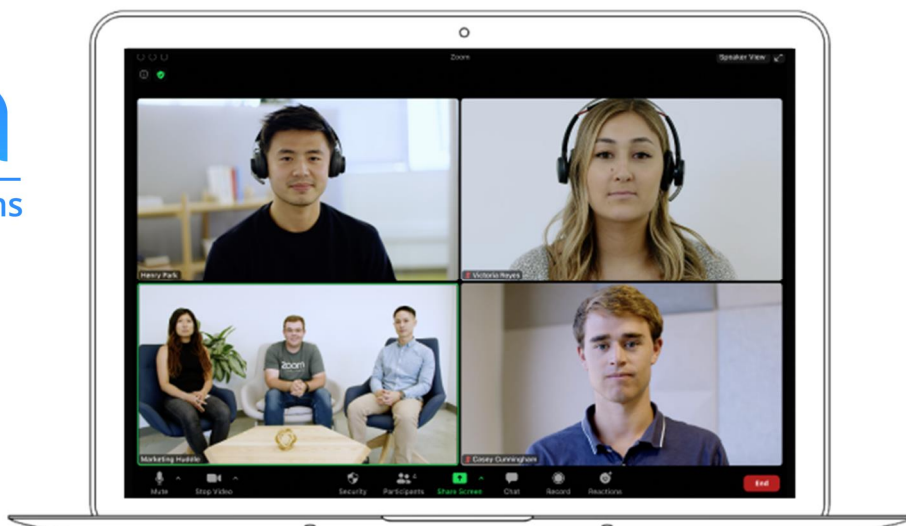


Pastor Willis introduced the church to the newest change in the way we go about doing the Lord's business. He wanted the church to be familiar with virtual meetings using Zoom.

Zoom is a computer program used to hold online virtual meetings. You can use Zoom on a smartphone, a tablet, a laptop, or a desktop computer (as long as you have a camera, speakers, and a microphone). It uses your computers or phone's camera to show live video of all attendees (if you don't want to be on camera, that's fine too. You can just display your name). Zoom uses your computers or phone's microphone to let you talk to other meeting participants. If you do not have access to a computer, tablet, or smartphone, you can use a phone to dial into a meeting.

More about this meeting program at the following link by clicking:

<https://www.seniorguide.com/technology/a-step-by-step-guide-to-a-zoom-meeting/>



ASPIRE TO DILIGENCE

Biblical Words of Encouragement

**GOD ISN'T
ASKING YOU
TO FIGURE IT OUT.**

**HE'S ASKING
YOU TO TRUST
THAT HE ALREADY HAS.**



ADD ZOOM TO YOUR COMPUTER ROOM!

Fun Facts:

Zoom is free for one-on-one meetings with unlimited time.

Meetings exceeding two participants is still free for 40-minutes at a time.

COVENANT CURRENTS

05/02 Operation Christmas Gift and Operation Christmas Blessing Kick-Off

05/09 Mother's Day-Rehearsal TBA

05/23 Pentecost Sunday

05/30 Memorial Service

HEALTH & NUTRITION TOP 10 FITNESS FACTS

1. Exercise Boosts Brainpower
2. Movement Melts Away Stress
3. Exercise Gives You Energy
4. It's Not That Hard to Find Time for Fitness
5. Fitness Can Help Build Relationships
6. Exercise Helps Ward Off Disease
7. Fitness Pumps Up Your Heart
8. Exercise Lets You Eat More
9. Exercise Boosts Performance
10. Weight Loss Is Not the Most Important Goal

Please consult your physician before making any diet or lifestyle changes. NCC Health & Nutrition Team



*The fruit of the righteous is a tree of life; and he that winneth souls is wise.
Proverbs 11:30 KJV*