



GIVING

PRAYER

FASTING

## October Highlights from New Covenant Church

Pictorial Highlights from a October at NCC



*October was a special month for the New Covenant Church. As the world celebrated Clergy Appreciation month, we at New Covenant had even more to celebrate. Through the divine plan of God, October has Pastor Eddie E. Willis Sr.'s' carnal and Spiritual birthdays. The saints helped to note those events with special programming. We also held the one year memorial for Associate minister, Bro. Charles E. Banks Sr. October also saw Operation Christmas Gift staff toy drop off boxes around the central Texas area. A great blessing of toothbrushes for the shoe boxes was the result of attending the Hope-fest Drive Thru held at Nelson field in Austin.  
 By the Glory of His Grace!*

# TO GOD BE THE GLORY

## Biblical Words of Encouragement

Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.—Colossians 3:16 KJV



## COVENANT CURRENTS

### *Future Events to Keep in Prayer:*

Dec. 1, 8, 15: Christmas Program Rehearsals  
Dec. 11: OCG Distribution  
Dec. 12: Youth Christmas Recital  
Dec. 19: Christmas Program



*"Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name."*

*Psalms 100:4 (KJV)*

## HEALTH & NUTRITION

### **Magnesium: Major Factor in Hypertension**

By Dr. David Brownstein, M.D.

Excerpts from:

[https://w3.newsmax.com/News-Health/Magnesium\\_Hypertension](https://w3.newsmax.com/News-Health/Magnesium_Hypertension)

Magnesium helps to relax the smooth muscles of blood vessels, resulting in less resistance to blood flow, which helps to lower blood pressure. The mineral also reduces nerve and muscle excitability.

In addition, magnesium helps optimize circulating levels of the hormones norepinephrine and serotonin, and levels of nitric oxide.

*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*