

BBC is Moving to Impact more in '24



Contributor: Reverend Stanley M Nash

Resurrection Sunday

The most important day in our Christian year is Resurrection Sunday. On that day, we celebrate our risen Savior—the One who conquered death on a cross. And without His Resurrection, we are lost (1 Corinthians 15:17). Our celebration of Resurrection Sunday goes way past Easter eggs and chocolate bunnies. Instead, we spend Resurrection Sunday praising God corporately through song, prayer, a message of Jesus, and fellowship. Our day centers on celebrating our Savior, Jesus Christ, and His victory over death. All four Gospels report the miraculous event. In Matthew 28:6 the angel declared “He is not here: for he is risen!”; Mark 16:6 reports “. Don’t be alarmed,’ the angel said. You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him.’ Luke 24:46-48 reports, “The Christ will suffer and rise from the dead on the third day, and repentance and forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem. You are witnesses of these things”. Jesus foretells of His resurrection to one of the doubting witnesses, Thomas, He says the following in John 20:29: “Because you have seen me, you have believed; blessed are those who have not seen and yet have believed. Because He lives, we live!”

Managing Mental Health During Easter:

How to Find Joy and Inner Peace ~



Easter is a time of celebration and a joyful time for Christians around the world. However, it can present a challenge to those who are struggling with their mental health. For many of us, dealing with grief, anxiety, and stress can be an ongoing battle, and Easter can very well amplify these feelings of despair. We must acknowledge and support those going through a difficult time during the Holidays.

We, the Mental Health Ministry encourages the importance of taking care of our physical and emotional health which will essentially leave us feeling refreshed and ready to embrace the joys of Easter with our loved ones fully. So, therefore let’s give ourselves the gift of self-care alongside taking time for reflection and gratitude, hope and optimism while finding joy and inner peace as we celebrate the resurrection of Jesus Christ.

Mental Health Ministry

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Spiritual Cleaning

March is thought of as the beginning of spring and the return of day light saving time!

"The Mighty One, GOD, The LORD, speaks and summons the earth from the rising of the sun to the place where it sets" (PSALM 50:1).

A Spiritual Spring Cleaning for Christians is a season of Confession and Forgiveness of our sins. The Christian season of Lent, in which we are called to repent and spiritually prepare for the celebration of Easter and Christ's resurrection.

The good thing about Spiritually Cleaning, is that we only need to confess to GOD the truth about our sins and trust GOD to do the cleaning.

Here is the promise in the Bible, "If we confess our sins, He is faithful and just to forgive us of our sins and to cleanse us from all unrighteousness" (1 JOHN 1:9).

Oh, Come Holy Spirit, shine in our hearts! And let it be a deep, deep, deep clean!

AMEN

Technology Tip:

Contributor: Randy Gilbert

SHUTDOWN vs RESTART



Have you wondered if you should shut down or restart your computer?

Well, it all depends.

For the vast majority of users and situations, shutdown should be your go-to option if you need to turn off your computer. While it may not start the Windows kernel from scratch each time you boot, most users shouldn't experience any issues.

However, there are situations where you should use restart (see below):

- Updates need to be installed
- You are trying to resolve an issue such as system running slow or driver issue.
- You need to apply group policies (apply security settings)

You should shutdown/ restart the computer at least once per week. These same practices can be used for your cell phone.

Just for Fun

Contributor: Jennifer Gooden

Easter Bible Quiz: 6 Trivia Questions

1. What was the name of the high priest's servant who had his ear cut off by the disciple and subsequently reattached by Jesus?
2. The priests took the money that Judas had returned to them and did what with it?
3. A man named Simon was compelled to carry the cross of Jesus. In Mark 15 we are told the names of Simon's two sons. What were their names?
4. What was the inscription above the cross?
5. When Jesus died there was darkness in the land. How long did it last?
6. Who was the first person to see the risen Christ?

Food Zone:

Contributor: Jennifer Gooden

Have you tried these local restaurants?

- **Bahn Mi Boys**, 625 Whaley St. Suite C, Columbia | Sandwiches | Reservations: No
Banh Mi Boys is a Louisiana-based restaurant chain blending Vietnamese flavors with New Orleans flair. With this unique fusion, you'll find banh mi sandwiches, classic New Orleans po' boys, and Hawaiian specialties like the Loco Moco.
- **The Dragon Room**, 803 Gervais St., Columbia | Japanese | Reservations: No
The Dragon Room is a Pan-Asian Cocktail Bar from Kristian Niemi, who also owns Black Rooster in West Columbia and Bourbon on Main Street. The new restaurant stays open late, serving sandwiches, soups, steamed buns, and dumplings.
- **Biscuitville**, multiple Midland's locations | Breakfast | Reservations: No
The NC-based breakfast chain has several locations under construction in the Midlands. The restaurant is known for its made-from-scratch biscuits and breakfast platters.

Tax Tips:

Contributor: Elleanor Spann Tax Consulting & Notary Inc.

IRS is rolling out changes that taxpayers should consider

With paper transactions dwindling, taxpayers are advised to review their previous year's tax returns, ensuring inclusion of items no longer documented on paper in 2023, as discrepancies may prompt IRS inquiries. Digital transaction reporting requirements, like those for Venmo and Cash App, have been postponed to allow time for understanding.

For 2023 taxes, Illinois residents conducting four or more electronic transactions totaling \$1,000 or more must report them, with payment apps expected to provide a 1099-K form. However, transactions among family and friends are exempt.

Inflation adjustments are crucial for tax brackets and deductions, preventing bracket creep. For 2023, single filers' standard deduction increased by \$900 to \$13,850, and joint filers saw a \$1,800 rise to \$27,700. Additionally, tax provisions such as the earned income tax credit (EITC) undergo yearly inflation adjustments, offering relief for low to moderate-income workers. Consulting a tax professional is recommended for navigating these changes effectively.

Travel tip:

Contributor: Gate Access, gateaccess+newsletter@substack.com

Carry-on vs Personal Bags

A carry-on bag is a type of luggage that passengers are allowed to bring into the cabin of a plane without checking it into the cargo compartment. These bags must be small enough to fit in the overhead bins or under the seat in front of you, **with most airlines setting size limits around 22 x 14 x 9 inches to ensure they fit in the overhead compartment.** Carry-on bags are suitable for clothing, toiletries, and other essentials, allowing passengers to keep important items with them during the flight.

On the other hand, a personal item is a smaller bag that must fit under the seat in front of you. This category includes items like purses, laptop bags, briefcases, or small backpacks. It is generally intended for essential items a passenger might need access to during the flight or for valuable items they wish to keep close. **The size limit for personal items is typically around 18 x 14 x 8 inches, but this can vary depending on the airline.** Unlike carry-on bags, personal items are meant to contain only the necessities for the flight itself.

Cooking Tip: Nashville Hot Chicken

Contributor: Lena Abraham with Delish

Warning: this fried chicken isn't for the weak of heart. Keep in mind—this is HOT. If you're worried about spice, cut down on the amount of cayenne in your hot oil. Adjust the ingredients as needed! Cut down on the spice OR cut down on the brown sugar if you'd prefer less sweetness. The perfect temperature for frying chicken is 350°.

Ingredients:

FOR THE CHICKEN

- 3 to 4 lb. bone-in skin-on chicken
- Kosher salt
- Freshly ground black pepper
- 2 c. whole milk or buttermilk
- 3 large eggs
- 1 tbsp. hot sauce
- 2 c. all-purpose flour
- 2 tsp. paprika
- 1 tsp. cayenne pepper
- 4 c. vegetable oil, for frying

FOR SPICY OIL

- 4 tbsp. cayenne pepper
- 2 tbsp. brown sugar
- 1 tbsp. paprika
- 1 tsp. garlic powder
- 1 tsp. chili powder
- 1 tsp. kosher salt

Step 1

In a large bowl, season chicken generously with salt and pepper. Cover with plastic wrap and let chill in fridge 3 hours or up to overnight.

Step 2

Line a large, rimmed baking sheet with a metal rack. In a shallow bowl, whisk together milk, eggs, and hot sauce. In another shallow bowl, whisk together flour, paprika, and cayenne. Pat chicken dry, then dredge in flour mixture, then milk mixture, then flour mixture again, and place on wire rack. Repeat until all chicken is breaded.

Step 3

In a large pot, heat oil until a candy thermometer inserted into pot reads 350°. Working in batches, fry chicken until golden, about 6 to 8 minutes. Scoop out 1/2 cup hot oil and let remaining oil cool in pot before discarding.

Step 4

Make spicy oil: In a large heatproof bowl, whisk together cayenne pepper, brown sugar, paprika, garlic powder, chili powder, and salt. Pour in reserved hot frying oil and whisk to combine. Brush over chicken before serving.

Mary was told the revelation of the death of Jesus

Then Simeon blessed them, and said to Mary His mother, "Behold, this *Child* is destined for the fall and rising of many in Israel, and for a sign which will be spoken against ³⁵ (yes, a sword will pierce through your own soul also), that the thoughts of many hearts may be revealed." Luke 2: 34-35

Just for fun Answers

1. Malchus (John 18:10)
2. Bought the potter's field with the money which is where strangers were buried (Matthew 27:6-8)
3. Alexander and Rufus (Mark 15:21)
4. "Jesus of Nazareth, King of the Jews" (Luke 19:19)
5. Three hours (Matthew 27:45. From noon to 3 pm)
6. Mary Magdalene (Mark 16:9)

Nutrition, and Wellness

Contributor: Elleanora Spann, RN

Violent, diarrhea-inducing stomach bug spreads in Northeast: 'Incredibly contagious'

A norovirus outbreak is sweeping the Northeast, closing schools and causing severe gastrointestinal symptoms. Once infected, the patient can experience a host of alarming symptoms ranging from violent diarrhea to stomach pain and vomiting, which can cause significant fluid loss and eventual dehydration. These complications begin within 12 to 48 hours after exposure and can persist for three days.

A norovirus is particularly insidious because of how easily it spreads from person to person. It only takes a few particles to make someone sick while the infectees often remain contagious for weeks after their symptoms improve.

Contamination occurs through food, surfaces, and infected individuals. The Norovirus spreads easily, especially among children.

Fortunately, people can mitigate the spread of the norovirus by rinsing fruits and vegetables and thoroughly cooking shellfish and, of course, washing one's hands. Infected individuals should stay home, hydrate, and avoid preparing food for others. That will help stave dehydration — the ailment's most potentially serious symptom.