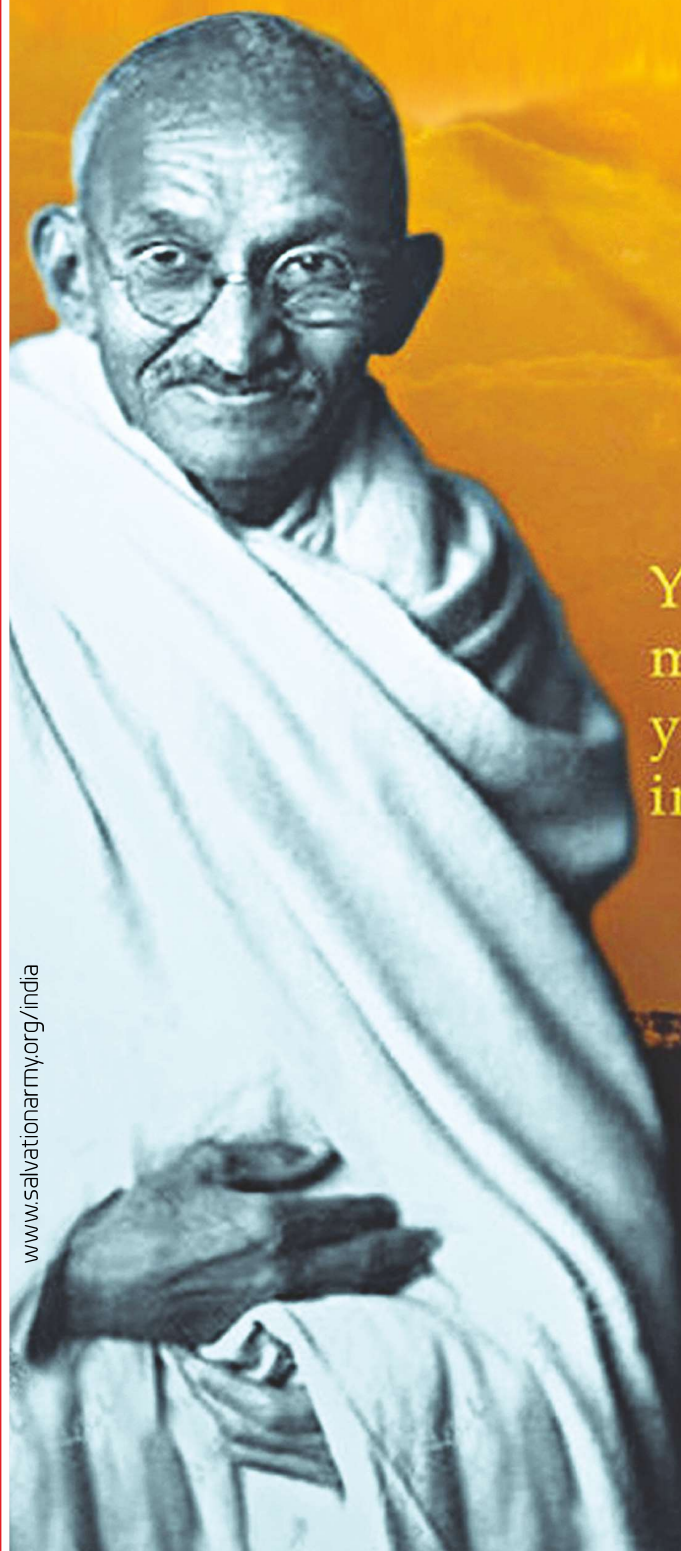




The **WAR CRY**

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Happiness is
when what you think,
what you say,
and what you do
are in harmony.

You
must be the change
you want to see
in the world.

Whatever you do
will be insignificant,
but it is very important
that you do it.



Master, what will be the Signs?

This is the time when people want to see the warnings and signs to live forward. Warnings are being received constantly towards the pandemics, natural calamities, weather changes by government through all kind of media. It aims not only to inform the symptoms but also to save everyone from disasters. More deaths occurred when more information was not available, or it was ignored or rejected. Yes, paying attention to certain signs and taking certain warnings will save us from destruction.

While Jesus and the disciples were in the Temple in Jerusalem, they asked a question, 'What are the signs of the end of the world?'. Jesus responds to this question with the changes that is going to happen in climate, environment, epidemics among humans, wars, restoration of Israel etc. as the 'Signs'.

Our environment faces several problems and many of these seem to be worsening with time, bringing us in to a time of true environmental crisis, pollution of air, water, and soil by toxins, Global warming causes emission of Green House Gases due to human activity. Poverty – we face a shortage of resources such as food, water and fuel to sustain the global population, particularly the developing countries. Ocean Acidification, ozone layer depletion, acid rain etc are also there. Flash floods, sizzling temperatures, droughts, and intense cyclones are likely to occur all over the world due to climate change and will continue to devastate regions.

A pandemic is a global epidemic which spreads beyond just a country's borders. It usually affects people on multiple continents or even worldwide, and a much larger number of people are infected. Ebola, HIV/AIDS, Zika, SARS – Severe acute Respiratory Syndrome, MERS – Middle East Respiratory Syndrome – all these happened, and millions of people vanished from earth. Now, COVID-19 – a viral respiratory infection caused by corona virus, first reported in China in 2019, has so far claimed 5 million lives from this world.

Jesus told, "Be guard on that weighted down your hearts will not be dissipated and drunkenness and worries of life, and that day will not come on you suddenly like a trap"

The anxieties of daily life can quickly dull the spirit of a person. When this world weighs you down, let it be something that drives you to Christ! The best preparation for that unpredictable moment of leaving this world is live as fully as we can in the presence of our always – present God! Let us try to seek Him, find him, and respond him in every single person and every experience of our daily lives.

Jesus told it is possible only by 'Watch and Pray', which means to keep on eyes on Jesus. We can only remain faithful when we are devoted to prayer. We need to ask Jesus more faith, hope and love so that we may not get lost in daily distractions. Vigilance leads to holiness, and we want to live with a clear conscience so that when the Lord comes, we can meet him with a clear and pure mind. It means we need to have a constant connection with God and have power to overcome all sins.

Many people do not realize that there is a closing time to this period of God's grace. But we must understand the 'Signs of the Hour'. Let us keep Watch and Pray. God Bless!!

Major Evama Shaijraj
Editor



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Equally Significant in the Eyes of God

Commissioner Suresh Pawar
International Secretary, South Asia, IHQ-London



Some days ago, we were invited by a friend over evening supper. As expected by our host, we had arrived an hour before the meal and join with other invited guests. Of course, we were all officers, and as one can guess, the conversation was all about issues that the Salvation Army responds around the world. As we were talking about various aspect of officer life and the ministry, one of us raised the issue of inequality in every walk of life. The conversation touched many aspects of day-to-day life in homes and families, which suggested that the inequality has deeper root in our tradition and culture, and most of the time, it begins in the homes and families. It starts when one gets more attention than other, or one is counted better than other. This mainly happens when there are more gender bias attitudes are nurtured in homes. This spreads from homes into neighbourhood and in wider communities at large.

This inequality is not only based on gender bias attitude, but it is also based on the way the class, caste, religion, the lifestyle, the type of jobs people do and so on is judged and treated. Inequality is not only a social evil, but it is ungodly, and unrighteous causes the disrespect to those who are victimised so that they lose self-worth, being deprived the privilege for dignified living and God purposed life.

The truth is that every person, regardless of gender, age, lifestyle, caste, or class are the object of the love of God (John 3:16) Jesus is the atoning sacrifice for the sins of the whole world (1 John 2:2) The Bible indicates that all are equal in the eyes of God as they are created in the image of God (Genesis 1:27). By Jesus death on the cross and resurrection, God has restored us our worth that we have had lost to our sins. God shows his love for us in that while we were still sinners, Christ died for us (Roman 5: 8). He saved us, not because of works done by us in righteousness, but according to his own mercy, giving us the


experience of regeneration and renewal by the Holy Spirit (Titus 3:5).

There are people who live under such a pressure of life, that they feel worthless. There are women, men, young people live under constant fear of being weak, and unsuccessful in their lives. It is so much so, they give up living with dignity and hope, unmotivated they become subject to compromise with defeated life. Some become so desperate, unable to see anything worth and so take wrong decisions, even takes steps to commit suicide. If you are feeling low in spirit and you hear voices around you saying that you are worthless, don't be deceived, for God himself has formed your inward parts; you been knitted by him together in your mother's womb. Praise him, for you are fearfully and wonderfully made. This is wonderful works of God; your soul knows it very well (Psalm 139: 13 & 14). You are significant in the eyes of God, your creator. You need not to remain feeling worthless, you just cannot keep blaming situation or people around you but need to shack yourselves and get rid of the shackles of hopelessness and deprivation and stand in hope, for God has given you life with purpose for you are precious to him. He loves you unconditionally. There is no power in the world that can separate you from God's love. Listen to the words of Jesus, which says, "Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." (Matthew 11:28)

If I count myself stronger and better than other, holding pride to cause others to feel less important, hurts and demoralises others. Jesus told this parable to some who trusted in themselves that they were righteous, and treated others with contempt: "Two men went up into the temple to pray, one a Pharisee and the

other a tax collector. The Pharisee, standing by himself, prayed thus: 'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.' But the tax collector, standing far off, would not even lift his eyes to heaven, but beat his breast, saying, 'God, be merciful to me, a sinner!' ... (Luke 18: 9 – 14). Saint Paul had encouraged the Christians in Thessalonians to build each other up (1 Thessalonians 5:11). The word of God teaches us to do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves (Philippians 2:3).

Responding to the love of God manifested in Jesus, we can become agents of change by building up lives of others and helping those who are weak and have become subject to suppression. The word of God commands us, 'Owe no one anything, except to love each other, for the one who loves another has fulfilled the law. For the commandments, "You shall not commit adultery, you shall not murder, you shall not steal, you shall not covet," and any other commandment, are summed up in this word: "You shall love your neighbour as yourself." Love does no wrong to a neighbour; therefore, love is the fulfilling of the law (Romans 13: 8-10).

To resolve this inequality from our homes and community, we need to accept the truth that we all are equally significant in the eyes of God. Our worthiness does not come from our achievement, or our social status, or our material possession but comes from God alone. Learn to see yourselves and as well as others from the eyes of God, and you will know how precious we are to the creator, the preserver of our lives. 

SELF-DENIAL IS AN EXPRESSION OF LOVE OF GOD



Colonel John Kumar Dasari
Territorial Commander, India South-Eastern Territory

The Salvation Army founder William Booth always understood that God's love was to be offered to others; that people in real despair need real hope. And real hope is released through love-filled, practical action.

In August 1886, William Booth delivered a stirring challenge at London's Exeter Hall, encouraging support of the Salvation Army so it could expand its ministries around the globe. Major. John Carleton who sat in the audience a one-time Irish textile executive. He was surrounded by wealthy "civilians" who jotted lavish sums on their "canaries". He wrote on his pledge card, "By going without pudding every day for a year, I calculate I can save 50 shillings. This I will do and will remit the amount named as quickly as possible."

Self-Denial is a Sacrificial Giving: Our founder declared that no member of the Salvation Army should have to go without something for an entire year.

Instead, they could all unite to deny themselves some normal expense for a week and donate the money saved to Army funds. The first Self-Denial Week was confined to the United Kingdom and raised a whopping 4,820 pounds (equalling over \$24,000). Self-Denial Week became an annual event in the Salvation Army. It was observed wherever Salvationists ministered throughout the world.

Preparation to give Self Denial:


Booth always contributed ten pounds to the special offering which was a very big amount in his days for his meagre income. Despite his overwhelming schedule, he kept bees and invested the proceeds from the honey sales to the cause. Bramwell and his family lived on bread and water for a week to support the fund. Officers trimmed each other's hair to save a six penny which could then be donated. In most of the Indian territories we conduct one week preparation prayer for this Annual

Appeal. Some tribal communities around the Army world they raise cattle to be auctioned as Annual appeal.

Festival of Sacrifice: As Salvationists, we give generously to the Self Denial Appeal knowing that our sacrificial giving changes the lives. Some territories in India specially where I serve celebrate Self Denial Appeal as an opportunity to give to God and prove their love. Despite pandemic situation people gave liberally as they find the joy in giving to God.

This Self Denial Appeal you will see the stories of new life for people. It is our prayer that these stories will challenge you to see how you can show love to your neighbours in some of the world's most vulnerable locations.

Self-Denial in Prayer: Luke 18: 9 – 14 He also told this parable to some who trusted in themselves that they were righteous, and treated others with contempt: "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, prayed thus: 'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.' But the tax collector, standing far off, would not even lift his eyes to heaven, but beat his breast, saying, 'God, be merciful to me, a sinner!'. He humbled himself before God and confessed.

As we are celebrating the self-denial let us prepare, pray and to give sacrificial contributions which can help some one who is in need. "Where there is need, there is Salvation Army". 

"Where there is
need, there is
Salvation Army"

And He summoned the crowd with His disciples, and said to them, "If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me."

Mark 8:34

FEAR AND PREPARATION

Commissioner Mohan Masih (R)
India Northern Territory

At present the whole world is in the grip of terrible fear of the things continually happening and anticipating happening. Of course, the fear factor is always there in and around the world as many unwarranted things continually happen time to time. But since one and a half year after the first wave of COVID -19 outbreak at Wuhan in China and took the whole world in its grip. I need not to elaborate it as everyone in the world especially in India where we are facing and witnessing these horrifying things taking place. People wondering what next?

FEAR OF DEATH-Some experts and doctors says while facing and witnessing COVID-19 waves and other dreadful pandemic, the fear of death has taken the human minds in its grip. He, she, uncle aunty brother, sister etc. died. If me what will happen to my wife, husband to my children etc. Such talk and feelings are everywhere, ringing the alarming bells in human minds and making people to feel sick and think next may be my turn.

Of course, we the believers also live-in human society are also affected. But it is the time for us to stand up and witness that the life on earth is a passing phase certainly sooner or later it will come to an end. No one can deny this fact. Everyone born on this earth will die one day. We believers should witness, death is the bridge(door) to cross and enter another world, the everlasting life in Jesus. If our life is Christ centred like Paul, who says "for to me to live is Christ and to die is gain (Phili.1:21)

The world is passing through a crucial time the iron is hot strike the hammer of faith in Christ Jesus to mould people for Christ. We must witness by word and deed. Christ is the answer of all human needs physical and spiritual. When all other sources fail Christ will never fail.

END TIME SIGNS - warning and signals. All people do not know Jesus as

the only source of human salvation and everlasting life. Even the nominal believers (Christians) may live in darkness. But those who truly believe in Jesus and know the scriptures must not be in darkness. We are experiencing and witnessing all these shaking and frightening happening around the world. They all are recorded in the Bible in detail. All of us who believe in Jesus' teaching and prophecies let us turn to Mathew chapter 24 please read it again and again. During the last days of Jesus earthly ministry, Jesus was sitting on the Mount of Olive, the worried disciples came to Him privately "Tell us They said, when will this happen, and what will be the signs of your coming and the end of the age. Jesus explained in detail. Chapter 24 was not only for Jesus disciples warning and knowledge at that time but recorded for us more importantly as all the signs are taking place NOW (our time) and our eyewitness and hearts are warned to watch, pray, and be prepared.


The recorded living Word speaks loudly "Watch out that no one deceives you ...Matthew 24:4. Therefore keep watch...Matt.24:42 Therefore keep watch, because you do not know the day or the hour(time). Matt. 25:13. Now learn this lesson from the fig tree: As soon as its twigs get tender.... when you see all these things Matt.24:32-33

Time of Jesus coming again (2nd coming) people who think they know the Word of God and the prophecies related Jesus second coming. Some of them says it has already taken place. Others tells by the end of 2021, still others say last seven years period, first three- and half-year period is going on etc. It looks that these experts of God's Word and prophecies related Jesus coming again knows much more than Jesus beloved Son of God Who strongly said "No one knows about that day or hour nor even the angels in heaven, nor the Son" but only the Father Matt.24:36. After the resurrection and



before going to heaven, the final words of Jesus to his anxious disciples "It is not for you to know the times or dates the Father has set by His own authority" Acts 1:7. Think the strong statement of Jesus what He said, "Heaven and earth will pass away but my words will never pass away Matt.24:35.

PREPARATION - Preparation is very important for all types of matters such as exams, athletic games, and courses etc. Without proper preparation we will face disappointment and failure. There is huge talking going on in India, because prompt and proper preparations were not made for COVID -19 waves. For this reason, beyond imagination loss of human lives has taken place which could have avoided.

We believers are waiting for Jesus' 2nd coming which is going to take place soon. How to prepare ourselves, we must know how and from where to start, progress and be ready. There are different views, theories and thinking about preparation and be ready for Jesus' second coming. I am not going to talk about them. To me the solid and only proper way to start preparation is REPENTANCE from sins before God and faith in Jesus. God had no other way but to send His Son into this world. But He was also concerned to send someone before that to prepare people's hearts by repentance to receive Him. He announced by Isaiah about John the Baptist to come into the world and prepare people's hearts hundreds of years before sending him. (Isaiah40:3). 

Continued to next issue...

SELF-DENIAL

The word 'Self Denial' is a very impressive word to hear. The synonym of self-denial could be self-sacrifice. Lord Jesus said, if you follow me, deny yourself (Mk. 8:34). It has wide definition, mere donating money for the work of the Lord is limiting to its very purpose. Instead, the purpose of Self Denial is pure, holy, dedicating and a continuous process to serve the humanity and the Lord.

While I was in Kolkata, I watched closely the Charity institutions work of Mother Teresa. Since I was in Red Shield Guest House, I used to receive many guests, who used to stay in the guest house months together to serve in various institutions of Mother Teresa. When I asked some of them, I found that, they collect some money to come to India to serve the humanity, such as helping the old people, small children, and many other services, as a volunteer. I visited myself to some facilities, and marvelled to see their dedicated service in a place called "Premdan" and so on. This type of service only possible through true self-denial, means you deny your luxury, food, and other basic needs

the purpose of Self Denial is pure, holy, dedicating and a continuous process to serve the humanity and the Lord

to serve humanity.


We being Salvationists, do many many good works in our institutions and during natural calamities, pandemics etc. While doing such great works, it is very important to be focused to the very call we have to be light of this world. Our light inspires the people to be like us in serving others. But the questions are what is our self-denial? In my understanding, self denial is obeying the commands of the Lord, denying luxuries in life, living simple life, working for the upliftment of the downtrodden people.

We may add many other points, but in all our understanding, Self-Denial in any form reflects our dedication. Paul said I became as a Jew to gain the Jews, to the weak I became as weak, (1 Cor. 9: 20.) that I might gain the weak. But, some time, people being in a good position behave the reverse way. Behaving roughly, taking advantage of weak, misusing the power of the chair, they behave as if they are worldly leaders and by mistake they have joined the service of the Lord.



Major Joseph Khan
Education Secretary
India Northern Territory

Therefore, this is the time for all, who believe that they have denied themselves for the Lord, must consider and consolidate their position as a member of the heavenly Kingdom to participate in the saving work of the Lord by taking advantage of the position and jurisdiction of work, so that people may glorify our heavenly Father to see our self denial.

I know few people, who never married, because of the problems they have in their home, where few siblings who need their help desperately. They sacrifice their lives till they see them in the right place. God has given all of us a beautiful life, full of grace, and He wants us to be graceful to others through our self denials. Paul had many qualities to boast, but he denied those qualities and count them as mere useless, in order to save many souls. This is my prayer to the Lord Almighty to give all of us the mind of true self denial to serve our people in need. 

News

WORLD DAY AGAINST HUMAN TRAFFICKING IN PERSONS 2021

With the instructions and guidelines of our Territorial Leaders, all the divisions and districts from ISET were joined to observe and celebrate "The World Day against Trafficking in Persons" on 30th July 2021.


The Theme for this year is "Victims' Voices Lead the Way". MSHT (Modern Slavery and Human Trafficking Response) give instructions to celebrate the day. The day observed in many ways like awareness procession and meetings in some creative ways. We are very much thankful to the entire ISJC team for providing the resources. The pictures

and videos were very helpful to conduct the awareness program.

Many of the divisions invited government officials such as advocates and police officers as special guests. They explained about common forms of slavery, children and women abuse for sexual and financial, child trafficking, sexual exploitation, modern slavery and its impacts within the society. And they explained about the civil and social rights. Many children, youth especially many young girls were benefitted through this program.

All the divisions and districts shared their photos and activities into social Media with

the hashtag #EndHumanTrafficking #SAFightforFreedom and #EndModernSlavery. It was a big effort to make awareness through the social media.

I hope this celebration will help us to make a successful elimination of Modern Slavery and Human Trafficking globally. 

Captain N. Alwin Jaya Balan (BSc., BL)
Territorial coordinator
for anti-human trafficking program
India South-Eastern Territory

JESUS IS MY GUIDE, LEADER AND MY COMPANY



Major R. Lalbiakliana (Rtd.)
India Eastern Territory, Mizoram

When I was just one year old, I was at the blink of imminent death. Being beyond the hope of recovery, my eyes were weak enough to open. My mother was very worried and was in utter despair, praying to God "Lord, please heal my son and give him a chance to live, if you heal him, I will sacrifice all of him to you; to serve you Lord and I will not expect anything back from him". Then all of a sudden, I miraculously opened my eyes and because of the prayer of my mother, I am here today.

And this is how I was called to be a minister of God: One day, I was in the church and while praying at the mercy seat, I could feel an eagle spreading her wings above me and whispered, "Come rest on me, I will carry you with my strength, but not yours". I could not comprehend what that meant at that moment. But as time went by, I eventually could fathom out that was my calling to be a full-time minister of God.

I decided to give my whole life to Jesus to become a fulltime minister of God which then led me to enrol myself to be a full time Salvation Army Officer.

I joined Salvation Army Officer Training College being a cadet on 23rd April 1989 and After completion of 2 years training courses, we were commissioned on 10th March 1991 under "Followers of Jesus Session".

After serving the Lord for just 3 months, an adversity happened in our life as my beloved wife passed away as we would say 'Promoted to Glory'. As difficult as it was, giving up was never an option. Me and my kids kept on going without a wife and a mother. Everyone shown their sympathy towards us, and I could see the pity in their eyes. But deep down, I wish they should have worried more about them and their children as I know for the Lord is with us and He will take care of us. As time went by, I was given a new partner by the Lord and kept carrying on with the ministry to my best forms. We were blessed with two boys and four girls.

I got several appointments during my service

such as to corps as Commanding officer for 10 years and to the institution (Home) as Superintendent for 4 years and to DHQ for 7 years as Divisional Secretary and as an Area Officer and to the Officer Training College for 3 years as Field Training Officer and to THQ for 3 years as an Editor.

One fine night, I was not well and felt lethargic. My throat was dry and had difficulty in breathing and I could not sleep. It was around 2:00 AM and I prayed to God by asking "Lord, you've guided me through all these 50 years, and you let me sleep every night peacefully. But tonight, I could not fall asleep, do let me know if you want anything from me, otherwise I shall be awake till dawn". When I opened my eyes, suddenly, I started feeling drowsy and slowly fell asleep. I came to learn and understand that being content in God is a true healing.

"If this cancer is a calling from God, I will just say YES and go to HIM. But if it is not, He will heal and take it away from me."

This is how I received my second spiritual blessings. 1 Corinthians 6:11 says "That is what some of you used to be; but now you have had yourselves washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and in the Spirit of our God". I accepted that this is who I

am and how I am to be and want to live as pure and holy as I could. Ever since, what I am most afraid is doing the things which are against the Lord and what I want the most is to do good things that what God wants me to do. Satan keeps reminding me of my faults and sins, and keep trying to lead me into temptations, but at the same time, the holy spirit keeps reminding me of how good and holy I am. It became clearer every day that the holy spirit wanted to lead me in the way of holiness.

Then came a time for our retirement 25th March, 2018 after serving successfully for 27 years only. We started living happily in our own house with my family at Aizawl happily.

However, I unfortunately started to have health issues just after 4 months of retirement. My family took me to doctor in hoping for my soon recovery but just to be told I had cancer.

They hid the truth for quite some time and did not want to inform me unless Biopsy and CT Scan result was declared. I later learnt that my family cried for weeks before they let me

know my results. They hesitantly informed me about the cancer finally which I simply replied "If this cancer is a calling from God, I will just say YES and go to HIM. But if it is not, He will heal and take it away from me." Hearing me say that put my families at ease and their worry and burden was taken away. In times of adversity, the Holy Spirit is always with us.

After much discussion, we decided to go to Christian Medical College in Tamil Nadu, and it was confirmed there that I had stage 4 Large Intestine cancer. After taking treatments for a while, we came back home and went to Local cancer Hospital for check-up which is at Zemabawk. To my disbelief, I was told by the doctor to drop all the treatments I have been taking. I knew at that moment that I was healed by none other than my Lord and Saviour Jesus Christ. It was a miracle and may happiness could not be contained. Praise the Lord!

Let me quickly go back to the days when I was an officer. One day, while I was in Cachar District, I went to visit DHQ Silchar. It's about an hour walk to reach the Bus Stand from my place and at that time, it was raining heavily with storm and lightning. I managed to reach DHQ Office with hassle free. Upon returning from DHQ, I was with some of the Gospel team members from Winchester School. There was a heavy flood over river Tlawng and the roads were filled with flood. The roads of Bhaga Bill were too difficult to pass through due to heavy flood but we kept moving on towards our destination amidst lightning and thunder. It was extremely dark, and the level of flood was high, and water reached till our neck. By the Grace of God, we finally reached our home safely. What is written in the book of Isaiah 43:2 "When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you," came true.

Jesus is my guide, my leader, and my company throughout my journey, be it high and low and he never forsake me in times of misery and always with me in spirit. Praise be the Lord.

Controllable and Uncontrollable Factors of Lifestyle Diseases



continued from August 2021

There are controllable and uncontrollable factors of lifestyle diseases. Controllable risk factors are your diet and body weight, your daily levels of physical activity your level of sun exposure, Smoking and alcohol abuse. Uncontrollable factors are age, race, gender, and heredity.

Diabetes Mellitus:

A disorder in which cells are unable to obtain glucose from the blood such that high blood-glucose levels result. Type 1 DM is body's inability to produce insulin (born with) and Type 2- DM is body's inability to respond to insulin.

Type 2 Diabetes can be prevented by maintaining a healthy body weight, avoiding smoking, reduction of stress, avoiding sedentary life, and also avoid junk foods. Regular exercise will help to reduce insulin requirements

Stroke :

Stroke is the loss of brain function due to a disturbance in the blood supply to the brain. This disturbance is due to either ischemia (lack of blood flow due to a clot) or haemorrhage. Risk factors for stroke include old age, high blood pressure, diabetes, high cholesterol, and tobacco smoking. High blood pressure is the most important modifiable risk factor.

Prevention of Stroke include weight reduction, smoking cessation, reduce salt & saturated fat intake, intake of fruits / vegetables daily, limit alcohol consumption, regular exercise. If you are hypertensive then don't skip your anti-hypertensive drugs.

Cancer :

A disease caused by uncontrolled cell growth. Benign tumours are not cancerous and usually do not spread. Malignant tumours are cancerous and do spread. Causes of cancer include certain viruses (HPV), radiation (UV rays, X-rays), chemicals in tobacco smoke asbestos (material used in fireproofing). Prevention of cancer by avoiding smoking, wear sunscreen; stay away from tanning beds,

eat your veggies and cut the fat, eat moderate protein, stay active, get regular medical check-ups

Chronic Obstructive Pulmonary Disease

Chronic obstructive pulmonary disease (COPD), also known as chronic obstructive lung disease (COLD) characterized by chronically poor airflow. It typically worsens over time. The main symptoms include shortness of breath, cough and sputum production.

Tobacco smoking is the most common cause of COPD, with a number of other factors such as air pollution and genetics playing a smaller role. Intense and prolonged exposure to workplace dusts, chemicals and fumes increase the risk of COPD in both smokers and non-smokers. Malnutrition & Low Birth weight is also a reason for Respiratory disease. Being either underweight or overweight can affect the symptoms.

Depression :

Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behaviour, feelings, and sense of well-being. Depressed people can feel sad, anxious, empty, hopeless, worried, helpless, worthless, guilty, irritable, hurt, or restless.

Life events and lifestyle that may precipitate depressed mood include childbirth, menopause financial difficulties, job problems, a medical diagnosis, loss of a loved one, natural disasters, social isolation, relationship troubles, jealousy, and separation.

Prevention of Depression Exercise-increases your body's production of natural antidepressants. Research has shown that exercise reduces stress, improves mood, boosts self-esteem, and provides restful sleep. Meditation-Meditation is the practice of engaging in a mental exercise—such as deep breathing. Meditation can help relieve anxiety that sometimes accompanies depression. Proper sleep is an important part of a depression treatment plan. Having



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a calming bedtime routine that helps you wind down and following a consistent sleep Relationship-Depression can be alienating, but the right network of friends and loved ones can help you overcome your problems. Spending time with positive, supportive, and loving people can help you through your darkest times. Avoid sedentary life- it may lead to depression, stay active, do your hobbies, read books, and take active part in social activity.

Hypertension a Silent Killer. Risk factors are Lack of exercise, increased salt intake, Family History, Alcohol intake, stress, smoking age.

Common target organs affected by Hypertension are Brain (Stroke), heart (attack), kidney (failure), eyes (retinopathy), and peripheral arteries.

Non-pharmacological treatment of hypertension includes salt restricted diet, weight reduction, stopping smoking, diet modification which includes reduced intake of cholesterol containing food, and avoid alcohol intake.

Express Courtesy to Centre for Science and Environment report

* Fine particulate matter (PM2.5) is an air pollutant that is a concern for people's health when levels in air are high. PM2.5 are tiny particles in the air that reduce visibility and cause the air to appear hazy when levels are elevated. 📌



Rev. Dr. N. L. Victor
O.F., CSM
Hyderabad Temple Corps
India Central Territory

GIVING TO GOD - A GREAT BLESSING:

GIVING is a part of our nature. We give. We also receive. Also giving is God's nature. In God's economy, 'Giving' occupies a top priority. God gives liberally. The life we enjoy is a gift from God. St Paul says, "Thanks be to God for His indescribable gift" (II Corinthians 9:15). God loves to give. 'God is Love' (I John 4:8).

GOD'S GIVING IMPARTS HIS LOVE:

God's love is personal, in depth and in detailed. As He loves the world, He loves you and me. His love is lavishing, unconditional and exhausting. His love imparts blessing, comfort, favor, grace, glory, health, healing, hope, peace, power, prosperity, protection, provision, shalom, shield, strength, wisdom etc. God loves us with all His heart, with all His soul and with His strength. His love towards us is unceasing and undiminishing. That is God's love. The Bible says, 'For God so loved the world that He gave His only begotten Son so that whoever believes in Him should not perish but have everlasting life' (John 3:16 NKJV).

TRUE OWNER OF EVERYTHING IS GOD:

Wealth belongs to God. God is the owner of all that we have. King David declares, 'For all that is in heaven and in earth is yours. Both riches and honor come from you' (I Chronicles 29:11-12; Deuteronomy 10:14; Psalm 89:11).

GIVING IS AN ATTITUDE OF HEART:

Giving to God always depends upon our relationship with God. If we love God with all our heart, with all our soul and with all our strength, we will give to God with heartfelt joy and happiness. The more we love God, the more we give to God (Deuteronomy 6:5)

GIVING TO GOD A GREAT BLESSING

Jesus said to the congregation that a poor widow offered her entire savings more than all (St. Luke 21:2). A woman poured very costly oil of spikenard on Jesus' head (St. Mark 14:3). These incidents reveal that they expressed their utmost love for God, hence they have given all to God.

GIVING IS AN ATTITUDE OF WILL:

St. Paul said, giving is an attitude of one's will. "Everyman according as he purposed in his heart, so let him give" (II Corinthians 9:7). "Our will" is God given faculty. It involves in all our spiritual experiences. Your giving to God depends upon your 'will'.

GIVING IS AN ATTITUDE OF 'FAITH':

Liberal giving to God reveals one's faith. You should give to God in faith. Trusting God to enable you to give to God, even if you do not have, God will supply your needs according to your desire to give to God. Giving in faith reveals that you trust God and give what you do have. In both ways your faith acts.

GIVING TITHE :

The Bible says 'tithe' is the Lord's portion. It is holy Unto the Lord. It is sanctified (Leviticus 27:30). Abraham practiced tithe (Genesis 14:17-20); Jacob spoke of the tithe (Genesis 28:22). Jesus commanded the practice of tithing (St. Matthew 23:23). The New Testament endorses giving tithe (Hebrew 7:4-10). God challenges us to give tithe to Him. If we give tithe to God, He will honor us with multiple blessings (Malachi 3:10). By giving tithe we are honoring God (Proverbs 3:9). By giving tithe we support Great Commission (St. Matthew 28:19-20). Giving tithe enable us to store in heaven (St. Matthew 16:19-20). It enables God to protect us (Malachi 3:11).

GIVING IS A GREAT BLESSING:

1. Remember the Words of Jesus, 'It is more blessed to give than to receive' (Act 20:35).

2. If you want to be prospered in all your areas, give tithe. If you do not give tithe, you are robbing yourself God's blessings (Malachi 3:10).

3. If you give to God, God will return to you with multiple blessings. Remember prosperity begins with investment (St. Luke 6:38).

4. Prosperity is a quality of life with commitment and dedication (III John)

5. God the Father pleases when His Servants are prospered that means if they have happiness, health, peace, and safe life (Psalm 35:27).

6. God blesses you bountifully so that you could be a great blessing for others (Deuteronomy 8:18).

7. God's plan for you is to be enriched (St John 10:10).

8. God prosper you according to His riches in Glory by Christ Jesus (Philippians 4:19).

9. As a believer your giving to God enables you to receive Abraham's blessings such as endure with power for successful life, prosperity, fecundity, longevity etc. (Genesis 12:1-3).

10. Giving to God always multiplies what you have (I King 17:8-14; II Chronicle 31:10-12).

11. When you give to God, God has unlimited source to return to you (II chronicle 25:9).

12. Your giving to God allows God to open heavenly windows (Malachi 3:10)

13. Your faith in God is a channel to receive what you ask (St. Mark 11:22-24)

14. What you give to God, you will receive in return bountiful blessing (II Corinthians 9:8-10).

15. If you give willingly with joyful spirit, God loves you (II Corinthians 9:7).

Dear Reader, Giving to God is a Great Blessing. God Bless you! 🙏



MODERN SLAVERY



Captain Sheetal Rani
Secretary for Social and AHT
India National Office, Kolkata

We believe everyone, everywhere has the right to a life free from slavery. But now a days millions of children and adults are trapped in slavery in every single country in the world.

Modern slavery is the severe exploitation of the people for personal or commercial gain. Modern slavery is all around us, but often just out sight. People can become entrapped making our clothes, serving our food, picking our crops, working in factories, or working in houses as cooks, cleaners, or baby sitters.

From the outside, it can look like normal job. But people are being controlled. They can face violence or threats, be forced into inescapable debt, or have had their passport taken away and are being threatened with the deportation. Many have fallen into this oppressive trap simply because they were trying to escape poverty or insecurity or improve their lives and support their families. Now they can't leave.

40 million people are estimated to be trapped in modern slavery worldwide.

- 1 in 4 of them are children.
- Almost three quarters (71%) are women and girls.
- over 10,000 were identified as potential victims by the authorities in the UK in 2019

Forms of Modern Slavery

Modern slavery takes many forms. The most common are:

Human Trafficking

Human trafficking is a global crime that trades in people and exploits them for profit. People of all genders, ages and background can become victims of this crime. Traffickers use violence, fraudulent employment agencies, and fake promises of education and job opportunities to trick, coerce and deceive their victims. The organized network or individual behind this lucrative crime take advantage of people who are vulnerable, desperate, or simply seeking a better life. Human trafficking is defined is in the recruitment, transport, abduction, fraud, or deception for the purpose of exploitation.

The definition of trafficking consists of three core elements: -

The ACT of trafficking, which means the recruitment, transport, harboring or receipt of person.

The MEAN of trafficking which includes threat of or use of force, deception, coercion, abuse power or position of vulnerability.

The PURPOSE of trafficking which is always exploitation.

Why are people trafficked

Traffickers target people who are marginalized or in difficult circumstances. Undocumented migrants and people who are in decelerate need of employment are vulnerable, particular to trafficking for forced labor. Victims may be forced or tricked into exploitative situation which constitutes trafficking after the traffickers use violence, deception, or blackmail. Criminals trafficking children's target victims from extremely poor households, dysfunction families or those who are abandoned and have no parental care.

What types of Industries are Affected by Human Trafficking?

No industry or economic sectors is immune to human trafficking. There are high risk sectors, in which victims are most frequently found, such as agriculture, construction, the garment and textile industries, catering and restaurants, domestic work, entertainment and the sex industry.

What is the role of technology in Human Trafficking?

Traffickers have integrated into their business model at every stage of the process, from recruiting to exploiting victims. Many children are approached by traffickers on social media. Technology can be misused by traffickers to launder or transfer illicit profits. It can also have apposite use in helping to combat trafficking, such as by aiding investigations, enhancing prosecutions, raising awareness, and providing services to victims.

What does UNODC do to Combat Human trafficking

UNODC is the leading entity the united Nation System to address the criminal elements of


human trafficking. It provides expertise and knowledge to UN members states and assists them with the ratification and implementation of the UN protocol on trafficking, its crime prevention and criminal justice experts support the development of national laws and policies on human trafficking, train mentor a wide range of officials, including police officers, border control guards, labor inspectors and victim support specialists. With the guidance and mechanisms provided by UNODC, countries are better equipped to investigate and prosecute case of human trafficking, dismantle the criminal networks behind this crime, trace the illegal and proceeds and protect and assist the victims.

Conclusion:

I. As we have seen, human trafficking affects millions of people. As such, it is important to know about the issue, who is the victim and traffickers and how to end it.

II. As we speak, human trafficking is still at large especially in the third world countries which poverty and exploitations are main causes of why it happens.

III. We need to provide a better surrounding for our family and country where the people can feel safe, and no women or children are hurt and exploited around us.

IV. Human trafficking is a human rights violation at every stage of the trafficking process. It is a crime against dignity and integrity of person, and it is up to us to act on the traffickers. 


"MY GOD IS SUFFICIENT FOR ME"

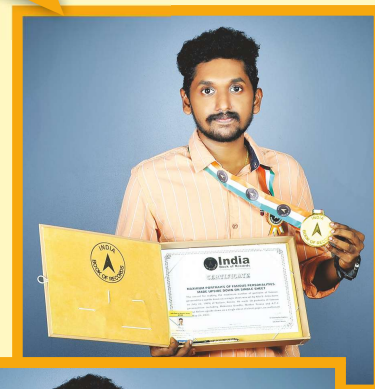
Shining
STARS

Greetings in the name of Lord and Saviour Jesus! I am Albi S John, from Avaneeswaram corps,



Punalur District, ISWT. I am a student of Radiography. On May 2021, I applied in Asia Book of Records and India Book of Records for Downward Face Drawing. Then I sent a video of drawing Downward faces of famous Indians namely, Mahatma Gandhi, Dr. APJ Abdul Kalam, Amitabh Bachchan, Mother Teresa, Rajiv Gandhi, Kapildev, Kalpana Chawla, Swami Vivekananda, Dr. Radhakrishnan, Sachin Tendulkar and Kerala Chief Minister Pinarayi Vijayan in one frame. In the month of June, I got the acceptance mail from both the committees and then I got certificates and medals from Asia Book of Records and India Book of Records.

I just liked to participate but my God gave me a great success. I believe this is a special gift from my God. I praise God for this opportunity and now my testimony is 'I can do all things through Christ who strengthens me' 



CONFIDENCE

Major Harish U. Katarnavare
Editor(M), India Western Territory

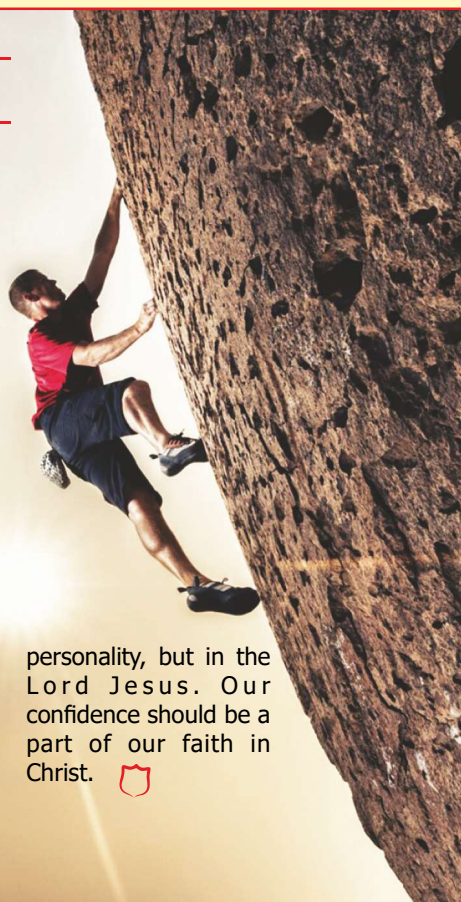
One of the most important things we can say about successful people is their confidence. Some speakers have millions of spectators in front of them, but they are not afraid, on the contrary their speech is more colorful. The crowded stadium is not afraid of the players, but their enthusiasm increases. Even children who take part in TV competitions compete, sing, and dance without fear.


You know, all these people work hard, keep practicing. They have ambitions to win people's hearts. But the question is, where does their confidence come from? Why don't we have that much confidence? There could be different reasons behind it. Maybe you are basically shy or an introvert. Or you may feel that you must make something bigger.

Saint Paul was greatly hindered in his work of evangelism. He was tortured and imprisoned. He wrote many of his letters while handcuffed. However, Paul wrote: "I have learned to be content with what I am. I know how to be in poverty, and how to be in abundance" (Philippians 4: 11-12).

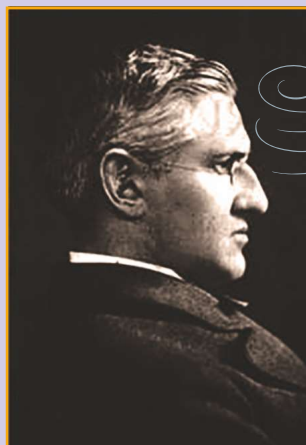
But when he had said this, he went on to say, "I can do all things through Christ who strengthens me." (Philippians 4:13) Paul's experience is a source of hope, inspiration, and encouragement. It is a promise that gives you tremendous confidence.

So, we should not be discouraged by the overwhelming confidence of others. We should not underestimate ourselves. We can increase our confidence if we want to. If we try, we can overcome the adversity around us. Because the source of our confidence is not in our mind, body, or



personality, but in the Lord Jesus. Our confidence should be a part of our faith in Christ. 

It is well with my soul



Hymnist : Horatio Spafford



Composer : Philip Bliss

Background

This hymn was written after traumatic events in Spafford's life. The first two were the death of his four-year-old son and the Great Chicago Fire of 1871, which ruined him financially (he had been a successful lawyer and had invested significantly in property in the area of Chicago that was extensively damaged by the great fire). His business interests were further hit by the economic downturn of 1873, at which time he had planned to travel to England with his family on the SS Ville du Havre, to help with D. L. Moody's upcoming evangelistic campaigns. In a late change of plan, he sent the family ahead while he was delayed on business concerning zoning problems

following the Great Chicago Fire. While crossing the Atlantic Ocean, the ship sank rapidly after a collision with a sea vessel, the Loch Earn, and all four of Spafford's daughters died. His wife Anna survived and sent him the now famous telegram, "Saved alone ...". Shortly afterwards, as Spafford travelled to meet his grieving wife, he was inspired to write these words as his ship passed near where his daughters had died. Bliss called his tune Ville du Havre, from the name of the stricken vessel.

Mr. Justin Benjamin
Senior Songster Brigade Leader
Trivandrum Central Corps
India South-Western Territory



WHEN peace like a river attendeth my way (ESB 741)
Tune: It is well with my soul

HORATIO GATES SPAFFORD (1828-1888) **PHILIP PAUL BLISS (1838-1876)**

D D F# A7/C# D DVA A/G D F# E#7 A A7 D Bm F#7 Bm A E

When peace like a ri- ver at- tend- eth my way, When sor- row like sea- bul- lions

A A7 D D F# G B7 E E/G# A A/G D F# G DVA A D **CHORUS**

roll. What ev- er my lo- cation in- stead, I know it is well it is well with my soul. It is

D A D G DVA A D D

well with my soul. It is well it is well with my soul.



THE WAR CRY

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Our Mission

"The Salvation Army is an international movement, a part of the Christian Church whose spiritual motivation has practical application in an evangelical, social, educational and health ministry.

It's goal is to help all people find fullness of life in a relationship with the living Christ discovered through the scriptures and demonstrated by holy living in peace and harmony with others."

7 MOST IMPORTANT PIECES OF ADVICE FOR EVERY YOUNG CHRISTIAN

1. Spend the prime of your years serving God

Most young people delay their conversion thinking that it is better to live the worldly way of life. But in all cases, without fail, those people who seek fulfilment in a worldly manner, they eventually and ultimately end up of empty.

It is important to serve God while you are young, while you still have the energy to do more. You can't do much when you are already old or you're already lying on your death bed.

Ecclesiastes 12:1 tells us: "Remember now your Creator in the days of your youth, Before the difficult days come, And the years draw near when you say, 'I have no pleasure in them.'"

2. Seek a spouse within the faith

Emotions can be very strong when you are still young. Wisdom comes in age; they may lack the discipline to make the right decision. This is particularly the case when it comes to finding a wife or husband. Marriage is the most important decision you will ever make in your life. Thus, you should not follow unstable emotions when selecting a spouse. You need the wisdom that comes from God through reading the Bible and seeking Godly counsel from His ministers. When looking for a spouse, you need to seek God's will rather than your will.

II Corinthians 6:14-16 tells us: "Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness? And what accord has Christ with Belial? Or what part has a believer with an unbeliever? And what agreement has the temple of God with idols? For you are the temple of the living God."

3. Spend your time wisely

God gave us the gift of life. We ought to use it appropriately and productively. As a young Christian, you have a lot of time on your hand, and the way you use it will dramatically affect your future, either

positively or negatively. The sooner you realize the preciousness of life, the better. Remember that once you wasted your time, you won't be able to take it back. IT IS GONE FOREVER.

We read in Ephesians 5:15-17- "See then that you walk circumspectly, not as fools but as wise, REDEEMING THE TIME, because the days are evil. Therefore, do not be unwise, but understand what the will of the Lord is."

4. Read the Bible from cover to cover

If there's only one book that you should read, it should be the Bible. It is the very WORD of God. It is the instruction manual that helps you learn how to live this life to the fullest. It holds the answers to life's greatest questions. Reading the Bible is not enough. You also must study and meditate upon it. Practice its teaching and ask God for understanding.

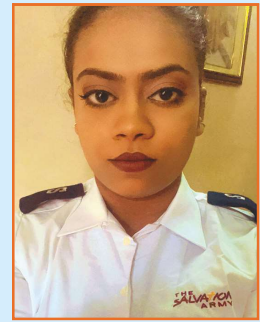
We read in II Timothy 3:16-17: -" All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness," that the man of God may be complete, thoroughly equipped for every good work."

5. Have fun

Most people think that the life of a Christian is boring, tedious, and even overwhelming. While it is true that Christians may face persecutions and hardships, you will eventually realize that the joy of being with God is GREATER than any suffering you can experience during this lifetime.

You see, it is possible to have fun as a young Christian. In fact, God wants us to have life – abundant life. Doing the will of God will naturally lead to a life of happiness. Though we can't always be happy, we can always be blessed.

Jesus said in John 10:10: - "I am come that they might have life, and that they might have it more ABUNDANTLY."



Miss. Anukriti Massey
Kolkata Central Corps
India Northern Territory

6. Be a good example to others

As a Christian, people will notice our actions. We bear God's name, and we must represent Him correctly. We need to have the conduct that is beyond reproach. As ambassadors for Christ, we need to be a light to the world. Never underestimate the power of your example. God can use you to draw more people to Him. It is through your example that you become a living testimony of God's magnificent love to mankind.


We read in Matthew 5:14-16: - "You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven."

7. Endure until the end

The Christian walk is filled with challenges. There will come a time when your faith will be tried and tested. However, this is necessary to strengthen you and prepare you for the glorious role God has prepared for you when Christ will establish God's kingdom here on earth.

I say, KEEP THE FAITH! You may lose something, but God is faithful always to provide what you need. He is the same God who said, "I will never leave you nor forsake you."

At the end of your Christian journey, you will look back and say, "It's all worth it."

Remember, being a young Christian makes you vulnerable to the evil schemes of Satan. However, that does not mean that you are helpless. Just get closer to God, and He will guide you all throughout your life. 

Bible Quiz 3

Book of Leviticus

- 1) How many days did the consecration ceremonies for Aaron and his sons last?
- 2) What was a priest to bring as a sin offering if he sins unintentionally?
- 3) What was to be done to a house in which leprosy continued to spread?
- 4) What did Nadab and Abihu, the sons of Aaron, do?
- 5) Who was involved in the ceremonial cleansing of the leper?
- 6) On what day was a baby boy to be circumcised?
- 7) How often was atonement made for the children of Israel?
- 8) Who could redeem one that was sold?
- 9) How often did the year of jubilee occur?
- 10) How long were the lamps to burn?
- 11) Who was to stone the man who blasphemed the name of the Lord?
- 12) How often was atonement made for the children of Israel?
- 13) Over what creature did Aaron confess all the iniquities of the children of Israel, and send away into the wilderness?
- 14) Why are we to be holy?
- 15) Where is the life of a creature?
- 16) How often were the fields not sowed nor the vineyards pruned?
- 17) Moses had received the Ten Commandments and instructions for building the tabernacle on Mt. Sinai. Where was he when he received most of the laws found in the book of Leviticus?
- 18) When a grain offering (made from flour and olive oil) was made to the Lord it had to be seasoned. With what?
- 19) Who was the father of Mishael and Elzaphan?
- 20) Whose sons were consumed by fire?
- 21) Which Mountain is mentioned at the last verse in the book of Leviticus?
- 22) What will happen to a man who marries his brother's wife according to the book of Leviticus?
- 23) Whose sons were consumed by fire.
- 24) What will happen to a woman who is a wizard?
- 25) How many days is a woman unclean after having a baby boy according to the book of Leviticus?
- 26) Where does God talk to Moses in the book of Leviticus?
- 27) Moses' brother Aaron was appointed by God as the head of what?
- 28) God forgave the sins of the Israelites when they offered Him sacrifices. What must a priest who had sinned sacrifice to God?
- 29) What is the name of the festival which was to begin at evening on the fourteenth day of the first month?
- 30) Under God's law, after you planted a fruit tree, how many years did you have to wait before you could eat the fruit from the tree?

QUIZ ANSWER – AUGUST

1. Holy of Holies
2. Serve
3. Sold
4. Horeb
5. Glory of God
6. First born of Egypt
7. Blood of the Lamb
8. 40 days on Mount Sinai
9. Cherubims
10. Shoes
11. Egypt, gods
12. Pithom and Ramses
13. Horeb
14. Gold, blue, purple, and scarlet yarn
15. Ten commandments, Aron's rod, and Jar of Manna
16. When the cloud lifted from the tent
17. The glory of God
18. Moses
19. Ark of the Covenant, Golden lamb stand and Table of Show bread
20. Near the entrance of the Tabernacle

The names of the persons who send all correct answers will be published in the next edition

21. Between the tent of meeting and the alter
22. And fire was on it by night
23. First month of the Israel according to God's command – Nisan
24. Land of Canaan
25. Gershom

Congratulations

Mrs. Nancy Sarah Victor, ICT
who sent correct answers.

BRIEF REPORT OF SKILL DEVELOPMENT TRAINING- ON 8TH & 9th SEPTEMBER 2021


Skill Development Training Program was conducted on 8th & 9th September 2021 at TSA VTC – HLCRC Nagercoil with the support of Women's Ministries, ISET and India National Office. W.M Board selected the delegates from Divisions, Districts, Extensions, Corps and THQ, total 45 Women Officers participated in this training. On first day, Major Sornabai @led the morning devotion based on 1Samuel 30:19. Then Colonel John Kumar Dasari, TC, conducted the inaugural session and spoke about the word ASK – Attitude, Skill and Knowledge, which are very essential for the God's mission.

Government Schemes for Women and Children: Mrs. Arockiya Saranya, District Coordinator from District Social Welfare Department spoke about all the welfare schemes and the ACTS & LAWS for women and children. She explained very clearly, and all the delegates received the information and gained the knowledge.

SKILL DEVELOPMENT TRAINING: Majors Stella Mary, Lilly Bai, and Geetha, taught Teddy bear, washing soap, household decoration Items such as

(Flowers and Birds with tissue paper and towels). Colonel Mani Kumari Dasari, TPWM taught pain balm making. All women officers learned interestingly. 2nd Day started with the morning devotion by Captain Thaya Anusuro, TWDO based on 1Samuel 30:1-8. Delegates continued with practical work and completed their task.

Closing Session: This session was led by TPWM and spoke God's word based on Proverbs 31:17 – 20. "Her arms are strong for her tasks". All the delegates received the certificates from the Territorial Leaders.

FEEDBACK: All the delegates gained the knowledge on different skills and equipped with the knowledge on government schemes which are available for the women and Children. They gave assurance that they are going to implement these in their communities. They expressed gratitude to the India National Office and Women's Ministries, ISET for this useful training. 

Captain Thaya Anusuro
TWDO, India South-Eastern Territory

CORPS COUNCIL & PASTORAL CARE AND COUNCIL SEMINAR AHMEDABAD DIVISION 14TH & 15TH AUGUST 2021

Under the leadership of our Territorial Commander, Pastoral care and council seminar held at Ahmedabad Division. Our leaders welcomed by D.C. Lt. Colonel Rasik P Christian. Before started the seminar, morning devotion conducted by D.C. Lt. Colonel Rasik Christian and also shared Word of God from 1st Peter 5: 1 to 6. After morning devotion seminar handover to Territorial Commander. There were two sessions. First session was about Corps Council and Second session was about Pastoral Care and council.

Corps Council:

In the first session of Corps Council Territorial Commander talked about main aim of Corps Council and its importance. Corps Council is seeing the work of Corps. The purpose of a corps council is to advise and assist the commanding officer on matters concerning the progress and well-being of his command, including:

- Evangelical outreach and soul-saving endeavours, and the involvement in such of soldiers, recruits and converts;
- Spiritual life and fellowship of the

- corps, especially reasons for any lack of, or special increase in, soul-winning;
- Corps growth, with special attention given to the proportion of seekers made into soldiers, losses of soldiers and recruits, and the YP work as a source of new soldiers.
- Corps programme: regular and special events.
- Work among young people.
- Community service undertaken by the corps.
- Budgeting.
- Fund-raising, internal and external.
- Property matters.
- Sharing of information with corps and community.

Then it was time for the group discussion. For the group discussion we divided in four groups. After the group discussion they explained what they discussed. After that Territorial Commander responded who had queries about Corps Council.

Pastoral Care and Council:


Second session was about Pastoral Care and Council conducted by Territorial Commander. Territorial Commander shared

WOMEN SKILL DEVELOPMENT TRAINING - INO

Women Skill Development Training was conducted in Kolkata Central Corps on 26th & 27th August 2021, with the theme of "Next Level". This training was conducted by the leadership of Colonel Lalhlipuii with the support of all the women officers from India National Office. The subject "Personal Development" was presented by Colonel and through this she encouraged women that personal development is a lifelong process. It is a way for people to assess their skill and qualities. The seminar was started by the devotion of Major Razia Gurnam, DDWM, West Bengal Division.

The items included in the training were:

Flower Vase making : Captain Sheetal Rani
Hand Embroidery : Captain Latha Cheeli
Glass Painting and Framing : Major Evama Shajuraj
Keychain Doll Knitting : Major Kalpana Samson

It was a very useful and interesting workshop, and 21 women were in attendance, and the program was concluded by the prayer of Major Martha Pandey. 


some points which are given here.

- Committee of Pastoral Care & Council
- General instruction for the members of Pastoral Care and Council
- Registers of Corps

It was time for the group discussion. For the group discussion we divided in four groups. After the group discussion they explained that what they discussed. After that Territorial Commander responded who had queries about Pastoral Care and Council.

we arranged two groups for this seminar. On first one group of six Corps and Second day six Corps Came and learned about Corps Council and Pastoral Care and Council.

Captain Prafulchandra Khristi was given translation service.

We thank our Territorial Commander for the Seminar about learning Corps Council and Pastoral care and Council. it will be very helpful for our division. 

Lt. Selvester D. Parmar
Divisional Reporter
Ahmedabad Division, IWT(Gujarat)



Women Skill Development Training, India National Office, Kolkata



Women Skill Development Training India South Eastern Territory



Pastoral Care and Corps Council Seminar, India Western Territory

