VICTORY BELIEVERS' VIRTUAL CONVENTION 2020



SEASONS of OVERFLOW

19

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25TH JULY 🚬



Whatever you are believing God for, This is your season... The Word of the Lord for you for is: There shall be overflowing blessings: Overflowing Joy Overflowing Peace Overflowing Health Overflowing Financial Prosperity All the years you have lost shall be restored You will have plenty to eat till you are full. You will never be put to shame (Joel 2:23-27).

> Welcome to your Seasons of Overflow

welcome you to Victory Believers Convention 2020. It is the first of its kind: the first virtual convention in the history of Victory Believers Convention.

The theme of this year's convention is Seasons of Overflow. Someone is saying how can God be talking about overflow in the midst of pandemic. I am here to announce to you that the best time for the manifestation of the anointing is when there is chaos.

In Genesis 12, the Lord said to Abraham that He will bless him and make him great. After the Lord had blessed him, there was a famine and he went down to Egypt. By the time he left Egypt in Genesis 13, he had become very wealthy in spite of the famine. The power of the blessing of the Lord on Abraham brought so much overflow of blessings that swept away the famine. The power of the blessing will always destroy the power of the pandemic.

In Genesis 26, there was another famine in the in the days of Isaac and he wanted to run to Egypt like his father, Abraham did in his own days but the Lord appeared to him and told him to stay in the midst of the pandemic.



David Olubukola Ajide senior pastor, victory sanctuary sda church

The power of the blessing of the Lord is best made manifest in the midst of pandemic. The word said in Genesis 26:12 that Isaac sowed in the midst of the pandemic and in that same year while others were suffering from the effect of the famine, he reaped a hundred fold.

I want to assure you that God will bless you abundantly. At the end of this pandemic, you will come out better, stronger and richer. You will not go down. God will lift you up. This is the best time for God to show Himself strong through you. Whatever it is that you are believing God for, this is your season. There shall be overflowing blessings in Jesus name. The Word of the Lord for you for this season is that there shall be overflowing blessings. You shall rejoice and enjoy abundant showers of blessing. All the years you have lost shall be restored to you. You will have plenty to eat till you are full. You will never be put to shame (Joel 2:23-27).

This is your season of overflow. Do not miss any part of the sessions throughout the week. The Lord will manifest Himself to you and your life will never remain the same again.

God bless

VICTORY SANCTUARY SDA CHURCH



To Raise Kingdom minded leaders who will raise other leaders.



To train and develop people who will walk in God's Covenant and fulfill God's purpose for their lives.



Excellence
Positive Word Confession
Innovation
integrity
Love
Personal/Self Development
Strong Relationship with God and Family

Seasons of

Overflow!					
	11am - 12pm	1pm - 2pm	5pm - 5:45pm	7pm - 8:30pm	
Sunday 19th July	GRANE	NG	WORD MINISTRATION		
Monday 20th July	ENTREPRENEURSHIP MANAGING FINANCES IN A COVID-19 WORLD MR. SOJI SOLANKE Director – Frontier/SSA Banks Equity Research, Renaissance Capital, London Uk	KEYS TO A GREAT MARRIAGE IN CHALLENGING TIME - PASTOR BISI ADEWALE CEO Family Booster International, Lagos.	CHILDREN'S CHURCH TABLE ETIQUETTE FOR CHILDREN Sis Lara	WORD MINISTRATION	
Tuesday 21st July	ENTREPRENEURSHIP MANAGING FINANCES IN A COVID-19 WORLD MR. SOJI SOLANKE Director – Frontier/SSA Banks Equity Research, Renaissance Capital, London Uk	KEYS TO A GREAT MARRIAGE IN CHALLENGING TIME - PASTOR BISI ADEWALE CEO Family Booster International, Lagos.	CHILDREN'S CHURCH ARTS & CRAFTS Sis Ify Igwe	WORD MINISTRATION	
Wednesday 22nd July	THE SECRETS OF LONG LIFE DR. BOLA FALEYE Technical Director Shops Plus Program, Lagos, Nigeria	SUCCEEDING IN MINISTRY IN TIMES LIKE THIS - 1 PASTOR SEYI OLADIMEJI CRO Church Management Consult, Lagos Nigeria	CHILDREN'S CHURCH MAKING CHINCHIN Sis Toyin Fikayo-aremu	WORD MINISTRATION	
Thursday 23rd July	THE NEED FOR A NEW APPROACH TO PUBLIC HEALTH: LESSONS FROM COVID-19 -DR. JACK MBOM Managing Consultant Dr Jack's Wellness Center, Victoria Cameroon	SUCCEEDING IN MINISTRY IN TIMES LIKE THIS - 2 PASTOR SEYI OLADIMEJI CRO Church Management Consult, Lagos Nigeria	CHILDREN'S CHURCH SEX EDUCATION Mrs Titi Ajayi & Sis Freke	WORD MINISTRATION	
Friday 24th July	AN HOUR WITH MAPONGA Bishop Joshua Maponga, Founder CEO Farmers Thought, Johannesburg, South Africa		SELF DEFENCE Bro Ibrahim	HOLY COMMUNION & WORD MINISTRATION	
Saturday 25th July	SABBATH SCHOOL & DIVINE SERVICE				

Meet the Speakers



PASTOR MATTHEW ASHIMOLOWO

Senior Pastor of KICC since 1992. He has a dynamic gifting to combine his calling as a Pastor and teacher, with the roles of mentor, businessman and spiritual father. In his more than 30 years in the ministry, Pastor Matthew has given countless people the spiritual and practical foundation on which to successfully build their lives. His broadcast ministry, Winning Ways, is viewed by millions of people in Europe, Africa, Asia, the USA and the Emirates.

A prolific writer of more than 60books, including the award winning Tongues of Fire', Pastor Matthew constantly challenges believers to become the best they can be. His influence on church growth and evangelism has guaranteed countless requests for his comments by

a variety of mainstream media including BBC TV and Radio, Sky News, The Times and Guardian broadsheet newspapers, as well as a broad spectrum of Christian and faithbased publications. As a respected leader, Pastor Matthew sits on the Board of Reference for God TV and is considered a Christian thought leader, Biblical scholar and media commentator on a variety of issues that have left indelible marks on modern society.



PASTOR IBUKUN AWOSIKA

Ibukunoluwa Abiodun Awosika is a Nigerian business woman, author and motivational speaker. She currently serves as Chairman of First Bank of Nigeria.

In her quest to be independent, she established a furniture manufacturing company called Quebees Limitedin 1989 before it evolved into The Chair Centre Limited and later SOKOA Chair Centre Limited following a venture merge with SOKOA S.A and Guaranty Trust Bank in 2004. She sits on the board of organizations.



PASTOR JOSHUA MAPONGA

A minister of the Seventh Day Adventist Church and has been ministering to souls since 1991. He has served the Lord in many countries such as South Africa, Zimbabwe (his place of birth), Botswana, Lesotho, Kenya and Nigeria.

Inspired by his profound love for mankind and urged only by the desire to see each person achieve their divine destiny, Pastor Maponag went on to hone his skills as a motivational speaker and social entrepreneur, with a keen passion for community development.

PASTOR Wole Oladiyun

The Senior Pastor and set man of Christ Living-spring Apostolic Ministry (CLAM) is a seasoned Evangelist with a strong Apostolic and Prophetic Ministry. He has an uncommon passion for prayers and soul winning through village and city-wide crusades under the umbrella of CLAM GLOBAL OUTREACH (CLAMGO).

A gifted and prolific writer with over thirty five (35) life-changing, destiny-transforming books to his credit. Pastor Wole Oladiyun comes across as a simple, unassuming, hardworking and affable personality.

PASTOR SAM ADEYEMI

A dynamic pastor, teacher, author and life coach. He is the Senior Pastor of Daystar Christian Centre, Lagos, Nigeria, a church committed to raising men and women who would become role models in the society..

His vision to realize the evolution of a New Nigeria motivated him to establish a leadership school called the Daystar Leadership Academy (DLA) where leadership principles are taught to develop a new generation of leadership for Nigeria and the world in its entirety. "I believe that when you build the man, you can change the world."

DR. SOLOMON JERE

Dr. Solomon Jere was born into a Christian family of seven in Eastern Province of Zambia. He has six siblings. He began singing at the age of ten. He learned to play the guitar on his own when he was young. In his teenage years, he became a born-again Christian. He has 25 albums to his name. His latest album entilled 'Wabadwa (Jesus is born) is 'fingerlickingly' appealing. His debut album 'Jonah' was released in 2000. It was a 10-track album and was distributed by SJ Music. 'Tisekelele' (Let's Rejoice) his second album was released in 2001 and another 'Tikondane' (Let's love one another) in 2011. He is currently known as one of Zambia's famous Gospel artist. He is the founder and owner of the record label SJ Music Label.

Besides being an artist with many songs in gospel musical genre; he is also a genius lawyer, a former top police officer and currently an Ambassador of Zambia to Nigeria.

PASTOR DAVID OLUBUKOLA AJIDE - HOST

An extra-ordinary minister of God's word. A Pastor of Pastors, A visionary leader, mentor to several people, man of a Great God, Pastor David Olubukola Ajide is the Lead Pastor of Victory Sanctuary Seventh Day Adventist Church Lekki. Lagos.

He has a God aiven vision of raising covenant-minded leaders who will conquer territories for God. He is passionate about people living their God ordained purpose. Standing in the prophetic office, Pastor Bukky is set to anoint us and prepare us for our season of opportunities.

Consider it a privilege to sit under the ministration of the Holy Spirit through this great man of God.









History of Victory Sanctuary

Determined to transform lives and change peoples' destinies through the power of the WORD.

Victory Sanctuary is a different kind of Seventh Day Adventist Church. The difference does not lie in the size of the building or the number of people who attend services, it extends beyond programs and production to the essence of this church.

Whether you are a Spiritual seeker who is just starting to ask questions about God, or a committed Christian who wants to sink the root of your faith even deeper, you will find a home here at Victory Sanctuary. Together, we will strive to become the kind of Church described in the Bible - a Church with relevant teachings, heartfelt worship, honest friendships, constant prayers, and ompassionate care for those in need. In essence, we are building the kind of contagious Christianity that can influence and encourage the entire community, one life at a time.

EARLY DAYS

Victory Sanctuary Seventh-Day Adventist Church, Lekki evolved from an evangelistic movement to reach out to people with a message of hope. It was not originally conceived as a church, but God had a divine assignment for the movement. Gradually, the fellowship grew. Then an outreach program, "WALKINGING HIS WILL" was held under the auspices of Service Line International, an evangelism support organization.

The program took place in the premises of King's College Hall Victoria Island Lagos. The main speaker was Dr. Kenneth Mulzac, Pastor of Huntsville SDA Church, Alabama USA. Attendance at the crusade was consistently impressive, with some guests having to stand in the foyers.

Following the crusade and baptism, there was a need to disciple the new converts, and so regular Sabbath services for converts commenced at the same venue, the Kings College Hall. In July 1999, the group moved to the rented premises of NUJ House on Adeyemo Alakija Street, Victoria Island Lagos. On Saturday July 24th, 1999, the new fellowship was inaugurated as a company according to the SDA manual requirement by Pastor S. Ogunseitan, Pastor of SDA Church Maryland. Pastor Bukola Ajide, An Alumnus of Babcock University was appointed head of the company by popular vote.

Thus, weekly worship services commenced and the Lord added unto us daily. From NUJ House, the group had to relocate to Enugu State Liason office Building (WAWA HOUSE) on Bishop Oluwole Street Victoria Island in response to enlarged membership and space constraint. As the church grew, it became obvious there was a need for a permanent worship centre.





History of Victory Sanctuary

PERMANENT SITE

By March 2000, we had acquired our present site (unbuilt) and worshipped there under temporary structures, as plans for construction commenced. The land was dedicated to the Lord and the cornerstone set in an early Morning Prayer session in March 2000.

The present auditorium was roofed by August 2001, and the structure stood a solitary pioneer on a waterlogged and hostile territory for several months. All design, construction and engineering services were rendered as freewill offerings from members. Cash and property donations were given voluntarily and cheerfully.

ADMINISTRATION

Victory Sanctuary is run in the best of Christian Seventh-day Adventist practices. Faithful tithing and sincere Sabbath-keeping are emphasized. Two publications: Five-fold blessings of the Sabbath, Greatest Secret of Prosperity authored by Pastor David Bukola Ajide attest to this.

Tithes are routinely and faithfully remitted to the West Nigeria Conference of the Seventh-Day Adventist Church. The church accounts are audited annually by professional accountants.

The church pastorate comprises five arms each representing the five purposes of the church namely: Ministry, Worship, Fellowship, Evangelism, and Discipleship. Each arm is headed by a Pastor. Heads of Department, Elders and officers are also part of the pastorate.

MINISTRIES

Our ministries' thrust is towards filling in the gaps where orthodox churches have been challenged in so doing. Evangelistic outreaches with baptisms, hospital ministry, healing classes, and welfare programs are all targeted at fulfilling the mandate of our Lord Jesus Christ.

The Victory Sanctuary Leadership Bible Training Program was established to raise kingdom minded leaders who would win the unchurched to Christ. Eleven class sets have graduated from Bible School.

HOME COMING

The Victory Believers Convention, VBC is our annual convention and serves as a time of spiritual refreshing and home-coming for non-resident members, both from within and outside the country.

A number of those we are expecting this year again, includes members whose breakthroughs have manifested through opportunities for study or work abroad.

As they arrive from all the corners of the world, we welcome them with the love of the Lord.

Outreaches & Their Pastors

NORTHERN ZONE						
LIBERTY CHAPEL, ABUJA 2 Wenike Briggs Close Behinde Nuggets Hotel, Abuja	07061091667	PASTOR KAYODE ARIGBADE				
LIVING SPRING ABUJA Mega Trend Suites, behind Mobil filling station, Jikwoyi, Abuja	07037475480	PASTOR SAMPLE OGBONNA				
PECULIAR TREASURE, ABUJA FHA Junction, Lugbe, Abuja	08033498561	PASTOR SEYI BABATUNDE				
HOUSE OF REDEMPTION, KadunaNarayi High Cost, Bamawa, Kaduna	07061091667	PASTOR BITRUS GIDEON				
ABUNDANT GRACE OUTREACH Global Events Centre, Shepherd KingComplex, besideRemacoPetrol Station, Police signpost bus stop Lugbe. ABUJA	07069671022	PASTOR BABATUNDE OLAEGBE				
TRANSFORMNG GRACE OUTREACH ABUJA, KARMA, ABUJA	08136358586	PASTOR DANIEL ABIOYE				
COVENANT HOUSE, Niger State. Quaraka Kaduna Road	080653298664	PASTOR ALLEN AMOS				
EASTHERN ZONE						
GREAT GRACE OUTREACH PORT HARCOURT. 20 Old Aba Rdby MRS Round-about, Unity Bank Building, Rumoumasi Port-Harcourt	08033135499	PASTOR EMMANUEL DIMGBA				
ZION CITY, ABA Nwaogbaosu street, opp. Nkwa-Abayi market, Aba	08033141653	PASTOR MELODY EHILEGBU				
LIBERATIONOUTREACH, AsabaOnitsha- Olonard, Asaba, Delta state	08033991837	PASTOR ONYEMENEM				
EKITI /ONDO ZONE						
RESTORATION HILL, ADO-EKITI New Iyin Road, Ado-Ekitil	08069215679	PASTOR ABAYOM OSO				
CALVARY OUTREACH, ADO-EKITI, Off EKSU, Iworoko Rd, Near Pathfinder Hotel Ado- Ekiti	08035324219	PASTOR BANJO ABOLARIN				
GOD'S COVENANT OUTREACH, AKURE	08033145078	PASTOR GBENGA OYENIYI				
GOD'S FULNESS OUTREACH, Ikere - Ekiti, Havanah Hotels and Suites, Araromi Street Off Ise Rd. Ikere, Ekiti State	08060532935	PASTOR OPARA ISAAC				

Outreaches & Their Pastors

OSUN/ KWARA ZONE						
08169483030	PASTOR OLUWASEGUN ISHOLA					
07031983498	PASTOR CHRIS ITAMAKINDE					
08167133532	PASTOR AKPUH OBIOMA					
OYO/ OGUN ZONE						
08038329139	PASTOR SEGUN ADEYEYE					
08034058294	PASTOR AYODEJI ADEYEYE					
08033081757	PASTOR AKIN AKINWUNMI					
08026646663	PASTOR AJAYI JOHNSON					
LAGOS ZONE						
08092956767	ibukunoluwa Ajiboye					
08127777766	PASTOR GBENGA ADEOYE					
08034279984	PASTOR WALE ISAAC					
08023051828	PASTOR SEGUN ADEBAYO					
	08169483030 07031983498 08167133532 N ZONE 08038329139 08034058294 08033081757 08026646663 08026646663 CONE 08092956767 08127777766					

RealVictory

I will be ungrateful to God not to share my testimony and I hope it will encourage someone.

When I was given the financial goal for last year's Convention, I determined in my heart to sow the complete amount as a seed and believe God for all round financial increase. I sowed the seed and served in protocol. In fact, I told God specifically how much I wanted in a year's time and today by His grace, that target has been surpassed.

God has shown me mercy. He has given me more than a 100% increase in my finances. The best part is that He is constantly showing me areas to invest in even during this period of lock down. God has given me rest!

So as someone who has seen God move tremendously, I jumped in again this year with a greater seed towards this 2020 Convention and also set new financial target for next year. I am fully persuaded that I shall return again with greater testimony next year!

Hallelujah!

To God alone be the glory for His mercies and provision. - ALAOMA NNAJI



Power to **Restore the Nations!**

A lot of people are afraid all over the world what will be the state of things after the pandemic. Several millions have lost their jobs and many are living in fear of what the future holds. I have good news for you today. I am here to reveal to you the power to destroy the effect of the pandemic.

What Made Israel Different

I travelled to the Middle East some years ago and I lodged in a hotel very close to Israel. It was so close to Israel that we drove to the country from there. I observed that the land of Israel had very beautiful green vegetation in the desert, while the other nation was totally different. I began to wonder what made Israel different. I remembered the destruction of the Jews during the holocaust and several millions of them were killed and the rest were scattered all over the world. After the holocaust, the Jews vowed never to allow that kind of destruction to happen again. They began to come together after the holocaust and they were given the desert by the then occupants. They took the dry land and began to develop it. They looked for water and found salt water; they could not drink the but they started using the water to breed fish and became a great supplier of fish to Europe. They discovered irrigation and other amazing technologies.

Everyone knew there was something different about this people, they turned a desert into a fruitful land. It was later observed that they are the descendants of Abraham who was a carrier of the blessing of the Lord.

There are two powers controlling the earth

The power of the blessing and the power of the curse. Africans understand the power of the blessing. This is why an African man will not allow his children to be married or to move from one level of business to the other without being blessed by the parents.

A professor in the United States of America carried out a research several years ago to find out why some people are successful and others are not. He researched using over a million students and among them about six hundred thousand have high IQs. He observed them for about forty years and he divided them into three categories. The first were extremely successful and they were about five percent. The second category turned out to be professionals and were also doing well. The third category failed woefully. They all went to good schools and all lived in a good country. He observed from his research that the students in the third category were from very poor background. The research proved that poverty is a curse. The effect of the curse is poverty. It is difficult for people to be successful in an impoverished environment.

The blessing was not man's idea

God made man and blessed them (Genesis 1:27-28). God put the blessing on man. He did not allow them to start living without the blessing. God planted the garden of Eden but that was just a portion on earth. God wanted man to reproduce Eden in other areas all over



the world. Man fell and God cursed the man and the earth and the two forces began to operate.

God wanted the blessing to have dominion on earth

In Genesis 12, He called Abraham and put the power of the blessing on him. Abraham left, carrying the blessing. There was famine in the land and he ran to blessing. Pharaoh took his wife but because he was a carrier of the blessing, his wife was restored. Abraham was blessed by Pharaoh and he became wealthy. The blessing on Abraham was not for him alone, because he was blessed by Pharaoh, Egypt became the first world super power because whoever bless Abraham is blessed.

In Genesis 14, Lot was taken captive and Abraham went to war against five nations with just three hundred and eighteen people and he defeated them. He restored all the people and their possessions. Melchizedek brought him wine and bread as he returned from the battle and Melchizedek blessed him, while he in turn gave tithe of everything. The king of Sodom also met him on the way and offered to give him the riches but Abraham said he was so sure he would become rich by the Lord that he won't touch anything that belonged to them.

Abraham was so wealthy that became a terror to nations.

The Blessing Is The Antidote To The Curse

Abraham transferred the blessing to his son Isaac. There was another famine in the days of Isaac like the pandemic happening now and he wanted to run to Egypt like his father did but the Lord appeared to him and warned him not to go to Egypt. The purpose of the blessing is to destroy the curse. God told him to stay to destroy the curse. He stayed in the land and reaped a hundredfold the same year. The famine was caused by lack of water. Isaac meditated and he discovered the irrigation system. The Philistines took the well from him each time he discovered water till he dug the third one and he became wealthy and through him the pandemic was destroyed and the nations restored. After a while he became too strong for a whole country.

Isaac gave birth to Esau and Jacob. They struggled for the blessing but Jacob eventually got the blessing. Esau came after Jacob had been blessed but it was too late. Isaac said his brother has been blessed and he shall be blessed. He has made him to rule over his brothers and he has sustained him with corn and wine. Esau tried to kill him but you cannot kill a man carrying the blessing.

Jacob ran to Laban and suffered under him. Jacob decided to leave because of his hard labour but Laban confessed that he had learned by divination that he was blessed because of him. Laban asked him to name his wages because he wanted to continue to use the blessing on the head of Jacob. Jacob then realized that he was a carrier of the blessing and he requested for opportunity to work for himself and not be under any salary. He requested for the colored animals and their offspring and he entered into agreement with Laban. All the white animals of Laban began to produce colored animals and Laban changed the terms and it still worked in favour of Jacob.

Christ has redeemed us from the curse of the law that the blessing of Abraham might be on us.

He became so prosperous that the children of Laban said Jacob had taken all the wealth of their father. Jacob observed that Laban was no longer pleased with him and he left. Laban went after him to harm him but the Lord prevented him because he was a carrier of the Lord's blessing.

Jacob had twelve sons and his favorite was Joseph. He was hated by his brothers and they sold him into slavery. He was in the house of Portiphar the Egyptian and everything in his house prospered because of Joseph. Portiphar observed this and made Joseph to be in charge of everything that belonged to him and the Lord blessed all he had because of Joseph. Mrs Portiphar wanted to destroy the blessing of Joseph but he knew sleeping with that woman will pollute his blessing and so he refused and he landed in jail. The Lord was with Joseph in the prison and the keeper of the prison handed all the affairs of the prison to him. The blessing can work anywhere including the prison. Another famine took place all over the world but because Joseph was in Egypt, the famine did not affect the country.

You have been redeemed from the curse!

Galatians 3:13-14 says that Christ has redeemed us from the curse of the law that the blessing of Abraham might be on us. We are carriers of the same blessing the Jewish nation is enjoying. In Galatians 3:8, the Word said the gospel was preached to Abraham that through him nations shall be blessed. The gospel is that through you the nations shall be blessed. Anywhere the gospel goes, there is blessing. If you study the history of nations, you will find out that nations that allowed the gospel were quickly developed. Africans did not develop because they first rejected the gospel and embraced the worship of idols. The place where we built our church was said to be cursed and no one could build anything there but we bought the place and we were warned but we went ahead to work on land. They came to attack us but they failed. They consulted their oracle and they confessed that their oracle told them to leave us alone because we belonged to a higher deity. The power of the blessing destroyed the curse over that land and we have been there for several years.

How to Activate the Blessing

The blessing that you do not activate will never work for you.

- To activate the blessing, follow these steps:
- 1. You must be born again
- 2. You must meditate the Word at all times
- 3. You must speak the Word at all times
- 4. You must act the Word at all times
- 5. You must tithe and be a seed sower
- 6. You must be a blessing

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VICTORY CHILDREN'S CHURCH

A place where the children's minds are filled with the Word of God so they will grow to think the way God thinks and live the way God has commanded.

Here we help

- Children to build proper relationships with man and God.

T- To build Christian homes by encouraging families and children.

Goals

To equip children with the knowledge and tools needed to stand firm in a dying world.

To instruct, encourage and help guide them to freely worship and praise our Lord Jesus Christ. 1 Chronicles 16:9

To help teach the children how to apply the Word to their daily lives. Proverbs 2:1-5

Join us in worship every Saturday

- Celebration Service 9am
- Sundown Worship on Zoom 6- 6:30 pm

Healthy Ways To Cope with the Stress of the Pandemic

- self-treatment for COVID-19.
- or through telehealth services).
- pandemic repeatedly can be upsetting.
- Take care of your body.

- Exercise regularly
- Get plenty of sleep
- Avoid excessive drug use.
- concerns and how you are feeling.
- mail.

Know the facts to help reduce stress

Knowing the facts about COVID-19 can help reduce stress. Understanding the risk to yourself and people you care about can help you connect with others and make an outbreak less stressful.

Take care of your mental health

Mental Health is an important part of overall health and wellbeing. It affects how we think, feel, and act. It may also affect how we handle stress, relate to others, and make choices during an emergency.

Trust God for the future. Read the scriptures for guidance and direction.

Source: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stressanxiety.html. (Modified)

• Know what to do if you are sick and are concerned about

COVID-19. Contact a health professional before you start any

• Know where and how to get treatment and other support services and resources, including counseling or therapy (in person

• Take care of your emotional health, Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.

• Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the

- Take deep breaths, stretch, or meditate

- Try to eat healthy, well-balanced meal

• Make time to unwind. Try to do some other activities you enjoy.

• Connect with others. Talk with people you trust about your

• Connect with your community- church or faith-based

organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or For your commitment, love, seed and contributions to convention 2020, I say a big THANK YOU.

To all our sponsors corporate and individual, we appreciate you.

It is my prayer that it has been a time of refreshing for us all,

May God grant you overflowing blessings in Jesus Name. See you Next Year, God bless.

Pastor Goodluck Mfornom Chairman Convention 2020 Committee



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