

Dear Brethren,

August 11, 2015

I am delighted to be able to share with you once again what the Lord is doing here in this beautiful country of Zimbabwe. My main reason for coming to this country was not only to oversee the construction of the House of Hope Orphanage but to evangelize, to win souls, to reach the unreached and to tell the untold about the glorious gospel of grace.

I have been given the opportunity to preach at the Nashville Baptist Church almost every week and the main focus of my preaching was on evangelism. This matter of personal witnessing and soul winning is so important that we decided to make it a priority by putting it into practice and actually getting up and going out in the area where the orphanage is being built and giving out the good news of Jesus Christ.

After visiting most of the homes and giving out gospel tracts, we invited the people to come out to the first meeting at Hope Baptist Mission on Sunday July 12. On that first Sunday afternoon, 29 people from the area came to the meeting along with 32 members from Nashville Baptist Church. Several of the visitors stood up and expressed their gratitude to us for coming to their community to start a gospel mission. After the message was presented and the invitation was given, seven young men and eight young women came forward and received Jesus Christ into their lives.



After that first Sunday service we continued to visit the homes and giving out gospel tracts and the attendance continued to increase and several of them received the Lord Jesus Christ into their lives. Yesterday, Sunday August 9, I was given the privilege to baptize 23 of those dear people who received the Lord. Before the baptism I preached on the subject: **"Why every born again believer must be baptized."** That was the first time in my life that I have baptized so many people at one time. To God be the Glory! We plan to continue our mission by: **"BRINGING HOPE INTO EVERY HOME"** and to cover every home in the entire community. Let us pray that these new believers will continue to grow in grace and in the knowledge of our Lord and Savior Jesus Christ.



Concerning the construction of the Orphanage, the windows and doors have already been purchased and should be installed during this week along with the plastering of the inner walls. So far, the sum of **US\$19,548.00** has been spent on this building. The final phase of the building is the roof which will cost **US\$3,500.00**. This figure includes the materials and the labour. We are kindly asking you to help us purchase the roof so we can bring this construction to its completion.

There is no electricity and there is no running water in this area, so we have to dig a well (bore hole) which will cost **US\$3000.00**. There is no electricity in this area so we have to make maximum use of solar power. Our goal is to complete this building and move into it by the end of this month. Therefore, we are counting on you to help us complete this building by standing behind us with your prayers and your financial support. We deeply appreciate your concern, your cooperation and your contribution to this ministry. Be assured that the Lord will richly bless you for blessing the lives of these precious children in the House of

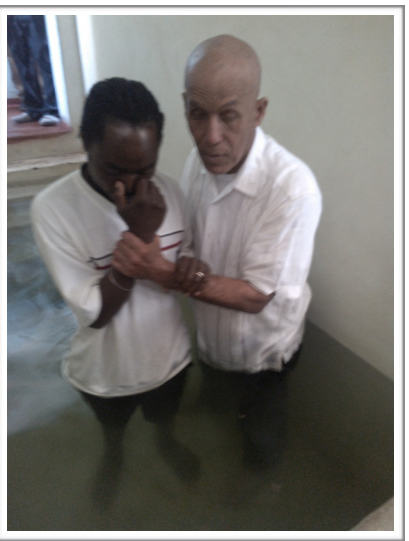
Hope Orphanage. Can you think of a better investment than to invest in the lives of these dear children? This wise investment will certainly yield eternal dividends to your account. Let us continue to live for the Lord and labour for the Lord and look for his return. If you plan to make a contribution you can send it through Western Union or Money gram to: ALLINSON DA COSTA, ZIMBABWE.

My telephone number is 011-263-774 953 478 and my email address is [dacostamissionary@gmail.com](mailto:dacostamissionary@gmail.com).

Looking forward to your positive response to this letter.

Your Missionary Servant,  
Allinson Da Costa





## A Clip From the Newspaper in Zimbabwe

### HEALTH BENEFITS OF LEMON WATER

There is an abundance of lemon trees here in Zimbabwe. In fact, there is a lemon tree in almost every yard loaded down with lemons. However, most people prefer to buy a coke for one dollar than to make a glass of lemonade which will cost less than 10 cents. There is absolutely no nutritional value in a coke. So instead of saying: "Things go better with coke" you can say instead "COKE IS A JOKE" and "LEARN TO LOVE LEMON". Here are some lessons we can learn from lemon water or some health benefits of lemon water:

### IMPROVES DIGESTION

Several components in lemons stimulate your liver to produce more bile needed for healthy digestion. Also, lemon assists the digestive system in flushing unwanted materials and toxins out of the body. A daily glass of warm lemon water helps relieve symptoms of indigestion, such as heart burn, belching and bloating. Also prevents constipation and diarrhea by promoting smooth bowel functioning. The American Cancer Society recommends this healthy drink to cancer patients to help stimulate bowel movements.

### HELPS WEIGHT LOSS

If you are trying to lose weight, drink a glass of warm lemon water with honey definitely help you reach your goal. Lemon is high in pectin fiber, which helps fight hunger cravings and keeps you feeling full for longer time. Also, the combination of warm water, honey and lemon creates a more alkaline atmosphere in your stomach helping you lose weight faster.

### CLEARs YOUR SKIN

Daily consumption of warm lemon water can make a huge difference in the appearance of the skin. It helps purify your blood and encourages growth of new blood cells. Also, the high vitamin C content as well as other antioxidants in lemon helps keep the skin free from wrinkles and blemishes and helps combat free radical damage. The water and honey add restorative, antibacterial and collagen-boosting properties to promote skin health.

### SUPPORTS IMMUNE SYSTEM

Warm lemon water also boosts the immune system. Being rich in vitamin C helps boost the immune system and assist the body in fighting colds and flu. Plus, lemon enhances the body's ability to absorb iron, an important nutrient for a healthy immune system. Lemon also contains saponins, which have antimicrobial properties that help keep infections away.

### TREATS BAD BREATH

The acidic nature of lemon, combined with the medicinal properties honey and water can help eliminate bad breath. It cleanses the mouth and activates production of saliva that kills odour-causing bacteria. Lemon water also helps get rid of the white film on your tongue that usually develops while you sleep. This white film consists of decaying food and bacteria that cause bad breath.

### BALANCE PH LEVELS

Lemon is one of the best alkalizing foods for the body as it contains both citric and ascorbic acid that help maintain the pH levels. A good pH level is essential as too much pH acidity in the body can be inflammatory. Drinking lemon water regularly on an empty stomach in the morning helps remove overall acidity in the body, including uric acid in the joints that is one of the primary causes of pain and inflammation.

### INCREASES ENERGY

The nourishing elements like vitamins B and C, phosphorous, proteins and carbohydrates present in lemon make it a natural energizing agent. It hydrates and oxygenates the body to keep you feeling revitalized, energized and refreshed. Also, as lemon contains more negative-charged ions, it provides instant energy when it enters the digestive tract. Plus, the scent of lemon has mood-enhancing and energizing properties.

### CURES THROAT INFECTIONS

The antibacterial properties of lemon aid in fighting problems related to throat infections, a sore throat and tonsillitis. To sum up, having a glass of fresh lemon water first thing in the morning can improve your health immensely.