

Dear Friend In Christ,

September 03, 2015

Greetings once again from the Republic of Zimbabwe. This great country is indeed a wonderful and beautiful place, but there are so many challenges to cope with. As I interact with people day after day, I can see and I can sense the spirit of hopelessness and despair among them. I realize that no one can cope without hope, so I continue to share the message of hope. My mission, message and motto is: **“BRINGING HOPE INTO EVERY HEART AND EVERY HOME”**

There is a remote region in Zimbabwe called Kanyemba, and there are three tribes that live in that area; the Doma tribe, the Korekore tribe and the Chikunda tribe. The Doma tribe lives on one side of the Mwazamutanda River, and the Korekore and the Chikunda tribes live on the other side of the river. Someone who visited the area recently said that the Doma people wear rags and spend the entire day working in other people's fields. For a days' labor they get a meal in return. It means that they must work every day to survive. When I heard this I was really shocked that this place is here in Zimbabwe. I ask myself; “How do I preach to people who are hungry and have nothing to eat?” Even Jesus was concerned about preaching to the hungry when he fed the five thousand.

Pastor Victor Chembela and I plan to bring the message of hope to these three tribes during the last week of this month of September. These people are also in need of maize seeds to plant as well as some garden tools. It is indeed a long journey to get to these people. We will be traveling for about eight hours and 300 miles to get to them. We will not have any meetings during the night, only in the day, because wild animals roam the villages at night. Some wild animals are elephants, lions and buffalos. We certainly need your prayers for our protection during this trip. Pastor Victor also plans to engage in some sports with these people. I guess you will call this sports evangelism. This trip will cost money, so we are kindly asking you to support this evangelistic outreach as we take the message of hope to these three tribes in Kanyemba.

Concerning the construction of the orphanage, we are still waiting for the funds for the roof. As I mentioned before, the roof will cost US\$3,500.00. So far, we have collected US\$1,000.00 for the roof. Whatever you can give towards this will be deeply appreciated. All of the inside walls have been plastered as well as a portion of the outside walls. After the roof is put on, we will focus on digging a well (borehole) which will cost US\$3,000.00. So far, US\$20,600.00 has been spent on this project.

We are counting on you to help us complete this building by standing behind us with your prayers and financial support. Be assured that the Lord will richly bless you for blessing the lives of these people who are far less fortunate than you and me. 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. We look forward to hearing from you soon.

Your Missionary Servant- Allinson Da Costa

HEALTH BENEFITS OF GARLIC

GARLIC IS GOOD. GO GET GARLIC TODAY!

Many of us have eaten garlic bread from time to time, but I have never heard about garlic pie or garlic pudding or garlic cake or garlic cookies. Have you? Please bake me one of the above and send it by DHL or FEDEX so I can have it for dessert this coming Sunday. I can hardly wait to get into these garlic goodies. The following is an article for our edification and our education from one of the local papers.

Garlic is well known as a natural health remedy that has long been used to treat various ailments. It is extremely easy to source and can be consumed cooked or fresh. It is most easily included in your food or can be eaten on its own. You don't need to limit yourself to fresh garlic either. Garlic powder or dried garlic flakes are just as effective and super easy to keep in the cupboard for everyday use.

It is recommended that adults consume no more than one clove two or three times a day and that children have one quarter to one half a clove, once or twice a day. Garlic can help to treat a wide variety of ailments as well as making your dinner taste amazing. Ten amazing health benefits of garlic are listed below;

- 1. Garlic has been found to assist babies to gain weight while they are in the womb. Next time you have a baby prepare to have garlic breath if you want a big baby.*
- 2. Garlic strengthens the immune system as well as helps to fight chest infections, coughs and congestion. In the winter months garlic is a great food to boost your immune system and ward off colds and flu. An old folk remedy is to eat a clove of garlic that has been dipped in honey at the first sign of a cold.*
- 3. Garlic contains high levels of iodine which makes it a very effective treatment for hyperthyroid conditions. Treatment with garlic has been shown to greatly improve this condition.*
- 4. Scurvy is treated by vitamin C and garlic contains good levels of vitamin C too.*
- 5. Impotency has long been thought to benefit from doses of garlic, and treatment continues in many communities to this day.*
- 6. Cardiovascular disease can be reduced by ingesting garlic. Cholesterol is no friend of garlic and the aortic plaque deposits that gather on the walls of your body's veins can be reduced with the use of garlic too. Studies have shown the amazing benefits of taking garlic in relation to heart disease.*
- 7. Fungal and bacterial vaginal infections are toast when treated with garlic! When crushed or bruised, garlic releases Allicin which is a sulphuric compound that is a natural antibiotic.*
- 8. Garlic is a great source of vitamin B6 which is needed for a healthy immune system and the efficient growth of new cells. Vitamin B6 can also assist with mood swings and improve your cheery disposition!*
- 9. Garlic can aid in the prevention of multiple types of cancer. Bladder cancer, prostate cancer, breast cancer, colon cancer and stomach cancer have all been shown to have their tumours reduced when treated with garlic. Vitamin B6 is said to have cancer fighting abilities.*
- 10. Garlic actually gets into your blood stream which is why it is so effective in so many ways.*