



You are the salt of the Earth

Ministry of Health and Wholeness

Be Prepared: Practice Fire Safety

Special points of interest:

Listen to Chloe's Story



<https://vimeo.com/528634903>

For additional Fire Safety information visit Red Cross:

<https://tinyurl.com/4fraw3xy>

- **Practice:**
- G– greens & grains
- R– rest/ relax
- A– activity & exercise
- C³– cease smoking, control drinking, contact people
- E– emotional centering with contemplative mindfulness practice

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Fire Safety

Fire Facts (See attached):

- Home fires are the single most common disaster across the nation.
- Fires kill more Americans each year than all natural disasters combined.
- Children under 5 and adults over 65 are more than twice as likely to die in a home fire
- Cooking fires are the leading cause of home fires and home fire injuries
- 2/3 of home fires start with the stove, heating fires are second
- Smoking is the leading cause of home fire deaths
- Sprinklers and smoke alarms cut the risk of dying in a fire by 82%
- Each year over 200 people die from CO produced by appliances in the home
- Smoke inhalation is a serious result of fires

Fire Safety History:

- Fire safety has changed over the years because of how quickly a fire can spread
- In 1970, it took 30 minutes for a single room to burn
- Today because of the materials used in construction, flames can spread through an entire house in just 5 minutes
- An uncontained fire can

cause serious injury and death in addition to property damage

Be Prepared (just in case):

- Install the right number of smoke alarms; testing monthly
- Teach children what smoke alarms sound like & what to do
- Ensure all the family knows 2 ways to escape from each room and where to meet
- Have a family emergency communication plan with who to contact including 911
- Practice home escape routes
- Teach/practice **STOP-DROP-ROLL** if clothes catch fire

Fire Prevention :

- Keep flammable items 3 feet from heat sources
- Smoke outside with ash tray & extinguish with water
- Never smoke in bed or when drowsy or medicated
- Talk to children often about dangers of fire, matches, & lighters— store out of reach
- Turn portable heater off when not present or sleeping
- Use flash lights rather than candles when power is out
- Never (ever) leave burning candle unattended
- Stay in kitchen when frying, grilling or broiling
- Keep pets away from stoves
- Keep stove area free of things- pot holders, towels, bags, etc.
- If fire starts in a pan, put the lid on & turn stove off-leave lid on

- until cool
- Never throw water on a grease fire

Safeguards :

- Install smoke alarms on each level outside each sleeping area
- Install CO alarms in central location near sleeping areas
- Make sure all heating sources are clean and maintained
- Regularly check electrical wiring for fray, exposed wire or loose plugs
- Make sure wires are not under rugs or high traffic areas
- Electrical outlet have cover plates and no exposed wires
- Avoid overloading outlets or extension cords
- Make sure all appliances are laboratory tested
- Store flammable items away from heat sources and rags containing flammable chemicals in metal cans



<https://tinyurl.com/y3knx7t3>

At Living Saviour pick up a copy of the **Home Fire Safety Inspection Checklist** to use at home.



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**Health in the
Headlines:**

COVID Update:

- * COVID community risk is LOW in Mecklenburg County.

Epidemic Of Chronic Illness Is Killing Us Too Soon (Washington Post)

- * Chronic diseases are killing more people between the ages of 35-64 than opioids and gun violence.
- * America's medical system is the worst in the world at growing healthy people.
- * Poor life expectancy is the predictable result of the society we have created and tolerated: one riddled with lethal elements, such as inadequate insurance, minimal preventive care, bad diets and a weak economic safety net.
- * <https://tinyurl.com/yj4tjvez>

Ministry of Health and Wholeness: Pondering the Sacred

*"So then, let us not be like others, who are asleep, but let us be awake and sober."
1 Thessalonians 5:6*

Just as fires level and decimate what has been grown and built, modern society is in a time of great unraveling, destroying the institutions and traditions that have long been held sacred. Are we prepared? *The following is taken from Faith & Leadership, a resource at Duke Divinity:*

"In her book "The Great Emergence," Phyllis Tickle argues that Christianity is currently undergoing a massive upheaval as part of a regular pattern that occurs every 500 years, in which old ideas are rejected and new ones emerge. Ultimately, the old expression of Christianity is refurbished and revitalized, while a new, more vital form also is created, she says."

"She identifies these periodic upheavals as the Great Reformation, the Great Schism, the Great Decline and Fall, and the Great Transformation, and says they stretch back into Jewish history as well. This sociological and cultural shift involves a distrust of all institutions and is forcing mainline Protestant Christianity to become less hierarchal and more communal. At the same time, she says, it offers an opportunity for Protestantism to renew and refine itself."

"It's not just that Christianity is changing. It's the whole culture. Have you looked lately at the number of Rotary Clubs that aren't anymore or the number of Kiwanis Clubs that aren't anymore? American Legion? VFWs? Institutionalization is being leveled. One of the characteristics of emergence thinking is there's a flattening out."

"Protestantism, whatever else its virtues are or were, is enormously divisive. That's got to stop. its other hallmark is deep intellectualism. Emergence Christianity is going to have to deal with some very serious and very intellectual questions. Educate, educate, educate at the congregational level. An informed parish is not fearful."

Fr. Richard Rohr invites us to be prepared for this Great Turning, in which we are now living, referred to as a Second Axial Consciousness where we are called to combine the pre-rational, the rational and the trans-rational. He says that this requires both intelligent and heartfelt participation, with our whole heart, mind soul and strength as Jesus put it.

Rohr says the flames of the Holy Spirit are descending anew. We must each do our part to further what some call "the Great Turning". We must rebuild from the very bottom up, and all the past mistakes must be included as teaching opportunities. Rohr teaches that a daily contemplative practice is our best preparation for receiving and responding to this Holy Fire.

Opportunities to Boost Health and Practice G.R.A.C.E. at Living Saviour

Monday 6:30 PM – Beginner/Intermediate Yoga

Class provided by Lori Walker of Yoga for You Studios (LSLC member discount)

Tuesdays 9:30 AM- Beginner/Intermediate Yoga

Class provided by Lori Walker of Yoga for You Studios (LSLC member discount)

Tuesdays 10:30 AM –STEPPS to Wellbeing: Start to Experience Peace, Potential and Serenity. Peer engagement based on 12 Steps Models to foster holistic wellbeing.

Thursdays 9:30 AM- Beginner/Intermediate Yoga

Class provided by Lori Walker of Yoga for You Studios (LSLC member discount)

Thursdays at 11:00 AM Chair Yoga-

Class provided by Debbie Mangeney of Feel Good Yoga Girl

Saturdays at 9:30 AM Aerobic Exercise –

Class provided by Lyn Addy, Certified Group Fitness Instructor (LSLC Donation)

Saturdays 10:00 AM- Beginner/Intermediate Yoga

Class provided by Lori Walker of Yoga for You Studios (LSLC member discount)