

A VERY SPECIAL THANK YOU
TO ALL OUR FIRST RESPONDERS! YOU ARE HEROES!



FALCON FLYER NEWSLETTER

April 13, 2020

"Training students to live for Christ today so they may live with Him for eternity"

Calendar

April is National Poetry Month

4/15 Tax Day (Extended)

RCA Distance Learning Continues

RCA 2020-2021 Registration Continues

Bible Verse of the Week

"Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us."

- Romans 5:3-5

Facts about The Flu

The word influenza is the Italian word for "influence"

Each year, an average of 5% to 20% of the U.S population contract the virus.

Hippocrates first reported a flu-like disease in the year 412 B.C

You should get vaccinated by October.

It's hard to pinpoint the exact number of flu-related deaths each year.

The Importance of Water

Water carries nutrients to all cells in our body and oxygen to our brain. Water allows the body to absorb and assimilate minerals, vitamins, amino acids, glucose and other substances. Water flushes out toxins and waste. Water helps regulate body temperature.

Inspirational quote

Whether you think you can, or you think you can't – you're right."

-Henry Ford

This week in history

April 2, 1513 - Spanish explorer Ponce De Leon sighted Florida and claimed it for the Spanish Crown after landing at the site of present-day St. Augustine, now the oldest city in the continental U.S.

THE BEST WAY TO EXPLAIN EASTER

(Taken from CBN online)

Jesus had come into town for the Passover celebration and was nearing the time when he would be betrayed by one of his disciples, publicly humiliated and mocked, beaten beyond recognition, and hung on a cross to die. It was the night before his suffering when he made his special request for his followers to remember that He gave his body for them and poured out his blood as a sacrifice for them. The best way to understand the real meaning of Easter would be from Jesus, in His three words ... the new covenant.

PBS KIDS for Parents

Offers free resources and information from articles like How to talk with your kids about coronavirus to family learning activities. All PBS KIDS for Parents content is created by expert educators and child development professionals and vetted by PBS.

HCOC Prayers

Tune In for prayer online
Wednesdays and Sundays

Communion (Outdoors)
10 am – 12 noon Sundays

After the Winter

By : Claude McKay

Someday, when trees have shed their leaves and against the morning's white
The shivering birds beneath the eaves
Have sheltered for the night,
We'll turn our faces southward, love,
Toward the summer isle
Where bamboos spire the shafted grove
And wide-mouthed orchids smile.
And we will seek the quiet hill Where
towers the cotton tree, And leaps the
laughing crystal rill
And works the droning bee.
And we will build a cottage there
Beside an open glade,
With black ribbed blue-bells blowing
near
And ferns that never fade.

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