

The Encouragement Newsletter

I Am Back!!

Where Have I Been and What's Been Going On?

It has been a while since I have written a newsletter. The last newsletter, "We are Able... God Is Able", was actually written during the pandemic. I have definitely missed penning and publishing the newsletter over the last two years, but a lot has transpired and I will be sharing some of those things as the Lord directs. However, at this time, I want to share two major events, which were the transitions of my sister and father within two months of each other. Prior to their transitions, I had an aunt to transition right before them. They had been ill for quite some time. People often say, "They are in a better place because they are no longer suffering." This is true, but the impact of death on those left behind is at sometimes unexplainable. There is a process to grieving and everyone is different. You really do not know what that process will look like until you have experienced it on a personal level, but the Lord is always gracious to comfort and strengthen in the time of need.

Prior to the deaths of my family members, I was like you, living in and through the COVID-19 pandemic. The year 2020 left an indelible mark on the soul of mankind across the globe. It is a time in history no one will ever forget. Some experienced the physical sickness brought on by the virus and were hospitalized. Some were care givers of the sick. Some lost loved ones to the virus. Some are suffering with "long COVID". Some lost their jobs and suffered financial hardship. Some have never been sick with the virus at all. The affects have been varied and far reaching. My husband and I were sick in 2021, but the



Lord was gracious to us. By His power and might He brought us the healing and deliverance we needed. Everything we face has one main purpose, which is to come to know the Lord in a greater way. We had to go through this season to come to know the Lord as Jehovah Rophe, the God that heals. There was and still is so much confusion surrounding the virus. Like, how to properly treat, cure versus no cure, etc.; there are lies, truth, misinformation, and no information. The mass confusion and fear has left most more questions than answers. One thing for sure, as believers in Jesus Christ, we know this did not take Him by surprise.

We can also find rest in knowing that from age to age and from generation to generation we will always find answers, hope, and peace in the scriptures. Ecclesiastes 1:9 tells us, there is nothing new under the sun. Therefore, what we are living has been before in some way, shape, or form.

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As we comb the scriptures, we realize we must have "true faith" in Jesus Christ. The true faith we need today is much greater than believing for material things like cars, clothes, washing machines, bigger houses, TVs, making more money, or even a spouse. The prosperity gospel taught pursuit of and obtaining "things" as the essence of faith. We have so much chaos, turmoil, and confusion in our world and more stuff is not the answer. We need the Lord to be our Jehovah Shalom - our Peace in the time of trouble (John 14:27). We need Him to keep our mind (Isaiah 26:3), and strengthen us (Isaiah 40:29, 31).

Over the last two years, I have found the need to draw nearer to the Lord and not be drawn away because of the cares of the world as seen

in Mark 4:19. There has been a demand for me to "level up" my faith, trust, and spiritual life in its entirety. I believe we are in a season where our faith and trust cannot be a casual song, passage of scripture, or even a good message. Our faith must be a living hope and the anchor of our soul.

So, essentially, I have been in a place similar to you. I have discovered there is a lot of soul work to be done and lot of growth that must take place on many levels in my life. I am sure many of you have felt the same way.

I am hopeful that what I provide you in the days to come will help you as you live your life for the Lord Jesus Christ and we are able to "level up" together.

So...What Does the Future Hold?

I anticipate incorporating many avenues for bringing encouragement. I will continue the regular "The Encouragement Newsletter", but will add short e-mail blasts called "The Encouragement Note", short audio clips of music, teachings, health/nutrition tips and more. Visiting my [website](#), you will see some of this is currently available, but updates are on the way.

Lastly, I am looking for an Encouragement Team, those who would like to join me in

encouraging others by sharing their story, testimony, and words of encouragement. If you are interested, please e-mail me at encouragement@theencouragementplace.com.

Well, this is it for now. Stay tuned for more **Encouragement** coming your way in the new year.

Veronica

FOCUS ON HEALTH



Since we are in the cold and flu season, I thought I would share a tea I have consumed the last two years or so. Now here is my disclaimer, I am **NOT** a medical professional and this advice is **NOT** to take the place of consultation with your doctor. You will need - 1) Juice of one lemon, 2) 1/2 tsp grated ginger, 3) 1/2 tsp of chopped garlic, 4) sprinkle of cayenne pepper (sprinkle as much as you can stand), and 5) add ingredients to 1/2 cup of hot water. To find this home remedy and more visit, [Barbara O'Neil Natural Remedies](#). **NOTE: I do not add eucalyptus oil as seen in the video, I strain the garlic before consuming, and I use organic garlic and ginger.**

I Thessalonians 5:11

Therefore, ENCOURAGE one another and BUILD one another up, just as you are doing