



# BRIDGES OF LOVE

LOVE IS ACTION – November, 2021

“THERE IS NO FEAR IN LOVE” 1 John 4:18

THERE IS NO  
**F E A R** in love.

*But perfect love* drives out fear, because fear has to do with punishment.

The one who fears is not made perfect in love.

1 JOHN  
4:18



Over the past two years, living through a pandemic, has brought a dark shadow of fear that envelopes and ultimately imprisons us within ourselves. Over coming fear is essential for our well-being and ultimately for our mental health and peace of mind. Under our own devices, however, this is not easily accomplished.

If we are to dispel the darkness of fear, we must remind ourselves of God's love. He loves us perfectly and unconditionally. His love will quiet our fears and give us confidence, that He is with us.

*There once was this criminal who had committed a crime. He was sent to the king for his punishment. The king told him he had a choice of two punishments. He could be hung by a rope, or take what's behind the mysterious iron door. The criminal quickly decided on the rope. As the noose was being slipped on him, he turned to the king and asked: "By the way, out of curiosity, what's behind that door?"*

*The king laughed and said:*

*"You know, it's funny, I offer everyone the same choice, and nearly everyone picks the rope."*  
*"So," said the criminal, "Tell me. What's behind the door? I mean, obviously, I won't tell anyone," he said, pointing to the noose around his neck. The king paused then answered: "Freedom, but it seems most people are so afraid of the unknown that they immediately choose the rope!"*

We can conquer our fears, by trusting in the Lord, who casts out all fear!

## EARTHQUAKE IMPACTS

An earthquake is the sudden rapid shaking of the earth, caused by the breaking and shifting of subterranean rock, as it releases strain that has accumulated over a long time. It is usually less than 50 miles below the surface. Earthquakes can trigger other hazards, such as avalanches, fires, floods, landslides, and tsunamis.

### Earthquake Preparedness:

- ✓ Practice how to drop, cover, and hold on
- ✓ Conduct earthquake drills with your family or co-workers
- ✓ Develop a family communication plan
- ✓ Keep supplies on hand
- ✓ Keep shoes and a flashlight under the bed
- ✓ Secure bookshelves, water heaters, and tall furniture to wall studs
- ✓ Install latches on all cabinets, and anchor overhead lighting fixtures
- ✓ Secure items that might fall, such as television sets
- ✓ Store heavy and breakable objects on low shelves
- ✓ Move beds away from windows
  - Move or secure hanging objects that hang over beds, couches, and other places where people sit or lie
- ✓ Have a licensed professional install flexible pipes to avoid gas or water leaks

### During an earthquake:

- ✓ Drop, cover, and hold on
- ✓ If indoors – stay there until shaking stops
- ✓ If outdoors – find a spot away from buildings, trees, streetlights, overpasses, and power lines
- ✓ In a vehicle – drive to a clear spot and stop
- ✓ If in bed – stay there and cover your head and neck with a pillow
- ✓ Immediately check yourself for injuries and protect yourself from further danger
- ✓ Tune to the Emergency Alert System for instructions and possible after shocks
- ✓ Help neighbours who may require assistance

Mark & Naomi Pollon  
October 2, 2021

We are very pleased to share the news of our middle son, Mark's marriage to his lovely bride, Naomi McGregor. The autumn day was picture perfect and despite COVID concerns, everything went very smoothly. The honeymooners spent two weeks vacationing in Croatia where they enjoyed beauty, rest and a little adventure! Congratulations with much love for a life filled with continued joy and fulfillment.



Their first day in Croatia came with a significant magnitude 5.1 earthquake which rocked their hotel. One never knows where emergency knowledge may save a life! We are thankful Mark and Naomi are now safely home.