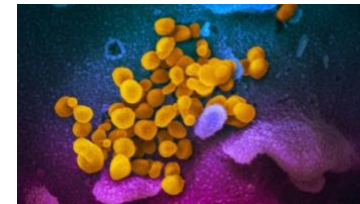




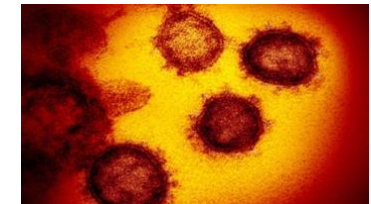
Coronavirus Goes Rampant Worldwide



Covid-19 is a newly discovered variety of Coronavirus that is wreaking havoc throughout the world at this time. The term *Covid-19* is shorthand: CO = Corona; VI = Virus; and D = Disease; 19 = the year it was identified. Coronaviruses are so named because of the spikey projections that look like points on a crown. Corona is Latin for 'crown'. These viruses cause respiratory infection ranging from mild, like the common cold, to severe flu-like symptoms.



Scanning electron microscope image by courtesy of National Institutes of Health showing yellow virus particles emerging from cells



A transmission electron microscopic image by courtesy of National Institutes of Health, shows Covid-19 with its crown-like spikes

Covid-19 affects the upper respiratory tract (i.e. the nose, the throat) but if it reaches the lower tract (i.e. the trachea and lungs) it can develop into pneumonia. Damage to the lungs if allowed to continue, may develop acute respiratory distress syndrome (ARDS) rendering the lungs unable to effectively exchange sufficient oxygen and carbon dioxide, causing respiratory failure and the need of a ventilator to assist the patient's breathing.

Jan Carette, an associate professor of microbiology and immunology at the Stanford University School of Medicine, explains how the core contains genetic material that the virus can inject into vulnerable cells to infect them. The spike proteins extend from within the core to the viral surface and allow the virus to "recognize and latch onto" specific cells in the body. He further explains that "when the spike engages its receptor on a host cell, a cascade is triggered, resulting in the merger of the virus with the cell". This merger allows the virus to release its genetic material and hijack the cell's internal machinery. "Once this happens," he explains, "the virus sheds its coat and turns the cell into a factory that starts churning out new viruses."

A Word in Season . . .

ME FIRST! We live in a very selfish world as has been vividly demonstrated recently with empty shelves in the supermarkets. My son who lives in Western Australia told about a fight in a local supermarket. There were six 36-roll toilet paper packs left on the shelf. A woman took the whole six of them. Another lady who also wanted some toilet rolls, politely asked her for just one as she had none; but the first woman refused and an argument ensued ending in a fight!

I wonder how much we care about other people and their needs. The apostle Paul said, "Each of you should look not only to your own interests, but also to the interests of others" - Philippians 2:4.

Of course, there are some unselfish people, like the little girl who heard about the starving children in a war-torn country. She wanted to help, so gave all her pocket money and her favourite doll to be sent out to a stranger.

What would we do if Jesus had decided to stay in Heaven and continue to enjoy the adoration of all the angels? Instead, He thought about you and me. The Bible says that "the wages of sin is death (Romans 6:23), but Jesus loves us so much that He came and paid those wages at tremendous cost to Himself. All we have to do is accept His gift of salvation. What a wonderful, unselfish God we have. Wouldn't it be wonderful if we all had that same unselfish spirit and did our best in helping to make others happy, especially at this trying time? - Pearl Walker.

Food for Thought . . .

"God will answer all our questions in one way and one way only - namely, by showing us more of His Son"

- Watchman Nee.

Keep looking up as things get brighter as you get nearer to the SON! Remember that God loves you.

Serious but Funny . . .

The lengths some people will go to in order to self-protect from Covid-19! A few shots picked up online: -



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Editorial

The great concern at this current time is coping with the pandemic that is sweeping around the globe and endangering life. As a Christian organization, our aim is to cooperate with the Government initiative for controlling and stemming the virus. This issue of *The Link* is dedicated to the situation. We continue to minister although it be a different way to normal. While there are restraining circumstances, our church is doing all it can to help individuals, and particularly the elderly, while reaching out to everyone in various forms of ministry.

Do familiarize yourself with the enclosed information and advice. There is also a message of encouragement. Do not fear but be concerned. Avoid carelessness and be cautious. Don't despair, place your trust in God. We pray for our community.

- Editor

Notice of Temporary Closure of The Adventist Church in Burnt Lane until Further Notice Due to the Coronavirus in accordance with Government Guidelines

Monday Evening Bible Study & other Meetings will be conducted online - See Church Website for details
The services of the Minister remain available
Phone: Pastor Mark Borrett 07729 997699

(WHO) World Health Organization Advice

Most people infected with the Covid-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is to be well informed about the Covid-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

The Covid-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

At this time, there are no specific vaccines or treatments for Covid-19. However, there are many ongoing clinical trials evaluating potential treatments. WHO will continue to provide updated information as soon as clinical findings become available.

Preventative Measures:

1. Wash your hands frequently with soap and hot water for at least 20 seconds. Can also use an alcohol-based hand rub.
2. Maintain social distancing - i.e. about 2 metres (6 feet), especially from someone coughing and sneezing.

3. Avoid touching eyes, nose and mouth from where the virus may enter your body, otherwise you may transfer the virus from a contaminated surface you may have touched.
4. Practice respiratory hygiene by covering your mouth and nose with a tissue when you cough or sneeze, then dispose of the tissue immediately. Avoid coughing into your hand.

What to do if . . .

1. If you have a fever, cough and difficulty breathing, seek medical attention early by dialing 111.
 - Stay at home if you feel unwell and follow the directions given by the health authority.
2. Stay informed and follow advice given by the medical advisor.
 - Stay informed on the latest developments about Covid-19 and continue to follow the advice given.
3. If your symptoms get worse, seek further medical advice.
 - Do not just turn up at the Accident & Emergency without being instructed to do so.

If you have no immediate family nor anyone to turn to, or there is no one nearby able to help, and you are self-isolated and desperately need someone to reach out to for help, then you may reach out to us by calling Pastor Mark Borrett and something will be arranged to assist you.

What's on the Horizon?

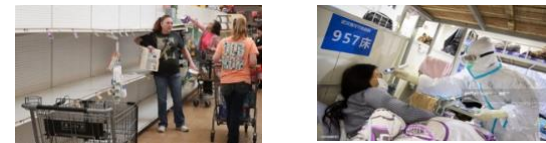


It reminds you of something out of a movie, yet it is becoming a familiar scene on television news bulletins. Just what is our world coming to? The medical services are pressed to the limit, people are laid off from work, travel is restricted, airlines grounded, airports empty, businesses closed, supermarket shelves empty.



Someone may be shouting: "Stop the world, I want to get off!" Is life on this planet as we know it facing a radical change? Well, we are encountering life from a new perspective. There are many things going haywire these days and many people are living in fear of what

is transpiring in today's world - not only abroad but also in the UK. We were warned that this would become the condition of



things (Luke 21:26) and that "perilous times would come" (2 Timothy 3:1). To those who are familiar with what Christ warned would come, the Coronavirus comes as no great surprise: He said that in the days just before He returns in glory that "pestilences" would come (Luke 21:11). The Greek word for pestilences is *loimoi* - a word that is also translated as "plagues" or "epidemic diseases" in some versions of the Bible. Recently, we have seen the rise of AIDS, the Ebola Virus, and now we have Covid-19 on this gigantic scale.

What do these things really mean? Well, we do not need to speculate because our Saviour gave us the answer when, in His foreknowledge, He warned us about these things to come; but He told us to be encouraged when they happen because they indicate that His Second Coming is "even at the doors" (Luke 21:28). Surely that is good and encouraging news, is it not? Well, some will no doubt poo-poo it. They are free to do so, yet it will happen. How can we be sure? What Christ foretold is being fulfilled in front of us. In fact, nothing He has told us has ever failed.

You know, a medical doctor recently made the point that fear and anxiety reduces our immune system, making us more inclined to become sick. He has a point. Rather than living life in fear and anxiety, why not try putting your trust in God.

Bring a Smile to Your Face . . .

I received a couple of comic pictures recently from someone, who like all of us, is aware of the difficulty obtaining toilet rolls due to the panic buying in the shops. I thought these would help bring a smile on everybody's face!

