



# Bridges of Love

**"WE ARE HARD PRESSED ON EVERY SIDE, BUT NOT CRUSHED" 2 Corinthians 4:8**



Paul reminds us that though we may think we are at the end of our rope, we are never at the end of our hope. Paul experienced suffering, trials, and distress as he preached the Good News. But he knew that they would one day be over, and he would obtain God's rest and rewards.

My niece Heather loves nature, with hiking and photography being two of her favourite activities. Heather introduced Facebook to her housemate, Willa Weaver, who lives in her window, sharing that Willa demonstrates balance, patience, creativity, and connectedness. Heather captured the beauty of Willa's magnificent web, as well as the heartache that comes with living life amid its challenges. We, too, become frustrated and discouraged by what seems like an endless journey going round and round in circles!



Just as in Willa's case, however, there is purpose in our suffering. Problems and human limitations remind us of Christ's suffering for us. They keep us from pride, they cause us to look beyond this brief life, they prove our faith to others, and they allow God to demonstrate His power. As Heather so beautifully expressed,

***"Keep spinning and weaving, my friends, God sends His LOVE!"***

## "WILDFIRE SMOKE & MASKS"

Wildfire smoke can irritate your eyes, nose, throat, and lungs. It can make you cough, wheeze, and can make it hard to breathe. If you have a lung disease or heart disease, inhaling wildfire smoke can be especially harmful. The most effective ways to protect yourself from wildfire smoke are to stay indoors, limit time outdoors and reduce physical activity. People who must be outside in smoky air may benefit from wearing masks called "particulate respirators." Most people will find it difficult to wear the masks correctly. If the mask does not fit properly, it will provide little or no protection. Using respirator masks can make it harder to breathe so masks with a relief valve will make breathing easier. Anyone with lung or heart disease should check with their health care provider before using any mask.



**Will a face mask protect me from wildfire smoke?** Respirator masks worn correctly may provide some protection by filtering out fine particles in the smoke. These masks **do not** help with hazardous gases in the smoke. What face mask should I get? N95 respirators are the cheapest and most available masks to help protect your lungs from wildfire smoke. They are generally available at hardware stores and pharmacies. Make sure the mask is: Certified by the National Institute of Occupational Safety and Health (NIOSH). Not a one-strap paper dust mask or surgical mask. It should have two straps that go around your head. A size that fits over your nose and under your chin. It should seal tightly to your face. If the mask does not fit properly, it may not provide any protection.

## ALBERTA RECOVERS



As you can see from Bridges of Love's Flow Chart of programs, Alberta Recovers is our response initiative. When disaster strikes, people need resources to help them sustain their lives and those of their family, until they can rebuild what was lost.

We have seen firsthand the devastation caused from improper donation management. After the Slave Lake fire, mounds of unwanted donations became a nightmare for those who were taking care of all the articles that came in. We were in Slave Lake months after the devastating event and were given a tour of the curling rink where truck loads of donated items were sorted and housed. They shared that three large truck loads of unwanted items had already been taken to the dump!

Bridges of Love's on-line donation platform, eliminates the need for a storage facility. Imagine, no truck loads of unwanted donations to deal with and the cost associated with the need for a facility to house the multitude of donated items.

Please check out our [website](https://www.bridgesoflove.net) to learn more.