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# HOPE

HELPING. OUT. PEOPLE. EARNESTLY

COVID19 QUARANTINE CENTRE  
LIVINGSTONE FOUNDATION INTERNATIONAL  
KEVIJA-Ü/THAHEKHU, DIMAPUR  
Managed by Western Sümi Hoho &  
Western Sümi Baptist Akukuhou Küqhakulu (WSBAK )  
W E D N E S D A Y

e-Newsletter

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## COVID19

### SOME DO'S & DON'TS:

#### Do's

1. Always use Hand Wash or Hand Sanitizer
2. Always Cover Your Mouth & Nose
3. Consult A Doctor If Sick
4. Stay Indoors
5. Maintain Social Distancing

#### Don'ts

1. Avoid Close Contact With Anyone
2. Do Not Spit
3. Avoid Close contacts
4. Don't Panic
5. Don't Touch Your Face, Eyes & Nose



Vilivi Aye  
BA (H) History III  
Miranda House College, University of Delhi



Over the last weekend, I have witnessed beautiful skies and two rainbows consecutively for two days. Usually I'm already home from outstation for summer during this time of the year and I look forward to it because of different painted skies in display every day. But what is different from other years is that; I'm seeing more rainbows this time around! It's like God reminding us to be hopeful of the promise...that God is with us through the storm, giving us courage and perseverance to overcome the difficulties we're facing today.

We know it from the Bible that rainbow signifies God's Covenant with the earth (Genesis 9:13). It shows God's Divine faithfulness and displays God's Power and Glory in all of its brilliance. It is a ray of HOPE in the midst of the dark clouds. So let's take heart and not lose HOPE.

*"We are hard pressed on every side, but not crushed; perplexed, but not in despair;"*

2 Corinthians 4:8 (NIV)

*"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us, an Eternal Glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal."*

2 Corinthians 4:16-18 NIV



#INMATES

***that wakes up our  
senses and  
reminds us to live***

trees don't worry about  
their shapes or size,  
they teach us to focus  
on growth.

Taste and see  
that the LORD is  
good; blessed is  
the one who  
takes refuge in  
HIM.

AND NOW ABIDETH  
FAITH  
HOPE & LOVE,  
AND THE  
GREATEST OF THESE  
IS LOVE  
1 CORINTHIANS 13:13

There's something about autumn that wakes up our senses and reminds us to live.

*that wakes up our  
senses and  
reminds us to live*

ature alone is antique and oldest art a  
mashroom



**BE LIKE A TREE**

Stay grounded,  
keep growing,  
**and know when  
to let go.**

Be kind  
to  
everything  
that  
lives

Deep in their roots, all flowers  
keeps the light

nature alone is antique and oldest art a  
mashroom  
Easter eveh

Our journey is not the same, but  
if we meet each other on a certain  
path, may we encourage each  
other.

The happy fruit.... "bananas are a happy fruit as they have tryptophan, which gets converted into serotonin in the body, known to make us relax, improve your mood and generally make us feel happier" ... 😊😊😊

If you surround yourself with positive people who build you up, The SKY is the LIMIT.

The greatest thing in the world is to know how to belong to oneself.

#STRENGTH  
BE STRONG LIKE ONE SHOULD NEED  
A CHAINSAW TO PUT YOU DOWN

"In wilderness lies  
the hope of the world"

I believe a leaf of grass is no less  
than the journey-work of the  
star.....

"Once you have tasted the taste of SKY, you will forever Look Up."

Flowers are believed to represent the cycle of creation. ... There is believed to be a secret symbol hidden within the Flowers which is said to hold the most significant role in it:-)

jackfruit is a metaphor for something new that you are learning about someone. You are preoccupied with something in your mind that is causing you much anxiety. Whatever you are feeling is still very fresh or raw. The dream symbolises ability to express your desires or ideas. You are showing restraint and control over your emotions.

The Lord will fight for you need only to be still  
Exodus 14:14

No matter how dark the moment,  
love and hope are always possible.

Thank you God for everything in my life  
Both the good and bad. Some were  
blessings and some were lessons Amen.

No matter what, we all humans need a shelter too in our life , and I'm happy n blessed to find a shelter (more or less like our own house) , during this pandemic period.. 🙏🏡



"Every flower is a soul blossoming in nature"

DON'T BE SAD!  
BECAUSE GOD SENDS  
HOPE IN THE MOST  
DESPERATE  
MOMENTS. DON'T  
FORGET THE  
HEAVIEST RAIN  
COMES OUT OF THE  
DARKEST CLOUDS.

let the beauty of nature remind you  
the goodness of God

There's something about autumn that wakes up our senses and reminds us to live.

2:52 pm

1st Position - Room no. 1,  
Bed no. 10

2nd Position - Room  
no. 3 Bed no. 21

trees don't worry about  
their shapes or size,  
they teach us to focus  
on growth.





Breakfast was prepared by Thahekhu VLO. God Bless



Lunch was prepared by Madam Toyeli Samson. God Bless

Dinner was donated by Mr. Tito Yeptho, President - DDAU. Thank you Sir, God bless U



Special thanks to Aghunaqa Area Students' Union - AASU, for donating food packets for the inmates.



Evening Worship led by Sumi Baptist Church Diphupar - B, Message by Rev. Toniho Kiho.



Inmates Volunteering to Clean the Bathrooms



Big thank you to Mrs Hoboli Bohoi Yepthomi for the Dog soup and meat for the volunteers.



Special Thanks to our Two Gentlemen working as Volunteers at Q - Centre LFI

Mr. Kughato Achumi, Vice President - Western Sumi Students' Union Sponsored the Photography Competition.



Mr. Kahito Chishi, President - Dimapur Sumi Students' Union Sponsored the Tik—Tok Competition.

#### STATUS UPDATE

60 RETURNEES released from Q - Centre LFI,  
at Present 78 inmates at Q - centre LFI.

#### HELPLINE NUMBERS:

##### For General Help:

Medical Quick Response Team (QRT): 07630877983/06009920884/03862-227006.

Reception: 7005352003: 9436004409: 8837207330

Organiser's: 8787581778/9402832881: 8119960737

For Personal Online Counselling: 6009099799 (Female), 8730028488 (F), 8415867373 (F), 8794588394 (F), 7005575202 (Male), 7005837100 (M)

Soliciting your cooperation