

HOUSE OF FAITH PARTNER'S NEWSLETTER

APOSTLES DEXSTER & DEMOSHA SPELLER

FROM OUR APOSTLE'S DESK!

Our Apostle taught a Powerful series entitled, "**Staying In Faith!**" The messages were Life Changing, Mind Shifting, and On Time! We were encouraged to Trust God even when we can't trace him.

Current messages can be viewed on our Facebook page. Older messages are on our YouTube channel: Faith on Display. Don't forget to Like, Share, and Subscribe!

Did you know Apostle Speller goes live on the D2Ministries Facebook page on Mondays at 7:30am? Tune in to **Morning Inspiration** with our very own Apostle to be inspired, encouraged, and energized! Here's the link: <https://www.facebook.com/D2MinistriesTX>

Have you heard the news?! You can spend your lunch break with our amazing Lady Dee! Be sure to tune in to **Lunch Break with Lady Dee** on Thursdays at 12:00pm, live on the ladyspeller Facebook page. Here's the link: <https://www.facebook.com/Demosha/>



STAY IN THE KNOW!

For the month of December, we are going Virtual! All services will be held online.

Sunday services will be live via our Facebook page @ 10:30am.

Bible Study will take place on Zoom, every Tuesday at 7:30pm. Weekly updates will follow.

If you would like to be added to our service distribution list, please email the Chief of Staff at chief_staff@houseoffaithcc.com.

ENCOURAGEMENT & LOVE!

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GOD IS YOUR
SOURCE

—
APOSTLE DEXSTER SPELLER

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RESOURCES & TIPS!

9 Ways to Boost Your Body's Natural Defenses

While bolstering your immunity is easier said than done, several dietary and lifestyle changes may strengthen your body's natural defenses and help you fight harmful pathogens, or disease-causing organisms.

Here's 9 tips to strengthen your immunity naturally:

1. Get enough sleep.
2. Eat more whole plant foods.
3. Eat more healthy fats.
4. Take a probiotic supplement.
5. Limit added sugars.
6. Engage in moderate exercise.
7. Stay hydrated.
8. Manage your stress levels.
9. Supplement wisely.

<https://www.healthline.com/nutrition/how-to-boost-immune-health>

SIMPLE RECIPES BY CHEF ASHLEY!

Mediterranean Quesadilla

We all love our quesadillas but this is a lighter, fresher take. This Mediterranean quesadilla would make a great lunch or appetizer. This recipe makes 3 quesadillas.

- 1 diced tomato (grape/cherry tomatoes work best for a sweeter taste, or plum tomatoes)
- 1/3 cup diced red onion
- 1 cup chopped spinach
- 1/2 cup feta cheese
- 1 cup shredded mozzarella cheese
- 3 burrito style tortillas or street tacos tortilla for a smaller option

Directions:

1. Combine tomato, red onion, spinach and cheeses.
2. Fill 1/3 of mix into tortilla, fold into half.
3. Heat a small amount of oil in a large flat pan or on a griddle over medium heat. Transfer the tortillas to the pan and cook for 3-4 minutes on each side, pressing down with a spatula, until each side is lightly browned and cheese is melted.
4. Cut into 4 slices and serve. Enjoy!

Editor: Kim Winters