

## Viki Singer testimony

As a young child I was invited to church along with my family and we began attending faithfully. There I first learned that I needed a Savior & that Jesus Christ was crucified and paid the price for my sins to redeem me. It was in VBS at the age of nine that I knelt at an altar & asked Jesus to forgive me & come into my heart.

I was baptized in a pond down the street from my church & never looked back.

As a young adult I realized that I needed more than just repentance & I again knelt at an altar & I committed my life to serving Christ.

After I finished nurses training & was married I began to find ways to serve. A mentor told me as a teen that not only should I be faithful in my church attendance but that I should invest in the lives of others & that always stuck with me.

I began finding ways to minister by working on the bus route, canvassing the community, teaching Sunday school classes, serving as children & youth director. I found there was always

ways to serve the Lord by doing for the least of these as Scripture teaches.

There were many trials to go through, burying two babies, taking care of my husband for 7 months after he had a serious accident with a semi ~~truck~~ breaking both ankles, both wrists + multiple other bones. But it was at that time that God gave me the verse Psalm 37:25 "I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread." Through that year God continued to provide for us and my husband walked again and went back to work when doctors said he probably would not.

After my husband retired he had the first of two strokes and dementia began so in 2018 I packed him and all our belongings up and moved to Xenia to be close to my daughter for her support. My husband and I tried several different churches but each one just seemed too empty with not enough deep Bible teaching.

Then on Feb 11th, 2021 my husband died at home and went home to be

be with his Savior. Leaving more than ever for me to find a good church.

My daughter and I were out driving and talking about finding a church and we drove by Lighthouse Baptist Church and saw a sign outside that said "You Belong Here." We felt that was an answer to our prayers. We went that Sunday and after hearing Josh's sincere Bible preaching and how friendly and accepting the people were, we decided this was where we belonged. That was right before Mother's Day 2021. The rest is history.

Another favorite verse for me is Jeremiah 29:11 "For I know the plans I have for you this is the Lord's declaration - plans for your well being; not for disaster; to give you a future and a hope. You will call to me and come and pray to me, and I will listen to you. You will seek me and find me when you search for me with all your heart."

1. The first part of the paper is a review of the literature on the topic. It discusses the various methods used to study the effects of stress on the immune system, and the results of these studies. It also discusses the role of the hypothalamic-pituitary-adrenal axis in the stress response.

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