Pastor’s Pieces for March

We are in the season of Lent, and for many this means setting aside the usual routines and taking on "Lenten Disciplines". Let me suggest 5 actions consonant with building spiritual strength:

1. Eat well. (Read Matthew 7:9-11)

2. Sleep well. (Read Psalm 127:2)

3. Exercise well. (Read Philippians 3:13-14)

4. Pray well. (Read Mark 1:35)

5. Play well. (Read Matthew 6: 2)

May you be blessed as you prepare for the passion of our Lord, His resurrection and ascension.

Serving with love,

Pastor Lisa +