



FOCUS OF THE MONTH

MARCH 2019

Lent A Time For Healing

“Lent begins in ourselves when we come to be aware of our need for healing. Healing is not just physical, spiritual, emotional and psychological; it is also a healing of memories and self-image. It is a total restoration of our being through God's love. Jesus shares this first Lent with us. He asks us to partake with Him a journey to healing, one of forty days.

The number forty and the desert journey is very significant to Jesus and our Jewish brothers and sisters: It took forty days to heal the earth through flood in Genesis 7: 1-24. It took Israel forty years of wandering in the desert the Book of Exodus to be healed from their slavery to Egypt and to find their freedom in God. Our journey relives all of this with Jesus in Lent.

What we need to do in our Lenten journey is very simple as we are told in **Matthew 6: 1-6**

These things tell us of the heart of Lent, it is a relationship of love between ourselves and God, between ourselves and our neighbor, between ourselves and our environment, the earth upon which we live. But in all of this, it is our heart speaking directly to the heart of our God. Thus, it is truly private, pure and intentional; there are no ulterior motives to our activities in Lent.

Final Lenten Thoughts

Lent is not just forty days,
Lent takes us to a place of greater growth,
It is a place of new beginnings,
A place where hope springs anew,
And that which was dead
Returns again to life.”



FOCUS OF THE MONTH:

APRIL 2019



April brings the promise of spring and resurrection. We see the barren winter landscape begin to come to life. God seems so evident at this time of the year when things that seemed dead begin to show signs of life.

It reminds us of the Holy Season we are in.

I was ask at one time to write Your Own Psalm

The teacher suggested that we each write a psalm for ourselves and that each should contain:

- **An honest statement of the situation**
- **The truth we know and have already experienced**
- **A request from God for what we need.**

My challenge to you this month is to think about our lives, what we have, what we are thankful for and etc.....We are in LENT....A HOLY SEASON.....

Write you own PSALM.....



FOCUS OF THE MONTH

MAY 2019



Mother is the name for God in the lips and hearts of little children.

- William Makepeace Thackeray



Encourage moms to make their health a priority and take simple steps to live a safer and healthier life, while being a mother.

We want to keep her around!

May is full of loveliness.

"Enjoy the little things, for one day you may look back and realize they were the big things."
(Robert Brault)



FOCUS OF THE MONTH

JUNE 2019

**"Spring being a tough act to follow, God created June."
(Al Bernstein)**

Father's Day

Men's Health

- Most men need to pay more attention to their health. Compared to women, men are more likely to
- Smoke and drink
- Make unhealthy or risky choices
- Put off regular checkups and medical care
- There are also health conditions that only affect men, such as prostate cancer and low testosterone. Many of the major health risks that men face
- - like colon cancer or heart disease - can be prevented and treated with early diagnosis. Screening tests can find diseases early,
- when they are easier to treat. It's important to get the screening tests you need.

Men: Take Charge of Your Health

What Makes a Dad

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so,
He called it ... Dad
~~Author Unknown~~