

**Amy's Email Epistle – Thursday, March 6, 2019**

Greetings,

The Lenten journey begins. What will you fast from? Join me on a Lenten worship journey series entitled: Busy. We will explore ways in which we can unbusy our lives to make room for the things that truly matter.

Today is Ash Wednesday the beginning of Lent. Today I invite you to begin a fast.

Fast from hurry  
Fast from worry  
Fast from putting off the important relationships  
Fast from your phones  
Fast from technology  
Fast from self loathing  
Fast from self pity  
Fast from too much talking  
Fast from not enough listening  
Fast from intolerance  
Fast from negative speech  
Fast from procrastination.....

What will you give up for Lent?

Sunday our theme is ***Busy: Reconnecting with an Unhurried God***

Fast from skipping Church!!

Our beloved Rachel Crum will be speaking and sharing this Sunday! Don't miss a chance to feed your soul through community, sharing, song and story.

come and find the quiet center

Let's journey well.....

*Amy*