

Hello Everyone! How's today going so far? I've been waiting for promised 10 degrees today while watching snow fall outside the office window. That's kind of like how our emotions move along these days....sometimes up, sometimes down, just like a good old teetertotter, ending with an occasional kerchunk when the seat hits the ground. Like this....hmm, it's snowing darn it should have been warm and thanks Lord, no one in our Parish is infected with covid-19 and then I should have brought my sweater, I'm getting so forgetful and then I was glad that lady who needed called this morning, and I got that done.woohoo...up and down up and downwhen you understand the rhythm of it it's actually kind of fun!

So I've also been trying to exercise more these days. Caroline sent me an exercise video that is also attached. Maybe you opened it first? Whatever, that's a great exercise...something even people with back problems or knee pains can do...If you want to use an extra pair of pants and sneakers and use a table and take a picture of yourself doing this exercise I would love you to send it to me so I can post for others to see. A great idea for a day that needs some funning up!



I'm wondering if there is a family out there with two or more people in it living under the same roof who would volunteer to work on the church gardens clean up this year. There is road sand to rake up and get rid of, and the gardens need some tending to clear space for bulbs that are trying to come up. It would take at least two people who don't have to worry about social distancing from each other, and a larger family could get even more done. If this might be something you could tackle, please give me a call.

If you want to see something wonderful go to youtube and insert Babies Can't Stop Hugging Each Other. The video is great, and I think it is also a preview of how we are going to react to each other once the Covid-19 restrictions are completely lifted.

+Scripture for today:



Galatians 5:22-23 New International Version (NIV)

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. Such fruit results in nothing but good! It grows from the seeds of the Word of God so that is where we go to get more. A lady once saw a store with a sign saying "Fruit of the Spirit". Inside she found Jesus. How wonderful! She asked for a dozen fresh joys and a ripe patience. "Sorry ma'am" said Jesus "I only sell seeds" God gives the growth.

Now the keyboard has failed so it's bye bye