

CENTRAL CONNECTION

Upcoming Events

March 5

10am - Sunday School

11am - Worship

March 6

11am - Senior Saints @
Tres Niños

UPCOMING

Fridays-Saturday in March
Pastor in Paris
helping family

**Don't forget to check out
our website or Facebook
page to find worship
services, newsletters and
more!**



Last week I wrote about rethinking my own Lenten practices around deepening relationships rather than giving up some vice like sugar or caffeine or alcohol. And I want to continue that theme this week by helping you think about this season and how it can help you draw closer to God in practical ways that will not only enhance and encourage your spiritual life, but how it can also general every day life.

I'm a big fan of the mindset that adding habits or actions is easier than removing them. It is much easier to add veggies as snacks than to think about taking away cookies as snacks. Yes, it's basically the same thing, but the trick of adding something helps us feel like we are improving life rather than depriving ourselves. The same is true for most areas.

So, this year, try adding things to your Lenten routine that draw you closer to God. Instead of just fasting from cursing, make it a point to speak a kind word to a stranger every day. Instead of just giving up sweets, take time to savor foods and taste the natural sweetness and thank God for the richness of creation and then commit to helping make sure our neighbors have adequate healthy food. Some other ideas are listed on the next page.

Pastor Lory

PRAYER CONCERNS

Our Nation and World, Tammy Brockman, Nancy Atkison, Madison Wardell, Charlotte Reagan, Brylie, Bob Miller, CASA Kids, Laura Hunt, Tony Barker, Rios Family, Vivian Contareas, Sharon Brown, Raymond Gelo, Dieter Stratemann, Wes Morton, Crystal Shelton, Shirley Miller, Jerry Don Maness, Vicki Jones, Ken Backus, Debbie Major, Reese Handley, Christy Hoff, Casey Parr, Chris Tettleton, Angel Dyer, Chad Brown, Mary Walker, Patty Johnson, Charlotte Reed, those with respiratory illness, Lynn Scott, Kal Luke, Joe Kalal, Jimmie Sue Foster, Raenell Nunneley, Stacey Dyer, Vickie Baker, John Darst, Pat Ritterhouse, Connie O'Neal, Tina Ortiz Giger, Jamie Dunnam, Morgan Heck,

Lenten Practice Ideas

- Instead of giving up, try taking on a practice!
- *A daily gratitude list to replace complaining
 - *A weekly note to someone to encourage them instead of participating in gossip
 - *Learn one new verse of scripture each week to fill your mind with truth instead of fake news (wherever you find it!)
 - *A few minutes of complete silence to start or end your day to replace media consumption
 - *Cooking a meal from scratch and sharing it with a neighbor instead of rushing through the drive thru every night
 - *Call someone or visit in person instead of communicating on social media
 - *Learn a new form of prayer (if you need ideas, I have several) and pray for the world or other needs instead of worrying all the time

Worship This Week:

Elders: Walkers
Deacons: Fitts, Prine
Communion: Messler
Sermon Text: John 3:1-17
Sun School: Romans 4:1-17

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The flowers at the church are in full bloom reminding us that this Lenten season will give way to new life!