

CENTRAL CONNECTION

Upcoming Events

March 6

11am - Senior Saints @
Tres Niños

March 12

10am - Sunday School
11am - Worship

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!**



One of the things I'm reminded of each Lenten season is how fast and hurried it seems. Even though we talk about slowing down and being intentional, it seems it gets faster every year. Maybe it's like summers and years in general - the older you get, the faster they go!

I've found in the warp speed of life, one way to reset the pace is to be intentional about prayer. It won't stop the frantic chaos of the world and it won't clear my calendar, but it does clear my mind a bit. It does give me space to be still and quiet for a few moments so I can focus on God and my spiritual life in the midst of the whirlwind.

For the next several weeks on the back page of this newsletter I'm going to share some prayer practices you can use to guide your own prayer times. You may have used some of them in the past and some may be new. They aren't anything super fancy, just easy ways to help frame or structure prayers in case you tend to like a framework to use when you pray.

If you have any methods or guides you use when you pray, please share them with me. I'd love to learn from you and share them with others as well!

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, Family of Don Tidwell

Worship This Week:

Elders: Kabisch, Veale
Deacons: Mesler, Seay
Communion: Mesler
Sermon Text: John 4:5-42
Sun School: Romans 5:1-11

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Lenten Practice Ideas

Here's a prayer practice you can use during Lent using the acronym ACTS.

- A** - Adoration - Praising God for who God is. For example:
You are holy, mighty, wonderful, creator, sustainer etc.
- C** - Confession - Confessing, or telling the truth about who or how you are. For example this could be confessing sin or telling God you are struggling and need help or are excited about something.
- T** - Thanksgiving - Thanking God for what God does. This is exactly what it sounds like - expressing gratitude for God's actions and faithfulness.
- S** - Supplication - This is a fancy word for asking for what you need supplied. This is praying for yourself, friends, family and the world.



Join us for a time of fellowship and fun as we gather for our quarterly "dutch treat" out in the community lunch. Senior meals and lunch specials start at \$8.99