



Happy Sunday, Friends,

What a fabulous week! There's something about Spring that makes everything feel hopeful. I hope you all were able to enjoy some of the beautiful sunshine and warmer temps. It felt like coming out of hibernation!

Last week was a lot, I know, so this week we are only having you review ONE Bible Book. I'm so kind. We are heading back to our Pal Paul (the Apostle) and the book of Ephesians. Paul loves a teachable moment and in Ephesians he tells us how to talk the talk and walk the walk (In Christ of course). Read on....

This week in Lent we are challenging you to find something to fast for a week. Fasting doesn't always mean about food - you can take a fast from lots of different things. You get to pick what you want to fast from this week. It's super easy to fast from something you don't like or don't really do, so try to make it something that will be missed. Remember, it's only a week! Here are some fasting ideas for you:

Snacking between meals.

Cracking your knuckles

Instagram filters.

Using emojis to avoid talking about your true feelings.

Rolling your eyes at your parents.

Complaining.

The phrase, "I can't even."

Using the word "can't

Energy drinks.

Soda.

Checking your phone every 2 minutes. (LOL. You know it's 30 seconds.)



Finally Friends, Ephesians lets us know that God adopts all of us into his family; and also gives us the family code of conduct - love each other and walk together in Christ. Remember how much you are deeply loved by God and all of us.

I hope all of you know how much you are loved and missed! We can't wait to be all together at church again soon.

Take Care,

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