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Today's issue intends to be important for all my readers. Admittedly, we talk a lot about and try to be concerned about the importance of staying physically fit, but what about the health of your spirit? I strongly feel we need to develop a balanced spiritual diet to remain fit and able to serve God in the ways he deserves. At the top of the "to do" list, I think everyone sees the importance of practicing a consistent prayer life. With my belief that prayer is not a necessary religious act, but instead, a true lifeline to our Creator, Redeemer, and Savior, I have broken down the word prayer to explain why I feel strongly in Ephesians 6:18 which states: "Pray at all times in the Spirit." As a result, I do hope you learn from my views on P.R.A.Y.E.R.

Connor's

Corner

Place your heart and mind in a faithful setting, knowing when God listens, a heavenly response is coming.

Remember: God will NOT take temptation from us, we are to ask Him for the power to overcome it.

Acknowledge and accept that both God and His love are awesome. We cannot help but praise Him.

Yahweh is God...He offers us eternal love. His faithfulness endures throughout all generations.

Everything that exists was created by God.

Respect who you pray to. He holds power over us all.

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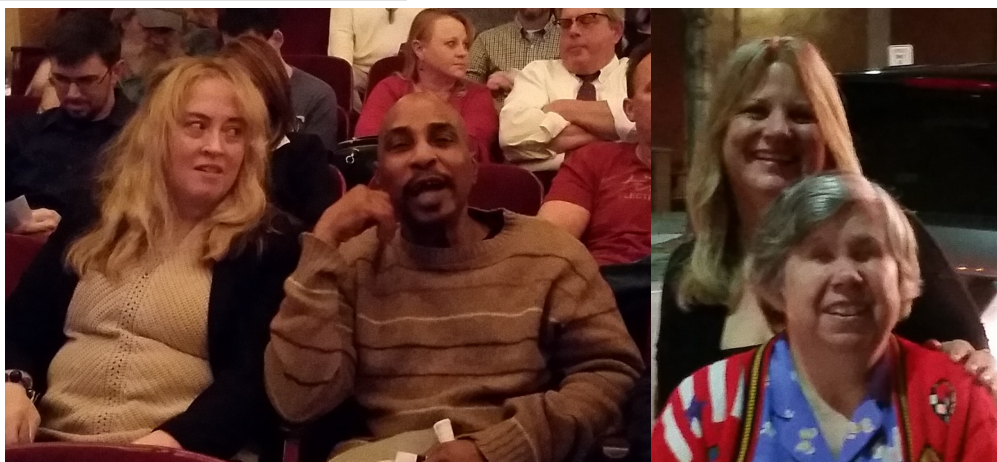


Susan and Katie attended the annual Siskin Possibilities Luncheon featuring guest speaker Melissa Stockwell, the first female soldier to lose a limb in combat and a world champion and para olympic triathlon medal winner. Her inspiring message included these gems: 1) fight through your difficulties, 2) believe in yourself, and 3) nurture the teams in your life. Words we can all take to heart!

This week's activities:

Thursday, March 2, weather permitting, we're having dinner outside in the picnic pavilion, along with a bonfire and hotdogs cooked over the open flames! Keep your fingers crossed that we have good weather!

Friday, March 3, Brooke is back with another creative art class. Meet at 10:00.



THANK YOU TO OUR BOARD OF DIRECTORS!!

The residents had a great time last week at the Black Jacket Symphony performance of Queen's *A Night at the Opera*. Folks were singing, clapping, & dancing in their seats! What fun!

