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What a feast we had on New Year's Eve! The menu was really special and included filet, salmon, shrimp (2 ways!), mussels, veggies, & yummy desserts. Thanks to Shelene and Susan for planning and preparing this wonderful meal!

YES...YOU CAN —

Connor's

Corner

Hopefully, you are asking/telling yourself what is possible... what exactly you can do. Well, I want you to be more realistic. Can you answer this question: What do you do when you face difficulties, hardships, or overwhelming circumstances... do you rely on hope in harsh times? Well, my friends, you need to learn to do the following:

- Accept challenges.
- Question circumstances.
- Keep patience.
- Pray for your best interests to be considered.
- Watch.
- Wait.
- Realize your hope in God's unending love is the only way to help you overcome life's unbearable challenges.

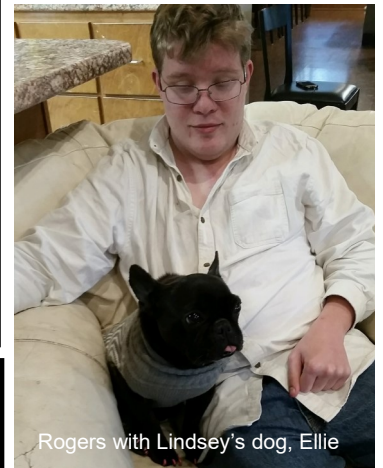
If you question yourself in life's storms and the ability to survive, remember,

Yes... You Can!

ECR

DID YOU KNOW???

Spending just a few minutes with a pet can lower anxiety and blood pressure, and increase levels of serotonin and dopamine, 2 neurochemicals that play big roles in calm and wellbeing.



Rogers with Lindsey's dog, Ellie

UPDATING GOING ON

If you haven't been downstairs at Hope lately, you may not be aware, but we are in the midst of having the carpet replaced with flooring, and 2 of the offices, which had previously been just concrete, will also be getting a floor. Of course, these means we'll probably need to repaint, get new furniture, do some rearranging.....

