



**Lutheran Women's Missionary League**

**MID-SOUTH DISTRICT**

**LEAGUE LETTER**

**2020 Issue 1 January**

Heavenly Father,  
On bad days I seek You,  
On good days I thank You,  
On great days I praise You,  
But every day I need You,  
Thank you God for always been here for me,  
In Jesus's name,  
Amen

## Are You Spending Time on Yourself?



A very Merry Christmas and Happy New Year!! I pray your celebrations were wonderful and you were able to spend time with family during the holidays. Now that the hustle and bustle of Christmas is over, we can all breathe again!!!

As is usual with the beginning of a new year, talk about resolutions fill the air and the airwaves. Do you make New Year's resolutions and if you do, how long do you keep them? For the past several years, I have tried to do more for my well-being - read my Bible daily, take walks several times a

week, read books for pleasure, and spend a little more time doing activities I enjoy. When was the last time you took time for you? I know most of you do a lot for your families, job, church and LWML, but how much time do you spend on yourself? Maybe for 2020, try to resolve to spend more time on you doing the things that give you pleasure. Is it finally time to take up that new hobby, read that book, or take that dream vacation? We need to renew ourselves - body and spirit - and a new year is a perfect time to make that a priority in our lives. God is happy when we are His hands and feet serving others, but He also wants us to take the needed time for ourselves. I hope 2020 is the year you are as kind to yourself as you are to others.

Thank you for all you do for LWML  
and God's richest blessings in 2020!  
Serving the Lord with gladness,

Diane Reimold



A new year- another year to live and praise our Lord and Savior, Jesus Christ! This is the year: the year you graduate, get married, have a baby, become an empty nester, become a grandparent, become a widow, enter a senior care facility. Whatever the season of life you are in, you are to approach it with gladness. Ecclesiastes 3:1 says, ***"There is a time for everything, and a season for every activity under the heaven."*** Each season of our lives brings a new challenge to our lives. Each new chapter brings a new niche in our families, churches, and jobs that we fill. Throughout the seasons I have experienced the love and friendship of my dear LWML sisters. I challenge you to get involved in whatever way you can in LWML; your society meetings and Bible studies, your zone spring and fall rallies, retreats, and our district convention. Our convention, Life Together, is June 12-14, 2020 in Paragould, AR. Mark your calendars for this event.



Blessings, Frances Bacic, Media/Marketing Chair



LWML Mid-South District groups participated in collecting health, baby, and fabric kits, boxes of soap, and quilts for the LCMS Mid-South District CARE-Van in November.

A total of 510 boxes weighing 10,001 pounds were shipped to Lutheran World Relief for distribution around the US and the world to those in need. Approx. \$4200 was also donated to help with shipping costs.



# The Rest Of The Story

As we make our way past the Christmas season, I am sure we have become accustomed to assuming what comes next. It always amazes me to what we see and witness following the festivities that surround Christmas. In the days that follow there are things, signs, that show us, that remind us that Christmas is over, and these signs are similar or maybe slightly different depending upon where you live. In some areas you will see in the days following Christmas all the boxes that once housed the gifts brought to the road. You might also see all these bags of loosely gathered paper that once wrapped all the boxes that are placed at the road. Then as the days press on, the tree that once stood as the central focus point of the celebration for many homes will be emptied of all its beauty and drug to the road, waiting to be picked up and disposed of. It is almost as if we can drive down the roads and watch the memories that were created throughout the season being gathered at the roadside, waiting to be picked up and disposed of... kind of sad when you think about it like that.

They build the season up as it draws nearer, they celebrate the day, then it becomes nothing more than a memory at best as we all return to our average, everyday lives and things return to normal. For most families and people, this will quickly fade away as a distance memory or a day when they shared in laughter and joy, as we put aside our indifferences and celebrate the gift of family and friends. But there is so much more to this than what we see piled curb side in the days that follow. There is more to this season than the gifts, or the pretty tree with the sparkling lights and flashing decorations. There is more to the season than good food and company that we have gathered together with. There is more to this story.

The unfortunate thing is that many people see this as a reason to come together and share in the day. They see it as a blessing because they get an extended weekend, a few extra days off from their jobs. They see it as a way to escape

the hustle and bustle of everyday life, to turn off the everyday living they do, to be a part of something bigger than themselves. Although all these things are thought of, and are for some people hold some truth, there is more to the story than they realize. There is so much more, but since the rest of the story normally goes untold, this is where it remains, in this materialistic, superficial kind of life changing day that comes and goes every year. To be honest, most people can scarcely remember what they received last year as gifts from people that they know. Some people even forget where they went and what they did, because to them it is nothing more than a day off from everyday life... there is so much more to this story that needs to be told.

I have been sharing with my congregation at Christus Victor for many years now that this is just about the best time for us to be Christians, because the reality is that there are so many people out there that know that this day stands for something. They all know the basics of the story; this is the day that we as Christians celebrate the gift of Jesus that was born to us so many years ago. They by default know the basics from what they have heard, but that is as far as it goes, they do not know the rest of the story and how this event that happened so many years ago has a life changing effect on them today and into eternity.

We have the opportunity as I like to say to strike when the iron is hot. Since throughout the Christmas season the first part of the story is being shared in the world that we live in, we can follow up in the weeks following Christmas by bringing to them the rest of the story. We can answer the questions that they might be asking about who this Savior is, and what did He do. The time between Christmas and Easter is relatively short in comparison to the time from Easter to Christmas. We can share with them the rest of the story, then walk along beside them through the Lenten Season, and rejoice with them on Easter morning as they celebrate the forgiveness of sin

**CONTINUED** →

and the promise of eternal life that has been gained for them through the sacrificial work of Jesus, this blessed Son of God who was given to us at Christmas.

So be bold in your faith and be on guard at all times for your opportunity to share in the rest of the story.

God's peace and blessing to you in the year to come.

Pastor Bill



## Emmanuel - God With Us

***In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through him, and without him was not anything made that was made. (John 1: 1 - 3).***

...but in these last days, He has spoken to us by his Son, whom he appointed the heir of all things, through whom he also created the world. He is the radiance of the glory of God and the exact imprint of his nature, and he upholds the universe by the word of his power. After making purification for sins, he sat down at the right hand of the Majesty on high. (Hebrews 1: 2 - 3).

How do we get to know God? He has revealed himself to us through the Word and through his Son. At Christmas we celebrate the birth of Jesus in Bethlehem, taking on human flesh. Then at Easter we celebrate his resurrection as the Lamb of God that takes away the sin of the world. How amazing, that Jesus, fully God, would set his glory aside for a time to live as a perfect human. He became the perfect sacrifice to take away the sin of the whole world, for each of us Individually. Then, after his ascension, he sits at the right hand of Almighty God. And He wants us to know him personally! We can deepen our relationship with him by reading and studying his word, spending time in

fellowship and praise with other Christians, and I hope as we end 2019 and begin 2020 that you will have some time to reflect on the mystery of God with us, Emmanuel. Just a reminder about the Lutheran Women's Quarterly subscriptions; this is the first time the subscription price has increased in several years. Our subscription begins with the spring issue. We are asking each small group member to include the cost of their subscription at the beginning of the year. The subscription cost is a great deal! You get 4 issues that include Bible studies and articles from women around the world sharing the Gospel. Each individual subscription is \$6 (when 10 are sent to the same address) or \$7.50 (when 9 or fewer sent to the same address). The number of subscriptions sent to each church has been submitted for the year. More subscriptions can be added throughout the year, but only in November, can the number of subscriptions be decreased.

Serving the Lord  
with Gladness!

Becky Grese

2<sup>nd</sup> Vice President



# What's in your baggage?

First of all, joy and blessings to you in the New Year! I pray you had a wonderful Advent / Christmas / Epiphany and now you are geared up for great things in 2020. My husband and I were blessed to do quite a bit of travelling during 2019 and are looking forward to even more in 2020. Needless to say, I've spent a lot of time packing and unpacking. Sometimes we don't even put the suitcases away! Being in the midst of packing for another trip brought to mind the ultimate trip - the trip of a lifetime. No, not Hawaii, not Alaska, not the Grand Canyon, it's HEAVEN!!! So, that got me to thinking, what would be on my packing list for that trip? What do I need to do ahead of time and what would I pack? We don't exactly know what the latest fashions are in Heaven, do we?

Well, we probably can pack pretty light. After all, from Mathew 6:19-21 we know we don't need any earthly treasures. What a relief! No worries about how to accessorize. And, it sounds like we don't even need currency of any kind. Yay! No converting from USD to Euros! And, no long lines at the security checkpoint - woo hoo!

***"Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also" (Matthew 6:19-21).***

But, we all carry some extra "baggage" on this side of Heaven, don't we? Maybe we should focus on lightening that emotional load. What weighs down that emotional suitcase? Worry? Doubt? Envy? Failure to forgive or to be forgiven? In 1 Peter 5:6-8 we are encouraged to cast all our anxieties on Him. That should bring great comfort. But, the most interesting portion of this passage, to me anyway, is the admonition to "humble yourselves". Does that mean that when we focus on our cares and anxieties that we are putting our trust in ourselves first? If we humble ourselves and give way to God will we then find peace?

***Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you (1 Peter 5:6-8)***

And, what about those times when the burden is clearly meant for us to carry? We have the promise of Matthew 11:30 that assures us that Jesus - just like those wonderful porters who help with our baggage at the airport - will be right beside us helping us to carry it.

***For my yoke is easy, and my burden is light (Matthew 11:30).***

Next time you're planning a trip, or even just planning your day, give a thought to what's in your baggage. And, if it's a little too heavy, ask Jesus to help carry it - or better yet - to help you discard what's weighing you down!

**Besides this you know the time, that the hour has come for you to wake from sleep. For salvation is nearer to us now than when we first believed. The night is far gone; the day is at hand. So then let us cast off the works of darkness and put on the armor of light. Let us walk properly as in the daytime, not in orgies and drunkenness, not in sexual immorality and sensuality, not in quarreling and jealousy (Romans 13:11-13).**

Love you to pieces!!!

Candy Habich  
First Vice President

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# 2020 LWML Mid-South District Convention

Paragould, Arkansas Community Center

*"Now you are the body of Christ,  
Each one of you is a part."*

Interest sessions speakers will focus on  
"Community" and "Life Together".

## 2020 Mid-South District Convention Information

Ingathering will be for Foster Families of Greene County and items will include school supplies, backpacks, socks, underwear, etc. **Complete item list will be publish.**  
Offering recipients haven't been finalized yet.  
Host Congregation will be Redeemer Lutheran, Paragould

**Registration form is available here, fillable on line.**

## Hotel Information for 2020 Mid-South District Convention

The below 3 hotels have been contracted for our convention and each have a block of rooms reserved for us under "LWML Mid-South District" from June 11-14, 2020. The convention is June 12-14, 2020. The cut-off date for all 3 hotels is May 27, 2020 and each will take a credit card to guarantee the room.

Holiday Inn Express Hotel & Suites (across the driveway from the Paragould Community Center)  
3502 Linwood Dr.  
870-236-9999 or 888-480-0427 to make reservations.  
\$94 for a King bed for 1-2 persons  
\$99 for 2 double beds for 2-4 persons

Hampton Inn Paragould (about ½ mile from the Paragould Community Center)  
3810 Linwood Dr.  
870-565-1010 to make reservations  
\$99 for a King bed w/pullout for 1-3 persons  
\$99 for 2 double beds for 2-4 persons

Courtyard Jonesboro (approx. 20 miles from Paragould)  
4811 East Johnson Ave.  
Jonesboro, AR  
870-206-9500 to make reservations

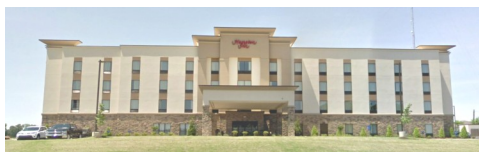


PARAGOULD COMMUNITY CENTER

HOLIDAY INN EXPRESS



HAMPTON INN



COURTYARD



# Keep Thinking Mites!

In the October League Letter, you were challenged to come up with ways to raise money for Mites. It is the end of December as I write this, so we don't know how the coins have fallen this month. We do know that in the past months enough coins have been given to pay \$59,700 of the \$85,000 budgeted at the Chattanooga convention in 2018.

By God's grace we hope to pay the 4th payment of \$5,000 for the Financial Aid for Professional Church Workers, \$5,000 for the Concordia Seminary International Graduate Students program, \$6,000 for Hand Up for Women, the last two payments of \$2,000 each for the Comfort Dog Ministry, \$5,000 for the New Beginnings Special Ed Ministry, and the \$300 for the Lifehouse Student Transportation Ministry. My prayer is that we are blessed so that these will all be paid by the end of our fiscal year in April, if not before.

During this holiday season of Thanksgiving and Christmas, have you remembered to get your mites sent in to your zone and the district or did that Christmas luncheon at Appleby's make you forget to collect mites?

Has your mite box gone hungry these last two months because all of that change was needed elsewhere? It's time to remember that our gift has arrived in the form of the baby in the manger, Jesus Christ our Lord. It is now time to be about the work of Christmas - feeding the hungry, supporting the homeless and ministering to those in need.

What will you do to share Jesus with those in need? What will your "work of Christmas" be? For all of us, the closest choice is to fill that mite box to bursting so that we can finish our last grants!

Remember, with the Lord's blessing our mite goal can be met!

Susan McConnell  
3rd Vice President  
Mission Grants



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## Thanks for All of the Grant Applications!!

Thank you to everyone who had an idea and wrote a grant application! I'm excited to say that you have made our committee's challenge even more challenging. We have received over 15 grant applications! There are several from Recognized Service Organizations of the LCMS and another dozen or so from zones. The next step is for the Mission Grants Committee to read the applications, pray about the applications, meet and discuss the applications and pray about the applications a whole lot more.

Please keep us all in your prayers as we begin the process that will lead to the grant applications that will appear on the ballot at the convention in Paragould, AR this coming June. Pray that God will give us the wisdom to choose those that will do His work of reaching the lost and touching those that He would have us reach. Please also keep in your prayers all of those who have written the grant applications and the organizations that they are working with that their work may be blessed to be a blessing to others.

Be our grant application Prayer Warriors!



# THE PURPLE FORCE

## Mission Grant Recipients 2018 - 2020

Mission Grant funds are distributed on a "first come, first serve" basis. As the requests for funding are received, they are placed "in line" with the other requests and will be funded in that order as funds become available. Some Mid-South LC-MS District projects receive funding on a time schedule.

AMOUNT	RECIPIENT	ZONE	QUEQE #	PAID DATE
\$20,000	Prof. Church Worker Financial Aid LC-MS Mid-South District	LC-MS District	Scheduled 4 Payments	9-23-18 3-13-19 9-1-19
\$4,000	Faith, Hot Springs Village - Braille Workshop #156 & #160	Mid-Ark	Requested 3	3-6-19
\$7,200	Camp Scholarships - Petit Jean Hope LC, Jacksonville, AR	Mid-Ark	Requested 5	9-1-19
\$300 (reduced)	Transportation - Lifehouse Student Min. First LC Hot Springs, AR	Mid-Ark	Requested 12	
\$5,000	Bridge City Community First Lutheran Chattanooga, TN	Chattanooga	Requested 4	3-6-19
\$4,500	Paradox Teen Center Faith Lutheran Oak Ridge, TN	East Tenn	Requested 1	9-12-18
\$2500	Trinity HOPE St. Paul LC Sevierville, TN	East Tenn	Requested 2	9-13-18
\$5,000	Hunger First Concordia LC Kingsport, TN	East Tenn	Requested 6	9-1-19
\$5,000	Pregnancy Resource Center Christ Our Savior Loudon, TN	East Tenn	Requested 7	10-29-19
\$6,000	Hand up for Women Program Scholarships Grace LC Knoxville, TN	East Tenn	Requested 11	
\$8,000	Comfort Dog Ministry Christ Our Savior LC Loudon, TN	East Tenn	Requested 8	3-6-19 9-1-19
\$7,500	All God's Children - A Special Resource Immanuel LC Memphis, TN	West Tenn	Requested 9	10-29-19
\$5,000	New Beginnings-Children W/ Learning Needs Luth. Special Education Ministries	Lutheran Organization	Requested 13	
\$5,000	Concordia Sem. International Grad. Students Concordia Seminary, St. Louis, MO	Lutheran Organization	Requested 10	



THE PURPLE FORCE



THE CHART ON THE LEFT TELLS THE STORY.

At the time of this writing, there is \$25,300 yet to be paid out with only 5 months left this biennium.

- \$5,000 for the final payment to the Mid-South District LCMS.
- \$ 300 to Lifehouse Student Ministries.
- \$6,000 to Hand Up For Women program.
- \$5,000 to New Beginnings Children's Learning Needs.
- \$5,000 Concordia Seminary International Grad Students.
- \$4,000 Comfort Dog Ministries.

Keep the mites coming as they are collected. Please don't let them accumulate until there is a "worthwhile" amount to send in.

Click on Chart for printable copy

### Mission Grant Recipient Paradox Teen Center

On September 23, 3rd Vice President Susan McConnell presented a check for \$4500 to the Paradox Teen Center in Oak Ridge, TN. The plan is to take students who are actively involved with the center's Bible studies on two trips. One will be in January to the ARK ENCOUNTER; a life size Noah's Ark. The second will be LIFEST: a Christian music festival in Oshkosh, WI where they will stay in a home on the lake. They plan on visiting four or five skateboard parks on the way.



Front row: Lucas Baker, Jane Mimiard, Susan McConnell, Susan Kucenski, Lisa Baker.  
Back row: Bill Kucenski, Ryan Baker, Jackson Lelle



Vicki Eubanks, LWML West TN Zone President, presents a \$7500 grant check to Ed Mell, Principal of Immanuel Lutheran School Memphis, during church services Nov.10. This grant is for the school's "All God's Children" program.



### Bridgeing the Need

Chattanooga Zone President Alta Ebert presents a check for \$5,000 to Rev. Josh Woodrow of the Chattanooga Bridge City Community Church to continue the outreach mission work to an unreached pocket of the community.



Teri Miller, Linda Morawetz, and Carol Robinette of Concordia Lutheran Church in Kingsport presented a check for \$5,000 to Michael Gillis of Hunger First.

Hunger First is a no-questions asked, free store founded in 1996. The name came from the fact that when people struggle, the thought of hunger is always first. They are committed to serving people who have fallen through the cracks or who need help between paychecks by providing food and clothing, helping them find places to live and assisting with bills or obtaining prescriptions. Hunger First was created as a nonprofit that helps everybody with no judgment.

### TRINITY / Hope Grant

Sandra Gean presented the Mid-South District LWML Grant check to Keith Logan at Our Savior Lutheran Church on Sunday, October 7.

We thank you so much for this amazing opportunity to feed 110 students and staff with a hot lunch for 185 days (the school year) at a Lutheran School in Balague, Haiti. With your continued support, we will keep seeing the children grow physically and spiritually; a true gift.



### LCMS Mission Grant

President Diane Reimold was honored to present the first installment of the Financial Aid for Professional Church Workers grant to President Roger Paavola and the LCMS Mid-South District Board of Directors on November 4.





## The Middle Tennessee Zone Prayer Service

was held at Trinity Lutheran Church in Columbia, Tennessee. The theme was "Inspired for Life" based on Job 33:4. Pastor Bill Wagner from Trinity Lutheran led the worship service. Our guest speaker was Kathy Cook, Director of Pregnancy Centers of Middle Tennessee. She spoke to us on what the Centers offer and introduced the staff by video. A freewill offering and numerous baby items, to include hand-knitted baby caps, were gathered for the Centers. The service and business meeting closed with the LWML League Pledge and Doxology, and Pastor Wagner gave a table blessing in preparation for our luncheon. Our program ended with a delicious lunch prepared by the LWML members of Trinity Lutheran.



## The ladies at Faith Lutheran in Collierville, TN

assembled 30 Baby Care Kits for Lutheran World Relief this fall. An in-gathering was held and Thrivent funds helped supplement the project. Kits were loaded on the LWR Care Van in November.





# The Middle Tennessee Zone Fall Rally



was held on October 26, 2019, at Our Savior Lutheran Church in Nashville. The theme was "The Least of These" based on Matthew 25:40. Pastor Lane Reuter from Our Savior Lutheran led the worship service. Our guest speaker was Janet Arning, Middle Tennessee Regional Director of Inspiritus (formerly Lutheran Services of Tennessee). Inspiritus offers several community-building programs to assist low income families. These programs include Healthy Gardens, Building Healthy Families and MyCanvas Youth Art program. A freewill offering and many personal care and household items were gathered for the Caring Closet of Inspiritus. After the service and business meeting adjourned, Pastor Wagner gave a table blessing in preparation for our luncheon. Our program ended with a lunch prepared by the LWML members of Our Savior.



## LWML ladies of Grace, Knoxville,

A "White Christmas" came to 22 men at the Agape' Outreach Homes, in [Fountain City, TN](#), thanks to the LWML ladies of Grace, Knoxville, who collected white T-shirts, underwear, and socks for them in laundry baskets. With sizes in hand, the ladies gathered items for each of the mentally ill men who live at the facility, and gift bagged them at the LWML Christmas Party. Then the ladies enjoyed chocolate treats along with the Devotion "Living The Chocolate Life" from the Winter 2010 Quarterly Magazine and contemplated the gift of mental health for the holidays.





# The Northeast Arkansas Fall Rally

The Northeast Arkansas Fall Rally was held October 19<sup>th</sup> at Grace Lutheran Church Mountain View. The theme for the rally was, "God sets the Lonely in Families." Psalm 68:6.

Pastor Brian Pummill led the Bible study of Connected to Christ and His church. 19 women, 1 man, and 1 pastor attended.

The guest speaker was Amanda Wherry, Occupational Therapist for Engage Hope. Engage Hope is a children's therapy TEAM (Together everyone achieving more)

They are passionate about serving local communities in NE Arkansas as well reaching across the globe to serve children with special needs.

The offering went to Engage Hope and the Ingathering went to a local dog shelter.

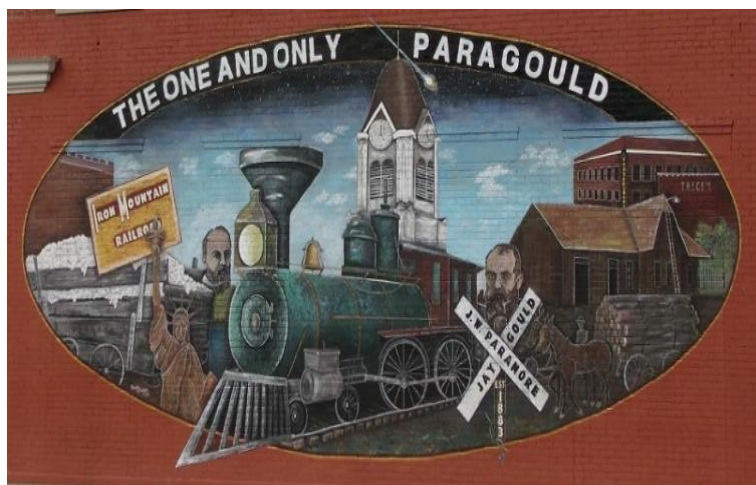
There was a presentation on AOL by Ann Batey.

We talked about the District Convention on June 12 - 14, 2020. Our zone is collecting 8oz jelly jars for the convention.

Newly elected officers are, Treasurer - Tammy Christian, Recording Secretary - Shari Francisco, Counselor - Pastor Brian Pummill.

Grace Lutheran ladies served us wonderful lunch with music by Lenny Clark.

Sister in Christ,  
NE Arkansas Zone President  
Ann Batey



# West Tennessee Zone Rally

Thelma Nelms, Founder and Director of Mission Possible in Memphis, accepts financial support from the zone. As a 501(c)3 non-profit Christian-based ministry that provides counseling services to people of all ages, faiths and ethnic backgrounds. Mission Possible also provides clothes to the needy, food for the hungry and much more. Presenters are Susan Jones and Shirley Piepenbrink.

The Purple Force



## ABOUT THE COVER PAGE

This prayer was offered during the East Retreat in September by Donna Flippin of Chattanooga. The background is God covering our "6 o'clock" and giving us "a lamp unto our feet and a light unto our path."



# Young Women IN MISSION

## Browse All Resources below from the Committee on Young

The purpose of the Committee on Young Women is to:

- Produce and facilitate the Young Woman Representative (YWR) program for the LWML Convention.
- Energize and mentor younger women to connect and grow in relationships as sisters in Christ.
- Equip and encourage young women to become more involved in their congregation and the mission of the LWML.

Our Objectives:

- Educate and inspire young women to strengthen their relationship with their Savior Jesus Christ.
- Establish a positive, joyful, and educational experience for the YWRs at the 2019 LWML Convention in Mobile, Alabama.
- Encourage districts to continue incorporating their Young Women in Mission in local and district events.
- Provide ideas for YOUTH in mission activities that encompass multiple generations.

Featured Resources

- [Young Women's page from the Fall 2018 "Showers of Blessings" issue of the \*Lutheran Woman's Quarterly\*](#)
- [History of the YWR Pin](#)



**ENGAGING  
YOUNG WOMEN**



**RESOURCES FOR  
YOUNG WOMEN**



**YOUTH IN MISSION**

# BETHEL, FORT SMITH, ON A ROLL

The Purple Force

December is a busy month for LWML at Bethel. We began our month with the Word and fellowship at our meeting where we disbursed \$1200 to various organizations in our community and nation. The food and cookie swap were also good. On December 9 we hosted the food for the Reynolds Cancer Support Center Kids Kicking Cancer Christmas party. They had requested breakfast with an emphasis on pancakes. It was very enjoyable to interact with the children and watch as they played games and opened presents. We also adopted a family for Christmas and with the help of the congregation fulfilled nearly all of their requests.



## KING SIZE BED



The deadline for the April issue of the League Letter is March 26.

*So, please get with it now,*  
[allenshare2@comcast.net](mailto:allenshare2@comcast.net)

***Make Time To  
Slow Down and relax***

