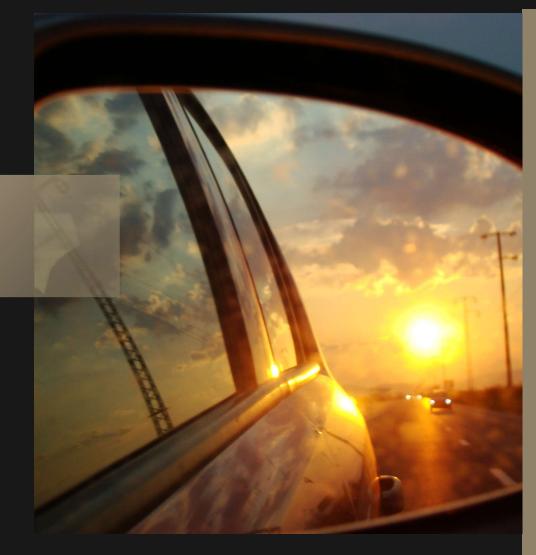






The sermon of this past week offered three practical strategies for making the most of the new year



The beginning of a new year is always and opportune time to look at our lives and consider what kind of changes we want to make in the coming year



Some of the popular resolutions that are made at this time of the year include, ...stop smoking, drinking, weight loss, exercise, reading more and so much more...

Consequently, the three items we want to concentrate on today is,





There is nothing that can do more damage to us than worry, hurry and stress



