7:40 AM Monday morning the phone dose it's normal ding. I think oh no do I really want to look! Text reads "Do we want to advertise we have a food bank or hold where we are at? FBR is asking" My response we have Girl Scout cookies deli salads and a small amount of deli meat. Freezers are bare. Some one else chimes in wish we could place an order. The response "God please send the food that the people need revel yourself through your provisions . Amen"

## Do Not Worry

22 Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. 23 For life is more than food, and the body more than clothes. 24 Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! 25 Who of you by worrying can add a single hour to your life 26 Since you cannot do this very little thing, why do you worry about the rest? 27 "Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. 28 If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith! 29 And do not set your heart on what you will eat or drink; do not worry about it. 30 For the pagan world runs after all such things, and your Father knows that you need them. 31 But seek his kingdom, and these things will be given to you as well.

32 "Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. 33 Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near

and no moth destroys. 34 For where your treasure is, there your heart will be also.

I stop and take a deep breath, If only I had this message this morning a constant reminder God cares for each of us and provides just what we need for the time.

12:00 Tuesday morning the truck from Food Bank of the Rockies Arrives as pallets after pallet comes trough the door, I found myself standing in front of the delivery man taking in a big gasp of air. This is over overwhelming and amazing!

Lay your worry to rest "Who of you by worrying can add a single hour to your life"