STRETCHER BEARER NEWS LETTER ARTICLE

AUGUST / SEPTEMBER 2019

“TIDY UP”

*“Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal .But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”*

Matthew 6: 19-21 NIV

Many of you have probably watched episodes of Marie Kondo’s series being aired on Netflix titled “Tidy Up”. Ms. Kondo teaches us how to sort through our many, many belongings and gradually part with those that we need to let go of. Her theory is simple: *does this item bring you joy?* If not, it’s time to let go.

I am sure we can all recognize that just maybe we tend to gather **possessions**. Clothes, books, dishes, toys, papers, souvenirs. This list of possessions that clutters our space goes on and on. Often leading to ***STRESS!!*** And ***Illness!!***

It’s easy to see the impact clutter has on our physical well-being. But how about our emotional well-being? Spiritual well-being?

We will kick off our fall season with our Self-Care Workshop on September 24, 2019, 6:30-8pm, titled: **“DECLUTTERING. BODY, MIND & SPIRIT”**

Join us for this time of learning, sharing, fellowship together.

Light refreshments are always available. Remember to brings a friend or two.

And be sure to keep an eye out for lots more opportunities to promote health and wealthness of body, mind and spirit by joining together at our faith community.

Blessings,

Sue