

## “Let’s Go For a Walk”

Yesterday afternoon we were driving home after a lunch event, bellies full, with the sun shining through the windshield, making us feel all warm and sleepy. The temptation for a Sunday afternoon nap was very real. Then we passed a couple out walking, soaking up the sun and getting some exercise at the same time. I looked over at Sara and was just about to say, “why don’t we go for a walk this afternoon?” when she said, “I’m thinking of taking a walk.” (Sometimes it is scary when you and your spouse start thinking alike.)

We got home, took care of a few things and Sara pried me out of my recliner (which I was just sitting down in for a minute, I promise) to go out walking. We didn’t go anywhere particularly special on this walk, just around the lake a little bit, but it was such a nice time. We enjoyed the foretaste of spring temperatures, the unique views of the neighborhood when all the trees are still bare, and the opportunity to reconnect that we rarely ever make time for in the day to day grind of living. As we made the turn back onto our street and neared our driveway, we both commented about how much we enjoyed the walk and how glad we were that the other mentioned it/came along.

That time I took to get away from the television, the kids, the numerous tasks around the house constantly demanding attention, and to reconnect with the love of my life was refreshing in so many ways. I think I had forgotten how special something so simple as walking with my wife can be. So often, when we get bogged down in the rush of life and the constant and never-ending to-do lists, we forget about the simple pleasures that come when we do something as simple as going on a walk.

This week, the Christian season of Lent begins. Lent is the six-week long season between Ash Wednesday and Easter where Christians are encouraged to spend some time breaking away from the rush of the day-to-day and to reconnect with the One who loves us more than any other ever will. Some people do this by giving up something meaningful to them and replacing that time with prayer or meditation. Others intentionally add practices of scripture study or a doing things for others.

This Lenten season, I invite you to join our church as we go on a walk with Jesus. Throughout the Gospels (the books in the Bible that describe Jesus’ life and ministry) Jesus is recorded as going on a walk more than forty times. In many of the stories, Jesus is not alone. He uses his walks as opportunities to teach his disciples, to share his thoughts on the coming kingdom of God, and to provide examples of what serving and following God really look like.

Throughout this series we will talk about what walking with Jesus involves and work on developing the spiritual practices which will help us to continue to follow Jesus. The topics we will cover include Worship & Prayer, Studying and Learning, Serving, Giving, Sharing, and Sacrificing. I hope you will consider joining Jesus on a walk this Lenten season as we seek to reconnect.

Blessings,

Chris

# *Walking With Jesus*

Essential Practices  
of the Christian Faith

March 1 - April 5

# YOGA

*Come find your Zen and stretch out  
all the stresses of life.*

**Every Wednesday at 6:15**

## *Lazarus Day of Service*

**Saturday March 14th 9:00 am**

**Sign up sheet in the CONNECT area**

**Contact Randy: 816-525-3891 with questions**

# March 2020

SUN	MON	TUE	WED	THU	FRI	SAT
23 <b>Services</b> <b>8 &amp; 10:00</b>	24	25	26 Be An Angel 10  <b>Ash Wednesday</b> <b>Service 7:00 pm</b>	27	28	29
1 <b>Services</b> <b>8 &amp; 10:00</b>	2	3	4 Be an Angel 10 Yoga 6:15 Women's Bible Study 7:15 pm	5 Men's Bible Study 7:00	6	7
8 <b>Services</b> <b>8 &amp; 10:00</b> Daylight Savings	9	10 Voting All Day	11	12	13	14 Serving Lazarus 9:00
15 <b>Services</b> <b>8 &amp; 10:00</b>	16	17	18 Be an Angel 10 Yoga 6:15 Women's Bible Study 7:15 pm	19 Men's Bible Study 7:00	20	21



## Prayer



Les Case	Derek Petty
Donald Cohan	Don Raymond
Dorothy Conn	Steve Raymond
Wade Davis	Nancy Rowe
Chad Elmer	Erin Scott
Janet Ford	Larry Sparks
Richard Fuerst	Ray Trowbridge
Winnie Fuerst	Elaine West
Harvey Geary	Dorothy Wilson
Michael Hatfield	

Congregation de Mellier  
Heart and Soul Children's  
Learning Center  
All Ministries  
of the Church

**The Be an Angel women have been very busy making their mats and now they are in need of more plastic bags. Please bring in your collected plastic bags and drop them in the big basket in the common area. Thanks!!**

