

# McAllister Messenger

MARCH 2026

## A Word From Your Pastor: "It Is Well"

*At the recent funeral for BR Rupert, the choir sang the beautiful and inspiring hymn, "It Is Well." This hymn is a great source of comfort and assurance for those who are grieving for a lost loved one, or for anyone who is going through a time of difficulty.*

*The hymn was written in 1873 by Horatio Spafford after his four daughters died in a shipwreck. Given those tragic circumstances, the first line of the hymn is amazing. It says, "When Peace Like A River Attendeth My Way." How incredible that Spafford felt peace in the face of such a terrible event!*

*The second line of the hymn speaks to his tragedy. It says, "When Sorrows Like Sea Billows Roll." Anyone who has suffered the difficult loss of a loved one can relate to this line.*

*The third line of the hymn returns to the faith that Spafford felt in the midst of his loss. It says, "Whatever my lot, thou has taught me to say, it is well, it is well with my soul." The author is making the powerful statement that no matter what happens in his life – that no matter how good or bad the situation might be – that the peace of God is with him. He knows that God's presence and love are there to comfort him, even in the direst of circumstances. No matter what, it is well with his soul.*

*The same peace of God is with us when we face times of loss or difficulty in our lives. Whatever troubles might come our way, we can rely on God's presence for comfort and reassurance. Even in the midst of the most trying of times, we can know – like Spafford facing the grief over his lost daughters – that "it is well with my soul."*

*What a perfect time it is, therefore, to sing this hymn at a funeral. What a beautiful statement of belief in the resurrection it makes! We know that despite our loss, the deceased has gone to be with God. And we know this to be true because Jesus Christ rose from the dead, defeating sin and death for all time. This is the belief that that gives us hope and reassurance. This is the glorious truth that allows us to say, no matter what, that it indeed is well with our souls. Let us give thanks for the peace and the faith that comes from our belief in the resurrection of our Lord.*

McAllister Memorial Presbyterian Church  
900 North Alleghany Avenue  
Covington, VA 24426



Happy Spring To:



BULK RATE  
U.S. POSTAGE  
PAID  
Covington, VA  
Permit No. 67  
Non-Profit Organization

APR. 2026  
NEWSLETTER  
DEADLINE:  
Wednesday,  
March 18

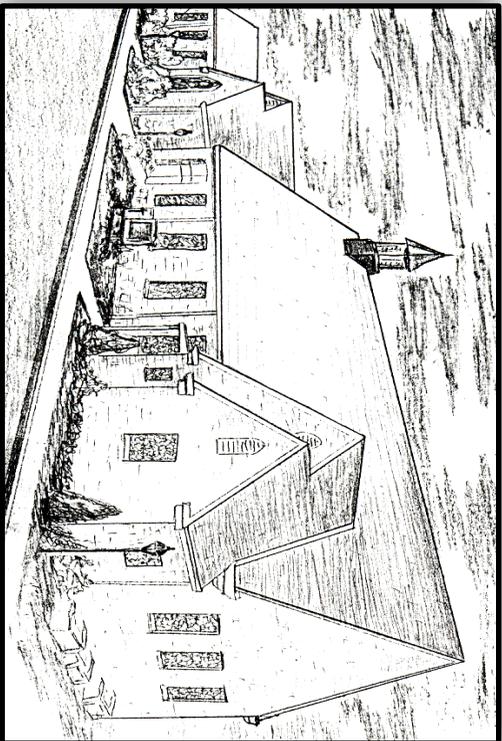
McAllister Memorial  
Presbyterian Church  
(540) 962-2675



admin@mcallistermempcusa.org  
www.mcallistermempcusa.org

online giving link:

Rev. James E. "Jim" Moss  
Cell phone: 434-738-8841  
revjimmos95@gmail.com





- 1—Owen Horton, Charlie Walker  
Robbie Wood
- 3—Pam Poague, Howard Thompson
- 4—April Reynolds, David Smith  
Jerry Taylor, Jr.
- 5—Richard Downer, Sr., Pearl Miller
- 6—Marshall Fox, Kelsey Young
- 9—Andy Dreszer, Brielle Smith
- 12—Jason Hill, Harper Young
- 13—Matt Sponaugle
- 14—Megan Boone Plott
- 17—Casey Hicks, Gene Wood
- 18—Donna Fox
- 19—Jennifer Hannah
- 20—Jessica Scruggs, Cindee Stinnett
- 21—Norma Curtin
- 23—Tiana Warlitner Hodge
- 24—Kathy Crutchfield,  
Emily W.-Lolandes, Erica Whitehead
- 26—Mike Fleenor, Logan Hill
- 27—Izzy Boone, Kaitlyne Potter Law  
Chloe Reid, Tara Uzzell
- 29—Lynn Whitehead
- 30—Maryemma Shifflett
- 31—Jeremy Bartley, Brandi Carper Barr,  
Mary L. Gudgeon

- 4—Joe & Pat Martin
- 6—Bert & Betsy Caul
- 10—Jim & Margaret Moss
- 21—Robbie & Jeff Horn
- 29—Bucky & Doris Mottern



## In Times of Weakness

JUDGES 16

Unless weaknesses are addressed, they have potential to cause trouble in our life. Vulnerabilities can either drive us closer to God or blind us to His love, as two Old Testament stories demonstrate.

Joseph and Samson faced similar temptations but responded differently. Day after day, Potiphar's wife tried to entice Joseph, yet he rejected her advances (Gen. 39:7-9). He endured hardship for his choice, but in the end, God's servant received immeasurable blessings. Samson, on the other hand, willingly gave in to Delilah (Judg. 16:15-17) and experienced something very different.

Samson had been consecrated to God, and the Holy Spirit was moving in his life (13:24-25). Nevertheless, he chose the path of self-indulgence. Because Samson rationalized his weakness, it soon began to dominate his life. He exchanged God's blessing and supernatural strength for earthly pleasures.

When we face temptation, we can respond as Joseph did, or we can pursue a course similar to Samson's. The choice is up to us. In times of weakness, it is essential for us to depend on God, obey Him, and seek the strength to make good decisions—ones that honor God and draw us closer to Him.

**“God takes great pleasure in people who are honest about their weaknesses.”**

—Dr. Charles Stanley, “Strength Through Weakness”

Submitted by Pearl Miller

The following quiz would have been more appropriate for our February newsletter since it uses candy hearts. It was discovered after publication but we hope you will enjoy it!

## Sweet Hearts

The candy hearts below reference some of the most well-known Bible verses about love. How many do you know "by heart?"

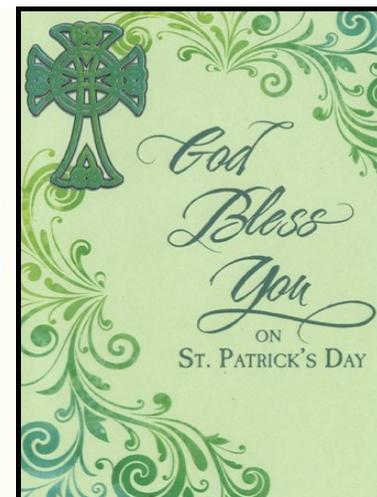
- |   |  |  |  |
|---|--|--|--|
| 1.  JOHN<br>3:16 | 2.  DEUT.<br>6:5  | 3.  1 COR.<br>13:13 | 4.  PROV.<br>17:17 |
| 5.  EPH.<br>4:2  | 6.  1 JOHN<br>4:7 | 7.  JOHN<br>15:13   | 8.  ROM.<br>5:8    |

### ANSWERS:

- John 3:16** "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."
- Deut 6:5** "Love the Lord your God with all your heart and with all your soul and with all your strength."
- 1 Cor. 13:13** "And now these three remain: faith, hope and love. But the greatest of these is love."
- Prov. 17:17** "A friend loves at all times, and a brother is born for a time of adversity."
- Eph 4:2** "Be completely humble and gentle; be patient, bearing with one another in love."
- 1 John 4:7** "Beloved, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God."
- John 15:13** "Greater love has no one than this: to lay down one's life for one's friends."
- Rom. 5:8** "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

**Thanks For Playing!**

# IMPORTANT ANNOUNCEMENT



**WEEKLY REHEARSALS & MEETINGS—**

**Adult Choir:**  
Tuesdays—3PM

**Adult Bible Study:**  
Wednesdays—6PM

**Handbell Choir:**  
Thursdays-1:30PM

### NEXT SESSION MEETING

**Sunday, March 15th -  
immediately after worship**



### PRESBYTERIAN WOMEN (PW):

**Circle 3:** 2nd Wednesday  
of the month, 12:30

**Circle 4:** Attending  
Lenten Luncheon hosted  
by Gospel Tabernacle  
C.O.G.I.C. on  
3/11/26 @ NOON



**American Cancer Society-Relay For Life 2026:** This is the 30th anniversary of the local Relay for Life event. Thanks to all who are participating on our McAllister team. We are so grateful to Diane Hicks for taking on the lead role as captain again this year—you do such a fantastic job! Please support our team fundraisers (details as they occur). We have already had two fundraising nights at Michael's Pizzeria in Covington. There will be more to come. We look forward to another highly successful campaign thanks to your support!

## Prayer Concerns

Midge Akers	James Crosier	Anita Broughman	Evelyn Amos
Eloise Broughman	Vinny Geiser	Ricky Cooke	Tammy Barker
Wanda Callaham	Gail Harmon	Lewis Kern	Anna Legg-Bertley
Luke Crawford	Rob Honts	Catherine Leitch	Dallas Bates
Teressa Gibson	Bonnie Jenkins	Nicky Persinger	Loretta Hunter Iverson
Billy Hall	Kyle Keyser	Keith Turner	Kevin Jackson
Carl Key	Bucky Mottern	Lyndsey Vaughn	Jerry Loan
Phillip & Peggy Layman	George & Shirley Persinger	Injured Roanoke	Eddie Nelson
Case Nida	Pam Poague	firefighters	Arlene Peery
Shelby Rock	Betty Rohr	Storm victims (MS/TN)	Kathy & Jody Byer
Brenda Snead	Megan Sayre	Nancy Guthrie (NM),	Ruth Caul
Jackie Stone	Eric Skibinski	family & friends/	Heather C. Daniels
Mandy, Rilee Webb	Susan Sponaugle	community	Briggs Pullin Family
Chip Woodyard	Teresa Tucker Vess	Our Country & World	Minneapolis, MN
Family of BR Rupert	B.C., Canada shooting		
Family of Betty Gibson			

## Shut-In; Military & Missionaries

BRIAN CENTER: David Lynn, Bonnie Patterson (room 101)  
SCOTT HILL: Sarah Mays  
THE SPRINGS: Andy Howell  
BRIDGEWATER HOME: Jean Broughman  
TOCKWOTTEN (Rhode Island): Shelby Rock  
SHUT-IN: Bob & Leta Bartley, Ricky Cooke, Dolly Whitehead  
 Danny & Rhoda Hill, Darlene & Jerry Taylor (Sr.)  
MILITARY: Olivia Bryant, Aiden Downer, Chris Whitehead  
MISSIONARIES: Tom & Judy Harvey, Kurt Esslinger & Hyeyoung Lee



## Constant Need

Midge Akers, Jerry Ballengee, Dennis Brinkley, Edgar Brinkley, Linda Caldwell, Sandra Capps, Harry & Jean Casey, Leslie Downer, Cindy Durham, Barbara Flint, Renee Gann, Don Hampton, Emma Hartless, Becky Helmintoller, Danny & Rhoda Hill, Rob Honts, Janet Hubble, Lori Isaacs, Robert A. Jackson, Wendell & Judy Jones, Christine Lopez, Bebe Marshall, Pearl Miller, Bucky & Doris Mottern, Mary Jane Mutispaugh, Denise Pillow, Theresa Purdue, Linda Ratliff, Anita Rice, Mary Rice, James Rice, Angie Sponaugle, Ethan Thompson, Buddy Vass, Greg Vess, Gwen Wolfe, Jerry Wolfe, Linda P. Wolfe. Rider Yeagley, former Pres. Joe Biden. Our church, non-believers, unspoken prayers, first responders, U.S.A., U.S. troops & gov't, Ukraine & Russia, Middle East.

## McAllister Kids Get Their "Bowling On" 2/15/26



# VALENTINES LUNCHEON 2/8/26



*There was a great turnout. We hope everyone had a wonderful time of fellowship, fun, singing, and FULL bellies. The food was delicious as always and the youth leadership did a wonderful job with the children. Thank you to all who participated and especially to those helping set up, decorate, prepare, serve, and cleanup. WE LOVE MCALLISTER!!*



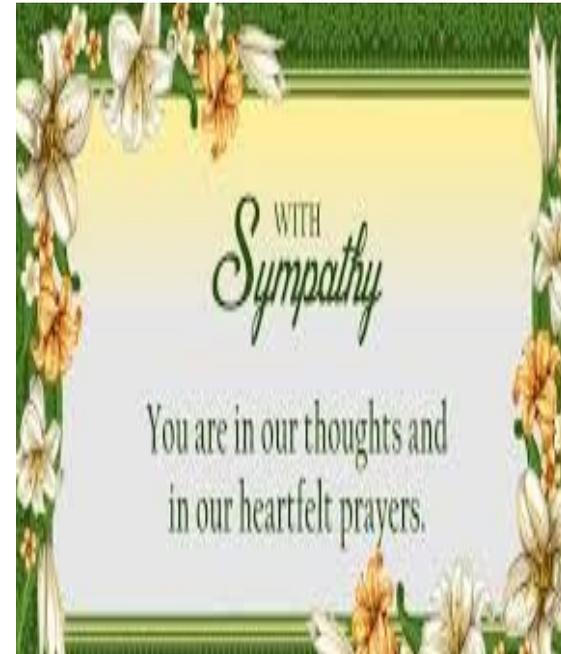
## Deaths

W. "WF" Carter, Jr.	Dianne Bowers Smith	Ralph D. Hamilton	Tracy Smith Evans
Mary C. O'Fallon	Katie M. Spinner	George F. Hosey, Sr.	Charlotte Martin
R. "Ronnie" Swoope	Betty May Brown	Iva "Sue" Peters	Barbara M. Paitsel
Betty W. Gibson*	Rosalyn Louise Brown	Potter	Troy Robertson
Charles Allen Banker	Shelby Moats Goode	Briggs Michael	Nancy Reid Seay
Lucy G. Davidson	Geraldine C. Loving	Pullin	Bernard Thompson, Jr.
Cora Crouse Graham	Jeffrey "Tucker Man" Pritt	Charles W. Sloan	Joyce Brown Tucker
Jeffrey Allan McCoy	James Ralsten	Van A. Thompson	Robert A. VanLear
Abdul F. Sarafandi	B.A. "BR" Rupert, Jr.*	Vicky L. Wilmer	
W. "Dude" Williams	James "Jim" Tharpe, Jr.		

## Gifts

† In Memory of Mildred McCabe by Mildred McCabe Estate	† In Memory of Cyril (Sr.) & Violet Rice by The Rice Family
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## With Deepest Sympathy & Comfort



The McAllister Church family extends prayer and sincerest condolences to:

† Members Becky P. Hudson and Tammy Scruggs-Duncan on the loss of their cousin and long-time dear friend (respectively), Burdette Alvin "BR" Rupert, Jr. (member)

† Members April G. Reyns and Gerald Gibson, Jr. on the loss of their mother, Betty W. Gibson (member)

† Anyone having recently experienced a loss

## McAllister Church Session Working Committees

Our church has installed its newest class of elders—the Class of 2028 as listed in the February issue of our newsletter. A brief mention was made of the working sub-committees that these elders volunteer their time to be a part of. We would like to recognize each of these committees\* and their vital roles within our church.

**FINANCE**—Bert Caul is the chairperson. He is assisted by members Jim Faidley, Jenni Hinton, Buzzy Riley, Gina Tingler, and Van Walker. The committee acts as the primary steward of the church's financial resources, responsible for developing the annual budget by monitoring income and expenses while ensuring financial transparency and safeguarding assets. This helps to align monetary resources with the church's mission.

**COMMITMENT**—Betsy Caul is the chairperson. She is assisted by members Lee Ann Poague and Marlene Faidley. This committee helps to develop and provide oversight of personnel policies, procedures, and practices that will enable our church to recruit, retain, and motivate employees in a supportive work environment. They often collaborate with the pastor in their efforts.

**CHRISTIAN GROWTH & NURTURE**—Brigitte Young has kindly agreed to remain chairperson of this group although her recent tenure on session has expired. She is serving as a volunteer assistant youth coordinator to fellow committee member Margaret Moss (Youth Activities Coordinator). Their roles are supported by other committee members June Anne Cooke, Diane Hicks, Jenni Hinton, Pat Martin, Anita Rice, Susan Sponaugle, Brenda Walker, and Amanda Webb. This committee fosters faith development across all ages, typically overseeing youth programs and educational initiatives.

**BUILDING & GROUNDS**—Gary Rice is the chairperson. He is helped by members Chuck Bartley, Marshall Fox, Howard Poague, Van Walker, and Mike Young. This group maintains the upkeep, repair, safety, and maintenance of all church property. They also help manage related vendors, coordinate repairs, and handle long-term facility planning.

**PLANNING & WORSHIP**—Jill Shifflott chairs this group and is joined by members June Anne Cooke, Beth Dreszer, Becky Hayslett, Diane Hicks, Pat Martin, Anita Rice, Bobby Joe Rice, and Tammy Scruggs-Duncan. This committee collaborates with the pastor to design, coordinate, and oversee meaningful worship services. Responsibilities include helping to plan music, managing special seasons (Advent/Lent), and ensuring that services align with theological, seasonal, and liturgical norms.

**WITNESS & EVANGELISM**—Chuck Bartley remains as chairperson of this group and is assisted by Jean Bartley, Paul Linkenhoker, Lee Ann Poague, and Debbie Rodgers. This committee facilitates sharing the gospel through both word and action, focusing on community outreach, social witness, and nurturing faith. They help emphasize authentic relationships, justice, and meeting community needs as a way to “live like Jesus”.

*\*Please report any committee member discrepancies to the church office.*

### Notes from Pastor Jim



\*We are very grateful to each of you who donated canned goods for our “**Souper Bowl**” Sunday campaign to benefit the COPE food pantry.

\***Thank you to everyone who helped out with the meals** our church has served. We had our hands full with two funerals plus the Lenten Lunch, and the McAllister people came through. What a great ministry we provide through our hospitality!

\*The well-attended **Lenten lunch** hosted at McAllister Church on February 25 collected \$580 to be split evenly between COPE Food Pantry and Weekday Religious Education (WRE). Below is the schedule for the remaining lunches. Please join us each Wednesday at noon for a time of commu-

nity fellowship: **March 4 at First Christian Church** (Mike Matlack, speaker); **March 11 at Gospel Tabernacle C.O.G.I.C.** (Brian Boettcher); **March 18 at Good News Fellowship** (Mike Warren); **March 25 at Granbery Memorial United Methodist** (Pete Moore). ALSO, Mallow Presbyterian Church is hosting a **Lenten breakfast each Tuesday** during the season of Lent. Please join us at 9:30 at Mallow for a time of prayer and fellowship around the table.

\***Bible study** will resume on Wednesday, March 4 at 6:00 p.m. We will be doing a special Lenten study of the book “Meeting Jesus at the Table.” Please let Rev. Moss know if you would like a book.

\*The area presbyterian churches are going to have a **community garden**. If you are interested in serving on the organization committee, please let Rev. Moss know asap at 434-738-8841. He will put you in touch with the leaders of this effort.

\*Thank you to those who contributed to the **Links of Love** mission for Sunnyside Communities. We appreciate Lee Ann Poague for reminding us of the details of this during Sunday worship on February 15th.

\***Holy Week** is coming up from March 29 to April 5. Please join us for the following special services and activities.

Sunday, March 29 Palm Sunday Worship (11:00 am) McAllister

Thursday, April 2 Maundy Thursday Worship (time TBA) Clifton Forge PC

Friday, April 3 Good Friday Worship (time TBA) First Presbyterian

Friday, April 3 Easter Egg Hunt (6:00 pm) McAllister

Sunday, April 5 Easter Sunrise Service (7:00 am) Cliffview Golf Club

Sunday, April 5 Easter Breakfast (9:00 am) McAllister

Sunday, April 5 Easter Worship (11:00 am) McAllister

**AVERAGE FEBRUARY 2025 SUNDAY WORSHIP ATTENDANCE:**

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# APPRECIATION

On behalf of our local Meals on Wheels program, Donna Fox (member) would like to thank the following members for delivering meals in 2025: Gary Rice, Harry Casey, Chuck & Jean Bartley, Jim & Marlene Faidley, Marshall (Donna) Fox, and Devvie & Steve Bennett (Bucky & Doris Mottern). Thank you all so kindly!

Dear McAllister Church—Your support this year made a true difference, thank you for believing in our mission, and for investing in brighter, healthier futures. With gratitude, Bobbi Wagner (Alleghany Highlands YMCA CEO)

Thanks to Pastor Jim Moss, parents, and youth carolers for coming to my home on December 7th singing Christmas carols. This was very special.  
~ Dolly Whitehead

Dear McAllister Church Family - We would like to thank you for the Christmas gift blankets, all the visits throughout the year by Rev. Moss, all the meals delivered by the ladies (Pam P., Marlene F., Anita Rice), for the many cards from circles (PW) and individuals this past year. We were visited by the youth carolers who sang Christmas carols. They were all dressed in Christmas themed outfits and head gear. They were all smiles and sang several Christmas songs. They were accompanied by Rev. Moss on guitar, Brigitte Young, and other adult leaders of the youth dept. These adults have worked so hard and McAllister has a youth program that is outstanding. This was certainly a highlight of our day. The children were so sweet- love spilling out freely. They had made a Christmas card, presented to Danny, and gave many hugs and Happy Holiday wishes. May God bless each of these precious children, all our McAllister members, and may God grant us love and peace in the world in 2026. ~ Rhoda & Danny Hill

A BIG THANK YOU IS DUE TO CHRIS JOHNSON, MIKE YOUNG, AND ANYONE ELSE WHO HELPED TO CLEAR OUR CHURCH PROPERTY PRIOR TO THE STORM IN LATE JANUARY. WE ARE SO GRATEFUL!!



## 2026 EASTER LILY FORM

Please use this form to remember or honor a loved one(s). Please return this form to the church office or place in offering plate.

**Ordering Deadline: Sunday, March 8<sup>th</sup>**

Each \$12 order = one lily plant. Donors will be recognized Easter Sunday. Lilies may be picked up after worship on Easter Sunday.

Given By: \_\_\_\_\_

In Honor OR Memory of (circle one):  
\_\_\_\_\_

Number of Plants: \_\_\_\_\_ @ \$12 each = Total \$: \_\_\_\_\_

For those wishing to give monetary gifts - no lily purchase - please use the portion below:

**MONETARY GIFT ONLY—no lily requested**

Given By: \_\_\_\_\_

In Honor OR Memory of: \_\_\_\_\_  
(circle one)

What a blessing...  
straight from God  
into your waiting arms!  
CONGRATULATIONS

CONGRATULATIONS to members Mahaley & Holden Broughman on the birth on their first child, a daughter.

***Eloise Ann Marie Broughman***

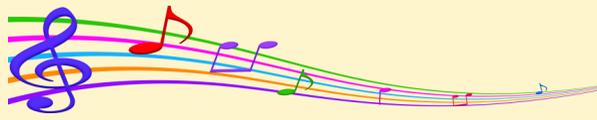
was born on Friday, February 13th at the University of Virginia Hospital. She weighed 3lbs., 3.9 oz. and was 16" long (31 weeks). She is currently in the NICU.

Proud maternal grandparents are April & Frank Reynolds (members) and paternal grandparents are Mike & Leigh Broughman.

McAllister Church wishes to congratulate **Samuel Moss** and **Samuel Poague** for being recognized by **Bridgewater College** as students on the **Dean's List** for the **Fall 2025** semester!



\*\*\*\*The McAllister Messenger is a monthly publication. Deadline for submissions is the second Friday of each month. You can also view this newsletter online at [www.mcallistermempcusa.org](http://www.mcallistermempcusa.org). To request a full color copy of this publication BY EMAIL, inform us of a change in contact information, OR object to the use of your photo/your children's photo being used, please call the church office or email us (see back cover). We sincerely regret and apologize for any error, misprint, or omission that may occur in this publication. Contact our office at 540-962-2675 with any revisions. Leave a message if necessary as voicemail is checked regularly.



## Musical Minute

Have you ever noticed how a random interaction with a fellow human can change your day? A bad one can upend your sense of equilibrium for days, but a good one can save a tough day or make a good day even better. I was recently in Roanoke for a doctor's appointment. It was just a routine checkup—so good day. Even better, following my appointment, I was having lunch with my sis-in-law who had been released from the hospital after ten days just the day before following the onset of a sudden, aggressive infection. She was finally feeling better and her doctors were optimistic about her full recovery. Again—really good day. Brother Nick would be there, too, plus I'd get to see my wonderful Newfoundland niece, Bear—good day all around. After my medical appointment I stopped by Crystal Spring Grocery to pick up a few goodies to bring back to Covington and also to pick up some tomato soup for Nick and Cathy to have later in the week. It was a gorgeous day—sharply cold, but with a clear blue sky, and brilliantly sunny. And the huge banks of frozen sleet were finally, slowly beginning to recede from the curbs and sidewalks. When I pulled in, I noticed a gentleman sitting on a bench near the front of the store. He had a sweet little long-haired black pup with him that reminded me of our childhood pet, Fiddlestix. When I got out of the car I asked if the dog was friendly and if I could approach to pet him and say hello. The gentleman smiled and nodded yes. The dog's name turned out to be "Winston," a studious name for such a little cutie. He was indeed a friendly little fellow. As I stroked Winston, his human and I chatted about what a wondrous difference pets (especially dogs, in our case) make in our lives. As we talked, I learned that Winston was actually the man's friend's dog. He walked him because his friend was unable to get out and about much any more and because he loved dogs and enjoyed being outdoors and getting a bit of exercise. Winston lay contentedly in the sunshine beside his good friend while we talked. It seemed he, too, enjoyed the outdoors and a "bit" of exercise. We talked for a few minutes and I went into the grocery to pick up my order with a smile on my face and in my heart.

When I came back out, the birds were singing loudly as the sun crept ever higher in the sky, blanketing the frozen landscape inch by inch with its winter warmth. The birds (I think they must have been robins.) were singing in a way I hadn't heard in months—expressive chirps and exhilarating song that could only mean one thing. Spring is on the way! What a good day this was turning out to be. As I stashed the groceries in the back of my car, I looked around to see that Winston and his friend were still enjoying their sunny spot on the bench. As I surveyed the scene, it slowly dawned on me that some of the birdsong was in fact the whistling of the older gentleman. He was whistling to the birds and they were actually responding. It was magical! Had I not seen his mouth moving, I would have never known that I was hearing an avian/human collaboration. I commented that his improvised duet with the birds was a certain sign of spring's imminent arrival. He responded that while we *can* watch the news to find out the latest weather prediction, the quickest and most reliable way to learn the upcoming weather is to come outside and listen to the creatures who experience it firsthand. They know and sense it best, he said. We bid one another a warm farewell and I headed off to Cathy and Nick's. When I relayed to them my interaction with the gentleman they knew exactly about whom I was speaking. Apparently, he's a much-adored fixture in the neighborhood, well-known for his lovely birdcalling talents and kind disposition. He used to



sell his homemade birdhouses, made from found materials and objects, from a stall in Roanoke's historic market district. How fitting! No wonder his fluent "birdspeak" came so easily to him. His friendship and stewardship of his feathered friends goes back a long way. I relate all of this to you because it was one of the brightest spots for me in the coldest month we've had this year, and also to assure you that I have it on extremely good authority that *spring is truly just around the corner*.

If you need me, I'll be outside checking on the daffodils! ~Beth

## WHAT TO PRAY WHEN YOUR HEART FEELS HEAVY

*God is close even when words are hard to find.*

- 1 "Lord, meet me in this weight I can't explain."  
Psalm 34:18
- 2 "Carry what I'm too tired to hold."  
Matthew 11:28
- 3 "Quiet the noise in my mind with Your peace."  
Philippians 4:6-7
- 4 "Heal what I keep hiding."  
Psalm 147:3
- 5 "Remind me I'm not walking alone."  
Deuteronomy 31:8
- 6 "Restore joy where hope feels distant."  
Psalm 30:5

