Don't Grow Weary

In well doing

Galatians 6:9-10

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

Secret
Pals
ENJOY SURPRISE GIFTS

What CDC says about connection:

"When people are socially connected and have stable and supportive relationships, they are more likely to make healthy choices and to have better mental and physical health outcomes. They are also better able to cope with hard times, stress, anxiety, and depression."

Centre for Disease Control

Interview with Virginia

Thanks Don!

How do you like to connect?

Think of a time that you laughed really hard

Were you alone?

Let's find ways to laugh

Mayo Clinic On Laughter:

- **Activate and relieve your stress response**
- **Soothe tension**
- **Improve your immune system.**
- **Relieve pain.** (Laughter may ease pain by causing the body to produce its own natural painkillers.)
- **Increase personal satisfaction.**
- **Improve your mood.**

Seasons come and go

- COVID has been hard
- There have been lots of personal losses impacting our community
- SSU undergrad was a big loss
- ETC!

- Let's read Psalm 126 together with hope for more joy and laughter

Psalm 126 - A song of ascents.

(Bold is all of us together)

When the LORD restored the fortunes of Zion, we were like those who dreamed.

Our mouths were filled with laughter, our tongues with songs of joy.
Then it was said among the nations, "The LORD has done great things for them."

The LORD has done great things for us, and we are filled with joy.

Psalm 126

Restore our fortunes, LORD, like streams in the Negev.

Those who sow with tears will reap with songs of joy.

Those who go out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with them.