

*Life's not about expecting, hoping, and wishing.
It's about doing, being, and becoming.
It's about the choices you've just made, and the ones you're about to make,
it's about the things you choose to say – today.
It's about what you're gonna do after you finish reading this.*
Mike Dooley

Dear Friends,

I continue to hear such positive comments about our first Inside-Out Sunday when 191 of us put our faith into action, serving this community God has given us. Many of the comments come with the question, “*When are we going to do it again?*”

Well, we eventually hope to be able to offer this opportunity four times each year – specifically, whenever we have a 5th Sunday. But because of the incredible amount of planning and the uncertainty of the weather in January, we made a decision to offer a modified Inside-Out Sunday on January 29th looking forward to April 29th when we hope to have 200 people out in the community serving in Christ’s name.

Here’s the plan. We will come together for worship at the regular time – 10 minutes to 10:00 – and then join together for a final class session “*Seeking Balance – Finding Voice... Families: How we help and hinder mental health recovery.*” Then, we invite you to choose a way to put your faith into action on your own or with a small group. Here are some possibilities:

- Join together with your C-group or put together a group of friends and help an elderly person get their garden ready for spring
- Bake cookies for a neighbor and drop by for a quick visit
- Offer your childcare services to a young family in the church or your neighborhood
- Think of an elder in our congregation and pay them a visit
- Put together several sack lunches and hand them out to people on the street corner
- Join the team at the wetland we have adopted for an afternoon adventure
- Invite someone you want to get better acquainted with to lunch
- Write a letter to an elected official concerning something you feel is important
- Go to the grocery store and put together a bag of high protein foods for Food for Lane County
- Read to a neighborhood child
- Invite folks in your neighborhood over for coffee – especially those who might not know each other
- Any other random act of kindness

AND/OR join us for a Prayer Walk through our neighborhood. Several of the lay and clergy leadership walked together last week and found the experience insightful as we dream together about the ministry we share in the heart of Eugene. It was so important that we want to invite more of us to participate in the experience.

So consider yourself invited to the Prayer Walk. We will gather in the Fellowship Hall at 12:30 for a light lunch and then move out into our neighborhood, paying attention to God’s nudgings and urgings and asking ourselves how we can serve this neighborhood we share. We will go out in pairs, looking for and listening to God’s voice. After an hour, we will meet back at the church and share our experiences.

See you in worship...Debbie