



The Devil is in the Details

This has been a wild week—a funeral, newsletter, bulletins, several extra projects from various groups, jammed copiers, lack of toner, ordering supplies for different events—the devil has been working overtime around here! With all of these details running through my head, sometimes I have trouble letting go and falling asleep at night or I wake up in the middle of the night thinking of all the things on my “to do” list for the next day.

I recently read this short analogy about all of our “stuff”.

A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the “half empty or half full” question. Instead, with a smile on her face, she inquired: “How heavy is this glass of water?”

Answers called out ranged from 8 to 20 oz.

She replied, “The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes.” She continued, “The stresses and worries in life

are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed – incapable of doing anything.”

It's important to remember to let go of your stresses. As early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Remember to put the glass down!

WOW! We all have a glass full of “stuff” that we carry around all day. This was a great reminder to me to put it down (or write it down so I don't forget). As Christians we know we can lay it at the foot of the cross. The details of life will still be there in the morning & somehow they don't seem as stressful after a good night's sleep.

The sign on my office door reads:

“The Devil whispered, “I'm coming for you.”

I shouted back, “Bring tacos. I'm hungry doing God's work!”

Now on to important stuff!

March is:

- Adopt a Rescued Guinea Pig Month
- Humorists Are Artists Month
- Mad for Plaid Month
- Frozen Food Month
- Music In Our Schools Month
- Caffeine Awareness Month
- National Craft Month
- National Kite Month
- National Noodle Month
- National Peanut Month
- National Umbrella Month
- Play the Recorder Month
- Sing With Your Child Month
- Youth Art Month

The Week Feb. 27-March 5 is:

- National Cheerleading Week
- Write a Letter of Appreciation Week
- Return Borrowed Books Week
- Mardi Gras

Some celebrations only last a day:

- 1st-** Dadgum That's Good Day
Peanut Butter Lovers Day
Mardi Gras (Fat Tuesday)
Pancake Race Day
Pig Day
World Compliment Day
- 2nd-** Ash Wednesday
Banana Cream Pie Day
National Old Stuff Day
Dr. Seuss Day
Read Across America Day
- 3rd-** I Want You to Be Happy Day
National Anthem Day
National Cold Cuts Day
National Mulled Wine Day
Princess Day
Simplify Your Life Day

- 4th-** Dress in Blue Day
Employee Appreciation Day
National Pound Cake Day
Marching Music Day
National Day of Unplugging
National Grammar Day
Tartar Sauce Day
Hug a G.I. Day
National Sons Day
Toy Soldier Day

- 5th-** Iditarod
National Frozen Food Day
National Play Outside Day
Sock Monkey Day
National Cheese Doodle Day
Multiple Personality Day

Have a great week & call if you need anything!

Serving Him & Loving it!

Carol 😊

Pastor Bill 901-569-1428
Pastor Cassie 678-492-3956
Carol 803-360-7137

- **PANCAKE SUPPER** Tues. @ 6 pm
- **ASH WEDNESDAY WORSHIP**—at 11:15 am and 7 pm

If you would like to come to either or both of these and you need a ride, please call me and I will make arrangements to pick you up (or I have volunteers who will be more than happy to do so).

Please don't ever let a **ride** be the reason you don't come! We miss y'all!!