



*We aspire to be beacons of God's love and truth ...*

### **Find Your Slow Summer Week Three (August 19, 2020)**

Dear Families,

Here is Week three of our "Find Your Slow Summer" by the saltproject.org. This week centers around nature and gratitude. Remember not to look at this as a to-do list but a list of options to choose from. God has blessed us in so many ways. We pray you are able to see His hand of blessing in your life each day, even in the midst of daily struggles. Find your slow and rest in His peace. You are loved.

- Climb a tree and, while you're up there, listen as the **"hills before you burst into song and all the trees of the field clap their hands."** -- **Isaiah 55:12**
- Go to a parade – or, even better, create your own parade and march around the yard or house to your favorite band music.
- Go bird-watching **"I know every bird on the mountains, and all the animals of the field are mine."** -- **Psalm 50:11**
- Have a popsicle. What is your favorite flavor or color?
- Visit a nature center. Palmyra Cove is beautiful and peaceful. **"In the beginning, God created the heavens and the earth."** -- **Genesis 1:1**
- Fly a kite
- Make a batch of homemade jam or applesauce **"God saw everything that God had made, and indeed, it was very good."** -- **Genesis 1:31**
- Make your own playdough
- Park your car for the day and ride your bike wherever you go
- Eat watermelon and have a seed-spitting competition
- List 5 things You're thankful for or 5 Songs You Love (Sing Jesus Loves Me)
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
- **Weekly dinner conversation starter:** Go around the table and say one thing you appreciate about each person (Pray and thank God for the gift of family and each other). **"I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds."** **Psalm 9:1**