

# MONTH AT A GLANCE

## DEAR FRIENDS,

The azaleas are blooming outside and signs of hope and spring are all around us. And as we see signs of hope in creation, we also experience signs of hope in lightened pandemic restrictions and moments of "normalcy." We are looking ahead to the first Easter in our beautiful sanctuary in three years and the return of time honored traditions like the Easter Egg Hunt. The promise of resurrection and new life is coming!

But we also remember that we didn't get through this day without a journey through the wilderness and an awareness of the costs and toll it has taken on many of us. For those of you who still feel like you're in a fog or lonely or grieving; for those of you who aren't ready for 'normal;' for those of you who know that we are forever marked by the collective trial and trauma of the past two years, we also remember that we don't get to Easter Sunday without a journey to and through the cross. Our focus on the cross in worship these past six weeks reminded us that our God promises life and hope and resurrection, but our God also stands with and understands those who suffer, grieve, and struggle.

So I encourage you to prepare for Easter but also not to miss out on Holy Week this year. Join us for the Palm Procession from Sidney Marcus Park on Palm Sunday (April 10). Sign up for a Maundy Thursday meal in a member's home where we can share in the intimacy of that sacred meal Jesus shared with his disciples. Attend the Good Friday service as we worship together with Central Presbyterian and Covenant Presbyterian and recall the darkness of the cross. And then....join us on Easter Sunday for the word of hope and resurrection! The promises of Christ's resurrection are that much sweeter when we take time to remember that God has walked with us through it all.

**WITH JOY IN THE JOURNEY,  
PASTOR KATIE**

## ELDER & DEACON NOMINATIONS

We're making an exciting shift and aligning when our officers begin their work to the church/school calendar. That means terms for elders and deacons will begin in August instead of January, and that means we need YOU to help us prayerfully discern who God might be calling to help lead the church today! Nominate yourself or a fellow member for elder or deacon from now until April 10 using this [link](#).

## PALM SUNDAY

Sunday, April 10 @ 9:30 a.m.  
We team up with Haygood UMC for a Palm Sunday parade from Sidney Marcus Park to our churches. There will be live donkeys and trumpets and great Hosannas!

## MAUNDY THURSDAY

Thursday, April 14 @ 6:00 p.m.  
As the pandemic wants, we will mark this holy night with dinner and communion in member's homes. Sign up in the Narthex to participate or [email Pastor Emma](#).

## GOOD FRIDAY

Friday, April 15 @ 7:00 p.m.  
Central Presbyterian MPC's Chancel Choir joins voices with Central Presbyterian and Covenant Presbyterian for a service of word and music as we sit in the darkness of this day and wait in hope for Easter.

## EASTER SUNDAY

Sunday, April 17  
9:00 a.m. & 11:00 a.m.

*Christ is risen, He is risen indeed!*  
We celebrate Easter with communion and special music at two services in the Morningside sanctuary!



## SPECIAL OFFERINGS ONE GREAT HOUR OF SHARING

Every Easter Sunday, MPC participates in the **One Great Hour of Sharing Special Offering**. Your gifts to this offering provide core funding for the work of Presbyterian Disaster Assistance, enabling immediate response to national and international disasters like the crisis in Ukraine as well as strengthening ongoing work such as training and development, refugee ministry, and response to disasters that do not receive media attention.



WORSHIP • SERVE • GROW • BE  
**Journey  
Together**



# MATTHEW 25

## MPC & MATTHEW 25 UPDATE

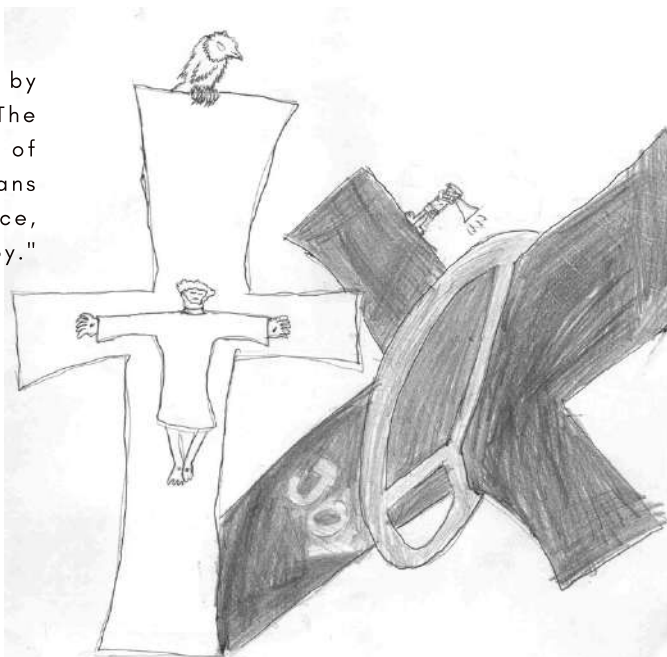
"Whenever you did it for one of the least of these, you did it for me." -Matthew 25:40

The Matthew 25 initiative of the PC(USA) invites us to explore the ways that we are called to draw near to Christ and to care for the "least of these." This profound missional call extends beyond hands on mission and supporting our mission partners to engage in mission that addresses systems and structures, particularly the ways that structural racism and systemic poverty keep us from one another and from God. Following the Sunday School series and worship focus in January and early February, a team has formed to intentionally discern how MPC might engage in this work in an authentic way that has impact. This team - including **Carol Senf, Katie Davis, John Watson, Emilee Terry, and Nancy Hamilton** - is learning about how other churches have approached this question and exploring issues relevant to our neighborhood and our mission partners. As we strive to commit to being a Matthew 25 church, we want to do so in a way that isn't just a label but one that requires our faith to grow legs and walk, to venture out into the community in ways that will stretch us and grow us as we seek to serve and learn from others. If you have thoughts, questions, or ideas about opportunities for us to dive in, talk to one of the organizing team or join us in this discernment!

### ART IN WORSHIP: CONTEMPLATING THE CROSS

God invites us to worship and to reflection using all of our senses. So much of our worship is experienced through hearing. This Lent, we are blessed to add a visual art component to our worship. Myles Smith and Gus Libby each offer reflections on the cross through art. We hope that their contributions will invite you to reflect further on what the cross means to you and where you find hope amidst despair and life amidst death.

Original artwork by Gus Libby. "The shadow has symbols of what the cross means to me: hope, peace, love, and joy."



## WORSHIP TOGETHER IN APRIL

We continue the series, *Making Sense of the Cross* taking on central lenten questions: Why Did Jesus Have to Die? Why is the cross necessary, valuable, and meaningful to our faith? It will unpack six answers to these framing questions through the epistles.

### 4/3 - 5TH SUNDAY IN LENT

Baptism and Communion  
Philippians 2:5-11 - Obedience  
Pastor Katie, preaching

### 4/10 - PALM SUNDAY

Palm Parade with Haygood Methodist  
The Final Walk to the Cross  
Luke 19:28-40  
Pastor Katie, preaching

### 4/14 - MAUNDY THURSDAY

In-home Meals  
Communion  
John 13:1-17

### 4/15 - GOOD FRIDAY

Joint Service at Central Presbyterian  
with Covenant Presbyterian

We begin a new sermon series on Easter Sunday: *Encountering Christ Through the Generations*. The Risen Christ seeks to meet all of us and we can all be changed by the experience of resurrection. This Easter season, our worship will seek to share God's good news from voices across the generations.

### 4/17 - EASTER SUNDAY

9 a.m. and 11 a.m. Services  
Special Music, Easter Tributes  
One Great Hour of Sharing  
Encountering Christ  
John 20:11-18; Revelation 1:4-8  
Pastor Katie, preaching

### 4/24 - 2ND SUNDAY OF EASTER

Creation Celebration - Earth Day  
Creation for All Generations  
Psalm 150, Isaiah 65: 17-25  
Pastor Katie, preaching



# CONTEMPLATING THE CROSS

## ART INSTALLATIONS

### BY MYLES SMITH

The *Fractured cross* is made from bark gathered from the grounds around the church: outside the welcome center, by the playground, from the woodlands that provide shade and refuge. Each piece of bark is from a different tree signifying the diversity of the family of God. The bark is applied like a mosaic to become one uninterrupted surface and yet, the rutted texture is imperfect and broken, revealing the gold underneath. In the chaos of the world, we yearn to move past the fractured outer surface to the purity, beauty, and goodness of God at the center of all things.

The cross of the Roman Empire was a symbol of state execution. It was constructed of wood: something rough and commonplace. Yet the cross in all its simplicity and horror remains for Christians a symbol of life. It is composed of ordinary wood: "foolish and weak". But underneath, God reveals God's self in truth, beauty, goodness, and love.



*Fractured*  
Bark, gold relief

The *Shadow cross* is made from cast acrylic resin in which pieces of gold leaf seem to emerge from within. The title *Shadow* represents faith, invisible yet tangible. The gold signals the presence of the Holy Spirit always with us as God's presence and promise.

In Galatians 6:14-16, Paul speaks of "boasting" of the cross of Jesus, as a sign of a "new creation". The acrylic medium is a contemporary [new] material for the fabrication of this "new creation" symbol. The transparency of the material suggests faith as an invisible conviction, not discerned through sight or another sense. Yet it can stand strong and unbroken. The acrylic has the clarity of water: water to wash clean, and as a reminder of Christ's promise of 'living water' and the waters of our baptism.



*Shadow*  
14K gold, acrylic resin



*INRI*  
Heart pine, copper wire, tin

The initials "*INRI*" represent the Latin inscription: "Jesus Nazarenus Rex iudaeorum," which translates "Jesus the Nazarene, King of the Jews" (John 19:19). Scripture tells us the inscription was affixed to the cross by Pontius Pilate. John 19:20 states that this was written in three languages, Latin, Greek and Hebrew.

The heart pine and tin are reclaimed from the artist's great grandfather's barn in Spalding County and may date from before the civil war. The cross is intentionally left rugged and raw with no particular care to beauty and form, representing the quick and cheap means of execution. The modern form of the body in copper wire represents movement and pain. The materials are a juxtaposition of old and new, earth and body.

*Sacrifice.* Scripture passages about sheep are abundant. We think of the sacrifice of Isaac, the lost sheep, the separation of sheep from goats, Jesus' words "feed my sheep" and from Psalm 100, "we are his people and the sheep of his pasture".

When the cross is covered with lamb's wool, we are taken to the words of John 1:29, "Behold the Lamb of God who takes away the sin of the world," and the liturgy of the "Agnus Dei:" *Lamb of God who takes away the sins of the world, have mercy upon us.*

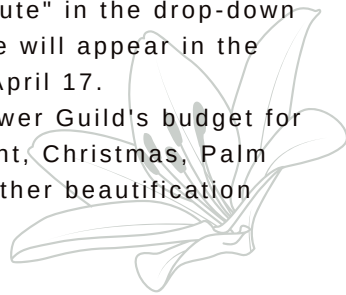
Here is the cross, the Lamb of God crucified with nails at his hands and feet, a willing sacrifice for the world.



*Sacrifice*  
Lamb's wool, paint,  
hand-forged concrete nails,  
and silk

## EASTER FLORAL TRIBUTE

Click [here](#) to submit your Easter Floral Tribute by Thursday, April 14. Suggested donation for each tribute is \$10, payable by cash, check, or by choosing "Easter Floral Tribute" in the drop-down menu on [Realm](#). Your tribute will appear in the bulletin on Easter Sunday, April 17. Your donation funds our Flower Guild's budget for holiday decorations at Advent, Christmas, Palm Sunday, Easter, and many other beautification projects around our church.



Congratulations to Sarah Bogue on her ordination on Saturday, March 26. We celebrate Sarah's hard work and dedication to her calling.

## DEACONS' CORNER

Here's what your deacons have been up to this quarter:

- Provided material for Valentine Boxes for our church college students.
- Activated the meal train.
- Sent cards and notes expressing encouragement and best wishes.
- Delivered flowers to those needing cheer.
- Maintained the church prayer list.
- Provided outreach and ways to engage.

## VOLUNTEER OPPORTUNITIES

- **Flower Ministry** - Volunteers are needed for Easter Sunday preparations and going forward helping the flower guild. No prior experience is needed, just a willing spirit! Contact [Lynn](#) or [Georgia](#).
- **A/V Team** - We need additional audio/visual support for Worship and other events at MPC. If you are interested in acquiring media skills, this could be the place for you! Contact [Lloyd](#).
- **MPP's Spring Fling** - The Spring Fling on Saturday, April 24 is a great outreach to our larger community, the preschool and preschool families. Contact [Liz](#) to help out!
- **Vacation Bible School** - No matter what your schedule, we have ways for you to plug in before, during, and after VBS, June 13-17. Contact [Pastor Amanda](#) with questions and click [here](#) to sign up.



# VACATION BIBLE SCHOOL REGISTRATION IS OPEN!

June 13-17, 2022



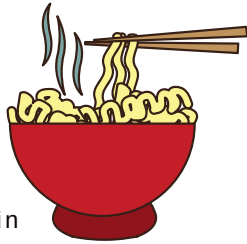
Register now for Discovery on Adventure Island at MPC! Campers will be guided on an exciting quest to find mysterious infinity lanterns to help light their way. On their quest, campers will venture through art, discovery,

recreation, music, and storytelling stations. This year, we will also be offering optional extended hours from 12-3pm for all ages, including Adventure Mission Camp for 2nd-5th graders. Register [here](#) today to receive updates and additional information.

## MPP DINE OUT @ DOC CHEY'S

Tuesday, April 12

Mention "MPP" when you dine-in or order take-out (via phone, website or walk-in) and 25% of your purchase will be donated to back our preschool's fundraiser.



## MPP SPRING FLING

Saturday, April 23;  
10 a.m. - 1 p.m.

The Morningside Presbyterian Preschool Spring Fling is back and better (and bigger) than ever! Please join us in the main parking lot for a huge outdoor carnival with fun for the entire family. For the kids, we will have multiple bounce houses, a trackless train, carnival games, craft stations, face painting, a petting zoo, a gymnastics obstacle course (sponsored by Intown Tumbling), and a dunk tank! We will also have a Toddler Zone for the younger children. For the adults, we have Grill-Off wristbands which will get you a delicious tasting plate from some talented preschool parent-chefs.

Wristbands for the children's activities (which includes a kid's meal and drink) and Grill-Off will be available for purchase the day of the event and cost \$25. For questions, please contact [Liz Conwell](#).



## MFM GREENS, EGGS & HAM

Saturday, April 23; 8 - 11:30 a.m.

Morningside Farmers Market will celebrate the spring season with "Greens, Eggs & Ham," a fun filled event celebrating spring vegetables and delicious foods made on the spot. The event will feature organic spring produce, kids' activities, music and more!



## MUSIC@MORNINGSIDE



Morningside hosted the Maryville College Concert Choir as leaders in Worship and Music on Sunday, March 20.

We were blessed by the voice of David Rivera Bozon at the inaugural concert of the Nancy Frampton Rising Artist Series. Many thanks to Jonathan Crutchfield for his superior work in spearheading this endeavor, as well as providing his exceptional accompanying skills for our guest artist.



Upcoming concerts are scheduled for July 23 and October 29 and tickets are on sale now! Click [here](#) for more information and to purchase tickets.



# PICTURES OF MARCH



Shrove Tuesday



Lenten Greens Team

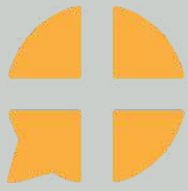


Ash Wednesday

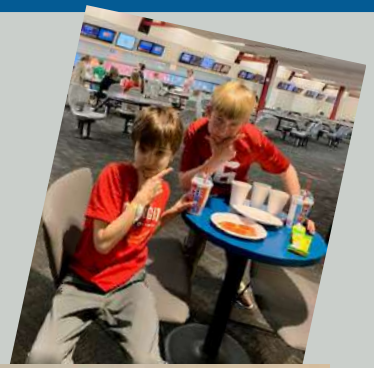


Indoor Screen on the Green & Food Truck





Club 46  
@morningsidepres



YOUTH @ Morningside

# april birthdays

3 CORINNE MCLARIN-HADDEN  
3 KATYE WATTS  
4 LEMON GAUTHIER  
4 EMMALINE WOOLLEY  
5 ELEANOR LORING  
6 JOE BALLAY  
8 HANNAH DIAZ  
8 LIZ SOMMERFELD  
9 AUSTIN DAVIS-SELPH  
9 MACKENZIE GORMAN  
9 EVERETT MCLARIN-HADDEN  
10 CHARLOTTE WARD  
11 NATALIE BATCHELOR  
11 ANDREW TUUK  
12 REED ELY  
12 KIMBERLY WILLIAMS  
13 BRANDON ODOM  
13 GRACE ROACH  
15 JEFF ADAMS  
20 SOPHIE MARKOVIC  
20 THOMAS MARKOVIC  
20 ISABELLA PEREZ  
20 AMANDA SANDERS  
20 REESE SLAYTON  
20 HANNAH TERRY  
21 WILLIAM BREWSTER  
22 BARBARA HARTMAN  
22 SUE BALLAY  
22 EMILY ROSE HOFFMAN  
24 MEREDITH HENRY  
25 SUSAN GILBREATH  
25 CAROLINE TANNER  
26 STEPHEN ROACH  
27 MCKELL KING  
27 HAL NUCKOLS  
28 ALAN BREMER  
29 BROWNING FERGUS



## MPC COUPLES & FRIENDS

Saturday, April 9

Contact [Kathy](#) for more information on this gathering.

## THEOLOGY ON TAP

Tuesday, April 19; 7:00 p.m..

Program details will be announced closer to the event. Contact [Lloyd](#) for more details.

## RHO READERS HYBRID

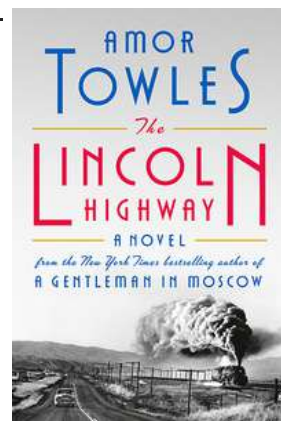
Sunday, April 24; 12:30 p.m.

Choose to meet with other RHO Readers in-person (Room 201) or online. Contact [Jill](#) for the Zoom link. Check out the book up for discussion below.

### RHO Readers April Book

*The Lincoln Highway*  
by Amor Towles

June 1954, eighteen-year-old Emmett has just served fifteen months for involuntary manslaughter, returns home to find his parents gone. He heads to California with his eight-year-old brother to start a new life. An absorbing, exhilarating ride, *The Lincoln Highway* is a novel as vivid, sweeping, and moving as readers have come to expect from Towles's work.



## WOMEN'S ROUNDTABLE

Monday, April 25; 7:00 p.m.

This group will meet up for dinner for its last meeting of the spring. Location and further details TBD. Email [Betsy](#) to RSVP.

## CELEBRATE JOANNA!



We give thanks for MPC Pastor Emerita, Joanna Adams, who is being honored at this year's Buckhead Rotary Foundation Ball for her many years of service and ministry to our city as a religious and civic leader. Click [here](#) for more information about this event. If you would like to attend the rotary event on Saturday, April 23, tickets are \$175.





MISSION @ MORNINGSIDE

# SERVE TOGETHER

"We rise by lifting others."

- Robert Ingersoll

Researched & compiled by Jill Klotz



Many thanks from David Roth for a successful bedding drive for refugees!

## MDM'S ANNUAL DIAPER DRIVE

MDM's Annual Diaper Donation Drive is one tangible way to "act locally" to benefit families that have been displaced through war that have arrived here to begin rebuilding their lives. The blue barrel will be in the Welcome Center April 18 through Thursday May 5. All these diapers will go to refugee families in Atlanta. Stay tuned for the Amazon Wish List link. Contact MDM shepherd [Amy Jensen](#) for more info.



Thank you SO much to all who participated in the **Hunger Walk!** ICM raised \$5,635 + \$3,000 match! This will go toward ordering from the Foodbank where ICM is able to get food at a fraction of retail cost. This is AMAZING! Thank you to all who donated and participated!



## ICM LENTEN FOOD DRIVE

Our annual Lenten ICM Food Drive began on Ash Wednesday and continues through Palm Sunday. Look for the blue Mission Committee barrel in the Welcome Center.

Currently, ICM needs: Spam, Tuna Packets, Canned Chicken, Pop-top Vegetables, Fruit Cups, Snack Items, Canned Soup, Ramen Noodles, Peanut Butter and Jelly

Instant Oatmeal and Grits, Shelf Stable Milk, Instant Coffee

Click [here](#) to find out what else ICM needs for their food pantry.



## JUST BAKERY OF ATLANTA

Just Bakery of Atlanta is joining Morningside Farmers Market! JBA makes delicious baked goods AND provides a living wage work for our new American neighbors. MFM is held in the MPC parking lot every Saturday from 8:00 am -11:30 am.



## ICM & MORNINGSIDE FARMERS' MARKET

Morningside Farmers' Market has partnered with Intown Collaborative Ministries this year. A **green tote box** will be located at the information booth to collect donations. Let's come together and share our bounty of fresh local food! Thank you, Morningside Farmers' Market for joining ICM's mission of preventing and reversing homelessness and hunger in Intown Atlanta.

## ICM HEART & HOME GALA

Support ICM at their fundraiser on Sunday, April 24 from 4-7 pm. Click [here](#) to purchase tickets.



## MOWA

Meals On Wheels Atlanta

Longtime Meals-on-Wheels-Atlanta volunteer and Morningside friend **Wendell Harsh** passed away suddenly on March 17. Our love and sympathy go out to his wife, Sandi and family.

### DID YOU KNOW?

MOWA's Home Repair Services Program offers critical support for seniors and veterans, preventing them from being displaced from their homes. Their licensed general contractors complete rehabilitation and handyman projects on both the interior and exterior of homes, enabling senior and veteran homeowners to maintain their independence and continue living at home as they age. Click [here](#) to find out more.



## PRESBYTERIAN DISASTER ASSISTANCE: UKRAINE UPDATE

Our first priority as PDA is to provide funding to these partners on the ground. While the scale of this crisis is new, receiving refugees from Ukraine and other countries in Central and Eastern Europe is not, which means we have trusted, established partners with the knowledge and expertise to carry out this important work.

We are hearing that the reformed churches in Ukraine and the region are also feeling called to join in the humanitarian response. PDA, therefore, anticipates that our response will include both financial and technical assistance as the network of faith communities providing humanitarian assistance grows in the months ahead. Funds are being used for emergency humanitarian aid such as food items, shelter, medicines, diapers, hygiene items, etc.

To support our response, designate gifts to DR000156 or text PDAUKR to 41444. Click [here](#) for more info about PDA's response.

## REFUGEE FAMILY UPDATE

Our Afghan family, the Emrans, are settling into their apartment in Clarkston and learning the ways of a new culture. They are fortunate to have some Afghan friends in the area. As time goes on we will continue to need help with transportation, tutoring the kids and mom in English. The primary need right now is to help the dad, Ashaquallah (most people call him Emran), to find a job. Because he doesn't have transportation it needs to be on a Marta bus or train line or nearby in Clarkston. He will be the only wage earner, so he needs to have a pay level to support the family (probably minimum \$14/hr.) If anyone has connections at any company that basically needs a laborer (factory, warehouse, construction, hospital, etc.), please email [Holly Campbell](#) or call 404-435-0676. Emran has worked as a painter and in a hospital in Afghanistan, as well as with the Canadian and US military. Contact Holly for his resume. Any time you might want meet the family, please let Holly know. The kids are delightful and so are the parents. Saturday or Sunday visits are preferable.



Left: Muzill and Adil; Right: Preparing for dinner!



**MPC C.A.R.E.**  
Cultivating Awareness Renewing Energy

## LEN FOOTE HIKE INN

Wednesday, July 27 -  
Thursday, July 28

Save-the-date! The MPC CARE team is sponsoring a family-friendly trip to the Len Foote Hike Inn for July 27 to enjoy God's creation with fellowship and fun! Click [here](#) to check out the inn's website. Click [here](#) to sign up! For more info, contact MPC C.A.R.E. Team chair, [Jeanne](#).

# J. W. DOBBS ELEMENTARY WORKDAY

March 19

Many thanks to all who volunteered at the Dobbs Workday on March 19.

Morningsiders, Dobbs faculty, staff, and students did a lot of digging in the dirt as well as sawing, hammering, and nailing!



**J. W. Dobbs Elementary**



RON C. - FULL-TIME EMPLOYMENT WITH GEORGIA REGIONAL  
 MARK W. - SUBMITTED PAPERWORK TO RECEIVE HOUSING VOUCHER  
 SHAREEF E. - SUBMITTED PAPERWORK TO RECEIVE HOUSING VOUCHER

CLIFTON SANCTUARY MINISTRIES



Years ago when Clifton Sanctuary was Clifton Presbyterian Church, memorial stones were placed around the campus in memory of church members who had passed away. Over time, these stones have sunken into the ground and a lot of them have been partially covered up. We would like to preserve these special stones. We are in the process of gathering the stones from around the property and placing them in a central area which is to be called our "Memorial Garden." We plan on planting beautiful flowers in the area, and having pavers and a bench where folks can sit. I have included before pictures and will post further pictures once we get started! Exciting project!  
 – Lori White, Clifton Director of Community Relations

SUN MON TUE WED THU FRI SAT

# APRIL

					1 APRIL	2 <b>7 Concert</b> The Nancy Frampton Rising Artists Series at Morningside Presbyterian Church
<b>3 Lent 5</b> 9:15 Children's Choir 9:45 Sunday School 11 Worship + Communion	<b>4</b> 9 Partner with the Preacher	<b>5</b> 10:15 ICM Grocery Delivery 11 Yoga with Pam 1:30 Staff mtg 7:30 Handbell Choir	<b>6</b> 7:30 Chancel Choir	<b>7</b> 8:45 Morning(side) Lift 11 Yoga with Pam 12 Centering Prayer 7 Deacons Meeting	<b>8</b>	<b>9</b> 7 MPC Couples & Friends
<b>10 Palm Sunday</b> 9:45 Palm Parade @ Sidney Marcus Park 11 Worship 12 Fellowship 6 Youth Group	<b>11</b> 9 Partner with the Preacher 7:30 Matthew 25 Mtg	<b>12 MPP Dine Out</b> 11 Yoga with Pam 1:30 Staff mtg 7 Theology on Tap 5:30 MPC Kids (All Ages) 7:30 Handbell Choir	<b>13</b> 7:30 Chancel Choir	<b>14</b> 8:45 Morning(side) Lift 11 Yoga with Pam 12 Centering Prayer 6 Maundy Thursday Dinners	<b>15</b> 7 Good Friday Service at Central Presbyterian	<b>16</b> Easter Egg Hunt 10 a.m.
<b>Holy Week</b>						
<b>17</b> Easter Sunday Worship at 9 & 11	<b>18</b> Office Closed 7 Session	<b>19</b> 11 Yoga with Pam 1:30 Staff mtg 7 Theology on Tap 7:30 Handbell Choir	<b>20</b> 7:30 Chancel Choir	<b>21</b> 8:45 Morning(side) Lift 11 Yoga with Pam 12 Centering Prayer	<b>22</b>	<b>23</b> 10 a.m. - 1 p.m. Morningside Presbyterian Preschool <b>Spring Fling</b>
<b>24 Easter 2</b> 9:45 Sunday School 11 Worship 4 ICM Heart & Home Gala 6 Youth Group	<b>25</b> 9 Partner with the Preacher 7 Women's Roundtable	<b>26</b> 11 Yoga with Pam 1:30 Staff mtg 7:30 Handbell Choir	<b>27</b> 7:30 Chancel Choir	<b>28</b> 8:45 Morning(side) Lift 11 Yoga with Pam 12 Centering Prayer	<b>29</b>	<b>30</b>