

# Connections

## May - August 2023

Building a community where all are enriched through Christian Love, Service, and Spiritual Renewal.

### Pastor's Message - His Eye is on the Sparrow

The morning of Confirmation Sunday Mark was walking Diesel before church. He spotted a small bird at the base of a utility pole and felt it was his duty to help this poor creature of God. He put the bird in a shoe box in the garage and headed to church. After church his mission was to care for this small bird, he named Little Bit. Between him and our neighbor, Yafa, who is a biology teacher, he found out that because the bird is a sparrow, (considered invasive species) wildlife centers will not take them. He did find a lady in Fort Salonga who cares for wild birds, who agreed to care for the bird but not until 6:00 pm.

The rest of the day, Mark continued to investigate what to feed Little Bit. With the small syringe-type dropper Yafa brought over, and holding the bird in his hand, Mark alternated between water and soggy dog food and Little Bit responded. (Diesel, by the way, was uninterested and a little annoyed his Dad isn't paying attention to him).

Mark does acknowledge that God may have intended the bird to be a snack for a raccoon or a cat...but he doesn't think he was upsetting nature by intervening. My role was to continue to take pictures and videos of Mark and Little Bit, which I did faithfully.

On his way to Fort Salonga, Mark stopped at a pet store and bought meal worms. Both Mark and Little Bit initially thought these worms were awful but mixing them with the water Little Bit devoured them. The rest of the trip Little Bit serenaded Mark in the seat next to him in the makeshift nest Mark created.

As Mark pulled up to the house, he noticed six deer were grazing in the front yard. Mark met the lady and learned that she cares for stranded creatures. They exchange information and she promised to send updates and in turn Mark donated to the Little Bit Endowment. Later that night, there was a picture of Little Bit and other small sparrows with their mouths open waiting for food. Little Bit looked content and at home.

This reminded me of the story read earlier in church, The Good Samaritan. Mark cared for a small bird that is considered 'not indigenous or native and can cause great economic and environmental harm to the environment'.

Despite that, Mark spent his time caring for this little creature. After taking him to his temporary home, Mark left money for his care.

I wonder if the sparrow has always been considered an invasive species and if that is the meaning behind the hymn: His eye is on the sparrow, and I know he watches me.

Maybe instead of being a snack for a raccoon or cat, the intention was for us humans who have become so busy finishing one task to get to the other, to stop and notice life around us. Our whole family got engaged in the story and yes, when Mark updated Yafa that Little Bit was in a good place, she and her family also rejoiced.

I sing because I'm happy, I sing because I'm free,  
for his eye is on the sparrow, and I know he watches me.

Remember that if God is watching an unwanted bird, surely God is watching us.

God Bless,  
Lynn

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### Worship Schedule

**Sundays**  
10:30 AM  
Sanctuary

**Tuesdays**  
Intercessory  
Prayer Service  
9:30 AM  
Chapel

**July 9, 2023**

**Rev. Lynn Sullivan's  
Last Sermon  
Sanctuary**

**Reception to follow in  
Gardner Hall**

## 2024 Church Directory

GCCC will be updating the Members & Friends Church directory over the next several weeks and we plan to issue a new printed directory in the Fall on Welcome Day.

The GCCC "breeze" website allows you to view and update your own personal information, view your giving history, see groups you belong to and easily donate online. If you are currently giving online, you already have a user account established. Please login using those credentials and make any changes needed to your personal information. After creating an account, you can conveniently access your GCCC.Breeze account by going to [gccc.breezechms.com](http://gccc.breezechms.com).

If you do not have an online account set up already, we would like to invite you to create an account by clicking <https://gccc.breezechms.com/login/create>



Unless we hear otherwise, we will include your name, address, e-mail address, home phone number and cell number in the directory. Please let us know before the deadline if you prefer any or all of your contact information not to be listed by contacting [controller@thegccc.org](mailto:controller@thegccc.org). **The deadline for providing updated information is July 15, 2023.**

Technical questions may be addressed to Liz Galzerano at [controller@thegccc.org](mailto:controller@thegccc.org), general questions may be addressed to Celia Petersen, Membership Chair at [gpcatspawr@msn.com](mailto:gpcatspawr@msn.com).



### Join us in welcoming our new church members:

Jill & Scott Frain

They joined the church on :  
Sunday, April 23rd

### Welcome our new members that were confirmed on May 1st.

Lucy Frain, Sabrina Haussel,  
Sophie Lippens, Ella Marchan,  
John Sceles, William Stone,  
Sarah Tusiani-Eng, Brendan Wilde

## Baptisms

Finley Scott Eilbeck—February 19, 2023

Sabrina Nurei-Rose Haussel—March 19, 2023

Daniela Hendricks De la Hoz—June 4, 2023

Harper Leah Riego—June 11, 2023

## Deaths

Fred Witcher (Elizabeth Witcher's brother) Feb 15, 2023

Charna Caddy DiSanto—Mar. 17, 2023

John Matzelle

(Greg Matzelle's father) - Apr. 6, 2023

Rosemarie Socha

(Joe Socha's mother) - April 21, 2023

Sarah Ann Mooney (Liz Galzerano's mother) - May 2, 2023

Marina Banta Delos Santos Tiomico  
(Melva Victorino's mother) - May 3, 2023

## Church Reflections from Rev. Lynn Sullivan

It has not sunk in that my time here is coming to an end. I cannot express enough how blessed I was to be able to serve you in the many roles I had here. I thought it would be interesting to be reminded of a few historical facts of this church.

Of the ten Senior Pastors, the shortest tenure was the first pastor, John Snyder serving one year. The longest was Jim Adelman, serving 26 years. Taking out Jim's time here, the average time for a pastor was seven years. In addition, this church has had 27 'other' clergy and 12 music ministers. Only three of the 'other' clergy went on to serve as Senior Pastor. They are Rev. Dr. Jim Gettemy, Rev. Jim Adelman and me.

In the mid 1920's, a survey was conducted to determine if Protestant families living in Garden City would be interested in another mainline Protestant congregation other than the Episcopal Church.

In 1927 the Nassau Boulevard area of Garden City was assigned to the Reform Church of America but they were unable to finance a new church. In 1928 the Western area of Garden City was assigned to the Presbyterian Church of North America and the Nassau Boulevard "Estates" section was assigned to the Congregationalists, which ultimately became the Garden City Community Church.

The first morning worship service was held on October 20, 1929 at a private home on Nassau Boulevard. After the Easter Service, April 20, 1930, fifty people signed the charter.

In the 93 years of existence, this church has had its ups and downs along with the current events of the times. Jane Nelson recently shared, "The sixties were a challenging time for this church coming out of a disastrous group ministry team. What kept us going was the choir, and the choir director."

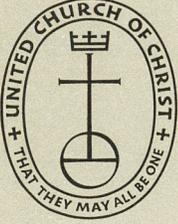
At the 1935 Annual meeting of the Garden City Community Church, the church treasurer reported \$75.60 in the congregation's general fund and \$51.72 in the building fund. The following year, the congregation was so short of men available to hold church offices, that they took the controversial step and elected women to the Board of Trustees.

Reading the History of The Garden City Community Church, compiled by Dr. Barry Keating and Suzie Alvey for the 75<sup>th</sup> Anniversary of the church, this church weathered many storms and grew because of the spirit of the members. No doubt we will need to add the pandemic to the list of historical facts and how the tech team stepped up to bring church to the people.

Many of our current members grew up in the church, raised their children in this church and have a vested interest in keeping this church relevant and vital. For those reasons I am confident this church will continue to be a pillar of this community. Later in this newsletter you will see guidelines for the church and pastor in a healthy, faithful departure. You will all remain in my heart forever.

God Bless you all.

Lynn



# The Garden City Community Church

United Church of Christ

God  
is still  
speaking,

March, 2023

Dear Members and Friends,

I am writing you to announce I will retire as the Senior Pastor of the Garden City Community Church on July 9, 2023. You have been my home and heart for the past 40 years, but I am looking forward to retirement.

Mark and I were blessed to join this amazing family of faith in March 1983 when we moved to Long Island after our marriage. We became involved as Confirmation leaders right after joining the church and even more involved in the church when Laura and Sarah were born. My entire family was embraced by this wonderful church family during our time here and we are all better people for it. We feel enormous gratitude to you all.

As for me personally, it has been a joy to serve this church in lay positions for many years and then as a Licensed Minister and as an Associate Minister. Since 2015, I have been honored to serve as your Senior Minister. I have strived to minister to you with integrity, honesty and in faith. You have all touched my life beyond measure and I will never forget you. There is a saying from my youth that expresses my feelings:

You never really leave a place you love,  
part of it you take with you,  
leaving a part of you behind.

I know you are in wonderful care with the very faith-filled and dedicated leadership as you move forward in mission and ministry. They are already in touch with our Transitional Conference Minister, and her staff to offer support and resources.

We have fostered an incredible ministry together and I trust God will continue to use this great church to faithfully form disciples of Jesus Christ. Today is not goodbye. It simply begins a "time of transition" which will allow us to appreciate each other as we prepare for new beginnings.

With deepest Love,

Lynn

## Sunday School

Church School Sunday- Church School Sunday is June 11<sup>th</sup>! A wonderful time to celebrate our youth. From the smallest Sunday Schooler to our oldest high school senior. Then please join us in fellowship after the service. We will have some food and tons of fun. We will need volunteers to help set up, bring items, run games, and clean up. Please RSVP on the Signup Genius here: <https://www.signupgenius.com/go/904084bacad2eaa8-june112023#/>



### Summer Sunday Fundays

The Sunday School Team is looking to bring back the Summer Sunday Fundays! The tentative dates are June 18<sup>th</sup> & 25<sup>th</sup>, July 16<sup>th</sup> & 30<sup>th</sup>, and August 6<sup>th</sup> & 13<sup>th</sup>. Just a few fun activities during the summer for our Sunday School aged friends. In order to have these programs we will need volunteers in the Sunday School room. Please let Amanda Dias ([adias@thegccc.org](mailto:adias@thegccc.org)) know if you can commit to helping for a few weeks. Thank you in advance.



**Count all your blessings. Sometimes the smallest ones are worth the most!**



### Summerama

This year's version of VBS, is known as Summerama, and is a little different this year but will be as fun as ever! The theme is Hero Hotline, so get ready to become a superhero this summer! We will be meeting on Wednesday evenings as follows: Jun. 28<sup>th</sup>, Jul. 12<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup>. We are in great need of volunteers and participants. We would like to make sure we have 5 families signed up by Jun. 11<sup>th</sup>. If you have any questions, please feel free to reach out to Amanda Dias ([adias@thegccc.org](mailto:adias@thegccc.org)). Prices are \$20 for one hero, \$35 for two heros, and \$50 for three or more heros. Please sign up here: <https://gccc.breezechms.com/form/a1a4686088>

## Half Gallon Milk/Juice Containers Needed

The Ministry Team is starting to take Sunday flowers to the homebound. They ask that you bring **clean** half gallon paper milk/juice containers (not plastic). They use these containers to carry the flowers to the homebound. For more information, please email Cindy Campbell at [cindala86@gmail.com](mailto:cindala86@gmail.com)



## Altar Flower Sign-up

Remember a loved one or a special event by providing the flowers on the Altar one Sunday.



## Hosting Fellowship Hour

Remember someone or celebrate a special occasion. Host a fellowship hour.



Contact the church office for more information

**Forums will be every last Sunday of the month starting in Sept. Guests to be announced.**



## Upcoming Dates to Remember

- June 3—Men's Breakfast
- June 6—Burning of the Prayer cards
- June 7—Graduating Seniors Dinner
- June 11 Church School Sunday/Picnic
- June 11—Commissioning of the Mission Trip
- June 11—Snack Bag Sunday
- June 28—Hero Hotline VBS
- July 1—Men's Breakfast
- July 9—Lynn's Last Sermon at GCCC
- July 12—Hero Hotline VBS
- July 16—22 Mission Trip
- July 19—Hero Hotline VBS
- July 23—Mission Trip Sunday
- July 25—Youth Summerscapes (grades 3-7)
- July 26—Hero Hotline VBS
- August 1—Youth Summerscapes (grades 3-7)
- August 5—Men's Breakfast
- August 8—Youth Summerscapes (grades 3-7)



## MISSION TRIP

This summer 24 students and 6 leaders will be traveling to Lexington County, SC to serve those less fortunate. This is the third time we have returned to this community through Next Step Ministries. Our trip will be from July 16th through the 22nd. The commissioning of the Mission Trip will be held on June 11th during the Sunday worship service and there will be a meeting for all mission trip students and parents immediately following the service. The final event for this years mission trip will be the Sunday service on July 23rd. At this service the team will share stories of their experiences with the congregation. We hope to see you all there!

The mission trip is a wonderful and impactful experience for all of those who go! We are looking to add committee members who are interested in helping us plan future trips! This is a coordination, and not a team leader, role. If you are at all interested in learning more about this opportunity please reach out to Tracey Lawson at [traceymlawson@gmail.com](mailto:traceymlawson@gmail.com).

### Kindness Chain

This past Lenten Season the Sunday School started a kindness chain. Writing down a few nice things that they did throughout the week. We continued to do it into the Easter season, and we have asked the congregation to join us. We are trying to make the chain as big as possible by Church School Sunday. Forms can be found in church, or you can email Amanda Dias ([adias@thegccc.org](mailto:adias@thegccc.org)) for a form. Let's all show the Sunday Schoolers the beautiful things you can create one good deed at a time.

On the next page you will find a kindness chain form you can fill out.

### Family Events

Please be on the lookout for our next family event! Our movie night was a great success, and we are hoping to bring you more events like this! And if you are interested in running one or have ideas to share, please reach out to Amanda Dias ([adias@thegccc.org](mailto:adias@thegccc.org)).

### Middle School Youth Group

During the year the Middle School Youth Group has been meeting twice a month, every other Sunday. As we move into the summer we will be meeting once a month at the same time unless otherwise specified.



The Sunday School has been working hard to show kindness. We have been documenting our Acts of Kindness on a Kindness Chain! Please feel free to help show our Sunday Schoolers what acts of kindness can build. Feel free to fill out a strip or 2!

For my act of kindness this week I...

# Men's Group Breakfast

Saturdays June 3rd, July 1st and August 5th

8:00 am

Carle Place Diner

151 Old Country Road



All men of the church and their visitors are welcome. It is an opportunity to enjoy relaxed fellowship and conversation over a relaxed meal.

No reservations needed—just show up.



The  
Great Neck  
Choral  
Society  
*Presents*

Magnificent  
Magnificats

Program

*Ave Verum Corpus* — W.A. Mozart

*Magnificat* — J.C. Bach

*Geistliches Lied* — Johannes Brahms

*Shalom* — Dan Forrest

*Magnificat* — G.B. Pergolesi

*Hallelujah* — Louis Lewandowski

Conductor: Benjamin Arendsen

Accompanist: Guy Brewer

Sunday, June 4, 2023—4:00 pm

Garden City Community Church

245 Stewart Ave. Garden City, NY



Tickets: General Admission: \$25/ Senior Citizens & Students: \$20



Join us as we honor and  
celebrate the retirement of  
our beloved minister

*Rev. Lynn Sullivan*

Sunday, July 9, 2023  
Garden City Community Church  
245 Stewart Avenue  
Garden City, NY 11530  
Worship service will begin at 10:30 am

Fellowship will immediately follow the service

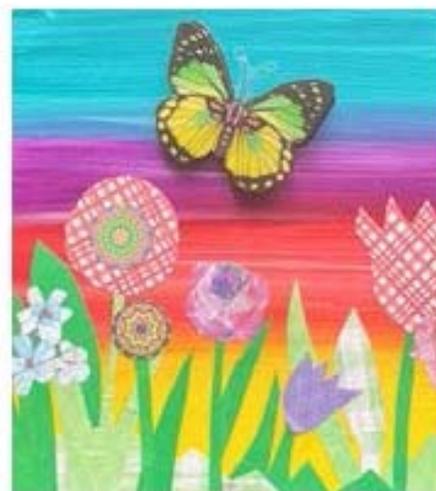
Go to [gardencitycommunitychurch.org](https://gardencitycommunitychurch.org) to  
find the service livestream link

# Kids Create! *Summerscapes*

*Church Member and art educator, Jill Emmer, has created a series of three fun summer art classes for children, grades 3rd - 7th.* Each class will feature a unique *Summerscape* subject and will utilize different materials including acrylic paints, watercolor paints and more. Sign up for one, two or all three sessions! Classes are: July 25, August 1 and August 8 in Gardiner Hall from 4 - 6 pm.

*Jill has been an art teacher for 22 years and loves encouraging and supporting young artists.* Check out her Twitter page: [https://twitter.com/jemmer\\_art](https://twitter.com/jemmer_art) to see her amazing students and their magnificent creations. Click the link to access her website <https://www.jemmerimagine.com>

*Please sign up on the Breeze link below and include the name of your child and the grade they will be entering in September, 2023. Payment is \$45. per class which includes all fabulous materials. (Half of the net proceeds will go to GCCC so participating will *Fill two needs with one deed* ) Registration is limited to 18 participants. Feel free to share info with a friend and send your child with a snack!*



Please sign up on the link below:

<https://gcc.breezechms.com/form/61c92f472551501770775616>

“Every child is an artist ... ” - Pablo Picasso

**Looking for a new way to serve God and the community this year?**

**Join our Snack Bag Sunday Ministry**

June 11, 2023

11:30 a.m. to 12:30 p.m.

Playscape (after worship)



All are welcome to come to help make snack bags for distribution at the Interfaith Nutrition Network (INN) on Sunday, June 11th. Our goal is to make 250 snack bags. Many hands will help us get it done!

Children are welcome to decorate bags (little children) and sort snacks/drinks/napkins (older children), while teens/adults make and check bags.

Get INNvolved:

Please use the sign-up genius to help out

<https://www.signupgenius.com/go/904084BACAD2EAA8-sandwich11>

Volunteers needed for each Snack Bag Sunday to:

Donate non-perishable food items, such as paper goods, snacks or waters, and make snack bags  
Drive completed snack bags to the INN in Hempstead on Monday morning

For questions, contact the church office at (516) 746-1700

Thank you for your generosity and assistance to help the Garden City Community Church provide snack bags for guests at the INN!



*Serving Hungry and Homeless Long Islanders*

## 2023 SCHOOL SUPPLY SERVICE PROJECT



We will be collecting back to school supplies from now through the summer. Here is a list of the requested items: backpacks, notebooks, rulers, calculators, binders, folders, packs of pens and pencils, pencil sharpeners, crayons (not assembled, loose items), memory sticks, glue sticks, index cards, binders, highlighters, sharpies, loose leaf paper, lunchboxes, art materials, binder dividers, protractors, pre-sharpened pencils, pencil bag, whiteout correction tape, sticky notes, heavy duty folders.

You can start dropping off these items to the church and leave them at the Whitehall Blvd. door or you can drop them off on Sundays when you come to church. There will be a box for your donations inside the building at the Whitehall Blvd. door.

More information will follow as to when we will be sorting the items and delivering them to those in need.

## Senior Spotlight - Class of 2023

We requested information from our graduating Seniors so that we could recognize their accomplishments. All of our seniors (with the exception of the tech team) were in our 2020 Confirmation class which was confirmed in 2021 due to COVID. Here are the ones that responded.



### Kevin Backer

Kevin Backer will be attending James Madison University and he will be a Marketing major. Kevin was on the Boys Varsity golf team for three years. He is the son of Diana & Edward Backer, brother to Amanda and Regan.



### Dann Butt

Daniel Butt will be attending American University and will be majoring in Economics and Environmental Studies. Close to one year ago, Faith Short invited him to the GCCC, and shortly after he found himself committing nearly every Sunday to the church's tech team. He is forever thankful to Tim & Steve for showing him the ropes and taking him in. Dann is the son of Karen and Oliver Butt, brother to James and Matthew.

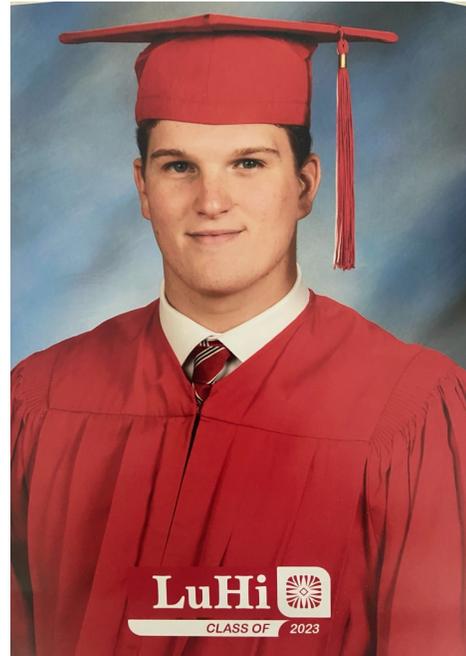
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**Amelia Clarke**

Amelia Clarke will be attending the University of Virginia in the fall. She volunteered many hours at various philanthropy events through the national charity league. Senior year she was honored to be the president of the Garden City Chapter Class of 2023. She was on the kickline team for 4 years. Amelia was the president of the Latin club as well as the Latin National Honor Society President. Amelia is the daughter of Diana and Jeffrey Clarke, sister to Charlotte and Cole.



**Gavin LeMieux**

Gavin LeMieux will be attending the University of Arizona in the fall and will be studying Sociology. He was the Senior Captain of his high school Lacrosse team. This will be his third summer as a Town of Hempstead Life Guard. He has an interest in community service and helping others. Gavin is the son of Danielle & Jarrett LeMieux, brother to Grant.

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### Matthew McCoy

Matthew McCoy's future plans are to continue his education at Plainedge High School in the transition program focusing on vocational training. He is a member of the Challenger Basketball Team and a member of the Best Buddies Club. He has held internships at: Outback Steakhouse, Staples, Melville Marriott, and TGI Fridays. Matthew is the son of Amy & Greg McCoy, brother to Kathryn.



### Megan McQuaid

Megan McQuaid will be attending Penn State University this coming Fall and majoring in Psychology with a concentration in NeuroScience. During her last four years of high school she loved playing on the high school soccer team and being a leader in the school's Peer Education program. Megan is the daughter of Liz & Jim McQuaid, sister to James.

## Senior Spotlight 'Class of 2023'

We requested information from our graduating Seniors so that we could recognize their accomplishments. They were all in the 2020 Confirmation Class (confirmed in 2022 due to COVID). Here are the ones that responded.



### Morgan Noody

Morgan Noody will be attending the University of Pennsylvania where she will be studying a dual degree in VIPER for material sciences and engineering and chemistry. Morgan ran track for all three seasons and all four years of high school, winning many heats and helping to support the relay team. She was the first chair second violin in high school. She finds joy in traveling and helping people especially on the mission trips. Morgan is the daughter of Melanie and Brian Noody, sister to Lisa.



### Chase Palmer

Chase Palmer will be attending Auburn University in the fall. He will be majoring in Business Analytics. Chase has been involved in the national & Spanish honor societies as well as being the student gov't treasurer from 9th-11th grade. He has participated in varsity soccer & the G.C. Centennial travel soccer. Chase has been a sports camp counselor and has been involved on our mission trips. Chase is the son of Tina and Scott Palmer, brother to Lauren.

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### Carly Rivera

Carly Rivera will be attending Florida State University. She was on the GCHS Cheerleading Team and was the team captain. She was in the National, German, and Tri-M Music (first clarinet) Honor Societies. Carly is involved in competitive & club gymnastic teams and is interested in strength training as well as jazz & hip hop dance. Carly is the daughter of Pam and Joe Rivera, sister to Joseph.



### Faith Short

Faith Short will be attending the University of Maryland: College Park where she will be majoring in Computer Science. Faith was the president of the GCHS robotics club and was part of the association for 4 years. She competed in the 2022 VEX Worlds Competition. She has organized various charity projects while acting as the president of the GCHS German Honor Society. She is an avid baker and dedicated runner. Faith is the daughter of Anne and Steve Short.

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### Matthew Tusiani-Eng

Matthew will be studying Business at Utica University and playing Division 3 Baseball. For the past four years, he has been a pitcher, short stop and more recently Captain for the Garden City High School Varsity Baseball team. Matthew has especially enjoyed his time at the Garden City Community Church, attending Confirmation and participating in Mission Trips to Los Angeles, Boston, and Colorado Springs. He hopes to take his passion for sports and his faith to the next chapter at Utica, while maintaining the strong friendships he made at the GCCC. Matthew is the son of Paula & Roger Tusiani-Eng, brother to Michael, Samantha and Sarah.

At the time of this printing, we had not received information on the following seniors.

Corwin Dunne (tech team)

Timothy McCarthy

John Philippides

Megan Riggers

William Ruckh

Elizabeth Teleisha

We congratulate them on their accomplishments and wish them well in their future endeavors

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### Graduating Senior Dinner

On Wednesday, June 7th at 7:00 pm we will be honoring our graduating seniors with a dinner to commemorate their time with us. Two GCCC families have graciously donated this catered dinner. For any information, contact the church office.



## **UCC Guidelines for an Ethical Departure, taken from A Sure Foundation Booklet, a resource for the relationship between pastors and congregations.**

Below are excerpts taken from this booklet. Church leaders have the Sure Foundation Booklet for the entire chapter on departing guidelines.

Theological grounding: Every ministry has a beginning and an end. Moses and Elijah concluded their earthly ministries entrusting their authority to others and believing that God would provide other leaders who could carry on the work of ministry and leadership to that community. This trust in God is essential at the time of departure, when the reality of the new boundaries becomes real and the temptations to cross those boundaries increase.

Boundaries and best practices: It is the expectation that, upon departure, a pastor will not return to serve the congregation or its congregants in a pastoral capacity. This boundary enables the pastor to fulfill UCC Ministerial Code in support of their former church's relationship-building with a new pastor.

The pastor will no longer be available to the congregation or affiliated persons for weddings, baptisms, funerals, church activities, pastoral care, etc.

The pastor must be consistent with all congregants in unfriending/unfollowing them from social media outlets.

The final service is a combined service of gratitude and dismissal of both the church and pastor.

While this seems harsh, this is an important discipline for the departing pastor and congregation to adhere to these guidelines for both to transition in a healthy manner. Clergy have shared that it is an emotional time to 'unfriend' members and used it as a time of personal prayer of gratitude for the gifts they have shared over the years. This truly is a time to allow God in and trust that God will guide us in making all things new.



## **Start Your Day With Self-Care**

*By Danielle Eisenberg, LCSW*

During these trying times, when the world seems so out of control, it can be helpful to focus on things that are in your control to make your days better. Here are some helpful tips:

1. Start your day an hour earlier. This way your circadian rhythm is in sync (as you should try to wake up with the sun if you can, which will help you sleep better at night). An extra hour will help you set aside time for self-care. Tip: If needed, put your alarm clock/phone further away so that you have to get up to turn it off.
2. Drink a glass of water (or two). The benefits of water are endless. Water helps you lose weight by kick starting your metabolism, reduces inflammation in your body, boosts brain function, helps immunity, eliminates toxins, and nourishes your skin. Water also reduces fatigue and gives our bodies the natural energy that it needs. Hot water is also known to relieve stress and improve circulation.
3. Write down 3 things you are grateful for and thank God for them. Gratitude is a great way to boost your mood, focus on the good in your life, and make you aware of a different, better perspective. There is no better way to start your day than in prayer, asking Jesus for help, guidance, and strength.
4. Write down one goal that you would like to accomplish today. We often try to accomplish more than is realistic. Keep your goal short and manageable, so that when you complete it you feel a sense of accomplishment and pride. It can be something as small as getting your laundry done or making a phone call to a friend to catch up.
5. Meditating for 10-30 minutes will help your automatic nervous system feel centered and calm, slowing you down so you can stay in the moment and set intention. You can find morning meditations on You Tube, or use the app *Headspace*, or *Calm*.
6. Stretching exercises, light yoga or pilates practiced for just 10-20 minutes is a great way to help stiff joints and inflammation, making you feel lighter and in less pain. "Calm body=Calm mind". The mind-body connection must be balanced for you to feel your best.
7. Exercise-- even a short 10 minute walk will do. This gets your body and mind ready to start the day, and also gives you a boost of energy and serotonin (the 'feel-good' neurotransmitters our body needs for pleasure).
8. Eat a healthy breakfast. What we put into our body greatly impacts how we feel. Don't skip breakfast as this can cause blood sugar levels to drop which can cause spirals of anxiety throughout the day.
9. Read the Bible, devotions, prayers, or spend time reading a chapter in a book or magazine you enjoy. If there's no time, audible books are always a great option.
10. Plan your day. It will help you feel in control, focused and on top of things.
11. Take a shower, get dressed, and start your day!

*Danielle counsels adults for anxiety, depression, women's issues and grief/loss and is a couples' counselor. For an appointment or for more information, call LCC at 1-800-317-1173. All sessions are virtual.*