

WISDOM OF  
THE WEEK...

A photograph of a long wooden pier extending into a body of water. The pier is made of weathered wooden planks and is flanked by tall green grasses. In the background, there are other piers and a dark, overcast sky with heavy clouds. The overall mood is somber and reflective.

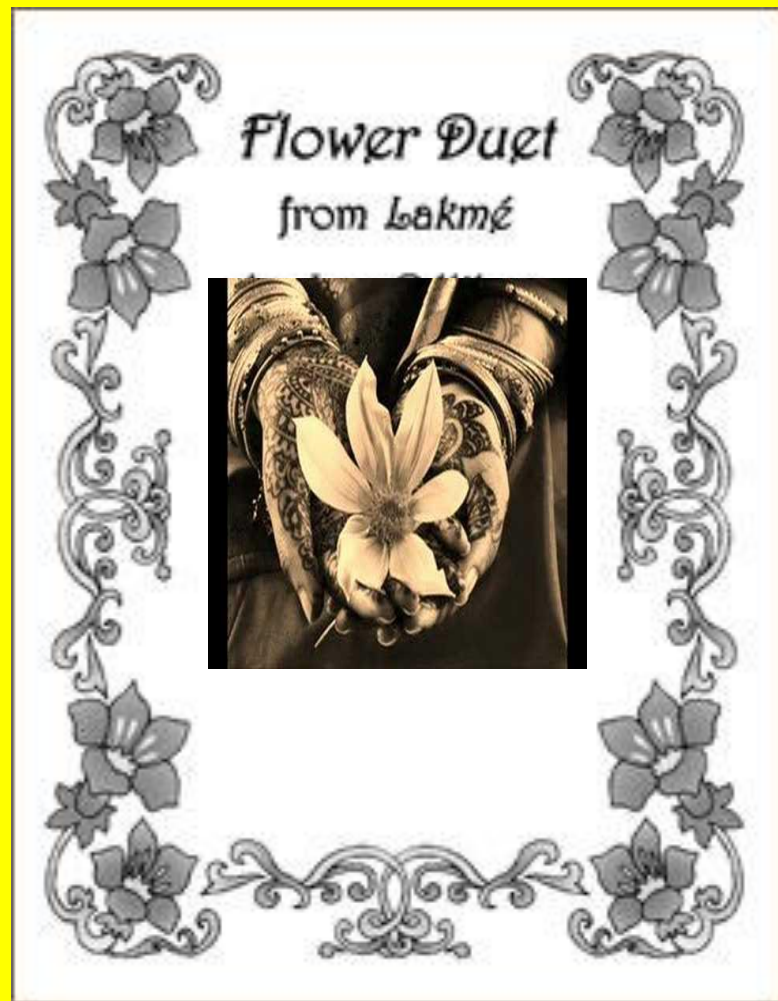
Don't worry about  
tomorrow

Let tomorrow worry  
about itself...



# Opera of the Week

The story is set in the late nineteenth century British Raj in India. In a Hindu Temple Lakme performs the Flower ceremony and is secretly watched by a British Officer Gerald, who falls in love with her and then the worries and problems start!

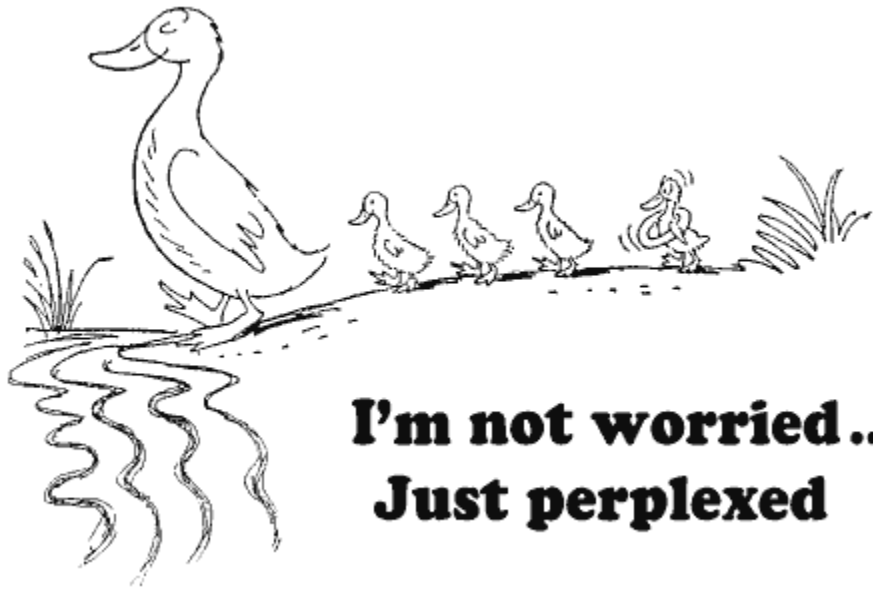


‘Maybe it’s pepper that makes people hot tempered’ thought Alice, very pleased at having found a new rule, ‘and vinegar that makes them sour and camomile that makes them bitter and barley-sugar that makes children sweet. I only wish people knew that!’

‘When I’m a Duchess’ she said to herself in a worried tone, ‘I won’t have any pepper in my kitchen at all!’

She had quite forgotten the Duchess by this time and was a little startled when she heard her voice close to her ear. 'You're worrying about something my dear and that makes you forget to talk...'





**I'm not worried...  
Just perplexed**

WHO CAN YOU  
SHARE YOUR  
WORRIES WITH?

DO CHILDREN OR  
ADULTS HAVE  
MORE WORRIES?

WHAT DO YOU  
WORRY OVER?  
WHO HELPS YOU  
SORT THEM OUT?



TALK ABOUT  
YOUR  
WORRIES.  
IT HELPS!


# MR. WORRY

By Roger Hargreaves



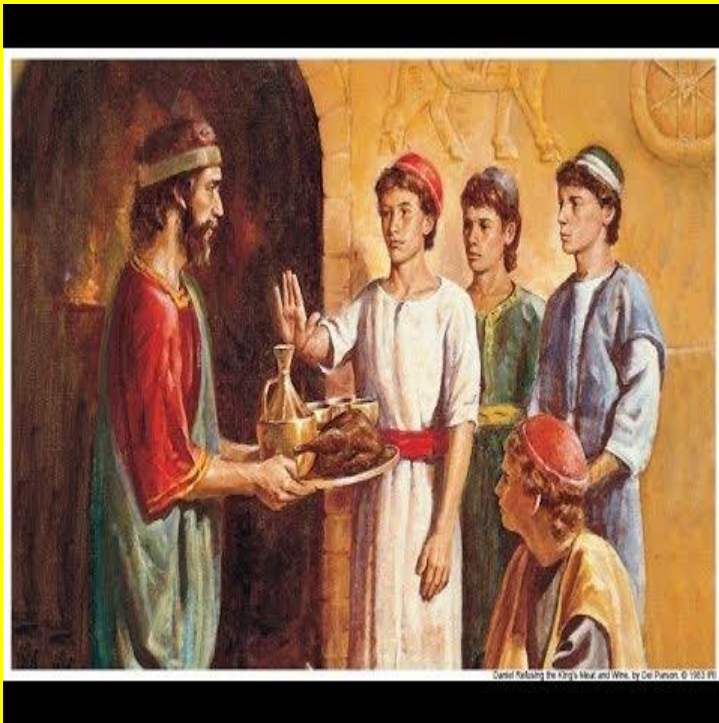


# THE BOOK OF DANIEL



"Fear not, Daniel,  
for from the first day that you  
set your heart to understand  
and humbled yourself before your God,  
your words have been heard..."

Daniel 10:12-13  
[bible.org/daniel](http://bible.org/daniel)



**Lord make me a mountain standing tall for You,**

**Strong and free and holy, in everything I do.**

**Lord, make me a river of water pure and sweet,**

**Lord, make me the servant of everyone I meet.**

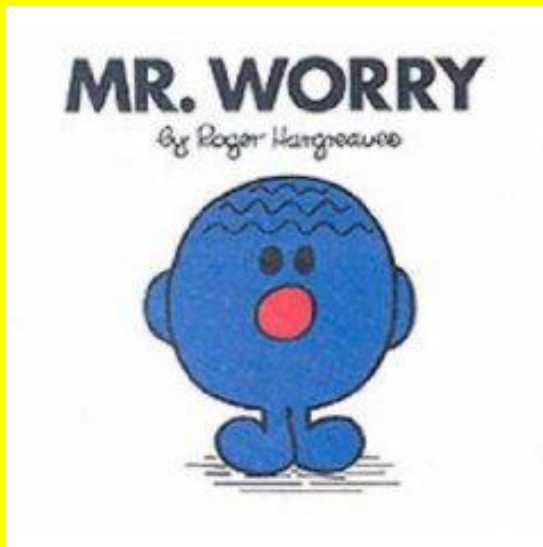


# WISE WORDS

*Worry will rob you*

*of happiness.*

*[ Prov 12v 23 ]*



**DON'T WORRY, PRAY!**



**WISE WAYS**

A central graphic showing a hand holding a globe. On top of the globe is a small house with a black roof and a chimney. The house has a colorful pattern on its side. The globe is blue and white, representing Earth. The hand is brown and is holding the globe from the bottom. The background is a light blue circle.

**INTERDEPENDENCE**

**DO YOU LEARN WELL WITH AND  
FROM OTHERS?**

FOOD FOR THOUGHT



HERBS SOOTHE

& CALM



# PROVERB OF THE WEEK

A stitch in time

saves nine!





WORRYING  
DOES NOT EMPTY  
TOMORROW  
OF ITS TROUBLES



IT EMPTIES  
TODAY OF ITS  
strength

-Mary Engelbreit



PLANET  
MUSIC