

FEBRUARY MISSION OF THE MONTH – HEART MONTH

In observance of Heart Month, we encourage you to donate blood this month, at the Red Cross office or as a part of a community blood drive near your work or home. You can visit www.redcrossblood.org/ and type in your zip code in the blue box on the top right of the page to find a drive near you. There are many opportunities to help others who need blood. It takes only a few minutes to make the difference between life and death for someone in need. We will be partnering with the Rotary Club to host a drive in the summer, so stay tuned for more information!

This month, learn about heart health for you and your family. Heart disease is one of the leading causes of disability and death in the country. Prevention and intervention can reverse this trend. Lifestyle changes are key. The earlier we begin healthy habits, the more effective our efforts will be. Learn about diet, exercise, and other contributors to heart health and heart disease. Take steps to improve habits. Teach your children these habits early and often, and keep them a part of your family's daily routine. We are called by Scripture to treat our bodies as holy, as a testament to the influence of God and Christ in our lives.

This Heart Month, we are opening our hearts – and our wonderful kitchen – to a new ministry, Meals on Wheels, to provide nutritious hot meals for those in our community who otherwise would be without this basic necessity. For some, the meal delivery is their only contact with the world outside their home. We can help to fill their need for food and share God's heart with them as well. Visit www.svpc.org/mealsonwheels to learn how you can serve our community through this exciting new outreach mission. It will do your heart good!

During Heart Month, let us resolve to take care of our bodies as we are instructed to do. And let us give to others so that they can live and thrive.