Dear Sisters and Brothers in Christ,

As I shared before, we are now in the season of Lent, which is an opportunity to take 40 days and grow spiritually through self-examination, meditations, bible studies, prayers, devotionals or whatever spiritual practice aids to spiritual growth. At the most recent youth meeting, they were challenged to also come up with a spiritual practice to enact over these 40 days. When you receive this letter, we will officially have been through one week of Lent. The question is, how many of us made an intention and are following through with our Lenten spiritual growth practices? If you have not, it's not too late. If you have, then, blessings on your continued spiritual growth. If you would like to share what spiritual practice you have decided upon, I encourage you to email me, or attend and share at our first Lenten Bible Study zoom meeting next week March 3 at 6:30pm.

There are many opportunities for spiritual growth this Lenten season. One is regularly weekly worship that continues in our hybrid format. I would invite you to join us either in-person and following guidelines or to join us online on YouTube or Facebook. If you are joining us remotely, we hope you are enjoying the changes that have been added to make the virtual worship experience even better. Worshiping in-person, worshiping virtually and engaging in spiritual practices are ways we can grow spiritually this Lent, so I hope to have you join us in worship and in a new spiritual practice.

In His peace,

Pastor Nicki

YouTube live and video recordings https://www.espresbyterian.com/worship/ or https://www.youtube.com/user/ESPresbyterian

click on the link below near the time the service begins at 10:00am to watch the live stream https://www.facebook.com/espresbyterian/

Additionally, bulletins and an online hymnal have been put on the website and can be found at https://www.espresbyterian.com/worship/sunday-bulletin/

Ways to give- mail or drop of check/cash through no contact mail slot in office window. Drop off envelope in offering plates before or after worship services. Donate on our website by going to the home page at https://www.espresbyterian.com/ and clicking on the Donate button in the upper right corner. Designate where you would like the money to go by using the note section.

Lenten Bible Study Join Zoom Meeting- https://us02web.zoom.us/j/89173175617 Meeting ID: 891 7317 5617 To join by phone call 19294362866 then when prompted enter 89173175617# US (New York) keep in mind this is a long-distance call. March 3, 10, 24, 31 at 6:30pm.