Go And... Rest as Resistance March 20, 2025

Welcome & Prayer

Pulse Check - 3 questions

Dwelling in the Word

Meditation Practices

Practices for Sabbath every day

What does REST look like/Resting can look like...?

Poems read by Pastor Danielle McCleary & Pastor Dianne Lewis

Announcements and Closing Prayer

• See you in May for our next Go And gathering - on May 1, 2025 @ 7:00 pm