



## News to Know

### **1) Nursing Home**

We are serving at Charlton Place nursing home today. We will meet there at 9:45 and serve a couple of hours. After, we will eat lunch somewhere together. There will be no transportation provided.

### **2) Birmingham Day**

On Tuesday, we are going to TopGolf and Activate Games and will get lunch in between. The cost for that is \$35, plus money for lunch. Meet at the church at 8:15. We should return around 6:00 PM. Please sign up here, there are a couple of spaces left for the trip.

### **3) Refuge – Wednesday at 6:30 PM**

Although it's spring break week, we will still have Refuge. However, it will be a special service. Some of our students (Margo, Kenlee, Jay, Carlie, and Trent) will share devotions from the Book of Psalms. We'll meet at 6:30 in The Harbor.

### **4) Refuge Shirts**

The deadline to our our spring shirt is Wednesday. The cost is \$20. You can order here.

### **5) Sunday Morning Small Groups**

Our small groups will meet on Sunday at 9:45 in Grace Cottage and 11:00 upstairs in Building B.

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## **Refuge this Week**

This week, we're having a "Night Through the Psalms." Several of our students will share insights from different chapters of Psalms:

- **Margo** – Psalm 23
- **Kenlee** – Psalm 27
- **Jay** – Psalm 1
- **Carlie** – Psalm 63
- **Trent** – Psalm 73

After each devotion, we'll break into groups to discuss key questions related to each Psalm. It's going to be a powerful night of reflection and conversation!

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### **Resource of the Week**

This week's resource is titled, "Understanding Adolescent Anxiety, Depression, and Mental Health."  
You can find it [here](#).



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