



*Sister 2 Sister*  *presents*

**A Night of VIRTUAL Worship and Panel Discussion**  
**March 12, 2021 @ 7:00pm**

*Revitalize & Embrace*  
*Self Care*

*Director Helen McInnis & Council*



**An opportunity to partner in Giving:** [www.nccogop.org/sister2sisterdonation](http://www.nccogop.org/sister2sisterdonation)

*Matthew 22:37-38 NIV: Love the Lord your God with all you heart and with all your soul and with your entire mind. He's not suggesting. He's calling us to offer our whole selves and that means taking care of ourselves. When we regularly nourish our hearts, souls and minds we have more love to share. Part of loving well is resting well and establishing healthy rhythms of self care.*