

# Living Faith @



**HAPPY SPRING!!!** — it seems like with spring comes the normal “Iowa” weather! One day we have warm temperatures with sunshine and only a little wind. The next day finds us in hooded sweatshirts and covered with a blanket - mostly because the wind is blowing and it’s cloudy. Just walking outside can be a struggle if the wind is blowing at your face!! Yes, spring actually arrived in March, but the excitement extends on - at least for me. I really look forward to warmer weather so we can be outside more. Spring is the season of new beginnings - fresh buds bloom, animals awaken and the earth seems to come to life again. Farmers and gardeners plant their seeds and wait for the young sprouts to emerge from the ground. I especially like the idea of new beginnings. We can look forward to new beginnings everyday from God. God provides a place for you even when you see nothing but desert and wilderness. “For behold, I create new heavens and a new earth; And the former shall not be remembered or come to mind.” *Isaiah 65:17*

Spring brings the birds back from the south where they stayed for the winter - robins are the birds most often associated with spring; however, hummingbirds and orioles are my favorites. I start putting out the feeders a few days before May 1st; then we wait for them as they start to arrive ... first a few at a time and then more - to remind me of all God’s new beginnings. Include with that the flowers that bloom in the spring and the world becomes all new for the year. It is truly a marvelous season - renewal of life!!

Student Pastor Sue Cira, TEEM



## Coloring opportunity

Here is a picture to color. Flowers blooming with green leaves and grass - bees buzzing around ready to do their job. Pollination is essential for the continuation of the life of plants.

What kind of flowers do you see in the picture? What kind of flower is your favorite? What color flower is your favorite?

Spring is a time to take care of all the aspects of our wellbeing including Social, Emotional, Intellectual, Financial, Physical, and Vocational areas of our life. Exercise and taking care to be healthy are a way to help with living a faithful life. A prayer is offered here with some ideas for individuals, families, and congregations to encourage wellness through bicycles. Going on a bike ride is a great way to connect with each other through conversation, see God's beautiful creation, make memories, learn something, and get the body moving. Many areas in north Iowa offer bike trails that are safe and meander through breathtaking scenery. Blessings on the Journey!

Prayer for the bicycles and the riders:

Let us pray. God of play and transport, We are thrilled to be able to experience your world from the seat of our motorcycles and bicycles, from our skateboards and scooters and rollerblades. Keep those who ride mindful of cars and animals, rocks on the trails, and rounding corners. Keep those who drive aware of speedy bicycles, new riders wavering in their steadiness, and the tenderness of training wheels. Bless these wheels that they would move us from place to place safely. Bless the helmets that we wear that they would protect us if we fall and be a sign to those around us that we value the life you have given us. Be the wind at our back and the strength to push up a hill. Grant us safe travel throughout our days, may it be well with our souls, and guide us safely home each night.

In Jesus' name we pray. **Amen.**

### **Ideas for Home:**

- Talk about bike safety. For help go to:  
<https://icsw.nhtsa.gov/people/injury/pedbimot/bike/kidsandbikesafetyweb/>
- Go for a bike ride as a family. Talk about God's creation, about sunrises and sunsets, or how important it is to tend to our health by exercising.

### **Ideas for Congregation:**

- Sponsor a bike rodeo - invite local law enforcement officers to teach about safety. Offer healthy snacks and treats. Have a blessing of the bicycles.
- Have an all congregation BRTTN ("Bike Ride Through the Neighborhood"). Invite those along the way to join you.
- Have a blessing and sending for those in your congregation that are attending "RAGBRI". If you are near the trail, offer the church building as a sanctuary.

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