



2019 March 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31</p> <ul style="list-style-type: none"> Please see Sunday Schedule 4:30 COMPASS <p>National Crayon Day</p>		<p>* EVERY SUNDAY</p> <p>8:45 am Adult Sunday School 9:00 am Children's Sunday School 10:00 am English Worship 12:00 pm Karen Worship 5:00 pm Congolese Worship</p>			<p>1</p>	<p>2</p> <p>12:00 pm Congolese Leadership</p>
<p>3</p> <ul style="list-style-type: none"> Please see Sunday Schedule Communion Sunday 4:30 pm COMPASS 	<p>4</p> <div style="border: 1px solid blue; padding: 5px; text-align: center;"> <p>March 4th The only day of the year that is also a sentence.</p> </div>	<p>5</p> <p>8:30 am Exercise 9:30 am Sewing B's 9:30 am Staff Meeting</p> <p>Mardi Gras</p>	<p>6</p> <p>9:00 am Quilts of Valor 10:00 am Women's Bible Study</p> <p>4:30 pm Prayer Group 6:00 pm Handbells 6:45 pm Choir</p> <p>ASH WEDNESDAY</p>	<p>7</p> <p>10:00 am Bulletin Deadline</p>	<p>8</p>	<p>9</p> <p>12:00 pm Congolese Leadership</p>
<p>10</p> <ul style="list-style-type: none"> Please see Sunday Schedule <p>Spring Forward!</p>	<p>11</p> <p>9:30 am ABWM Meeting</p> <p>National NAPPING DAY</p>	<p>12</p> <p>8:30 am Exercise 9:30 am Sewing B's 9:30 am Staff Meeting</p>	<p>13</p> <p>10:00 am Women's Bible Study</p> <p>4:30 pm Prayer Group 6:00 pm Handbells 6:45 pm Choir</p>	<p>14</p> <p>10:00 am Bulletin Deadline</p>	<p>15</p>	<p>16</p> <p>10:00 am Diaper Depot 12:00 pm Congolese Leadership</p>
<p>17</p> <ul style="list-style-type: none"> Please see Sunday Schedule 4:30 pm COMPASS 	<p>18</p> <p>7:00 pm Council Meeting</p>	<p>19</p> <p>8:30 am Exercise 9:30 am Sewing B's 9:30 am Staff Meeting</p>	<p>20</p> <p>10:00 am Women's Bible Study</p> <p>4:30 pm Prayer Group 6:00 pm Handbells 6:45 pm Choir</p>	<p>21</p> <p>9:00 Newsletter Mailing 10:00 am Bulletin Deadline</p>	<p>22</p> <p>Happy National Puppy Day</p>	<p>23</p> <p>12:00 pm Congolese Leadership</p>
<p>24</p> <ul style="list-style-type: none"> Please see Sunday Schedule 	<p>25</p>	<p>26</p> <p>8:30 am Exercise 9:30 am Sewing B's 9:30 am Staff Meeting</p>	<p>27</p> <p>10:00 am Women's Bible Study</p> <p>4:30 pm Prayer Group 6:00 pm Handbells 6:45 pm Choir</p>	<p>28</p> <p>10:00 am Bulletin Deadline</p>	<p>29</p> <p>National Lemon Chiffon Cake Day March 29</p>	<p>30</p> <p>12:00 pm Congolese Leadership</p> <p>NATIONAL PENCIL DAY</p>



2019 March 2019



Happy Birthday

- March 5 Sher Mu Shee
- March 7 Lawlar Shee Htoo
- March 10 Andrew Jarvis
Martin Newell
- March 11 Hector Sanchez Eh
- March 12 Nu Aye
Oaw Thue Htoo Nwee
- March 14 Megan Trinrud
- March 15 Cathy McWade
- March 21 Tha Tha
- March 22 Mary Ann Schmidt
- March 25 Timothy Did
- March 31 Sunday Paw



March 30 - Joseph and Laura Sierra

NATIONAL NAPPING DAY

National Napping Day is observed annually the day following the return of daylight saving time. National Napping Day provides everyone with the opportunity to have a nap and catch up on the hour of sleep they lost due to the spring forward time change. Mid-afternoon naps are an integral part of most cultures, and scientifically proven to be good for you.

A needed rest can make you feel better and also improve your mood. After having the extra amount of sleep, a person will notice that they will be more productive and energetic. Numerous studies have shown that short 10-20 minute naps are the most effective when midday fatigue hits. Improvements in alertness, productivity and mood have all been shown to improve with this type of snooze.

Though there are some of us who are just not the napping kind, if you can reap those benefits, find a cozy spot for 10 minutes or so on National Napping Day.

HOW TO OBSERVE

Take a relaxing nap and use #NationalNappingDay to post on social media.

HISTORY

William Anthony, Ph.D., a Boston University Professor and his wife, Camille Anthony, created National Napping Day in 1999 as an effort to spotlight the health benefits to catching up on quality sleep. "We chose this particular Monday because Americans are more 'nap-ready' than usual after losing an hour of sleep to daylight saving time," Anthony said.

