Dear friends,

 As we begin our Lenten journey, we can use this time to **reflect upon our hearts**…physically, emotionally and spiritually. The following suggestions for our physical hearts are adapted from the American Heart Association pamphlet, “Heart Health Education”.

**How to Reduce your risks of Heart disease:**

* Quit smoking permanently
* Control your blood pressure and have it checked regularly
* Exercise at least three times a week for 20 minutes or more at your target heart rate
* Eat a balanced diet: reduced in fats, cholesterol and salt

Love and affirmation in our relationships help us to care for our emotional heart. Learning about all of our emotions assists us in experiencing harmony and wholeness in our lives.

We share the good news that it is the Lord who creates purity and wholeness in hearts. At the same time, we understand our need to nourish our spirits. We care for our spiritual hearts by setting aside a regular time in our schedules for worship, Bible studies and devotions, prayer and celebration of the Lord’s Supper. I pray that your Lenten experience brings you heart healing peace.

Your parish Nurse,

Doris