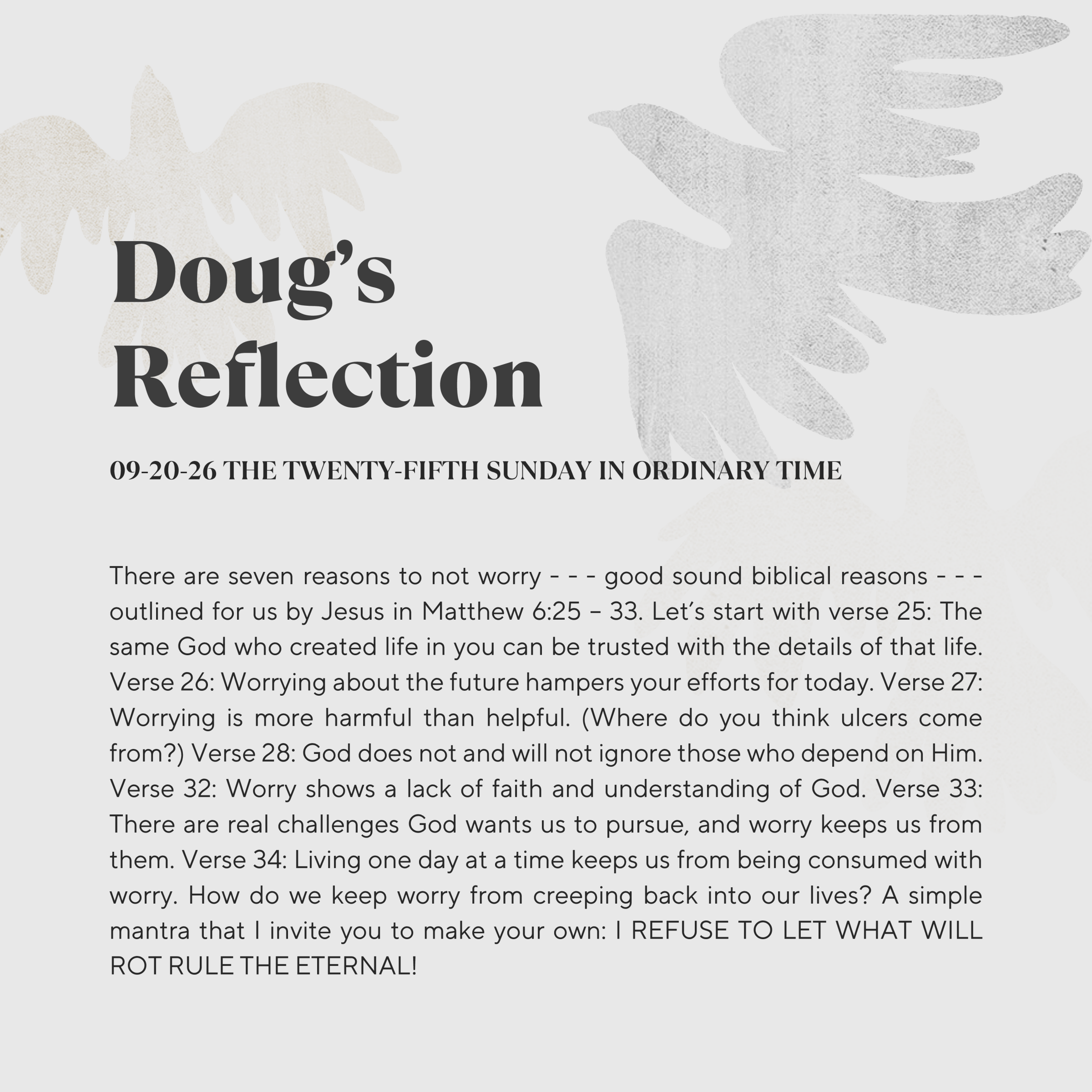


A background graphic featuring several stylized hands in various shades of beige and light gray, reaching out from the top and sides of the frame. The hands are rendered in a simple, almost woodcut-like style with visible fingers and palms.

Doug's Reflection

09-20-26 THE TWENTY-FIFTH SUNDAY IN ORDINARY TIME

There are seven reasons to not worry - - - good sound biblical reasons - - - outlined for us by Jesus in Matthew 6:25 - 33. Let's start with verse 25: The same God who created life in you can be trusted with the details of that life. Verse 26: Worrying about the future hampers your efforts for today. Verse 27: Worrying is more harmful than helpful. (Where do you think ulcers come from?) Verse 28: God does not and will not ignore those who depend on Him. Verse 32: Worry shows a lack of faith and understanding of God. Verse 33: There are real challenges God wants us to pursue, and worry keeps us from them. Verse 34: Living one day at a time keeps us from being consumed with worry. How do we keep worry from creeping back into our lives? A simple mantra that I invite you to make your own: I REFUSE TO LET WHAT WILL ROT RULE THE ETERNAL!