



Rejuvenate Mind, Body and Soul

Pick Your Choice

3 JOHN 1:2 Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit. NLT



Zoom Break out rooms:
Meditation
Rejuvenating body moves
Learn your love Language

First SDA Church of Montclair

Family Life Ministry invites you to
REJUVENATE your *mind, body and soul*
Bring a friend, family or Love one

EVERY Sunday

January 17-31st, 2020, 9 am

See Church Email for Zoom link

Sign up at familylife@montclairsda.org