



CALVARY LUTHERAN CHURCH ELCA

"Helping others receive grace, purpose and direction by proclaiming Christ's love."

17 East 27th Street
Scottsbluff, NE
(308) 632-8023
calvarylutheranscottsbluff.org

Sunday Morning Worship
10:00 a.m.
December 27, 2020

First Sunday of Christmas

Prayer Before Worship: God of glory, you have given us a new name and robed us in salvation. May we like Anna find our home in your presence, and like Simeon recognize Jesus as the Christ, so that, in joy and thanksgiving at becoming your children, we may join with all creation to sing your praise. Amen.

(In preparation for our worship together, you are invited to take a moment of silence to offer your own prayers of worship and praise.)

KEY: ELW = Worship hymnal (cranberry)

Congregational responses are printed in **BOLD** type.

A Warm Welcome to all as we gather as God's people to worship our Lord. We pray our worship together would strengthen your faith and desire to know and serve the One who loves us with an everlasting love as made known to us in Jesus Christ.

Visitors, if you are worshipping with us online today, we are glad to have you with us.

Prelude Music

Welcome and Announcements

‡WE PREPARE OUR HEARTS‡

Opening Hymn:

"O Come, All Ye Faithful"

**ELW #283
vv. 1&3**

**1. O come, all ye faithful,
joyful and triumphant!
O come ye, O come ye to Bethlehem;
come and behold him,
born the king of angels:**

Refrain: **O come, let us adore him,
O come, let us adore him,
O come, let us adore him,
Christ the Lord!**

**3. Sing, choirs of angels,
sing in exultation,
sing, all ye citizens of heaven above!
Glory to God
in the highest:**

Refrain

***Confession of Sins/Assurance of Forgiveness**

(All may make the sign of the cross ✠ the sign marked at baptism, as we begin)

Blessed be the holy Trinity, Father, ✠ Son and Holy Spirit who forgives all our sin, whose mercy endures forever. **Amen.**

Amid the darkness of this world, let us confess our sin and welcome the light of God's forgiveness.

(Silence is kept for prayer and reflection.)

God of grace and truth,

In Christ Jesus you come among us as light shining in the darkness. We confess that we have not welcomed the light, and have not trusted the good news of great joy. Forgive us and renew our hope, so that we may live in the fullness of your love, trusting in the grace of Christ our Lord. Amen.

The angel said, you shall call his name Jesus for he will save his people from their sins. With great joy, hear and believe the good news that all your sins are forgiven in the name of the Father, ✠ Son and Holy Spirit. **Amen.**

***Greeting**

Christ comes to lighten our darkness.

Come, Lord, Jesus.

May the light of God's glory be with you always.

And also with you.

***Prayer of the Day**

Almighty God,

even as the heavenly host sang of your glory in the night skies over Bethlehem; even as the star shone in the heavens, and sheep and cattle gathered in that light, so we gather, young and old together, to recount all that you have done for us in mercy and steadfast love. No tyrant's threat of deadly act can destroy the dreams and visions you have placed within us, for you have drawn us close. With all creation, we praise you and exalt your name forever and ever. Amen.

‡GOD'S WORD SPEAKS TO US‡

Old Testament Reading: Isaiah 61:10-62:3

¹⁰I will greatly rejoice in the LORD,
my whole being shall exult in my God;
for he has clothed me with the garments of salvation,
he has covered me with the robe of righteousness,
as a bridegroom decks himself with a garland,
and as a bride adorns herself with her jewels.

¹¹For as the earth brings forth its shoots,
and as a garden causes what is sown in it to spring up,
so the Lord GOD will cause righteousness and praise
to spring up before all the nations.

¹For Zion's sake I will not keep silent,
and for Jerusalem's sake I will not rest,
until her vindication shines out like the dawn,
and her salvation like a burning torch.

²The nations shall see your vindication,
and all the kings your glory;
and you shall be called by a new name
that the mouth of the LORD will give.

³You shall be a crown of beauty in the hand of the LORD,
and a royal diadem in the hand of your God.

The Word of the Lord.
Thanks be to God.

Psalm 148

¹Hallelujah! Praise the LORD from the heavens;
praise God in the heights.

²**Praise the LORD, all you angels;
sing praise, all you hosts of heaven.**

³Praise the LORD, sun and moon;
sing praise, all you shining stars.

⁴**Praise the LORD, heaven of heavens,
and you waters above the heavens.**

⁵Let them praise the name of the LORD,
who commanded, and they were created,

⁶**who made them stand fast forever and ever,
giving them a law that shall not pass away.**

⁷Praise the LORD from the earth,
you sea monsters and all deeps;

⁸**fire and hail, snow and fog,
tempestuous wind, doing God's will;**

⁹mountains and all hills,
fruit trees and all cedars;

¹⁰**wild beasts and all cattle,
creeping things and flying birds;**

¹¹sovereigns of the earth and all peoples,
princes and all rulers of the world;

¹²**young men and maidens,
old and young together.**

¹³Let them praise the name of the LORD,
whose name only is exalted, whose splendor is over earth and heaven.

¹⁴**The LORD has raised up strength for the people and praise for all faithful
servants, the children of Israel, a people who are near the LORD. Hallelujah!**

Epistle Reading: Galatians 4:4-7

⁴But when the fullness of time had come, God sent his Son, born of a woman, born under the law, ⁵in order to redeem those who were under the law, so that we might receive adoption as children. ⁶And because you are children, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!" ⁷So you are no longer a slave but a child, and if a child then also an heir, through God.

The Word of the Lord.
Thanks be to God.

***Gospel Acclamation:**

“Love Has Come”

ELW #292

vv. 1

**Love has come—a light in the darkness!
Love shines forth in the Bethlehem skies.
See, all heaven has come to proclaim it;
hear how their song of joy arises:
Love! Love! Born unto you, a Savior!
Love! Love! Glory to God on high.**

***Scripture Reading: Luke 2:22-40**

Response after the announcement of the gospel:

Glory to you, O Lord.

²²When the time came for their purification according to the law of Moses, they brought him up to Jerusalem to present him to the Lord ²³(as it is written in the law of the Lord, "Every firstborn male shall be designated as holy to the Lord"), ²⁴and they offered a sacrifice according to what is stated in the law of the Lord, "a pair of turtledoves or two young pigeons."

²⁵Now there was a man in Jerusalem whose name was Simeon; this man was righteous and devout, looking forward to the consolation of Israel, and the Holy Spirit rested on him. ²⁶It had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Messiah. ²⁷Guided by the Spirit, Simeon came into the temple; and when the parents brought in the child Jesus, to do for him what was customary under the law, ²⁸Simeon took him in his arms and praised God, saying,

²⁹"Master, now you are dismissing your servant in peace,
according to your word;

³⁰for my eyes have seen your salvation,

³¹which you have prepared in the presence of all peoples,

³²a light for revelation to the Gentiles
and for glory to your people Israel."

³³And the child's father and mother were amazed at what was being said about him.

³⁴Then Simeon blessed them and said to his mother Mary, "This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed ³⁵so that the inner thoughts of many will be revealed — and a sword will pierce your own soul too."

³⁶There was also a prophet, Anna the daughter of Phanuel, of the tribe of Asher. She was of a great age, having lived with her husband seven years after her marriage, ³⁷then as a widow to the age of eighty- four. She never left the temple but worshiped there with fasting and prayer night and day. ³⁸At that moment she came, and began to praise God and to speak about the child to all who were looking for the redemption of Jerusalem.

³⁹When they had finished everything required by the law of the Lord, they returned to Galilee, to their own town of Nazareth. ⁴⁰The child grew and became strong, filled with wisdom; and the favor of God was upon him.

Response after the gospel reading:
Praise to you, O Christ.

Sermon:

Bill Huelle, PMA

(Silence for Reflection and Meditation.)

‡WE RESPOND TO GOD’S WORD‡

***Hymn**

“Go Tell It on the Mountain”

ELW #290

***Refrain:* Go tell it on the mountain,
over the hills and ev’rywhere;
go tell it on the mountain
that Jesus Christ is born!**

**1. While shepherds kept their watching
o’er silent flocks by night,
behold, throughout the heavens
there shone a holy light.**

Refrain

**2. The shepherds feared and trembled
when, lo, above the earth
rang out the angel chorus
that hailed our Savior’s birth.**

Refrain

**3. Down in a lonely manger
the humble Christ was born;
and God sent us salvation
that blessed Christmas morn.**

Refrain

***Profession of Faith: The Apostles Creed**

**I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,
born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**

***Prayers of the Church:**

Each petition ends with:

Hear us, O God...**your mercy is great.**

The prayers conclude with:

.... In the name of Jesus. **Amen.**

***Exchange of Peace**

The peace of the Lord be with you always.
And also with you.

***Offertory Prayer**

Having offered ourselves and our gifts to God, let us pray.

Gracious God, you came to us as one unknown, bringing joy and salvation to the earth. Nourish us at your banquet table, that with all who welcome your birth we may proclaim your peace, revealed in Jesus Christ, our Savior. Amen.

***The Lord's Prayer**

**Our Father, who art in heaven, hallowed be thy name,
thy kingdom come, thy will be done, on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil.
For thine is the kingdom, and the power, and the glory,
forever, and ever. Amen.**

***Benediction**

Almighty God, who sent the Holy Spirit to Mary,
proclaimed joy through the angels,
sent the shepherds with good news,
and led the magi by a star,
bless you this day † through the Word made flesh. **Amen.**

Hymn:

Good Christian Friends, Rejoice

**ELW #288
vv. 1&2**

**1. Good Christian friends, rejoice
with heart and soul and voice;
give ye heed to what we say:
Jesus Christ is born today;
ox and ass before him bow,
and he is in the manger now.
Christ is born today!
Christ is born today!**

**2. Good Christian friends, rejoice
with heart and soul and voice;
now ye hear of endless bliss:
Jesus Christ was born for this!
He has opened heaven's door,
and we are blest forevermore.
Christ was born for this!
Christ was born for this!**

Dismissal

Go in peace. Share the gift of Jesus.
Thanks be to God.

Copyright Permissions: Liturgy: From Sundays and Seasons.com. Copyright 2015 Augsburg Fortress. All rights reserved. Reprinted by permission under Augsburg Fortress Liturgies Annual License #SAS103411.

Music: O Come, All Ye Faithful Text: attr. John Francis Wade, 1711-1786; tr. Frederick Oakeley, 1802-1880, sts. 1, 3-4; tr. unknown, st. 2, ©Public Domain; **Love Has Come:** CCLI Song # 2060820 Ken Bible © 1996, 1997 LNWhymns.com (Admin. by Music Services, Inc.) *For use solely with the SongSelect Terms of Use. All rights reserved. www.ccli.com CCLI License #1825044;* **Go Tell It on the Mountain** Text: African American spiritual, refrain; John W. Work Jr., 1872-1925, stanzas, alt. ©Public Domain; **Good Christian Friends, Rejoice:** Text: Medieval Latin carol; tr. John Mason Neale, 1818-1866, ©Public Domain



Alec Sibal, 12/27; Tracy Steele, 12/28;
Jack Schmidt, 12/31; Kathrine Fulk, 1/1

If we have missed your birthday, please let the office know. Thanks.

✝In Our Thoughts and Prayers✝

Prayers for healing: **Bonnie** (pneumonia & fluid around her heart—cousin of Susan Martin), **Beth Janecek** (Treatment), **Rich** (COVID-19 recovery—brother of Barb Gorr), **Joann Pullen** (COVID-19 recovery—friend of Elnora Sell), **Chad Schmidt** (COVID-19 recovery—granddaughter's husband of Wes & Elnora Sell), **Cathy Rahrs** (rehab), **Gary Eskam** (pneumonia - non COVID related), **Tracy, Nancy and Bill Steele** (COVID-19 recovery), **Harlan Meyer** (Lonnie Miller's uncle), **Shelia Colson** (hospitalized—mother-in-law of Nannie Walsh's sister), **Claudia** (bedrest for pregnancy), **Myron Loseke, Jerry Weekes** (recovering from a horse accident), **Reuben & Gloria Gorr** (health issues), **Alan** (recovery of vision—Kathy Randall's cousin), **Jordan Hein** (cancer treatment—former member of Calvary), **Michael Dietrich** (friend of Dave & Penny Stevens), **Julie** (cancer treatment—Travis Miller family), **Barb** (cancer—Marlene Downer's sister-in-law), **Joan** (cancer—niece of Marj Nikont), **Patty** (cancer—Jim Dorn's sister-in-law).

Prayers for comfort and peace for: Family and friends of **Ardella Miller** (Lonnie Miller's mother), **Julius Diers** (grandfather of Nannie Walsh & great grandpa of Rayce & Merrick Walsh)

Prayers for our church, community, nation, and world: *in this time of Covid-19 and general unsettledness. For everyone in need!*

Prayer Requests



If you have a prayer request you would like added to the prayers of the people on Sunday morning, during the week you may notify Christy in the church office, let us know by filling out the online Attendance and Prayer Request card under the worship tab on our website or on Sunday morning, inform one of the ushers of your prayer request and they will make a list and give those to the pastor before worship begins.

YOUR GIVING ONLINE

GIVE+Mobile

Scan the **QR code** to the right, go to our website: www.calvarylutheranscottsbluff.org and click on the **Give Online** button OR download the **Give+Church App** on your smartphone. It's safe and secure.



JANUARY FOOD DONATIONS REQUESTED

FOOD PANTRY: cereal

BACKPACKS: 16 oz jars of peanut butter
Containers are located outside Fellowship Hall.
Thanks for your generosity.



**Fighting
Malaria**



WOMEN OF THE ELCA JANUARY MISSION PROJECT:

The WELCA mission project for January will be the ELCA Malaria Campaign. \$10 can purchase a treated mosquito net, \$50 provides medicine for 25 people, and \$100 trains a village health team. Donations may be made. Be sure to designate WELCA on the envelope.



Please watch every week for an email with the kid's sermon by Angie with fun activities for the kids to stay involved!

Due to COVID-19 concerns JAM has been suspended until further notice.



Lutheran Disaster Response
Evangelical Lutheran Church in America
 God's work. Our hands.

Lutheran Disaster Response



Wildfires in the West. Hurricanes in the South. Tornadoes in the Midwest. Covid-19. Throughout our nation and around the world, disaster strikes with alarming frequency and sometimes it can feel as if we are helpless in the face of it all. But whenever and

wherever disaster strikes, you are there through the work of Lutheran Disaster Response (LDR), not only in the immediate aftermath but also long after the disaster has faded from the headlines. Your donations to the work of LDR are critical in allowing LDR to make a difference when disaster strikes. If you have not already done so, please consider making a donation to Lutheran Disaster Response either by going to: <https://www.elca.org/Our-Work/Relief-and-Development/Lutheran-Disaster-Response> or by making a donation to Calvary specifically earmarked for Lutheran Disaster Response or if you wish you can even be more specific by writing 'wildfires', 'hurricanes', etc. in your memo line. And remember, 100% of what you donate will go for disaster response!



Connecting faith & finances for good.™

Thrivent Financial

Are you a Thrivent member? And if you are, do you know that as a Thrivent member (depending on what investments or products you have with Thrivent) you might have Thrivent Choice dollars that you can designate to a non-profit ministry of your choice including Calvary Lutheran and hundreds of other ministries every year? And that you also have at least \$250 dollars (and possibly \$500) per year that you can choose to kickstart a Thrivent Action Project that can make a difference in our church or community.

For example, this fall a member of Calvary used their \$250 to purchase the backpacks and some of the supplies that were used to fill the School Backpacks for Lutheran World Relief. To direct your Thrivent Choice dollars, start a Thrivent Action Project or simply to learn more go to: <https://www.thrivent.com/what-we-offer/generosity/>, talk to Pastors Chris or Sheryl or talk to your Thrivent agent.



WORSHIP LEADERS

Pastors Chris and Sheryl Kester Beyer

This Sunday – December 27

USHERS: Kent & Dawn Holub

LAY READER: Chris Jensen

COMMUNION ASST: Bill Huelle

POWERPOINT: Andi Dorn

MEDIA: Maunette Loeks-Van Patten

ALTAR GUILD: Deb Brown, Vicki Howell,
Tracy Steele

ORGANIST: Rhonda Boettcher

SONG LEADER: Jim Dorn

Next Sunday – January 3

USHERS: Chris & Barb Jensen

LAY READER: Kathy Randall

COMMUNION ASST: Dennis Gorr

POWERPOINT: Shawna Payne

MEDIA: Colter Burkey

ALTAR GUILD: Andi Dorn, Carmen
Kleager, Shelly Koehler, Jessica Laughlin

PIANIST: Dee Brady

CALENDAR OF EVENTS

Sunday, December 27

10 a.m. – Worship

Sunday, January 3

10 a.m. – Worship

10:45-11:15 a.m. – Drive Through
Communion

JANUARY 3, 2021
SECOND SUNDAY
AFTER CHRISTMAS



Jesus enters our world full of grace and truth.

DAILY BIBLE READINGS

These passages are related to the Lectionary texts for this Sunday.

Sunday	John 1:1-18	The Word became flesh
Monday	Jeremiah 31:7-14	Israel will return to its own land
Tuesday	Ephesians 1:3-14	Spiritual blessings in Christ
Wednesday	Matthew 2:1-12	The visit of the wise men
Thursday	Colossians 1:15-23	The person and work of Christ
Friday	Genesis 1:1-4	God creates light
Saturday	Psalms 147:12-20	Sing and praise the Lord
Sunday	Mark 1:4-11	The baptism of Jesus

SCRIPTURE VERSE FOR THIS WEEK

And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth.

John 1:14 (NRSV)

PRAYERS AND BLESSING

A Prayer for the Week:

Almighty and merciful God, we thank you for blessing us in Christ with every spiritual blessing. Amen. (Ephesians 1:3)

Mealtime Prayer:

Dear God, you who give us food to eat and Jesus to meet, thank you for your abundant love that comes to us from above. Amen.

A Blessing to Give:

May God shine the light of Christ, full of grace and truth, on you now and always.



© 2020 Milestones Ministry, LLC. All rights reserved.

JANUARY 3, 2021
HYMN OF THE WEEK
Angels from the
Realms of Glory



Take a moment to tell or think about a recent mountain high and/or valley low in your life.



WEEKLY MILESTONES

Take a moment to tell or think about a recent mountain high and/or valley low in your life.



Take a moment to tell or think about a recent mountain high and/or valley low in your life.



Take a moment to tell or think about a recent mountain high and/or valley low in your life.



Take a moment to tell or think about a recent mountain high and/or valley low in your life.



Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

Take a moment to tell or think about a recent mountain high and/or valley low in your life.

