

MARBLE Update

MARBLE COLLEGIATE CHURCH

March 2009

Worship

Sundays, 11:15am

Dr. Michael B. Brown
preaching

Wednesdays, 6:15pm
Lenten worship series

Messages from the pulpit are televised locally on WLNY-TV10/55 (Sundays, 6:30am) and MNN Time Warner Ch. 67, RCN Ch. 85 (10am) and can be heard on WOR Radio/710-AM (Sundays, 7pm)

For real-time streaming video of the worship service, visit www.marblechurch.org, Sundays at 11:15am (EST).

The Heart of Christ

We are stepping into the most significant season of the Christian year. Maybe Advent is the most fun, but without Lent there would be no Advent. Without Easter, there would be no Christmas and, in all likelihood, no memory of Jesus at all.

During this season, we will explore together "The Seven Last Words" of Christ. We begin Sunday, March 1, and conclude the series at the Good Friday noon service, April 10. The seven statements attributed to Christ as he was dying are compiled from the memories of the four gospel authors. No one gospel contains them all. They reflect what was in the heart of the Messiah in a moment of personal pain and crisis. As such, each separate statement resonates with any of us who also suffer.

Each word (or sermon) in the series stands alone. But together, "The Seven Last Words" of Christ form a profound collection of utterances that help us shape our priorities, define our theology, examine our relationships, reflect on our suffering, and deepen our faith.

I hope you will join me in taking a look at statements that reveal the humanity and faith of



Jesus when the heat was on – this journey together can enhance our faith as we confront our own sometimes painful humanity.

The Seven Last Words, a 7-part series

Sundays at 11:15am

March 1

Part I: When Forgiveness

Is Not Easy

Luke 23:26-38

March 29

Part V:

Our Deepest Desires

John 19:28-29

March 8

Part II: Life after Life

Luke 23:39-43

April 5: Palm Sunday

(9:15 & 11:15am)

Part VI:

A Statement of Trust

Luke 23:44-46

March 15

Part III:

The Kinship of Tears

John 19:25-27

April 10: Good Friday

(12 Noon)

Part VII: Completed,

Not Concluded

John 19:30-33

March 22

Part IV: What Was

He Really Praying?

Mark 15:25-37

Lenten Worship: Thy Will Be Done?

Wednesday Evenings

WORSHIP, 6:15PM

Lent is the 40-day journey from Ash Wednesday, when we are reminded of our mortality, to Easter Sunday, when we are awakened by the promise of God's resurrecting power. Lent is a time in our individual life and our life as a congregation to draw intentionally closer to God as God comes near to us.

Every Wednesday evening in Lent, we gather at Marble for worship, prayer, Holy Communion, and study. The unifying focus of the season is awareness of the will of God and each week we explore a different dimension.

February 25/Ash Wednesday – Services at 12:45pm, Dr. Bill Lutz preaching; and 6:15pm Dr. Michael Brown preaching. Ashes are distributed following both services and 5:30-6:00pm in Poling Chapel.

March 4 – "God's Intentional Will,"

Dr. Bill Lutz preaching.

March 11 – "God's Circumstantial Will,"

Rev. David Lewicki preaching.

March 18 – "God's Ultimate Will,"

Rev. Steven Pierce preaching.

March 25 – "Discerning the Will of God,"

Rev. Kimberleigh Jordan preaching.

April 1 – "God's Will Is Our Peace,"

Dr. Michael Brown preaching.

CONVERSATIONS, 7:30PM

Following worship, remain with the ministers for prayer, reflection and conversation. We'll use as our guide Leslie Weatherhead's classic book, *The Will of God* (available for purchase Sundays in the Portico). You are encouraged to read a chapter prior to coming to church.

Index

Ten O'Clock Hour 2-3

Program Ministries 3-6

Spiritual Enrichment 6

Outreach 7

Marble Matters 7-8

1 West 29th Street
New York, NY 10001-4596
www.marblechurch.org
212-686-2770
212-685-0706 fax

Installation Service of Dr. Brown

Sunday, March 1, 3:00pm

All are invited to a special service when Dr. Michael B. Brown is installed as a full minister of the Collegiate Reformed Protestant Dutch Church of the City of New York. Dr. Brown's Installation Service marks the beginning of a

new chapter in his life and in the life of Marble Collegiate Church. Such an occasion calls for a true celebration because we officially welcome Dr. Brown with joy, and he – having been granted permission to lead by the Classis of New York – promises to serve us faithfully by proclaiming God's Word and by equipping us for fruitful ministry.

ten o'clock hour on sundays

*CDs of
Ten O'Clock Hour
sessions are available
for purchase (\$8) each
Sunday on the Portico
or by contacting
MarbleVision,
212-686-2770.*

Lent brings us from loss and disillusionment into a place of resurrection, as Christ moves toward the cross and beyond it. How are we asked to walk this same journey in our own lives? How are our hearts urged toward conversions that are rooted in the personal, practical concerns we face daily? Each Sunday morning in March, The Ten O'Clock Hour holds various prisms up to this holy season. Offerings range from an exploration of Mark's gospel, to ways to start over; from thoughts on embodying peace, to how to practice passionate waiting. We also have a look at Lent from the perspective of our new Senior Minister. Come and explore.

8TH FLOOR

Beginning Again: The Benefits of Starting Over

March 1

Brian Robinson

Although starting over is difficult, it can be a blessing in disguise. God often speaks to us during these challenging moments, making them a great opportunity to get closer to God. Brian Robinson shares five benefits of life's obstacles and offers strategies for making new beginnings work for you.

BAY HALL

Thoughts, Both Seasonal and Personal

March 8

Dr. Michael Brown

In this time of Lent, congregations as well as individuals engage in thoughtful examination of where this church season is calling them and the ongoing questions it poses. Dr. Michael Brown gives his personal thoughts about Lent, along with some spiritual reflections. He then welcomes questions from the audience.

Being the Peace We Pray For

March 15

Rev. P. Kimberleigh Jordan

As Christians, we are called to emulate the One known as the Prince of Peace. To help us in our effort, Rev. Jordan looks at Jesus' statements about peace, as well as his actions embodying it. She also gives an overview of 20th century models of reconciliation and diplomacy such as Mahatma Gandhi, the young man who stood before the tanks in Tiananmen Square, the cellist who played in the midst of Sarajevo's war zone, and others.

Entering the Unknown

March 22 & 29

Kathryn Madden, Ph.D.

With the example of Mary Magdalene as a guide, Dr. Madden examines the frequent tendency to turn away from God's love when we need it most – when we are suffering, grieving, confused, envious... Before experiencing the joy of an Easter awakening, we must reflect on the hungers and longings that keep us from a spiritual resurrection. Magdalene teaches us how to enter the empty tomb of our own interiors, clearing the way for something more profound to occur: a turning that can transform our lives. *Dr. Madden is a psychotherapist and the author of "Dark Light of the Soul" (Lindisfarne, 2008).*



Kathryn Madden



Brian Robinson

PARENTS & GUARDIANS The Spiritual Life of Children

March 15

Dr. Bill Lutz

Children conceptualize God, Jesus, and their own spirituality very differently at various ages. Understanding how they envision matters of the soul can be beneficial when we talk about religion and can help them form meaningful spiritual lives. Dr. Lutz leads a practical and informative discussion for anyone who lives or works with children. Meets on 4th floor.

New on DVD:

Parenting 101

Parents frequently bring concerns about their children's eating and sleeping patterns to Dr. Bill Lutz, minister, family relationship therapist, and an invaluable resource concerning child development. Now available on DVD is a discussion between Dr. Lutz and a young couple with questions about their son's eating and sleeping habits.

Recognizing that mealtime can be stressful, the first topic of conversation is a child's eating patterns: the number of meals in a day, behavior at the dinner table, and when and what kids eat. Second, they look at how much sleep children need, how to put them to sleep, and how bed-

time can be a golden opportunity for emotional attachment. *Appropriate for parents/guardians of infants to 5 years old.*

\$15 / DVD. Available for purchase Sundays on the Portico after worship, or by contacting MarbleVision, 212-686-2770.

MEETING PLACE

The Beginning of the Good News

March 1, 8, 15, 22 & 29

Sister Carol Perry

Mark's gospel is the first, written with no model except the author's burning need to introduce Jesus to those whom he realized would have to live these words. Our Lenten journey can be interwoven with this earliest and sparest telling of the Jesus story. Led by Sr. Carol Perry, resident Bible scholar.

EVERY SUNDAY

Prayer Circle

Poling Chapel, 10:00am

An informal get-together, led by Rev. Steve Pierce, centering on the day's Scripture reading, singing, and prayer for individual and communal concerns. Includes time for healing through prayer and the laying on of hands. Holy Communion is celebrated Sunday, March 1.

program ministries

Children & Youth Ministries

Family Worship

March 1, 10:00am, Bay Hall

The Junior and Senior High Sunday School class lead a spirited and informal service on the theme "Why Do We Worship?" The Cherub and Children's Choirs sing and the Youth Choir makes its debut under the new direction of Jim Lowe. All are welcome; you don't have to be a parent or guardian to attend.

Open House

Sunday, March 8, 11:45am-1:00pm

Calling all babies, toddlers, children, youth, and their parents and guardians! Good things are happening with Children and Youth Ministries at Marble – new people, new programs and big energy. Come to our first Open House of the season and see for yourself.

11:45am

Second floor

- Meet dedicated childcare workers who look after your little ones, and visit child-friendly classrooms.

- Toddler Music Class for 1 and 2-year olds is led by Karie Brown.

- Grades 7-12 and college students attend an open rehearsal with the new Youth/Young Adults Choir Director, Jim Lowe.

Sixth floor

- Visit classrooms for grade-school kids, meet the teachers, and sit in on abbreviated lessons.

- Children's Choir Director Shelly Wade hosts a get-to-know-you session for grades 1-6. Mingle with Junior and Senior High teachers too.

12:45-1:00pm

Attend a Q&A with the Family Ministries staff: Paulette Thompson-Clinton, Director, and Brian Hampton, Program Coordinator.

1:00-2:00pm

Parents Meeting – lunch is provided.



Family Worship

Welcome to James Lowe, Youth & Young Adult Choir Director

Good news for Marble's Church School music program. Accomplished musician James Lowe joins the staff as Youth & Young Adult Choir Director.

Jim is an opera, theater, and ballet conductor as well as a pianist. He recently conducted performances of Broadway's *Gypsy*, starring Patti LuPone, and served as Music Director and Conductor for national tours of *My Fair Lady* and *The Light in the Piazza*. For several seasons he was Associate Conductor at Houston Grand Opera, where he led and orchestrated a portion of the 50th Anniversary Gala with Elton John.

As a pianist Jim has appeared with the Rochester Philharmonic Orchestra, and he was the keyboardist, rhythm guitarist, lead singer and songwriter for the rock band Backwash, co-producing the group's CD "Goin' to the Mall."

While his professional experience is extensive, when asked about working with Marble's youth, Jim commented, "I love the challenge of inspiring young people to learn what I love about music, possibly turning them on to some music they may not be familiar with. In turn, I'm sure I'll learn a lot of music I don't know. And I think the joy comes from seeing teens connect with that music and discover how great it is to make music with other people."

The Youth and Young Adult Choir is for 7-12th graders and college-age students. Rehearsals are Sundays, 11:30am-12:30pm.



James Lowe



Steve & Monica Pierce

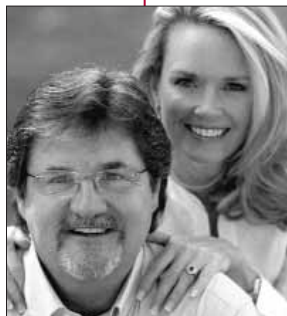
Committed Couples

Growing in Spirit, Service, and Learning

Meet Dr. and Mrs. Michael Brown

Thursday, March 12, 6:00pm

Rev. Steve Pierce and his wife Monica host a fun, interactive Q&A with Marble's new Senior Minister, Dr. Michael Brown, and his wife Page. All couples in a committed relationship are invited to come together for what promises to be a light-hearted and informative evening. Dinner, 6:00pm. Program; 7:00pm. \$20 per couple; reservations required. Register Sundays in Bay Hall, online at www.marblechurch.org, or contact Judy Tulin at the church (jtulin@marblechurch.org).



Michael & Page Brown

Entrepreneurs

Twittering 101

Thursday, March 19,

6:30-8:30pm

Carmina Pérez

Twitter, Facebook, LinkedIn...what's it all about? How can these networking websites impact your business?

Social media expert

Carmina Pérez not only demonstrates what exists on the Internet but discusses

- the definition of social media;
- how entrepreneurs can use these tools in business;
- the higher purpose of social media.

If you don't have a social media marketing plan for 2009, after an evening with Carmina Pérez you will not want to be on your pilgrimage without one. Carmina Pérez is a writer, speaker and digital media marketing consultant. She is a veteran of the financial services, television and Internet industries, and is devoted to helping others tap into the power of Web 2.0 to grow their businesses. Suggested donation, \$8.



Carmina Pérez

Marble Connection

Young Adults in their 20s & 30s

Sunday Conversations

12:45-2:00pm, 4th floor

We meet over light brunch and talk about what matters in our lives. Get to know other young adults as we share life and faith. Rev. David Lewicki facilitates.

Discussion points this month include:

March 1 - "Prayer: Styles and Practice."

We look at different traditions of prayer, and then spend some time in prayer and reflect on its impact for our lives. Led by Abbie Huff, ministerial intern.

March 8 - "Reading the Bible as a Spiritual Practice."

March 15 - "Spiritual Perspectives on Death and Dying."

March 22 - "God and Anger." Led by Lesley Mazzotta.

March 29 - "Postmodernism and Christianity: Can we find faith and truth in today's world?" Led by Abbie Huff.

GIFTS: Lesbian, Gay, Bisexual & Transgender Fellowship

GIFTS embodies the inclusive theology of Marble Church, which holds that we are all “created in the image of God” and follows the teachings of Jesus inviting “whosoever will” to be a part of the Body of Christ. The group is energized by a Leadership Team of ten church members who plan programs and events. This month, GIFTS hosts a dinner discussion and offers service in a homeless shelter. For details, visit our website at [www.marblechurch.org](#) or stop by the GIFTS table in Bay Hall following Sunday worship.

MidLIFE Ministry Dinner Discussion Group

Thursday, March 12, 6-7:30pm

On the second Thursday of each month, a lively group of men and women meet at Marble to discuss social, spiritual, and political topics over dinner. All adults are invited to participate in this community of individuals from a range of backgrounds. Dinner, \$12; reserve at least 24-hours in advance. Register online at [www.marblechurch.org](#) or contact Billy Flood at the church (BFlood@marblechurch.org).

Men’s Ministry Men’s Sunday Brunch

March 15

Men of the church gather for brunch and fellowship immediately following worship. Our topic for Lent is “How to Understand the Cross: From Despair to Hope.” All men are invited to participate in an open discussion and share their thoughts. Brunch, \$10; no reservation necessary. Led by Dr. Bill Lutz on the 8th floor.

Dinner with Dr. Michael B. Brown

Tuesday, March 17, 6:00pm
Marble’s new Senior Minister, Dr. Michael Brown, is our honored guest this month. Enjoy dinner with other men of the church and hear Dr. Brown’s story – find out how he entered into ministry, his early impressions of Marble, and his vision for the church in today’s society. This is a wonderful opportunity to get to know him as pastor and friend. Bring your questions. Dinner, \$10, reservations necessary (no charge for the program). Register online at [www.marblechurch.org](#) or call Tom Schneider at the church.

Safe Investments in Anxious Times: The Jesus Way of Relationships Men’s Weekend Retreat

Friday-Sunday, March 27-29

We deal with many uncertainties that can alter the direction of our lives – matters relating to finances, employment, and health, to name a few. Rev. Doug Wysockey-Johnson, Executive Director of Lumunos (formerly Faith@Work), joins Dr. Bill Lutz to lead a relaxing weekend away from daily life. We’ll discuss the important relational investments we need to find a sense of security – relationships that support, challenge, delight, and help us with choices to deepen our spiritual lives. Our retreat destination is Falling Waters/St. Joseph’s Villa, located on sixty-four quiet, wooded acres along the Hudson River at Saugerties, NY.

Cost, \$150 (includes transportation from/to Marble, food, and accommodations). An optional boxed meal (\$6) is available Friday evening. Registration required: reserve online or contact Tom Schneider at the church.

60+ Fellowship

LUNCH AND PROGRAM

Each Wednesday, lunch (\$6) is at noon followed by a program at 1:00pm.

March 4 – Rev. Greg Johnson, a Fellowship favorite, hosts “Dining Diversities” with Chef Max Fleurival. Learn health tips and easy-to-make recipes especially geared for people living with diabetes.

March 11 – A St. Patrick’s Day celebration with Celtic harpist Erin Hill is preceded by Chef Ron’s corned beef and cabbage feast (\$8 members, \$10 guests).

March 18 – Teresa Mazzilli returns with a program of international music.

March 25 – “March Madness!” Members of Marble’s staff entertain in a music revue.

CLASSES, CLUBS & MOVIES

All who are 60+ are welcome to attend, but Fellowship membership is required. To become a member, contact Colleen Cosgrove or register Wednesdays at the church.

Exercise Class, 10:30-11:30am – Fitness, fun, and fellowship is led by peer instructors certified by NYC’s Dept. of the Aging. A Master Class with Drew Kindred is on March 4.



Rev. Doug Wysockey-Johnson



Erin Hill

60+ Fellowship, continued

Bible Study, March 18, 25 and April 1, 10:45-11:45am – Sr. Carol Perry brings stories of the Bible to life in a practical and down-to-earth exploration of the Scriptures.

Movie of the Week, 2:15pm – Room 601.

3/4 – “Brigadoon;” Gene Kelly (1954)

3/11 – “The Old Maid;” Bette Davis (1939)

3/18 – “Up in Central Park;” Deanna Durbin (1948)

3/25 – “The Song of Bernadette;” Jennifer Jones (1945)

Bridge Club, 2:15pm – Room 800. Experienced players welcome. Bridge instructor Mike Galatola returns to teach a class for intermediate players and above on March 11.

Singing & Acting, 2:15pm – Room 600, taught by Estelle Randolph. Classes culminate with a year-end talent showcase for those ready to share their work. All are welcome; no prior experience needed.

AARP Tax Aid

Wednesdays, 9:30am–2:00pm, Room 205

Volunteers from the AARP Tax Aid Program help complete your IRS tax forms. This free service, for adults 50 years and older, continues every Wednesday through mid-April. First come, first served.

Marble Women’s Ministry (MWM)

Retreat 2009 Reunion Brunch

Sunday, March 15, 12:30pm

Immediately following worship, Marble Women gather for brunch to reconnect following our Annual Retreat. Come for good food and sisterly conversation in the Meeting Place. Why not bring a friend and introduce her to the friendly, caring community of women at Marble Church? Childcare provided. Brunch, \$10; reservation required. Register Sundays at our table in Bay Hall, online at www.marblechurch.org, or contact Elise Hanley at the church (ehanley@marblechurch.org).

spiritual enrichment

Spirituality in the Workplace

A Lunch Break that Boosts Your Spirit

Sister Carol Perry

Does God care about what we do for work? Find out at these interactive Bible studies at three Manhattan locations with Sr. Carol Perry, Marble’s resident Bible scholar. Bring a brown-bag lunch.



Sister Carol Perry

TUESDAYS, NOON–1PM

March 3, 17 & 31: Marble Collegiate Church, 3 West 29th Street, Room 205.

March 24: Downtown at 2 Wall Street, Law Offices of Carter, Ledyard & Milburn, 18th floor.

THURSDAY, NOON–1PM

March 5 & 19: St. Bartholomew’s Church, 109 E. 50th Street (bet. Park & Lexington Aves.), Room 32 (take elevator to 3rd floor).

Bible Study, Tuesdays at 6:30pm

Biblical Standing Stones

March 3, 17, 24 & 31

Sister Carol Perry

During this month’s guided tour of the “standing stones,” or core, of God’s word, Sr. Carol focuses on the Second Temple period, the time for rebuilding faith and governance after the critical years in Babylon. It is a time for the new and the old, so relevant for us today.

Compassionate Friends

March 10, 7:30–9:00pm

Whether your family has had a child die at any age, from any cause, or you are trying to help those who have gone through this life-altering experience, this support group exists to provide friendship, understanding, and hope to those going through the grieving process. Meets the second Tuesday of each month. For inquiries, call the Compassionate Friends information line, (212) 217-9647.

Staff for this Issue:

Editor:
Don Piper

Photos:
Dave Cross
Don Piper

Graphic Design:
Beth Player-DiCicco

Action Volunteers

WAYS TO HELP OTHERS

There is no greater happiness than that which comes from sharing...no greater joy than that which comes from loving, giving, and caring.
 - Unknown

Drive for Dignity

Sundays, March 15-April 19

This month kicks off our annual "Drive for Dignity," a vital Marble outreach effort during which we collect new underwear for New York City's homeless adults. As our homeless population increases, the need for basic items like underwear is exacerbated. Please bring your gift of new underwear for adults to the Action Table, Sundays on the Portico.

Other volunteer opportunities this month include:

Sunday, March 1 – Contribute food to HONEY (Help Our Neighbors Eat Year-round) by bringing non-perishables to the Action Table on the Portico.

Sunday, March 1 – Serve lunch to disadvantaged (and, in some cases, homeless) seniors after worship at a local church on East 31st Street.

Sunday, March 8 – Volunteers are needed to help prepare 50 lunches, 9:30-10:30am, for our Ecclesia Ministry (an open-air worshipping

congregation for the homeless in Madison Square Park). Others needed to transport the lunches and host the service, starting at 1:30pm.

Saturday, March 28 – Common Ground is looking for volunteers to serve lunch, Noon-3:00pm, to guests at The Prince George (28th Street between Fifth & Madison).

Sunday, March 29 – The Action Committee sorts used clothing for the homeless. Volunteers help with the sort and, most importantly, drivers with cars are needed to deliver the garments to shelters.

SAVE THE DATE

Saturday, April 25 – New York Cares/ Hands on New York Day. Join Marble's team as we clean up a NYC park.

Interested in serving on a regular basis? Consider...

Recording for the Blind & Dyslexic is an educational library serving people who cannot read standard print. Volunteers are needed to be Readers – narrating the text of books; Bookmarkers – people who make notes to guide readers; and general office assistance.

Stop at the Action Table on the Portico after worship any Sunday to talk with a committee member about these opportunities and others, or call Gail Kitselman, Director of Volunteer Ministries, at the church. Experience the joy of sharing your talents with others.

marble matters

\$180,000 Goal for 2009 Easter Offering

One of the joys of the Marble experience is our annual Easter Offering. This outpouring of gifts from our congregation to the greater community has had a phenomenal influence on countless lives. It has helped to house the homeless, feed the hungry, educate disadvantaged youth, support survivors of rape and domestic violence, encourage religious inter-denominational dialogue, and on and on. By contributing to this offering you bring Easter light to those who otherwise might know only darkness.

The current state of the economy has taken its toll on charitable giving and nonprofit service agencies are suffering. Our Easter Offering is needed like never before. We want to collect \$180,000, with every dollar distributed to ministries in New York City and beyond.

In the weeks ahead, representatives from four of the many agencies that will benefit from our Easter Offering will speak to the congregation during Sunday morning worship. A complete list of ministries we supported in 2008 may be found each week during Lent in the Sunday bulletin.

Mission Fair

Sunday, March 22, after worship

Visit the Mission Fair in Bay Hall immediately following worship. Learn more about organizations Marble has provided for in the past through the Easter Offering, and discover volunteer opportunities.



Three faiths come together in friendship

Sunday, March 8, 3:00pm

As part of the congregational exchange with Central Synagogue, Masjid al-Hikmah and the Islamic Cultural Center of New York, members of Marble Church and Central Synagogue travel to Masjid al-Hikmah in Queens for a cultural program, an interfaith dialogue with an Imam, Rabbi, and Minister, and to share a delicious Indonesian meal prepared by members of the Mosque.

If you are interested in participating in this unique experience, please contact Mary Burns, 212-686-2770, ext. 468, or mburns@marblechurch.org.

ADDRESS SERVICE REQUESTED

Marble Collegiate Church
One West Twenty-Ninth Street, NY, NY 10001-4596

March 2009

MARBLE Update

FIRST-CLASS MAIL
U.S. POSTAGE PAID
MAILED FROM
ZIP CODE 10001
PERMIT NO. 269

Membership Matters

New Member Class begins

Sunday, March 8

As we begin a new chapter in the life of Marble, what better time to begin a new chapter in your life by becoming a member of Marble Church.

Membership indeed makes a difference: You belong to a community alive with the spirit of God. You experience a spiritual bonding with others seeking deeper meaning in their lives. You feel ownership for so much that happens at Marble. It is your church!

Our spring class meets on three consecutive Sundays (immediately following morning

worship), beginning March 8 and continuing on March 15 and 22. Participants are received into membership during the Sunday morning worship service, March 29.

Speak to a New Member person, someone wearing a red carnation, any Sunday morning after worship prior to March 8. Or call Marian Patterson at the church, 212-686-2770.

Daylight Savings Time

Sunday, March 8

Remember to set your clocks ahead one hour before you retire Saturday evening.

the last word...

In the end what matters most is,
How well did you live,
How well did you love,
How well did you learn to let go.
—Unknown