

May 2019 Issue

Wine Tasting Fundraiser

Rio Terrace Community Hall

Friday May 17th, 7- 10 PM

A great fundraising event for the school playground with wine, beer bar, and entertainment!

-See page 10 for more information

Family Photo Sessions Fundraiser

Rio Terrace Community Hall

Saturday June 1 and Sunday June 2

A great fundraising event with Pixels by Capri for the school playground.

-See page 10 for more information

Canada Day Bike Parade

Rio Terrace Community Hall Gazebo

Sunday June 30, 1 PM – 3 PM

Bring your bikes, strollers and wagons to decorate and have a fun ride around the neighbourhood.

Yoga in the Park Fundraiser

Rio Terrace Community League Park

Tuesdays 10 AM Starting July 9

A donate-what-you-can yoga fundraiser for the school playground!

-See page 14 for more information

Green Shack and Pop Up Play

Various parks in our neighbourhood

Summer months

Green Shack and Pop Up Play will return this summer for the kids in the neighbourhood. Stay tuned for more details.

Connect with us!

Website: <http://rioterrace.ca>,

Twitter: @RioTerrace

Facebook: RioTerraceCommunityLeague

Neighbourhood: Wave hello!

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Community Matters



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Proudly serving the neighbourhoods of Rio Terrace, Quesnell Heights, and Patricia Heights.

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Next Issue:

August 2019

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Rio Terrace Community League Membership

Memberships are always available for purchase

Community League memberships are valid September 1st to August 31st. It is encouraged that anyone residing in the Rio Terrace, Patricia Heights and Quesnell neighbourhoods become annual membership holders, however, membership is open to anyone!

Available at:

- Local Mac's Store, Cheque Only.
- Community Social Events, cash, cheque or credit card.
- Online at www.efcl.org , Visa or Master Card only.

Cost:

Family	\$40
Single/Couple	\$20
Senior Couple	\$10
Senior Single	\$5

Benefits:

- Free Access to all community skating rinks.
- Facility rental discounts (25% off hall).
- Free swim every Saturday from 5pm to 7pm at Terwillegar Recreation Facility
- Discount at City of Edmonton Leisure facilities (5% off multi-pass or 20% off annual or continuous pass)
- Special promotions through www.efcl.org

President's Message

Hello Rio!

I think spring has finally come to our community. Flowers are starting to grow, our trees have leaves and our streets and parks are filled with laughter and families making new memories. Just a quick reminder of what amazing things have been happening in our community – our preschool is full, our IGA fundraiser was amazing, and our solar panels have been working very well. The coming month brings the opening of our spray deck for its second full season, and with that a chance for new friends to be made and more fun to be had. In addition, the strip mall has a facelift and a new tenant move in. We would like to welcome Meat Head to our Rio business family - a great addition to our already wonderful resources we have.

Just a note about volunteering. We required three more positions for our casino this weekend. Your help will be greatly appreciated. You would think filling 38 spots would not be that difficult, yet, here we are asking. This goes to the larger issue of community volunteerism. You cannot rely on other people to do the work you can help with. We are dwindling in community support and that is have a DRASTIC impact on the programming we can offer. We need volunteers for our casino, to sit on our board, and to bring new ideas and action plans to continue to make our community the wonderful place it is to raise our families and feel safe.

We need your help. We require your help. Think about how you can help. Consider this a personal request for assistance. Your help is needed. Your community needs you. Time to step up. I could go on and on, but I think you get the point.

Talk to you all soon and see you around the community!

Lance Burns

President, Rio Terrace Community League

Community Matters




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Community Matters

Community Soccer Outdoor Soccer is Underway!!

The 2019 outdoor Rio Terrace community soccer program is now underway – a sure sign that Spring has in fact arrived! Rio Terrace Soccer has over 230 youth aged keen soccer players who are happy to be outside and playing a game they love. Games and practices started on April 29 and soccer is going 6 days a week in some households. Rio Terrace teams generally have full rosters as we have lots of interested players in our community.

In the U9 through U19 community soccer program, we have a total of 170 players across 10 teams. Rio Terrace is hosting 2 girls teams this season, 1 each at U9 & U11. We are hoping that these girls continue to play soccer for many years to come. On the boys side, Rio Terrace has 8 teams – 2 at each of U9, U13 and U15, with 1 team at each of U11 and U19. All of these teams will generally play a 15 game schedule during May and June, with 2 games and 1 practice each week. They will also play in the EMSA West zone soccer tournament the weekend of May 31 - June 2, and of course all are hoping to qualify for City of Edmonton finals the week of July 2-7.

The Rio Terrace mini-soccer program serves as the introduction to soccer for the younger players in our community. We have over 60 players registered and playing in our U4 / U5 and U7 program. These players participate in skill development games and drills at the soccer field on the north side of the Rio Terrace School every Monday and Wednesday evening between 6:15 and 7:15 during May and June. Players and parents both participate in this program where fun, being active and learning soccer skills are the goals.

Thank you to our soccer Coaches and Managers.

We as a community owe a huge Thank You to all of the parents who give so generously their time, energy, knowledge, patience, etc., to coach or manage our youth in the game of soccer. Rio Terrace is the envy of most other community soccer programs as we have a supportive group of knowledgeable volunteers who make sure that there are coaches and managers for each and every soccer team. If we have enough players to form a team, I am always able to find parents willing to be the coaches and managers for these teams. Thank You all yet again.

Provincial Tier 4 Silver Medalists !

Congratulations to the **Rio Terrace X-Fire** U15 boys soccer team who won Silver at the Indoor Tier 4 Provincial Championships in Calgary. This is a repeat victory for the team as they were also the Indoor Provincial Tier 4 U14 silver medalists a year ago. Coaches Blair Schmaus, Ryan McKay and Felicia Dean continue to have their team playing some great soccer!

Perry Wynn
Soccer Director



We're Open!! Your community Pharmacy

Rashid Jomha is excited to announce the opening of Meadowlark Pharmacy!

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www.meadowlarkpharmacy.ca



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Rio History Column

Do you have any stories, photographs, and interesting pieces of information that you can share to our neighbourhood? Send them to the newsletter team! We would like to have a regular column moving forward that can help preserve and spread awareness, for the benefit of long-time residents and those who have recently moved to the incredible neighbourhoods of Rio Terrace, Patricia Heights, and Quesnel Heights. Please send your contributions to: Rtcl.newsletter@gmail.com

Our first contribution came from a long-time resident, Gordon Fuerst. He has shared a few photographs of the neighbourhood from a few decades ago. Thank you, Gordon for sharing these!



At 7306 – 155 Street
Looking southeast towards Rio Terrace Drive
Note bush on south edge of the Drive



At 7306 – 155 Street
Looking northeast
A rainy day in Rio



At 7306 – 155 Street
Looking north along 155 Street
Looks like it is "garbage day"

Community Matters



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Community Matters



Here we are, near the end of another wonderful year of learning at Rio Terrace Community Preschool. What an exciting year it has been!

We have enjoyed our first year with our fantastic two-story indoor slide. Our slide promotes spatial awareness and coordination, along with other developmental, physiological and sociological benefits for our little ones. Continuing along with a focus on the many benefits of physical activity for children, we now have an indoor traverse climbing wall in the preschool! Some of the benefits we see with encouraging kids to climb in a safe, supervised area are: increases in strength, endurance, flexibility, hand, feet and eye coordination, problem solving, planning and decision-making abilities to name just a few.

It is because of the amazing fundraising efforts this year and the past few years that we are able to offer these exceptional additions to our program. As always, we are grateful for our preschool community, the Preschool Executive board, the Rio Terrace, Patricia Heights and Quesnell Community members and the Community League for your great support of our early learning program.

I was given the incredible opportunity in January 2019 to travel to New Zealand to attend the LEAP Education International early learning study tour. On this tour I visited New Zealand Early Learning Centres, attend lectures from some of the most influential people in the Early Learning sector of NZ, visited the Ministry of Education and explored current research in early years education and professional

learning at Victoria University in Wellington. I also dipped my toes in two different oceans in one day! To say this trip was amazing would be a great understatement. My deepest gratitude goes out to the Preschool Executive and the Community League for making this trip possible.

We are looking ahead to the 2019/2020 school year and we have full enrollment in each of our classes! If you are interested in enrolling your little one at Rio Terrace Community Preschool Email Shay at rtpreschool@telus.net. There is always movement on our class list between now and September and spaces often become available.

The coming year will bring new and exciting field trips, in class visitors, our music and yoga programs continued and so much learning!

“It is a happy talent to know how to play”
~Ralph Waldo Emerson

Playfully yours,

Shaylene Saxton
Teacher

Naoko Henkel
Assistant Teacher

Rio Terrace Community Preschool
780-487-0610
www.rioterracepreschool.com

Community Matters



UPCOMING EVENTS

WINE TASTING FUNDRAISER

Friday May 17th, 7 - 10 pm, Rio Terrace Community League

Wine Tasting, 7:00 - 8:30

A local sommelier will pour and present a selection of six wines for guests to sample. The evening continues with a wine and beer bar, appetizers and music.

Tickets (wine tasting & social): \$50

Social, 8:30 - 10:00

Join us for the social portion of the evening. Enjoy a drink at our wine and beer bar, light appetizers and music by DJ Brent Oliver.

Tickets (social only): \$10

For tickets and more information, please visit: rtsplayground.ca/fundraising



COMPOST SALE & BOTTLE DRIVE

Saturday May 11th, 9 am - 3 pm, Rio Terrace School North Parking Lot

Cleanit Greenit Composting System produces a Grade "A" compost, which has achieved the Ecologo certification as an "Environmentally Friendly Product". The compost contains nutrients and organic matter, excellent for lawns and gardens.

Compost will be available for on-site purchase. The price per ~ 40lb bag of compost is 5 bags for \$40.00, 3 for \$25.00 or \$10.00 for 1 bag.

Bring Us Your Bottles!

You can drop off your bottles for recycling in the school's North Parking Lot.

FAMILY PHOTO SESSIONS

Saturday June 1st & Sunday June 2nd

The PARC Committee has teamed up with Pixels by Capri to offer mini family photo sessions.

For a sitting fee of \$100, Chelsey Capri will work with each family for 20 minutes, capturing various shots of you and your loved ones. All proceeds raised will be donated to the PARC to help us reach our goal of building a new playground for Rio Terrace School!

Please visit rtsplayground.ca/fundraising for more information and to sign up for a 30-minute time slot before May 17, 2019.



ABOUT PARC

Rio Terrace School Play Area Redevelopment Committee (PARC) was formed by a group of parents to fundraise \$620,000 to build a new outdoor education and play area at Rio Terrace school. To find out more about PARC, please visit our website and sign-up for our newsletter.

rtsplayground.ca | rts.playproject@gmail.com | facebook.com/RTSchoolPlayProject

Uncle Glenn's is Open on Sundays!



Uncle Glenn's Eatery & Sports Pub has listened to its customers and will be open on Sundays from 3:00 PM until 10:00 PM.

Come and enjoy our menu cooked in our wood-fired oven, our selection of beers, and just have a great time! You can also order your favourite menu items for delivery! We're located at 7666 156 St. and our website is www.uncleglenns.ca.

Uncle Glenn

Protecting yourself from allergies



Seasonal allergies occur at the same time of the year, every year. Exposure to pollen and snow mold, a type of fungus on grass after snow melts, may cause allergic symptoms.

These symptoms may include itchy and watery eyes, sneezing, headache, fatigue and a runny, stuffy or itchy nose.

"Cleaning the inside of your nose with salt water, using a humidifier in the bedroom and taking hot showers may help relieve symptoms," says Yvonne Ewanicke, a site manager at Health Link. "You can also try taking an over-the-counter antihistamine to relieve symptoms."

If symptoms continue, ask your doctor if immunotherapy or allergy shots might help you. They help prevent and reduce allergies.

Visit myhealth.alberta.ca or call 811 for more information.

Rebecca Johnson
Alberta Health Services

Community Matters



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Discipline in a Stepfamily

Being part of a stepfamily comes with many different struggles and challenges compared to a first-time family. One of the biggest challenges which can create the most conflict is parenting and discipline. All too often stepparents come into the family wanting to set out their expectations and discipline in the household. This is a logical understanding of being a 'parent' and adult in the home. However, the stepchildren in these situations are not ready for a stepparent to step in and be a disciplinarian. Children go through many losses and adjustments, and loyalty binds when the family goes through a separation and when a new partner is introduced.

It is important for the parent (biological/adoptive) to remain the disciplinarian in the home. It doesn't mean the stepparent doesn't have a say in what transpires in the home, they certainly have input; it is a matter of the parent setting out the boundaries and carrying out the consequences. Nevertheless, when the parent is not around then the stepparent will 'borrow power' from the parent, standing by and carrying out what the parent has already set out as the rules, similar to what an aunt, uncle or babysitter would do.

Patricia Papernow discusses the need for 'Connection before Correction,' meaning that the stepparent needs to forge a relationship and emotional bond with their stepchildren prior to being able to step into the role of a disciplinary. Children need an emotional bond between them and the stepparent prior to respecting them as a disciplinary. Some factors can make this role even harder such as coming into the family with adolescent children, females, and both parents are bringing children into the stepfamily. When stepparents do (if ever) build this relationship, the

stepparent needs to use an authoritative parenting style instead of an authoritarian style. However, there are many happy stepfamilies in which the stepparent never steps into the disciplinarian role.

Research has shown that the parenting style that leads to the best outcomes for children is an authoritative style, which is firm, consistent, warm, and caring. Parents and stepparents are often polarized in their parenting. This is because the parent can become more permissive overtime after the separation as they are dealing with many other stressors that are taxing on their emotional, physical, and mental health. When stepparents come into the family, they are often more authoritarian; firm, less warm, and less caring. The stepparents do not have the emotional bond right away that would lend to an authoritative style, which is another reason the stepparents need to build a connection with the stepchildren first.

As a parent and stepparent, be cognizant of the parenting style differences or opposing views regarding the expectations in the house and have conversations (or arguments if they arise) away from the children. If you and your partner are meeting challenges when trying to bring together a stepfamily, reach out for professional support.



Kristina Ingram

MSW RSW #13800

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Yoga in the Park

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Starting July 9**

Rio Terrace Community League Park

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Rio Terrace School Redevelopment Committee (PARC)

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Generally Speaking

Being Politically Involved This Year: A Review

Since I got my citizenship in 2012, I have enthusiastically voted in every single election. After attending a few campaign schools since 2015, I warmed up to the idea of being more politically active. It then officially began in 2017 during the municipal election, when I helped a candidate with Get Out The Vote on election day, and cleaning up her campaign office afterwards.

This year though is a bit different, being active in a partisan election and helping a candidate in the weeks before the election. Here are some of my thoughts about this eye-opening experience.

I felt out of place sometimes from being a newcomer. I'm not well versed in our province and city's political history, but I took it as an opportunity to learn. From learning what Stephen Mandel has done in Edmonton, to hearing people talk about Lougheed, Getty, and Klein. It's fascinating to read between the lines, the anger, enthusiasm or the far-away looks of these people when they share these stories, the first-hand experiences they had.

I have to embrace the concept of being imperfect. There is no perfect party, candidate, or platform, and supporting one is still okay. I talked to a campaign manager who said he supports most of the policies – not all – and still has dedicated the past six months supporting two candidates for the party.

It is much safer than I thought. I know it would be, but I was still blown away. You can stop supporting a political party, announce it on social media, and stay alive. Despite some sassy people at the doors, anger on social media, and vandalized elec-

tion signs, there were zero deaths among the candidates before and after the election. I will never take this for granted.

We visited family in the Philippines last Christmas, and one day we drove by a funeral for a mayor who is recently murdered. I then remembered that election season – which always include deaths up to six months beforehand – has officially started. I talked to a friend who immigrated from another country. She said, the recently elected president is doing a lot of positive changes to the country, and she's already calculating how soon will this person get assassinated, as it is usually the case in that country. It's likely this person will not finish their term.

It is much easier than I thought. 99% of the time when door knocking, either people are polite, or do not answer the door. Volunteering is quite flexible, and the candidate's team is quite accommodating. I'm amazed with all the different ways that voting is made convenient for most people. Maybe one day, if the fears about the flaws of technology are managed, online voting becomes a possibility. I'm saddened and confused why the voter turnout is not close to something like 95%, but 65% is all right.

Finally, making an impact doesn't end on election day. I appreciate being able to call or send a letter to my elected representative. We can call them out on social media. There are lots of advocacy groups and volunteer initiatives one can join to fight for what you believe in, until the next election day.

Giselle General

Community Matters



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Tickets: www.YEGardenSuites.ca

Workshops

Part 1: May 14
Part 2: May 16
Part 3: May 22

Suite Tour

June 1



@YEGardenSuites

Community Matters



Farmers' Markets in Edmonton + area

Baseline Farmers Market

When: Every Wednesday from 4 pm to 8 pm (Until October 5)

Where: 390 Baseline Road, in the Home Depot parking lot. Sherwood Park.

Website: <http://www.baselinefarmersmarket.com/>

Sherwood Park Farmers' Market

When: Every Wednesday from 4 pm to 8 pm (Year round)

Where: Community Centre, Sherwood Park

Website: <http://www.sherwoodparkfarmersmarket.ca/>

Southwest Edmonton Farmers' Market

When: Every Wednesday from 4 pm to 7:30 pm (Until October 9)

Where: Terwillegar Recreation Centre Parking Lot

Website: <http://www.swefm.ca/index.html>

Callingwood Farmers' Market

When: Every Wednesday from 12 pm – 5 pm AND Every Sunday from 10 am to 3 pm

Where: 69 Ave & 178th Street, Edmonton

Website: <http://www.callingwoodmarketplace.com/farmers-market/>

Edmonton Garrison Farmer's Market

When: Every Thursday from 3 pm to 7 pm (Until September)

Where: Corner of Arras Ave & Rge Rd 244

Webpage: <https://www.facebook.com/GarrisonFarm-Market/>

Westmount Farmers' Market

When: Every Thursday from 10 am to 4 pm (Until December 19)

Where: St. Andrews Centre Auditorium (112720 111 Ave)

Website: <http://www.westmountmarket.ca/>

Leduc Farmers Market

When: Every Thursday from 10 am to 1:30 pm (Until October 6) AND Every Saturday from 10 am to 1:30 pm (July 2 to October 1)

Where: Leduc Recreation Centre Parking Lot

Website: <http://www.leducfarmersmarket.ca/about-us.html>

Devon Farmers Market

When: Every Thursday from 2 pm to 5 pm (Until October 6)

Where: Devon Community Centre, 20 Haven Avenue, Devon.

Website: <http://www.devon.ca/events/community-calendar/tabid/131/ctl/viewdetail/mid/594/itemid/2043/d/20160609/Devon-Lions-Farmers-Market.aspx>

124 Street Grand Market

When: Every Thursday from 4 pm to 8 pm (Until October 10) and Sundays from 11 am – 3 pm

Where: Thursday market: 108 Avenue and 123 Street. Sunday market: 102 Avenue and 124 Street.

Website: <https://124grandmarket.com/>

Salisbury Farmers Market

When: Every Thursday from 4 pm to 7:30 pm (Year round)

Where: Salisbury Greenhouse (52337 Range Road 232), Sherwood Park

Website: <http://www.salisburyfarmersmarket.ca/>

Community Matters

Fort Saskatchewan Farmers Market

When: Every Thursday from 4:30 pm to 7:30 pm (June 13 to September 19)

Where: Corner of 99th Ave. & 101st Street, Fort Saskatchewan

Website: <http://www.fortsaskchamber.com/farmers-market/>

Morinville Farmer's Market

When: Every Friday from 3 PM – 7 PM (Until September 30)

Where: Arena Parking Lot on 104 Street, Morinville

Website: <http://morinvillefarmersmarket.com/>

Millwoods Farmer's Market

When: June 6, 2019 to September 26, 2019., every Thursday from 5-8 PM.

Where: 7207 28 Avenue (Millwoods Rec Centre)

Website: <http://millwoodsfarmersmarket.com/>

Old Strathcona Farmers' Market

When: Every Saturday from 8 am to 3 pm (Year round)

Where: 10310 83 Ave NW, Edmonton.

Website: <http://osfm.ca/about-market>

City Market Downtown

When: Saturdays 9 AM – 3 PM, Sundays 11 AM – 3 PM

Where: 1037 97 Street

Website: <http://city-market.ca/wp/>

Stony Plain Farmers' Market

When: Every Saturday from 9 am to 1 pm (Until December 21)

Where: Stony Plain Community Centre (50th Street & 51st Avenue), Stony Plain

Website: <http://www.stonyplainfarmersmarket.ca/>

Capilano Farmers Market

When: Every Saturday from 9:30 am to 3 pm (Year round)

Where: Capilano Mall (5004 98 Ave)

Webpage: <https://www.facebook.com/capilanofarmersmarket/>

Spruce Grove Farmers Market

When: Every Saturday from 9:30 am to 1:30 pm (Until December)

Where: 120 Railway Ave, Spruce Grove

Website: <http://sprucegrovefarmersmarket.weebly.com/>

St. Albert Farmers' Market

When: Every Saturday from 10 am to 3 pm (June 11 to October 8)

Where: St. Anne Street, some of St. Thomas Street, and on the St. Anne Promenade. St. Albert

Website: <http://stalbertfarmersmarket.com/>

South Common Farmers' Market

When: Every Saturday AND Sunday from 10 am to 4 pm (Until October 17)

Where: The S.E corner of 19th Ave and Parsons Rd

Website: <http://www.southcommonmarket.ca/>

Century Park Market

When: Every Sunday from 10 am to 3 pm (June 2 to September 29)

Where: 10915- 23rd Avenue

Website: <http://www.centuryparkmarket.com/>

French Quarter Grand Market

When: Every Sunday from 11 am to 3 pm

Where: 8627 rue Marie-Anne-Gaboury (91 St), Edmonton.

Website: http://124grandmarket.com/?page_id=15

Community Matters



15103 78 Ave NW • (780) 487-0211

RioTerraceChurch.org
Church@RioTerraceChurch.org

Join us on Sunday at 10:30 am

(Kids' Breakfast at 10 am)

Spiritual engagement for adults and children

All are welcome



Rhythms of Grace: Care for the Nurse's Soul: Reflection, Rest, Recreation & Renewal as spring bursts forth at the Van Es Camp & Conference Centre. 7:00 pm on Friday, May 31st to 2:00 pm on Sunday, June 2nd. A time apart for nurses, with opportunities for spiritual nurture and inspiration, private reflection, walks in the woods, fellowship with other nurses, group activities including campfire. Saturday speaker: Faith Nostbakken - spiritual director, retreat leader, diaconal minister, ELCIC Sunday morning speaker: Darlene Schindel - neuroscience nurse. Register by May 15th. \$145 for Friday & Saturday only. \$225 for Friday thru Sunday. For more information, contact retreat coordinator, Hazel Magnussen, at www.hazelmagnussen.com or hazelmag@shaw.ca for more information.

Upcoming Events:

- May 26, 2019 @ 4:00 pm: Consecration of Pastor James as Presbyter
- May 31-June 2, 2019: Rhythms of Grace: Care for the Nurse's Soul
- June 20-23, 2019: 2019 Moravian Women's Conference

Community Ice Cream Stand - Our volunteer-powered community ice cream stand will re-open June 3. Hours will be Sunday - Thursday, 4-9, and are subject to expand as more volunteer power becomes available! *Summer is almost here!*

MORAVIAN DAILY TEXTS MOBILE APPS: The Interprovincial Board of Communications (IBOC) offers a new way to interact with the Moravian Daily Texts on your smartphone or tablet. The Moravian Daily Texts App is available on the Apple App Store and Google Play for \$1.99. Search "Moravian Daily Texts 2019" to find it on each store.

Manv continuina blessings to you, your family and friends. Pastor James