



**DON'T GIVE UP  
WHAT YOU LIKE  
MAKE ROOM FOR  
WHO YOU LOVE**

## **40 Hours of Connection**

### **Do you feel disconnected?**

In a busy world, we are easily distracted by buzzing phones, chiming emails, and other things that pull our attention.

**Spend 40 hours between February 14th & March 31st connecting with yourself, your loved ones, and God.**

Be intentional and try to limit distractions  
(phone, TV, etc)

### **Not sure where to start?**

**This season, Brookside Church offers:**

Sunday Worship (connect with God)

Wednesday Lenten Lunches (connect with God & Friends)

Wednesday Afternoon Faith Lab (connect with God & Family)

Wednesday Night Yoga (connect with God & Yourself)

Thursday Afternoon Zoom Fellowship (connect with Friends)

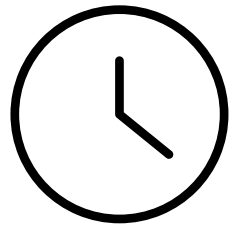
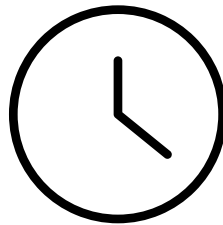
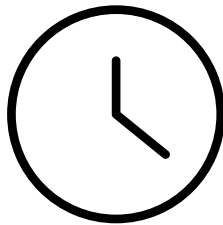
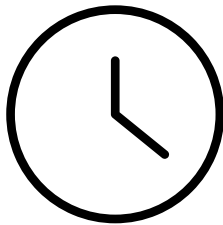
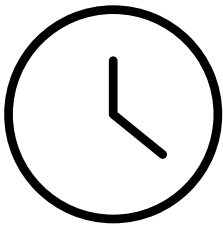
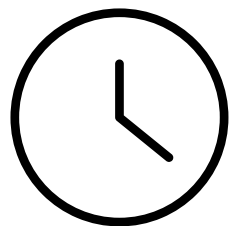
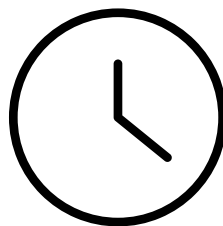
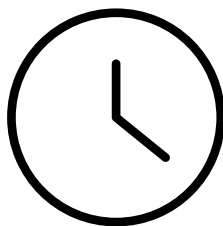
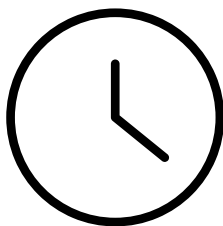
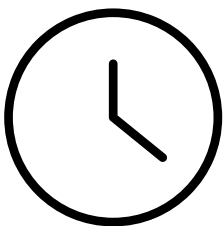
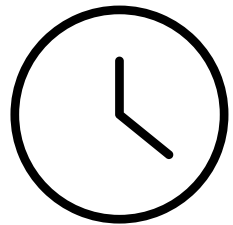
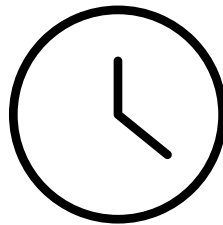
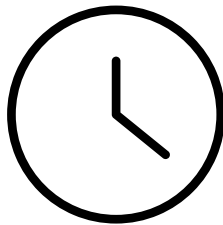
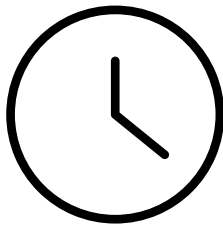
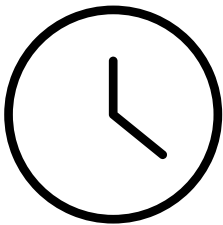
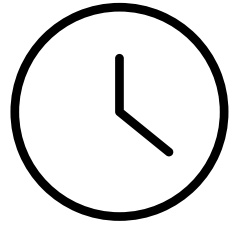
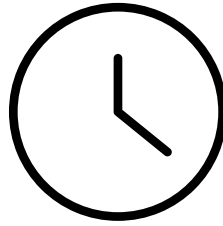
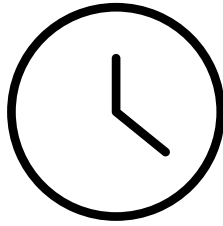
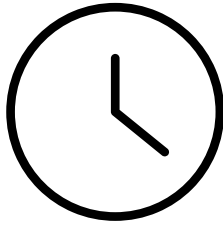
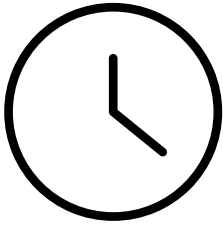
Pop-Up Groups (connect with Friends)

See @Brookside for more information



# 40 Hours of Connection

Use this space to keep track of your hours  
and any notes about how you spent that time







**DON'T GIVE UP  
WHAT YOU LIKE  
MAKE ROOM FOR  
WHAT YOU LOVE**

**Instead of thinking what you want to 'give up' as a sacrifice,  
Brookside Church invites you to consider what you might  
'give up' or do less of to make room to do more of what you love.**

**What do you want to give more time and attention to?**

**What distractions take your time that you want to do less of?**