

PUTTING THE QUALITY IN QUALITY TIME

PREPARE/ENRICH BLOG – APRIL 21, 2021

Our time is so valuable these days. We're always looking for ways to save time or make the most of our time. When all is said and done, what -or who - are we conserving that time for? Well, many of us want that extra time to spend with our loved ones - our spouse and family. Whether you're in a super busy season of life or you just want to make the most of the valuable time you spend together, here are three tips for increasing the quality of your quality time:

Ditch your devices.

Yes, this means all the devices - your phone, TV, computer, tablet, etc. It's so easy to sit down and spend hours bingeing a new series, all the while hardly speaking or connecting with each other at all. So even if it's just for 15 minutes before you start watching, eliminate the digital distractions long enough for a meaningful interaction. You could implement a "no screens" rule during meals or while lying in bed to incorporate screen-free time into your daily routine.

Be in the now.

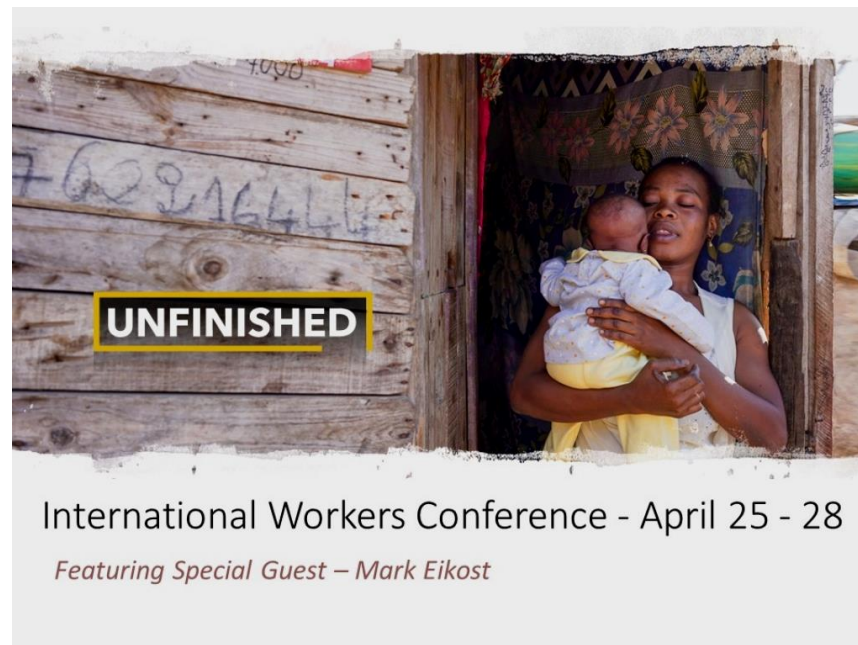
Eliminating external distractions is one thing but getting your mind to focus on the present and not your never-ending to-do list can be another story. If you've ever spent time with someone whose mind is on a million other things, you've probably experienced the negative impact it can have on your interaction. In order to truly go for quality time over quantity, make the effort to be all-in mentally.

Spend time apart.

This sounds counterintuitive, but one tip for truly appreciating your time together is to not be attached at the hip. Spending time separately doing your own thing helps you nurture your individual selves so that you can come back together energized versus feeling resentment that you're lacking time for yourself. Balance between "I" and "we" will look different for every couple, so communicate with each other about what feels right for each of you and works for your relationship.

There are a lot of things that compete for our precious time, so it's only natural that when we spend time with our partner and loved ones, we want to make the most of it. Intentional tweaks like these can seem small but will pay dividends in the end.

What are some ways you can maximize the quality of your quality time?



WELCOME TO LAKEVIEW CHAPEL

Sunday, April 25, 2021 / Worship 10 AM

Invocation

Hymn No. 671

Welcome & Announcements

Song

Song

Worship Prayer

Missions Message (video)

Song

Song

Benediction

Rescue The Perishing

Rising

Jesus Saves

Mike

Mark Eikost

Regions Beyond (Freedom)

For The Cause

Sermons are available online at:

<https://www.lakeviewwego.com>

<https://www.facebook.com/lakeviewwego>

Events and Information

INTERNATIONAL WORKERS CONFERENCE - Our conference begins today Sunday, April 25 with a video sermon from Mark E. and he will be in-person Sunday evening through Wednesday evening April 28. Only a few opportunities are left to host Mark for breakfast or supper, please see the sign-up sheet on the Missions table. We will receive a love offering for Mark at each of our meetings.

International Workers Conference Schedule

- **Sunday, April 25**
12 Noon – Mark meets with Steve’s Small Groups (Young Men & Adult Group)
6:30 PM – Supper in the Fellowship Hall
7 PM – Welcome & Fellowship Meeting
- **Monday, April 26**
Day of Rest for Mark – No Services
- **Tuesday, April 27**
9:30 AM – Marks meets with the Women’s Bible Study Group
6:30 PM – Café Night (Fellowship & Snacks)
7 PM – Service (Songs, Message, Q&A, Prayer)
- **Wednesday, April 28**
12 Noon –Men’s lunch with Mark at the Owego Parkview Inn
6:30 PM - Supper in the Fellowship Hall
7 PM – Service (Songs, Message, Q&A, Prayer)

GREAT COMMISSION FUND – Pray for what God might have you contribute to the Great Commission Fund. Faith Promise cards and children’s Faith Promise cards can be found on the Missions table. Please place your card in the church’s offering box or the church office by the end of April.

SUMMER NIGHTS WITH JESUS - This year, our special summer family ministry will be a series of fun nights spread throughout the summer. **Summer Nights with Jesus!** We will be doing things like a family scavenger hunt, a slip-n-slide night, a movie night and ???. We will hold a brief meeting after church on May 2 to start planning. Please come if you are interested in helping in any way or let Patti know if you are interested but can't make the meeting.

UPCOMING MISSIONS EMPHASIS EVENT - International Worker Dr. Renee V. will join us on Sunday morning, June 20 at 10 AM. Renee will share with us about the work God is doing at the hospital.

Small Group Ministry

Small Groups

Adult Group (Led by Steve & Kristie)

Meeting Friday evenings 7 PM at Steve & Kristie’s home. Using *‘The Steps to Freedom in Christ’* material. For more information, call the church office (607)-687-3261.

Couples Small Group (Led by Chad & Judy)

Tuesday evenings 6:30 PM. Meeting at Lakeview in the Fellowship Hall. Reviewing *‘The Art of Marriage’*. For more information, call the church office (607) 687-3261.

Bible Study Groups

Women’s Bible Study (Led by Anne)

Tuesday mornings from 9:30 AM-12 Noon at Lakeview. Meeting in the sanctuary.

Men’s Bible Study (Led by Pastor Dave)

Wednesday evenings from 6:30-8 PM at Lakeview. Meeting in the Fellowship Hall. Reviewing the book of Acts.

Prayer Group (Led by Art) Wednesday evenings from 6:30-8 PM at Lakeview. Meeting in the 1st floor classroom by the stairs.

Wednesday Night Youth Programs (6:30-8 PM)

IMPACT (Teen Group 6th–12th grade)

This Weeks Calendar

Tuesday	9:30 AM	Mark meets with the Women’s Bible Study
	6:30 PM	Café Night
	7:00 PM	Service (Songs, Message, Q&A, Prayer)
Wednesday	12 Noon	Men’s lunch with Mark (Owego Parkview Inn)
	6:30 PM	Supper in the Fellowship Hall
	7:00 PM	Service (Songs, Message, Q&A, Prayer)
Friday	7:00 PM	Adult Small Group