

Sunday Morning Worship 10 am in Sanctuary  
Bible Study Every Tuesdays @ 11:00 am  
from Pastor...

### **February Focus: Cultivating a Healthy Heart—Spiritually and Emotionally**

February *Note* often brings thoughts of hearts, love, and relationships. While the world highlights the outward symbols, Scripture invites us to look deeper—toward the condition of our *spiritual* heart. God cares about the inner life, the place where our thoughts, emotions, and decisions flow. This month, we reflect on what it means to nurture a healthy heart before God.

### **Scriptural Foundations for a Healthy Heart**

Proverbs 4:23 reminds us, *“Above all else, guard your heart, for everything you do flows from it.”* Our spiritual heart is the wellspring of our attitudes, choices, and relationships. When it is healthy, life flows with clarity and purpose. When it is neglected, everything else becomes affected.

Proverbs 17:22 adds another layer of wisdom: *“A merry heart doeth good like a medicine: but a broken spirit drieth the bones.”* Joy, gratitude, and hope are not just pleasant emotions—they are spiritually strengthening. A cheerful heart brings healing, while unresolved heaviness drains our vitality.

Colossians 3:13 calls us to forgiveness, urging us to release bitterness and resentment. Unforgiveness is like spiritual plaque—it clogs the heart and poisons the soul. Forgiveness frees us to live with peace and emotional wholeness.

Philippians 4:8 encourages us to focus our minds on what is true, honorable, just, pure,

lovely, and praiseworthy. What we meditate on shapes the condition of our heart. Healthy thinking leads to healthy living.

### **Your February “Spiritual Heart” Check-Up**

Just as we care for our physical heart, Scripture teaches us to be intentional about our spiritual heart. Here are four practices to strengthen your inner life this month:

#### **1. Guard the Mind**

A healthy heart begins with a healthy thought life. Regularly “detox” your mind by replacing negative, anxious, or destructive thoughts with God’s Word. Scripture is the most powerful filter for the soul.

#### **2. Practice Forgiveness**

Unforgiveness hardens the heart and blocks spiritual growth. Ask God to help you release old wounds and extend grace. Forgiveness doesn’t excuse the hurt—it frees *you* from carrying it.

#### **3. Deepen Intimacy with God**

A strong, loving relationship with God stabilizes the heart. Spend time in prayer, worship, and quiet reflection. The more connected you are to Him, the more resilient and peaceful your heart becomes.

#### **4. Live with Generosity & Kindness**

Compassion softens the heart and strengthens emotional well-being. Acts of kindness—big or small—reflect God’s love and bring joy to both giver and receiver. A generous heart is a healthy heart.

### **A Heart Aligned with God**

As we journey through February, let’s commit to nurturing hearts that reflect Christ—joyful, forgiving, pure, compassionate, and steadfast. When our spiritual heart is healthy, everything else in life flows with greater peace, purpose, and strength.

May God guard your heart and fill it with His love this month and always.

Pastor Michael

## Missions

Greetings and Happy New Year from Family Promise of Gainesville! It is time to start planning for our annual Bed Race! Right now, we are looking for sponsors, participants, and raffle items for this year's event! March 21, 2026, from 10 am to 1 pm. Please see the links below for ways to support.

Become a sponsor

<https://www.givegab.com/campaigns/2026-race-to-end-childhood-homelessness>

Participate

<https://www.givegab.com/campaigns/2026-race-to-end-childhood-homelessness>

Purchase Raffle items

[https://www.signupgenius.com/go/4090B4CAFA72AA31-61613327-raffle#/?](https://www.signupgenius.com/go/4090B4CAFA72AA31-61613327-raffle#/)

We hope to see everyone involved in this year's Bed Race! Thank you for your continuing support and engagement!

### Family Promise

The Bed Race is a metaphor for what our families go through - often moving to find a safe place to spend the night and rest. How does it work?

Teams of 5 people, 4 racers and 1 rider, build a bed to race on wheels. Prizes are awarded for best theme, fastest time and more!

## JOIN THE RACE



The event raises funds to end childhood homelessness. Corporate and community teams of five people build their beds and compete for the top spots in creativity, fundraising, and speed on the racetrack.

The entry fee for teams is \*\$100.00\* to be paid at the time of registration. If a company is sponsoring your team, you will receive a registration code covering your registration fee. Teams advance through a series of heats and some serious fun!

To register your team, follow the link and select "Start a Fundraiser". Fill out your information and make the "Title" your team's name. Select "Create Fundraiser" and it will take you to your team's fundraising page. Share the link to your fundraising page with your team, friends, and on

social media. We hope you have a great time participating in the event and supporting a great Cause!



Lisa	Dixon	February 01
James	Claus	February 02
Heather	Jamerson	February 02
Janet	Phipps	February 03
Tom	Jordan	February 04
Lucy	Rosenberg	February 06
<b>Dorothy</b>	<b>Spangler</b>	<b>February 11</b>
<b>Vera</b>	<b>Damron</b>	<b>February 13</b>
<b>Samuel</b>	<b>Claus</b>	<b>February 24</b>
<b>Kaley</b>	<b>Behl</b>	<b>February 25</b>

## Calendar Of Events

# February

# 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Bible Study 11 am	4	5	6	7 Stated Presbytery Mtg 9:30 am - Woodlawn (Jacksonville FL
8 Scout Sunday	9	10 Bible Study 11 am	11 Session Mtg 6 pm Examination of Elders	12	13	14 Session Retreat (10 am-2 pm  Valentine's Day
15	16 President's Day (Office Closed)	17 Bible Study 11 am	18 Ash Wednesday Svc 7 pm	19	20	21 Memorial Hail Rental 9 am 3 pm
22 Magic Penny	23	24 Bible Study 11 am	25 Newsletter Deadline	26	27	28

# VALENTINE'S DAY



## WORD SEARCH



F	A	L	L	I	N	L	O	V	E	T	X	Q	Y	R	Y	H
P	I	N	K	E	S	W	J	A	F	K	Y	E	Y	A	N	Y
G	R	I	V	A	L	E	N	T	I	N	E	U	K	B	D	A
O	A	D	M	I	R	E	R	D	H	F	C	K	C	D	P	I
B	E	M	I	N	E	F	E	B	R	U	A	R	Y	D	P	V
I	E	H	U	A	W	Z	L	B	K	I	S	S	Z	B	G	C
L	Y	Y	Z	G	R	Y	N	P	M	R	O	M	A	N	C	E
O	F	H	L	L	I	C	U	P	I	D	Z	X	E	Q	T	S
V	L	A	K	O	N	S	D	B	E	H	U	G	I	F	T	X
E	O	F	N	H	C	A	X	D	Y	L	U	T	Q	X	I	K
Y	W	C	W	R	E	D	F	F	J	B	G	C	A	N	D	Y
O	E	J	P	R	W	B	V	F	X	E	H	E	A	R	T	Q
U	R	A	F	W	P	R	Z	A	M	R	P	S	Y	N	S	N
A	S	B	A	B	G	F	S	W	E	E	T	H	E	A	R	T
R	O	S	E	S	B	O	U	Q	U	E	T	Y	L	O	V	E
T	A	F	F	A	M	E	C	H	O	C	O	L	A	T	E	L
B	G	J	U	Z	C	X	I	F	K	U	Y	S	O	J	V	P

VALENTINE  
FLOWERS  
RED  
CHOCOLATE  
I LOVE YOU  
ADMIRER  
HUG

ROMANCE  
CUPID  
KISS  
BE MINE  
GIFT  
SWEETHEART  
PINK

LOVE  
BOUQUET  
HEART  
ROSES  
FALL IN LOVE  
FEBRUARY  
CANDY



## Happy Valentine Day



## **Kanapaha Presbyterian Church**

**EST. 1859**

### **Session Members**

<b>Rev. Michael Wood</b>	<b>Pastor</b>	
<b>Bill Bahlke</b>	Administration & Finance	Class of 2028
<b>“Vacant”</b>	Buildings & Grounds Cemetery Management	Class of 2026
<b>Karen Kirkman</b>	Special Projects & Promotions Church History & Cemetery Management	Class of 2025
<b>Janet Phipps</b>	Worship & Nurture Children’s Education Clerk of Session	Class of 2025
<b>Nilda Alicea</b>	<b>Secretary</b>	