

H.A.L.T.

By Jeffrey Varanyak

Hunger-

Solution: Comfort Foods

Fried Chicken, Collards, Corn Bread

Anger-

Solution: Prayer

Mathew 6:9-13, Colossians 1:7-14, James 5:13-16

Loneliness-

Solution: Connect with others

Fellowship, renew friendship, build relationships

Tired-

Solution: Relaxation

Cat-naps, Soft music, meditation...

...Fishin', Fishin', Fishin'....

...and even though we're miles apart

I'll always keep you in my heart...

my only wish when life's a bore

that Ella and I go fishin' more...Amen