

Dear NU Family,

As we enter this week, many of us already have our sights fixed on *next week* – Spring Break! While I hope that we all find a way to stay in the moment and finish this week strong, I understand the feeling of excitement and relief that comes with the break in schedule this time of the semester. Though we are all doing different things this break – travelling, working, studying, and much more – I have been contemplating how to ensure that this one-week hiatus is a time of rest and rejuvenation. It is easy to assume that all our rest comes from *ceasing* tiring activity, but in fact, some rest comes from *engaging* in restorative activities. A few suggestions for you, and for myself, about how to be restored in body, mind, and spirit this Spring Break are:

- Connect with friends and family
- Find a ministry opportunity to engage in
- Read a book of your choice just for fun
- Spend time in nature
- Make restful decisions (i.e. sleep instead of staying up late watching Netflix!)
- Read the Bible and journal

I am praying for each of us to receive from the Lord what our souls need for rejuvenation and rest this Spring Break, and I look forward to hearing about your breaks when we return!

### **COMING UP THIS WEEK**

**Sun, Feb 26-Mon, Feb 27** | 24-Hour Prayer | Butterfield Chapel, 8pm-8pm

**Mon, Feb 27** | Chapel: Mark Mandi | Butterfield Chapel, 10 & 11:20am

**Mon, Feb 27** | Pursuit: Acoustic with Communion | Butterfield Chapel, 8:30pm

**Wed, March 1** | Chapel: Dr. Rowlanda Cawthon | Butterfield Chapel, 10 & 11:20am

**Fri, March 3** | NO CHAPEL: Enjoy Spring Break!

**Start off your week with a time of personal prayer in the chapel...come when you want, leave when you want!**



 February 26th/27th, 8pm-8pm

In Jesus, our truest source of rest,

**Phil Rasmussen, M.A.**

Vice President for Ministry and Relations

425.889.5308 (office)

206.909.9488 (mobile)

[Phil.Rasmussen@Northwestu.edu](mailto:Phil.Rasmussen@Northwestu.edu) | [northwestu.edu](http://northwestu.edu)

Instagram @prasmussen

