

# Be Healthy

DIET | EXERCISE | HABITS

RELATIONSHIPS | FUN | STRESS | SERVICE

Can you still have fun  
and be a Christian?

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Flushing  
community church

# *Festivals/Observances:*

*Passover (Pesach)*

*Unleavened Bread (Chag Hamotzi)*

*First Fruits (Yom habikkurim)*

*Pentecost (Shavu'ot)*

*Trumpets (Yom Teru'ah)*

*Atonement (Yom Kippur)*

*Tabernacles (Sukkot)*

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What's your  
source of fun?

*“I have come that they may have  
life and life to the full.”*

*John 10:10 (NIV)*

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