

Ladies,

I pray that this finds you well. This is a little “Tea” project for Home League.

There are a few Activities for you to do.

Brew yourself a cup of tea.

Color the little wooden teacup, then write the name of one of our ladies whom you will commit to pray for daily.

Pray for her every day.

Now Enjoy your tea – it has many benefits:

- ♥ *Tea contains antioxidants*
- ♥ *Tea may reduce your risk of heart attack or stroke*
- ♥ *Tea may help with weight loss*
- ♥ *Tea may help protect your bones*
- ♥ *Tea may boost your immune system*
- ♥ *Tea may help battle cancer*
- ♥ *A cup of hot tea can make you smile*



*The Salvation Army
Home League*

STAY-AT-HOME-TEA



Jesus, during Your ministry on Earth You showed Your power and caring by healing people of all ages and stations of life from physical, mental, and spiritual ailments. Be present now to people who need Your loving touch because of COVID-19.

Take away the fear, anxiety, and feelings of isolation from all under quarantine. Give us a sense of peace to us and those whom we love.