



M-E GROUP MEETING

“Go and Enjoy Choice Food”... Nehemiah 8:10

DATE WEDNESDAY, FEB 28, 2023 | TIME 7PM

KNIGHTS OF COLUMBUS HALL, 6044 SOUTH ST, LINCOLN

Does **SATAN USE FOOD TO DERAIL US?**

Join us as we welcome guest speaker,

Matt Simmons

Matt will share his experience and discuss food addictions, carrying extra weight, putting food in its proper place, God's view of our body and its holiness and compassion for ourselves.

Feel free to invite a friend – all are welcome!

Who is the ME Group? We are a group of women striving for holy and abiding friendships, with **M**ary and her cousin **E**lizabeth as our role models. For more information call Patti 402-730-2374.