

Beating Burnout

The past two years have taken their toll on all of us. The prolonged stress of the pandemic, continued uncertainty, constant change, and deep deep loss has left many of us feeling burned-out. Our four-week series, *Beating Burnout*, will help us better understand our burnout and apply the practical insight of scripture to help us beat it!

Lest you get burned out from being assigned overly long daily readings, this reading plan will offer you one bit of wisdom a day from chapter 10 of the Book of Proverbs.

For a quick introduction into the Book of Proverbs, you can check out a great, 8-minute video on the topic at hside.co/proverbs. If you any questions as you read, don't hesitate to reach out to Rev. Tom at pastor@hillsidemedford.org or Rev. Wendy at wendy@sanctuaryucc.org.

DATE	VERSES	DATE	VERSES
SUN, MAY 1	<i>Sunday Worship</i>	SUN, MAY 15	<i>Sunday Worship</i>
MON, MAY 2	Proverbs 10:1	MON, MAY 16	Proverbs 10:13
TUE, MAY 3	Proverbs 10:2	TUE, MAY 17	Proverbs 10:14
WED, MAY 4	Proverbs 10:3	WED, MAY 18	Proverbs 10:15
THU, MAY 5	Proverbs 10:4	THU, MAY 19	Proverbs 10:16
FRI, MAY 6	Proverbs 10:5	FRI, MAY 20	Proverbs 10:17
SAT, MAY 7	Proverbs 10:6	SAT, MAY 21	Proverbs 10:18
SUN, MAY 8	<i>Sunday Worship</i>	SUN, MAY 22	<i>Sunday Worship</i>
MON, MAY 9	Proverbs 10:7	MON, MAY 23	Proverbs 10:19
TUE, MAY 10	Proverbs 10:8	TUE, MAY 24	Proverbs 10:20
WED, MAY 11	Proverbs 10:9	WED, MAY 25	Proverbs 10:21
THU, MAY 12	Proverbs 10:10	THU, MAY 26	Proverbs 10:22
FRI, MAY 13	Proverbs 10:11	FRI, MAY 27	Proverbs 10:23
SAT, MAY 14	Proverbs 10:12	SAT, MAY 28	Proverbs 10:24