It was a good morning at church. We had men's breakfast this morning. Today the worship team was all men and we had some cool 4 part harmonies with John Cobb, John Codispoti, Jim Ashley, & Vic Costello. Micah Fox brought the word today and it was really encouraging about being an example & pattern for others to follow in the Lord. After church, I ran to the grocery store, ate lunch and grabbed a nap. I watched Ocean's 11 and part of the Red Sox's & Indian's game.

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