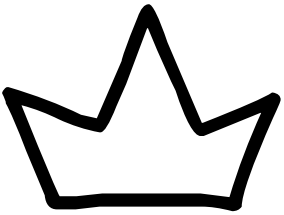
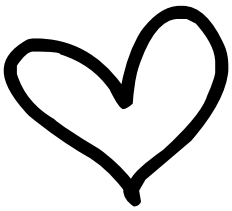
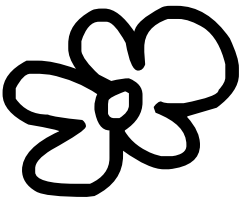
M



Read Jonah 3:1-2

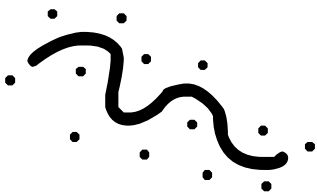


Be calm.



Sing and spin.

Wipe down
stove top.



Blow bubbles.