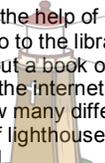
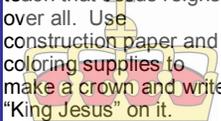




VIRGINIA SYNOD, ELCA
Roots & Wings

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Family Fun Month</p> 		<p>National Eye Exam Month</p> 		<p>National Picnic Month</p> 		<p>1 Mustard, the perfect condiment for a hot dog or a hamburger. Who in your family likes to use mustard on their sandwich?</p>  <p>National Mustard Day</p>
<p>2 Read Song of Solomon 2:10-13, 8:6-7</p>	<p>3 Sunday's lesson looked at the strength of love. Think of one way this week to show each member of your family that you support them.</p> 	<p>4 The U.S. Coast Guard celebrates its 224th birthday. During family devotions, say a prayer for those men and women that serve to protect our county.</p>  <p>U.S. Coast Guard Day</p>	<p>5 As God met the food needs of the Israelites, we can help meet the food needs of others. Donate can goods to a local food bank this week.</p> 	<p>6 With an adults' permission, take those socks and shoes off, and give those "little piggy's" some exercise.</p>  <p>Wiggle Your Toes Day</p>	<p>7 With the help of an adult, go to the library to check out a book or search the internet and see how many different types of lighthouses you can find.</p>  <p>National Lighthouse Day</p>	<p>8 With an adults' help, find a simple bread recipe and make homemade bread for your supper tonight. Remember Sunday's story of the miracle of the bread.</p> 
<p>9 Read Hebrews 1:1-4</p>	<p>10 Our scriptures teach that Jesus reigns over all. Use construction paper and coloring supplies to make a crown and write "King Jesus" on it.</p> 	<p>11 During family devotions, say the "Lord's Prayer" and discuss what the petition "Give us this day our daily bread" means to your family.</p> 	<p>12 Our Christian faith should guide our daily conduct. As a family, discuss how your faith makes a difference in you daily life.</p> 	<p>13 If you are right handed, try doing tasks today with your left hand. Have fun!</p>  <p>Left Handers' Day</p>	<p>14 Friday's are FAMILY FUN NIGHT. Make a special dinner, play games, and/or watch a movie. Share your blessings of being a family.</p> 	<p>15 Breathe in, breathe out, close your eyes and relax. If possible, spend the day "taking it easy".</p>  <p>Relaxation Day</p>
<p>16 Read Hebrews 2:10-18</p>	<p>17 Jesus died so that we could have a relationship with God. Use construction paper and coloring supplies to make a cross and write "Jesus died for me." on it.</p> 	<p>18 Jesus asks us to care for those who are least able to care for themselves. As a family, go and visit church members who are in nursing facilities.</p> 	<p>19 As a family, get together and make paper airplanes and see whose airplane can fly the farthest.</p>  <p>Aviation Day</p>	<p>20 Celebrate today by turning off all electronic devices. Get your news and entertainment from your radio. "Turn your radio on!"</p>  <p>National Radio Day</p>	<p>21 Today, recognize the contributions of older people. With an adult's help, make thank you cards to give to the older adults at church.</p> 	<p>22 The 10 Commandments were given to direct us. As a family, discuss how God's laws guide our actions towards others.</p> 
<p>23 Read Hebrews 4:14-5:10</p>	<p>24 Today is the day to say "I'm sorry." Be ready to also offer forgiveness.</p>  <p>Kiss and Make Up Day</p>	<p>25 Frankfurters, Kielbasa, Corn Dogs; they all are good. Have your favorite for supper tonight.</p>  <p>National Hot Dog Day</p>	<p>26 A common practice during worship is Holy Communion/The Lord's Supper. Talk with your family about why this is an important part of worship.</p> 	<p>27 Our love for God, and love for others is what matters. Use construction paper and coloring supplies to make a heart to express your love for your family.</p> 	<p>28 As a family, celebrate today by doing an act of kindness for someone... just because!</p>  <p>Just Because Day</p>	<p>29 Does your family have rules for your home? If not, talk together about what rule(s) would be good to focus on for your family.</p> 
<p>30 Read Hebrews 9:1-14</p>	<p>31 Select your favorite snacks; nuts, chocolates, and dried fruit. Mix them together and enjoy.</p>  <p>National Trail Mix Day</p>	<p>Notes: Sundays & Seasons Year B – Augsburg Fortress Holiday Insights Sermons4Kids</p>				