



VIRGINIA SYNOD, ELCA  
**Roots & Wings**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>1</b> Jesus encourages us to share what we have with others. Contact a local food pantry and donate non-perishable food items for others in need.</p> 	<p><b>2</b> What tastes better than a scoop of your favorite ice cream smashed between two of your favorite cookies. Enjoy!</p>  <p><b>National Ice Cream Sandwich Day</b></p>	<p><b>3</b> A favorite fruit of summer, a cold watermelon, is a refreshing treat. With an adults help, search the internet to find other fun facts about the watermelon.</p>  <p><b>National Watermelon Day</b></p>	<p><b>4</b> With an adults help, search the internet to learn more about the history of the Coast Guard. Remember to pray for these military members who serve our country.</p>  <p><b>U.S. Coast Guard Day</b></p>	<p><b>5</b> Sharing begins in the family. What are some ways that you share what you have with your family members?</p> 	<p><b>6</b> Make tonight a <b>FAMILY FUN NIGHT</b>. Plan a special dinner, play games together, and/or watch a movie. Share your blessings of being a family.</p> 
<p><b>7</b> Read Luke 12:32-40</p>  <p>Be dressed for action and have your lamps lit. LUKE 12:35, NRSV</p>	<p><b>8</b> There are those in your community who need financial help. Discuss with your family ways to raise money for a local charity that assists those who need money.</p> 	<p><b>9</b> Take a family trip to the library and check-out a good "old fashioned" paper book to read. Share your stories during family time.</p>  <p><b>Book Lover's Day</b></p>	<p><b>10</b> Today is the day to do nothing. Enjoy it!</p>  <p>Lazy Days <b>Lazy Day</b></p>	<p><b>11</b> Make tonight a <b>FAMILY FUN NIGHT</b>. Plan a special dinner, play games together, and/or watch a movie. Share your blessings of being a family.</p> 	<p><b>12</b> Are you the oldest child or the youngest in your family? If your answer to both of those questions is no, that means you are a middle child. Celebrate being the "in between" child.</p> <p>middle <b>CHILD</b> Day</p> 	<p><b>13</b> Today is the day to be proud of being a "southpaw". If you are not left-handed, try using your left hand to do simple tasks that you would normally do with your right hand.</p> <p>Left Handers Day</p> 
<p><b>14</b> Read Luke 12:49-56</p> 	<p><b>15</b> Spend some time today doing something you enjoy doing, like swimming, working in the garden or reading the comics. There will be time for work later.</p> <p>Relaxation Day</p> 	<p><b>16</b> During family time tonight, have a joke telling session. Make sure the jokes are appropriate and funny. See who can make everyone laugh the loudest.</p>  <p><b>National Tell A Joke Day</b></p>	<p><b>17</b> Sunday's lesson was about Jesus healing the sick. During your family devotions tonight, pray for healing for those who are sick.</p> 	<p><b>18</b> Make tonight a <b>FAMILY FUN NIGHT</b>. Plan a special dinner, play games together, and/or watch a movie. Share your blessings of being a family.</p> 	<p><b>19</b> With an adults help, search the internet to find out about the history of aviation in the United States. Draw a picture of your favorite airplane.</p>  <p><b>Aviation Day</b></p>	<p><b>20</b> Today, turn your radio on! With an adults help, search the internet to find out about the history of this means of communication.</p>  <p><b>National Radio Day</b></p>
<p><b>21</b> Read Luke 13:10-17</p> 	<p><b>22</b> What's the current rate for a pulled tooth? Only the tooth fairy knows! Remember to put your tooth under your pillow when it comes out.</p> <p>National Tooth Fairy Day</p> 	<p><b>23</b> Sunday is a day for worship and spending time with family. Discuss with your family ways to make Sunday a special day.</p> <p>Family Time</p> 	<p><b>24</b> On Sunday, we hear teachings about Jesus. What is your favorite story about Jesus? Share it with your family tonight.</p> 	<p><b>25</b> Make tonight a <b>FAMILY FUN NIGHT</b>. Plan a special dinner, play games together, and/or watch a movie. Share your blessings of being a family.</p> 	<p><b>26</b> If you don't have a dog to celebrate with today, then volunteer your time at a local animal shelter. Make it a family affair.</p>  <p><b>National Dog Day</b></p>	<p><b>27</b> In The Lord's Prayer, we ask God to forgive us as we forgive others. Today is the day to put forgiveness for others into practice.</p>  <p><b>Global Forgiveness Day</b></p>
<p><b>28</b> Read Luke 14:1, 7-14</p> 	<p><b>29</b> Sunday's lesson speaks about being humble. Discuss as a family what the word humble means and how you can be humble.</p> 	<p><b>30</b> For dessert tonight, get the family together and toast marshmallows. They go great with chocolate bars and graham crackers – S'mores!</p> <p>Toasted Marshmallow Day</p> 	<p><b>31</b> This healthy snack can easily be made, packed and taken most anywhere to enjoy. Make your own with your favorite nuts, fruits and "M&amp;M's". Enjoy!</p>  <p><b>National Trail Mix Day</b></p>	<p><b>Resources used and adapted from:</b> <b>Holiday Insights</b></p>  <p>Virginia Lutherans Ambassadors for Christ Virginia Synod, Evangelical Lutheran Church in America</p>		