

FEBRUARY

Volume 6, Issue 2
February 2014



VIRGINIA SYNOD, ELCA
Roots & Wings

February 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
BLACK HISTORY MONTH	CANNED FOOD MONTH	INTERNATIONAL FRIENDSHIP MONTH	AMERICAN HEART MONTH	NATIONAL WILDBIRD FEEDING MONTH	NATIONAL CHERRY MONTH	1 Learn about National Freedom Day. You can find activities on the following website: www.ehow.com NATIONAL FREEDOM DAY
2 READ Matthew 5:1-12 Have a family and friends Super Bowl Party. GROUND HOG DAY SUPER BOWL SUN-DAY	3 Make a thank you card today to leave in your home mailbox that says a big thank-you to your mail carrier.	4 Make sure you leave the card for the mail carrier. Make and send a card for International Friendship Month. Say a prayer of thanks for your mail carrier and friend. THANK A MAILMAN DAY	5 Start a canned food collection for the month. Find a local food bank, and find out what their needs are for this winter time. Pray for the families that are hungry and possibly homeless.	6 This first Monopoly Games were sold on this day...Have a cup of Hot Chocolate, and play a game with a friend or a family member.	7 Make every Friday a Family Fun Night...by making dinner together, maybe Pizza, watching a movie, or playing a board game. Have fun! NATIONAL WEAR RED DAY – SEND A CARD TO A FRIEND DAY – OPENING OF WINTER OLYMPICS	8 Pick a Winter Olympic Sport that you enjoy, and watch it together for the next couple of weeks together.
9 READ Matthew 5:13-20	10 Spend the week creating and making Valentine's for your family and friends.	11 Talk and learn about your heart, and how important it is to the function of your body. MAKE A FRIEND DAY	12 Learn an interesting fact about Abraham Lincoln. You might want to do this at the Library or on the internet. Pray for our President and members of Congress. LINCOLN'S BIRTHDAY	13 Make a special Valentine's Desert to go with tomorrow night's dinner. You might want to make a little extra to share with a neighbor or shut-in.	14 Friday Family Fun Night VALENTINE'S DAY	15 Spend the day learning about a different culture and its practices, beliefs, and food. Possibly make some of their dishes for dinner and share what you learn with your family and friends.
16 READ Matthew 5:21-37	17 Learn an interesting fact about George Washington. You might want to do this at the Library or on the internet. Pray for our President and his staff. PRESIDENT'S DAY – WASHINGTON'S BIRTHDAY	18 Buy or make a bird-feeder, and fill it with goodies for the birds that live in your area of the state. Say a special thank you in your prayers for all the beautiful birds that God has blessed us with.	19 Make a healthy breakfast, lunch and dinner. Be sure to include all the food groups.	20 Make or buy a Cherry Pie and take to a neighbor or someone who is a shut-in. CHERRY PIE DAY	21 Friday Family Fun Night	22 If you do not have your own dog, ask a neighbor if you could help walk their dog today. Find out what your local Humane Society might need as far as donations for their programs. WALKING THE DOG DAY
23 READ Matthew 5:38-48 WINTER OLYMPICS END	24 Make some kind of a Tortilla Dish for one of your meals today...look at different ideas and recipes that your Mom might have or on line. NATIONAL TORTILLA CHIP DAY	25 Take the canned goods you have collected to the local food bank. Remember to keep in your prayers those children who are hungry.	26 Go to the Library and check out some books that have some Fairy Tales... Take them home and read one or two of them for the next couple of nights. TELL A FAIRY TALE DAY	27 Check on your bird feeder, making sure it has enough food for the birds during this winter time. Possible take a walk and look for birds that are flying around you.	28 Friday Family Fun Night	Notes: