

FEBRUARY

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VIRGINIA SYNOD, ELCA
Roots & Wings

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 Read Mark 1:21-28</p> <p>Have a family "Souper Bowl" for lunch or dinner.</p> <p>Super Bowl Sunday!</p>	<p>2 Play a game of follow the leader. Talk about how it feels to always have to obey the rules of the leader. Review Sunday's story about how even the evil spirits obeyed Jesus.</p> <p>Ground Hog Day</p>	<p>3 This is National Snack Food Month. Talk together as a family about healthy snacking, and decide on several new snack foods to try this month.</p>	<p>4 Since this is the month we celebrate Valentine's Day, make an "I love you photo collage" for each of the members of your family.</p>	<p>5 This is American History Month. With your parents help, use the internet or visit the Library, and find out what happened this month in our Nation's history.</p>	<p>6 Remember that Fridays are FAMILY FUN NIGHTS. Make a special dinner, play games together, and/or watch a movie. Share your blessings of being a family.</p>	<p>7 During National Heart Month, take each Saturday to make construction paper hearts and write down what you love about each member of your family and post them around the kitchen.</p> <p>Eat Ice Cream for Breakfast Day</p>
<p>8 Read Mark 1:29-39</p>	<p>9 On a poster board draw pictures that represent some of God's promises. Draw a small rainbow next to each promise as a symbol of God's faithfulness to keep his promises!</p>	<p>10 This month is full of history; it is also Black History Month. Learn about Harriet Tubman, Martin Luther King, Jr. and Rosa Parks and how they made a difference in our Nation's history.</p>	<p>11 This is International Friendship Month. Share a hug with your friend. Make a new friend this month.</p> <p>Make A Friend Day</p>	<p>12 Next Monday is President's Day. This is the first federal holiday established in honor of an American citizen. With your parents help, use the internet or visit the Library, and find out more about this holiday.</p>	<p>13 FAMILY FUN NIGHT</p> <p>Make a special dinner, play games together, and/or watch a movie. Share your blessings of being a family.</p>	<p>14 During National Heart Month, take each Saturday to make construction paper hearts and write down what you love about each member of your family and post them around the kitchen.</p> <p>Valentine's Day</p>
<p>15 Read Mark 9:2-9</p>	<p>16 The disciples had a "mountain top" experience with Jesus. Have you ever been to the mountains or stood on the top of a mountain? Talk about how it feels to experience God's creation.</p> <p>President's Day</p>	<p>17 Today is the beginning of Mardi Gras, Fat Tuesday, or Shrove Tuesday. We traditionally make and eat pancakes on today. Plan a pancake supper for you and your family, or go out together and enjoy pancakes.</p> <p>Shrove Tuesday</p>	<p>18 Learn about Ash Wednesday and what it means to the Christian Church.</p> <p>Ash Wednesday</p>	<p>19 Make a Cherry Pie today to have during your Family Fun Night tomorrow.</p>	<p>20 FAMILY FUN NIGHT</p> <p>Make a special dinner, play games together, and/or watch a movie. Share your blessings of being a family.</p> <p>Cherry Pie Day</p>	<p>21 During National Heart Month, take each Saturday to make construction paper hearts and write down what you love about each member of your family and post them around the kitchen.</p>
<p>22 Read Mark 1:9-15</p> <p>Today is Walk The Dog Day. If you have a dog, take it out for a walk.</p>	<p>23 On strips of paper, write the names of people or things that your family would like to pray about. Make a chain. Make sure the loops hook together. Use it during prayer time to-night.</p>	<p>24 It is the time of Lent, and we remember the love that Jesus showed and continues to show to us. Make a list of all the ways that you and your family have experienced God's love through Jesus.</p>	<p>25 Go to the Library today, and check out some books on Fairy Tales.</p>	<p>26 Share your favorite Fairy Tale that you read on yesterday.</p> <p>Tell A Fairy Tale Day</p>	<p>27 FAMILY FUN NIGHT</p> <p>Make a special dinner, play games together, and/or watch a movie. Share your blessings of being a family.</p>	<p>28 During National Heart Month, take each Saturday to make construction paper hearts and write down what you love about each member of your family and post them around the kitchen.</p>