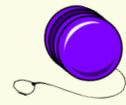




VIRGINIA SYNOD, ELCA
Roots & Wings

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>National Fresh Fruit and Vegetables Month</p> 	<p>1 Heads or Tails? Trying to decide which pair of pajamas to wear to bed tonight, just flip a coin to make your decision.</p>  <p>Flip A Coin Day</p>	<p>2 For desert have a bowl of Rocky Road ice cream. Or, with an adult's help, make a desert using chocolate, marshmallows and nuts. Hmm, good!</p>  <p>National Rocky Road Day</p>	<p>3 Today, do things over and over again. When getting dressed, brush your, hair check yourself out in the mirror and brush your hair again.</p> <p>Repeat Day (I said "Repeat Day")</p>	<p>4 Spend time with your cat (or your other pets) today. Show your cat(s) your love by giving them a big hug.</p>  <p>Hug Your Cat Day</p>	<p>5 Take a family trip to the local doughnut shop and get your favorite ring, filled or doughnut holes. Enjoy!</p>  <p>National Doughnut Day</p>	<p>6 Today is the day to get out your yo-yo! Ask an adult to show you some of their yo-yo tricks. Have fun!</p>  <p>National Yo-Yo Day</p>
<p>7</p> <p>Read Mark 3:20-35</p>	<p>8 During family time tonight, play charades using gestures unique to the faith, i.e., kneeling in prayer, bowing toward the cross, or raising arms in praise. Have fun!</p> 	<p>9 Today is Donald Ducks' birthday! Celebrate Donald's Day by watching a fun family Disney cartoon that stars "Donald Duck".</p>  <p>Donald Duck Day</p>	<p>10 A glass of cold iced tea is the perfect thirst quencher for a hot summer day. Have a glass with your lunch or supper.</p>  <p>Iced Tea Day</p>	<p>11 Here's a delicious way to "handle" your vegetables. Whether boiled or roasted, corn on the cob is a perfect side dish for your lunch or supper.</p>  <p>National Corn on the Cob Day</p>	<p>12 Use construction paper and coloring supplies to make a red rose for each member of your family to symbolize your love for them.</p>  <p>Red Rose Day</p>	<p>13 Take some time today as a family to enjoy God's beautiful creation. Take a walk in the park, enjoy some time at the beach or just have fun in your backyard.</p> 
<p>14</p> <p>Read Mark 4:26-34</p>	<p>15 Sunday's lesson was about the growth of seeds. As a family, plant flower seeds in small individual containers. Wrap each container with a bow. Share them with those in your church who are homebound.</p>	<p>16 During prayer time, make a list of all of the people for whom you are thankful. Offer a prayer for each one of them.</p>  <p>Pray</p>	<p>17 Vegetables come in all shapes and sizes and are a healthy addition to your daily diet. Make sure your family includes them in your snack times and your meals at lunch and supper.</p> <p>Eat Your Vegetables Day</p>	<p>18 Weather permitting, plan a family picnic. Go to a local park, or spread a blanket on the grass in the backyard.</p>  <p>International Picnic Day</p>	<p>19 Friday's are FAMILY FUN NIGHT. Make a special dinner, play games together, and/or watch a movie. Share your blessings of being a family.</p> 	<p>20 Use construction paper and coloring supplies to make a "Thank You" card to let your Dad know how much you love and appreciate him.</p> 
<p>21</p> <p>Read Mark 4:35-41</p>  <p>Father's Day</p>	<p>22 Sunday's lesson featured the power of water. Go to the library, or with an adult's help, search the internet to learn about all the ways in which we use water.</p> 	<p>23 Today is the day to show off the color pink. Pink shoes, pink socks, pink shorts, pink whatever! Be creative!</p>  <p>National Pink Day</p>	<p>24 Need an excuse to get into the pool? With the supervision of an adult, count how many times you can safely swim from one end of the pool to the other end of the pool.</p>  <p>Swim a Lap Day</p>	<p>25 Use construction paper and coloring supplies to draw a picture of a log cabin. As a family talk about how different it would be to live in a log cabin today.</p>  <p>Log Cabin Day</p>	<p>26 As a family, talk about the act of forgiveness. Discuss what Jesus says about forgiveness (Matt. 18:21-22).</p> <p>Forgiveness Day</p>	<p>27 Have some family fun in the sun today! Don't forget to protect your eyes. Wear your sun glasses.</p>  <p>Sun Glasses Day</p>
<p>28</p> <p>Read Mark 5:21-43</p>	<p>29 Jesus showed His concern for all. Make a family visit to one of the local nursing facilities and share some of the songs that were sung on Sunday about God's faithfulness and love.</p>	<p>30 Weather permitting, plan to do some star gazing tonight. Maybe you might see a shooting star!</p>  <p>Meteor Day</p>	<p>Resources used and adapted from: Sunday's & Seasons Year B – Augsburg Fortress Holiday Insights Sermons 4Kids</p>			