

# JUNE



VIRGINIA SYNOD, ELCA  
**Roots & Wings**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p><b>1</b> Need to make a decision? "Yes" or "No", "Right" or "Left", "Heads" or "Tails"? Just flip a coin and the choice is made!</p> <p><b>Flip a Coin Day</b> </p>	<p><b>2</b> Time to go to the local ice cream store and celebrate the flavor of rocky road ice cream. Whether in a cone or a cup, it is delicious!</p> <p><b>National Rocky Road Day</b> </p>	<p><b>3</b> Homemade or store bought, plain or covered with icing, filled or with sprinkles. Enjoy your favorite kind of pastry today.</p> <p><b>National Doughnut Day</b> </p>	<p><b>4</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></p>
<p><b>5</b> Read Luke 7:11-17</p> <p></p>	<p><b>6</b> Gardening is not only good for the earth and for our tummies, but is also a good form of exercise. Our body gets a good workout. Ask your family to join you.</p> <p><b>National Gardening Exercise Day</b> </p>	<p><b>7</b> Whether it is homemade or store brought, chocolate ice cream is simply delicious. Have some for dessert tonight!</p> <p><b>National Chocolate Ice Cream Day</b> </p>	<p><b>8</b> Who is your best friend? Show them how much you care. Using construction paper and coloring supplies, make a thank you card to give to your best friend.</p> <p><b>Best Friends Day</b> </p>	<p><b>9</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></p>	<p><b>10</b> What is better on a hot summer's day than a glass of ice cold tea. Make some to enjoy with your meal tonight.</p> <p><b>Iced Tea Day</b> </p>	<p><b>11</b> Today is a good day to savor the sweet taste of corn on the cob. Boiled or roasted and dripping in butter, it is a perfect side to any dish.</p> <p><b>National Corn on the Cob Day</b> </p>
<p><b>12</b> Read Luke 7:36-8:3</p> <p></p>	<p><b>13</b> Jesus tells a story about forgiveness in Sunday's gospel lesson. During family time tonight, talk about how important forgiveness is to healthy family relationships.</p> <p></p>	<p><b>14</b> With an adult's help, search the internet and find out about the flag of our nation, "Old Glory". Using construction paper and coloring supplies, make your own flag.</p> <p><b>Flag Day</b> </p>	<p><b>15</b> Have you ever noticed how a person's facial expression changes when you smile. Try it and see. Smile at someone and watch the expression on their face.</p> <p><b>Smile Power Day</b> </p>	<p><b>16</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></p>	<p><b>17</b> Help your parents decide which vegetables to serve for supper tonight. Enjoy your favorites.</p> <p><b>Eat Your Vegetables Day</b> </p>	<p><b>18</b> If there is a pond or a lake near you, take a family fishing trip. If not, visit a local aquarium and find out some fun facts about fish.</p> <p><b>Go Fishing Day</b> </p>
<p><b>19</b> Read Luke 8:26-39</p> <p></p>	<p><b>20</b> Sunday's gospel was about Jesus helping a man who was homeless. During family time tonight, ask your parents to contact a local homeless shelter to see how you can help.</p> <p></p>	<p><b>21</b> YEAH! Summertime is here. The beach, the sand, and the sun. Don't forget the sunscreen. Have fun!</p> <p><b>Finally Summer Day</b> </p>	<p><b>22</b> Winter isn't the only time people are in need of clothing. Ask your family to go through their closet and see what can be donated to a local clothing ministry.</p> <p></p>	<p><b>23</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></p>	<p><b>24</b> Swimming is a fun exercise. See how many laps you can do in the pool. Have a friendly competition with your family.</p> <p><b>Swim A Lap Day</b> </p>	<p><b>25</b> One type of fish that is delicious is catfish. With an adult's help, search the internet and find out about the different kinds of catfish.</p> <p><b>National Catfish Day</b> </p>
<p><b>26</b> Read Luke 9:51-62</p> <p></p>	<p><b>27</b> Remember to protect your eyes during these hot summer days by wearing a cool pair of shades.</p> <p><b>Sun Glasses Day</b> </p>	<p><b>28</b> Christ came to make the lives of people better. During family time tonight, make plans to help a community organization that provides a service for others.</p> <p></p>	<p><b>29</b> Everyone needs a hug. So share one today. Be sure to ask permission before you give someone a hug.</p> <p><b>Hug Holiday</b> </p>	<p><b>30</b> It's a bird, it's a plane, no it's a meteor! With an adult's help, search the internet and find out about meteors.</p> <p><b>Meteor Day</b> </p>	<p><b>Resources used and adapted from: Holiday Insights</b></p> <p></p> <p>Virginia Synod, Evangelical Lutheran Church in America</p>	