



VIRGINIA SYNOD, ELCA

Roots & Wings

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>SELF IMPROVEMENT MONTH</p>	<p>BETTER BREAKFAST MONTH</p>	<p>1 Our scriptures teach us that God's loving presence has come to all people. Talk with your family about ways you can show others God's love this week.</p>	<p>2 Our sense of hearing, sight, touch, taste, and smell, help us to recognize and appreciate the beauty and awe of God's world. With the help of an adult, go to the library to check out a book or search the internet and find unique facts about our five senses.</p>	<p>3 Do you have any really tall buildings in the place where you live? If, so remember to thank God for the architects that design these magnificent structures.</p>	<p>4 Today is the day to recognize the boys and girls, men and women, who deliver the newspaper to our door each day. Use construction paper and coloring supplies and make a "thank you" card to show your appreciation.</p>	<p>5 Celebrate today by having a pizza supper! With the help of an adult, search the internet for a simple homemade pizza recipe. Have fun as a family making your very own pizza! Enjoy!</p>
<p>6</p> <p>Read Mark 7:24-37</p>	<p>7 Today is dedicated to all workers who have made important contributions to the well-being of our country. In your prayers tonight, give thanks for all workers who help our country to be strong.</p>	<p>8 With the help of an adult, go to the library and check out a book, or write a poem, or read a book to someone, or compose a short story, or have someone read a book to you. There are many ways to celebrate the joy of reading and writing!</p>	<p>9 Feeling sad? There is nothing like hugging a soft and cuddly teddy bear. With an adult's permission, purchase a Teddy Bear and give it to someone who needs an extra dose of love today!</p>	<p>10 What's the best idea you have ever had? During family time tonight, share your most creative ideas on any subject that is of interest to you. See what wonderful ideas your family can come up with!</p>	<p>11 Today is the day to say "Yeah, I get to make up my bed without my parent having to ask me to do it!" Who knows, it could be the start of a new morning routine!</p>	<p>12 Want to know what to have for desert tonight? Try a delicious chocolate milk shake! With the help of an adult, search the internet and find a simple recipe to make a homemade milk shake or go to your favorite ice cream shop and order one. Enjoy!</p>
<p>13</p> <p>Read Mark 8:27-38</p>	<p>14 Yummy, yummy in the tummy! Visit your local donut shop and have your favorite flavor of donut today. Enjoy!</p>	<p>15 With the help of an adult, go to the library and check out a book, or search the internet to learn all about hats. Be creative and design your own hat to wear today.</p>	<p>16 Today is the day to celebrate the hard work of your parent(s)! During family time tonight, let them know how much you appreciate them and remember them in prayer.</p>	<p>17 With the help of an adult, go to the library and check out a book, or search the internet to learn all about the Constitution and how people become citizens of the United States.</p>	<p>18 Tonight is a good night to have a cheeseburger supper. As a family, cook your own or dine in at your local restaurant and enjoy a hamburger topped with your favorite slice of cheese.</p>	<p>19 Since the Fridays in this month are designated as special days, let's make tonight a 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</p> <p>Read Mark 9:30-37</p>	<p>21 Can you make a hole-in-one? Get your family together and try your hand at golf on a smaller scale. Have fun!</p>	<p>22 With the help of an adult, go to the library and check out a book, or search the internet to learn all about elephants. Better yet get your family together and visit the local zoo.</p>	<p>23 In Sunday's Gospel lesson, Jesus disciples' argue about which one is them is the greatest. Jesus tells them that honor comes in being a servant. Talk with your family about how you can be a servant to others in need.</p>	<p>24 Can you recall the many ways in which Jesus helped other people? Play a game with your family and see who can remember ways in which Jesus met other people's needs.</p>	<p>25 Have you read a good comic book lately? Get your family together and visit the local book store and read, buy or share comic books with your family members.</p>	<p>26 Today is the day to enjoy anything apple. An apple cake, apple pie, apple cider, or just a plain old apple. With the help of an adult, go to the library and check out a book, or search the internet to learn all about Johnny Appleseed.</p>
<p>27</p> <p>Read Mark 9:38-50</p>	<p>28 Celebrate today by doing something nice for your neighbor.</p>	<p>29 Talk with your family about ways to make your lives better. Should you start exercising or eating healthier? How about becoming a volunteer? Or even spending more time together.</p>	<p>30 Be sure to start your day today with a healthy breakfast. It can be simple or hearty. Breakfast can give you the energy that your body will need to think, work and play.</p>	<p>Resources used and adapted from: Sunday's & Seasons Year B- Augsburg Fortress Holiday Insight Sermon4Kids</p> <p style="text-align: center; font-size: small;">Virginia Synod, Evangelical Lutheran Church in America</p>		