PRAYER

Give all members of your family opportunity to pray as you grow in faith. There is not a “right” way to pray and all things on a person’s heart are worthy of prayer. One way to have all family members pray is to do repeat-after-me prayers. Try the following sing-a-long prayer before a meal:

Leader (L): Lord we thank you.
All repeat (R): Lord we thank you.
(L): For our food.
(R): For our food.
(L): And your many blessings.
(R): And your many blessings.
(L): Amen.
(R): Amen.

FAITH CONVERSATION

Talk to your family about:

- When you feel the most loved
- Ways you show love to other people
- A plan to share love with someone this month

DID YOU KNOW?

Before Hallmark, before roses and boxes of chocolates, there was St. Valentine. The history’s murky, and includes legends about an early Christian priest (or bishop?) martyred for (perhaps?) slyly helping Christians to wed. This Valentine’s Day, consider divine love. Love that is tender and kind, immersive, and ecstatic. It’s vulnerable, beautiful, gentle, and strong. Think of all the love in your life - the love you feel and the love you witness; even the love among the birds of the air! - as a glimpse of God’s care for all creation. You may even glimpse divine love in places as ordinary as a sweet little greeting card, or an arrangement of flowers.

MARK YOUR CALENDAR

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>February 2</td>
<td>Youth Sunday (one service at 10:00)</td>
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<tr>
<td>February 9</td>
<td>Club 45</td>
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<tr>
<td>February 17</td>
<td>President’s Day</td>
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<tr>
<td>February 23</td>
<td>Communion Class</td>
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<tr>
<td>April 18</td>
<td>Parenting Safe Children</td>
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FAMILY/PARENTING RESOURCES

TOPIC: GRACE

Grace is a word we hear a lot at church but what does it mean?

WHAT IS GRACE?
Grace is God’s love for all of us. Jesus loves you—no matter what! That is grace. There is nothing you can do to lose that love. We believe God is calling us into a community of love and care.

ACCEPTING GOD’S LOVE
God has so much love for you that you can’t soak up all of it. The love of God fills us up and overflows to all around us. We should never be in doubt of God’s love for us and, in that fullness and confidence of God’s love, we reflect and share love with others.

HOW DO WE RESPOND?
All the things Jesus asks us to do—being kind, sharing, going to church, praying—we do because God loves us first. Our ability to show love and kindness to ourselves and others flows out of God’s grace. God’s love is the source for all good things.

SUNDAY SCHOOL

February’s Sunday school lessons focus on Jesus’ teachings from the gospel of Matthew: teaching about faithful worship, to see Jesus’ teachings as a solid foundation and to see God’s kingdom as a treasure.

NOTE TO PARENTS

On April 18 at 1:00 pm, Wellshire is hosting a Parenting Safe Workshop—empowering adults to keep children safe from sexual assault. As it was for me, I believe this could likely be the most important 4 hours you spend as a parent or caregiver. I hope you consider going. Register at: parentingsafechildren.com or contact me with questions.

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