

# February 2010



Dear God,

I believe that You always listen to me lovingly, and for this I praise You. Teach me to be like You and listen with my ears and my heart to understand others. Guide me to commit myself to resolve the suffering of others. Help me to walk in the Spirit of Jesus, as I learn about, and respond to, the many needs of our world.

Amen

**Empathy** is identifying another person's feelings and concerns. It is walking like Jesus who sought to love and understand all people.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>"Come to me, all of you who are tired from carrying heavy loads, and I will give you rest."</i> Matthew 11:28</p>	<p><b>1</b> I believe that God listens lovingly to me.</p>	<p><b>2</b> On a class prayer tree, place your petitions on heart-shaped cards. Pray daily, and as prayers are answered, place the cards on an "Answered Prayer" bulletin board.</p>	<p><b>3</b></p>	<p><b>4</b></p>	<p><b>5</b> <i>PA Day</i></p>	<p><b>6</b> Play charades to illustrate feelings. Talk about how our body language communicates important messages.</p>
<p><b>7</b> <i>"Let us be concerned for one another, to help one another to show love and to do good."</i> Hebrews 10:24</p>	<p><b>8</b> Like Jesus, I notice when someone is hurt and needs a friend.</p>	<p><b>9</b></p>	<p><b>10</b> Participate in a class meditation. In your imagination, be in your favourite place with Jesus. Sit quietly telling him whatever you want to. Pay attention to how Jesus listens and guides you.</p>	<p><b>11</b> <i>World Day of the Sick</i></p>	<p><b>12</b></p>	<p><b>13</b> Make Valentine's Day cards for family members describing what is loved about each one of them.</p>
<p><b>14</b> <i>Jesus Hears and Heals Bartimaeus</i> Mark 10:46-52</p> <p><i>Valentine's Day</i></p>	<p><b>15</b> I listen with my ears and my heart to understand and encourage others.</p> <p><i>Family Day</i></p>	<p><b>16</b></p>	<p><b>17</b> <i>Ash Wednesday</i></p>	<p><b>18</b> Discuss the meaning of this statement: "Don't get furious! Get curious!" How can this motto help you see the situation through someone else's eyes?</p>	<p><b>19</b></p>	<p><b>20</b> At this month's family meeting, set ground rules for listening actively to one another.</p>
<p><b>21</b> <i>Jesus Calls Levi.</i> Luke 5:27-31</p> <p><i>First Sunday of Lent</i></p>	<p><b>22</b> I learn about the needs in our world and commit myself to helping all who are suffering.</p>	<p><b>23</b> Using the newspaper, find a situation which is not yet resolved. What do the people in this situation hope for? Create a family prayer for them.</p>	<p><b>24</b> <i>Early Dismissal</i></p>	<p><b>25</b> Set a class boundary that when someone is sharing, everyone listens in complete silence. Discuss how God listens lovingly to us.</p>	<p><b>26</b></p>	<p><b>27</b> Make Lenten promises together, as a family.</p>
<p><b>28</b> <i>Second Sunday of Lent</i></p>				<p><b>SAINT OF THE MONTH Blessed Elisabetta Canori-Mora: February 18th</b> Blessed Elisabetta lived in Rome 300 years ago. Although once wealthy, she became very poor when her husband left her to care for her children all by herself. Elisabetta's difficulties did not make her bitter or selfish, but gave her great empathy to listen, understand and help those who had even less than she did. Blessed Elisabetta brought peace and faith to all who were in need or discouraged. <i>Blessed Elisabetta Canori, pray for us, that our difficulties will not lead us to selfishness, but to empathy which seeks to listen, understand, and bring peace to everyone. Amen.</i></p>		