

Living Faith @



Dear Faith-Shapers,

February finds us in the depths of winter, with cold weather and short daytime hours. You and your child may be looking at the calendar to plan special activities for the month. There are opportunities that can be arranged to provide emotional, social, physical, and spiritual health and well-being. The goals that you set for the new year are either being accomplished or have fallen by the wayside.

There is a list of holidays and observances for the month that includes some interesting reasons to celebrate. I found it fascinating that almost every day includes a food item — no wonder we have trouble keeping ourselves fit and trim ... we get bombarded with temptations on every side.

With that in mind, here are some ideas for staying on a positive wave-length:

Seek understanding and listen before jumping to a conclusion — especially when dealing with other people.

Focus on the positives — keep a jar of notes to read when you find yourself slipping into negative thoughts.

Try some new or different activities than your usual routine.

Be Generous and practice encouragement — see the next column.



Encouragement Goes Far

We all can use encouragement at times, even some celebration when we meet a goal. Cheering on a friend or family member who wants to stick with a change is a wonderful way to show your support — possibly to be more physically active, to lose weight, to read more, to volunteer for a cause. Congratulate the small steps made and celebrate progress along the way.

Help it happen—don't push too hard—and stay positive with your comments and actions.



As I am writing this for the month of February, it's a frigid cold day in January and I'm still in the "new year" mode. A new year gives us the chance to catch up, to do what we missed out on, or didn't get done last year — which can be seen as quite a challenge especially in these last couple years with Covid-19 present. It can even be a challenge to think of new ideas to try someday. But, here in 2022, we can look with hope to having the best year ever!!!



HAVE hope
TRY new things
BE active
SEE the good
SAY "I Love You ... " more
CHALLENGE yourself
CHOOSE to be happy
EAT better
ENJOY today
FORGIVE more readily
READ more often
BECOME YOUR BEST YOU!!!

THIS YEAR...

In this season of Epiphany, we hear from John 1:5 "The light shines in the darkness, and the darkness did not overcome it" Hate cannot drive out hate; only love can do that - and, therefore, we shine our light, we share the light of Christ we carry in our hearts in order to drive out the darkness of sadness, despair, and hopelessness we see in the world ...

- Smile more
- Stay away from negative conversations
- Compliment friends & family
- Send a "thinking of you" note
- Say a prayer for specific people
- Read an uplifting book
- Take time to relax and destress
- Read the Bible
- Recognize the light of others

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