

# MAY

*"Some old-fashioned things like fresh air and sunshine are hard to beat." - Laura Ingalls Wilder*

The winter is past, the rain is over and gone. The flowers appear on the earth; the time of singing has come. - Song of Solomon 2:11-12

## Faith + Family Tips:

+ During the month of May we remember Mary, the Queen of Heaven. The rose, known as the queen of the flowers, is also a symbol of virtue and love. Images of Mary are often surrounded by roses. This month place a statue or picture of Mary in the entry of your home. Invite your children to keep a vase next to her filled with flowers all month long. Let the perfume from the flowers remind you of her loving presence in your home.

+ Lots of women help "mother" our children. Have your children make "mother and other" cards for grandmothers, aunts, godmothers, babysitters, coaches, etc. Extend Mother's Day this year!

+ Capture a few moments to notice God in the beauty of springtime. Watch God paint a sunset, look for different shapes in the clouds, count the colors in a rainbow, watch the wind rustle the trees, splash in puddles, or pull the car over to run across a field together. Challenge your children to find God's fingerprints in nature.



## Mother's Day **Recipe:** Morning Breakfast Tacos

- Pancakes (make your favorite recipe)
  - 1/3 cup cream cheese, softened
  - 3 Tbsp vanilla yogurt
  - 1 small banana, sliced
  - 1 cup fresh raspberries
- (works with any fruit or spread)

Other ideas for fillings and toppings: Nutella, chocolate sauce, whipped cream, chocolate chips, blueberries, cinnamon apples, or strawberries.

First, make your favorite pancakes (either from scratch or a box). Then, beat together the cream cheese and yogurt. Spread mixture over pancakes, top with banana and raspberries, and fold up like tacos. Treat your mom with breakfast in bed!



## Family Adventure: Spring Cleaning

It's amazing what spending one hour in a combined effort to pick up and refresh your home can do! We can help teach our children how to simplify their lives by periodically going through toys, clothes, books, etc. This also helps them learn how to pare down and cultivate calm. Visual noise is a real thing! Give each family member a box that they need to fill. Consider donating the items that are in good condition.

## Teaching: Memorial Day

Freedom is an incredible gift that we can never take for granted. Memorial Day gives us the chance to remember all of the people who have sacrificed their lives for us. In the midst of BBQ's and pool parties, let's make a point to pray for all the families who have missing chairs at their tables. Memorial Day is a day off - to remember.

**Prayer:** This month let's pray Mother Mary's prayer together as often as we can! Ask her to bring your family closer to her Son, Jesus. "Hail Mary, full of grace, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen."

