

Franksville

YOUTH GROUP

LOVING OURSELVES

February
2009

February Schedule

YOUTH GROUP!

Feb 5- Study Tips
M.S. - 6:00-7:30
T.S. - 7:00-8:30

Feb 12- Healthy Lifestyle
M.S. - 6:00-7:30
T.S. - 7:00-8:30

Feb 19 - Self-Respect &
Positive Self-Image
M.S. - 6:00-7:30
T.S. - 7:00-8:30

Feb 26 - NO YOUTH GROUP!

Feb 28 - BUCKS VS. WIZARDS
Everyone meet at the church
at 6:00 p.m.

SPECIAL EVENTS!

Feb 15 - Parents D.C. Meeting
(11:30)

Feb 22 - Youth D.C. Meeting (11:30)

Feb 28 - Bucks Game

NO YOUTH GROUP:

February 26

Does it seem like everyone is talking about love? During February, love seems to be everywhere. Stores are filled with hearts, Valentines, teddy bears holding boxes of waxy chocolates, and gobs of chalky hearts that say things like "you're cute" or "call me!" It seems like everyone wants us to find someone else to love! But how often do we talk about having love for ourselves?

Because we are called by God to love one another, some say that talking about the love we have for ourselves is selfish or self-centered. And while that can be the case if we let the love we have for ourselves overshadow the love we extend to others, we have to have a healthy amount of self-love before we can truly love those around us.

Another great reason to talk about the love we have for ourselves is because we are loved unconditionally by God--so why wouldn't we have some love for ourselves!

Throughout February we'll be turning our theme of 'dreams' inward and will be exploring the dreams we have for ourselves.

We will start out our month talking about some study tips. We decided that this might be a good idea after hearing that there were so many of us who made resolutions to get better

grades in the next year. Not only are good grades important to graduate and when thinking about college, but study is a way to keep our minds healthy throughout our lives.

During the second week we will be talking about the habits of a healthy lifestyle. Good eating habits, living an active life, and making healthy choices for ourselves are all important to living a healthy life and loving our bodies.

During the third week we will be talking a bit about loving ourselves even when we may not think we are lovable. We can't love ourselves if we are constantly putting ourselves down.

Take note. There's no Youth Group on Thursday, Feb. 26 because we're heading out to see the Bucks on Feb. 28th! An important part of loving ourselves is taking time to have fun, so we thought our super-fun-youth night should be super fun. We will all meet at the church at 6:00 pm and will head to Milwaukee together for the game.

Also! Those of you heading to DC take note of the special meeting dates.

We are really looking forward to spring and look forward to see you at youth!

- Jonathan and Brittany

Questions? Comments?

Contact Brittany and Jonathan at
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