



april 2023

What is it that makes us think we deserve to be first in line, to have everyone's attention, to be the star? What makes us think we are more important than other people? Whether it's holding the door for someone or letting your little sister have the last piece of cake, when you show humility, you're actually honoring the worth of another person – which makes you pretty special... in a humble sort of way, of course...

HUMILITY:

Putting others first by giving up what you think you deserve

Humility APRIL 2023



SAY IT:

Humility means putting others first by giving up what you think you deserve.

KNOW IT:

ASK A GROWN UP:

- Who are some people you know who put others first?
- Have you ever given up something for someone else you thought you deserved?

ASK A KID:

- What is something you could give away?
- When is it hard to let someone else go first?
- How do you think it would make someone feel to be put first? How would it make you feel?

SEE IT:

Author Rick Warren explains that, "Humility is not thinking less of yourself, it's thinking of yourself less." Discuss what it might look like to "think of yourself less." How would this be different than "thinking less of yourself"?

BE IT:

Research local charities and non-profit organizations. Find one that your family would like to support and call or email them to ask what you can do to help. It might be the local Humane Society needs pet food or dog walkers. Maybe the local senior citizen home needs Bingo prizes. Perhaps the local food pantry could use your help collecting food for families in your community. You may even want to ask your school counselor if there are items you can donate to help some of your classmates. Find a way to make a difference by putting others first.

PHASE

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It may seem like there is never enough time to get everything done.

Consider using the rhythm of your daily life to shape the values in your home – take advantage of the time you already have:

Morning Time:

Be a coach. Help them find purpose by starting the day with encouraging words.

Drive Time:

Be a friend. Talk about life during informal conversations as you travel.

Meal Time:

Be a teacher. Have conversation while you eat together.

Bed Time:

Be a counselor. Strengthen your relationship at the end of every day with heartfelt conversations about feelings.

So don't miss it. Use the time you have (without technology or distractions) to deepen relationships and encourage values in your home.

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HUMILITY // HOUSE SPARROW // KRAFT PAPER

House sparrows are the most widely distributed birds in the world. You might hear several of them chirping or singing in bushes, or see them hopping around. Then again, since they're everywhere and they blend into their surroundings, you might not notice them!

These small brown birds came to the United States from Europe in the 1850s, released in New York City's Central Park. Very adaptable, they munched on horse feed in stable yards. More were released in other cities. In less than 50 years, they had spread to the Rocky Mountains. When automobiles replaced horse-drawn carriages, the birds updated their menus.

Their secret to success? Living close to humans. House sparrows might even approach you at a park, begging for food. Some bird enthusiasts would rather they had stayed in Europe, as house sparrows have negatively affected populations of some native birds such as Eastern bluebirds.

These sparrows choose homesites other birds would pass up. Their large round nests of grasses, twigs, weeds, and trash are tucked into just about any cavity or crack. Sometimes they're lined with feathers. Both the male and female build the nest and raise the babies.

House sparrows aren't too picky about dining, either. They love bird feeders, but they'll also pick off smashed insects from parked cars! They like weed and grass seeds, leftover grain in barns, and bits of food left by humans.

They love to take baths – in dust. Flapping around, they fling soil and dust on their body feathers. House sparrows are very social, but less flashy than many other birds.

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Commonplace house sparrows might escape notice by the people around them.

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Brown kraft paper is unassuming. It works hard in the form of grocery bags, and it inspires creativity in crafting and gift-wrapping. Because it is unbleached, it is considered better for the environment than white or colored papers. Kraft paper is easy to recycle. As a color, it's a warm neutral and goes with many other colors. It offers a simple, rustic touch. And remember "brown paper packages tied up with strings" from the classic musical/movie, The Sound of Music? For some, kraft paper will always be a favorite thing!

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