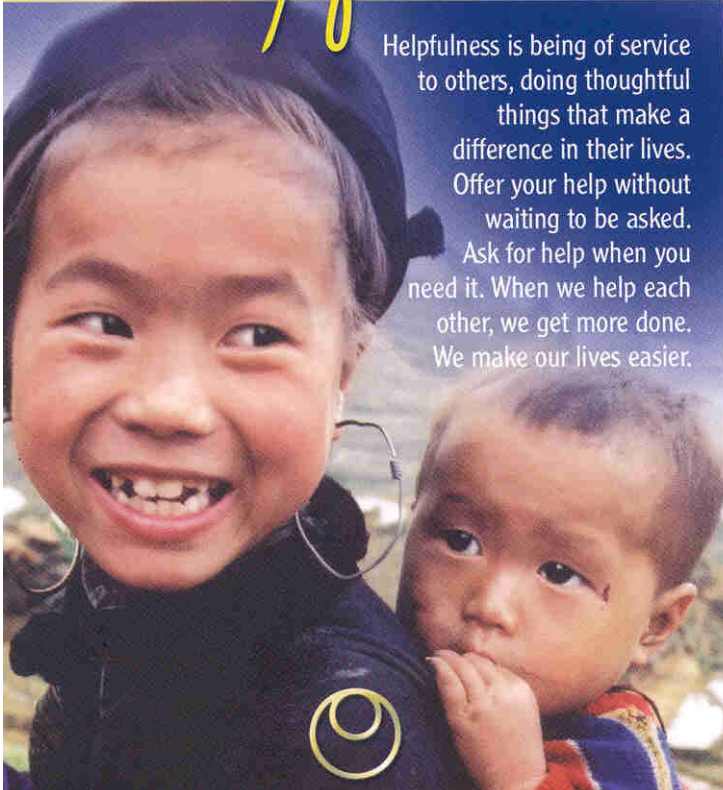


Family Virtues Newsletter

This weeks Virtue:

Helpfulness



Helpfulness is being of service to others, doing thoughtful things that make a difference in their lives. Offer your help without waiting to be asked. Ask for help when you need it. When we help each other, we get more done. We make our lives easier.

Things a family can do to practice *Helpfulness...*

- Notice when someone needs help
- Do a service without being asked
- Give people what they need, not always what they want
- Listen to someone who needs to talk
- Care for your own needs
- Ask for help when you need it



The mice and Chirpy, the bird, helped the farmer whose crops had failed by sharing their stored grain.



The mouse was helpful in chewing the ropes to free the lion from the hunters' net.

Next Week: *Friendliness*

Important Announcement:
Virtues Class is cancelled next week.
Class will resume Sunday Dec 3

Virtues classes are held each Sunday at the Grand Bend Public School Community Room from 9:30 – 11:00 a.m. for children ages 5 – 14. All are welcome and it's free. Call Josy and Gord Britton at 238-6036 or gordbritton@hay.net to register your child. www.virtuesproject.com