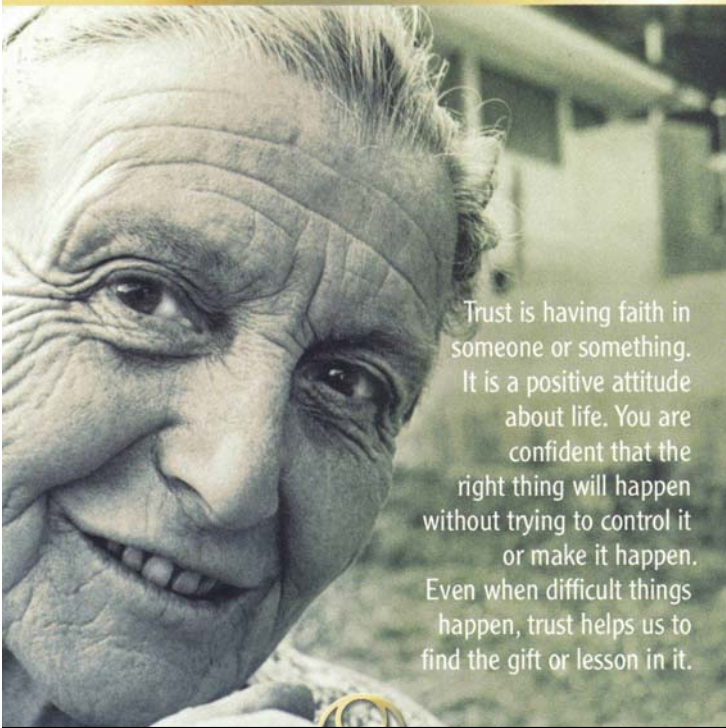


# Family Virtues Newsletter

This weeks Virtue:

## Trust



Trust is having faith in someone or something. It is a positive attitude about life. You are confident that the right thing will happen without trying to control it or make it happen. Even when difficult things happen, trust helps us to find the gift or lesson in it.

Things a family can do to practice

### Trust ...

- Believe there is good in everything that happens
- Look for the lessons in painful experiences
- Let trust take away your worries
- Know that your best is good enough
- Trust others unless you have good reasons not to
- Don't nag, worry, or try to take control



Participants show their understanding of this week's virtue, Trust, in playing the Signs of Success game.



Santa (Josy) and all the reindeer trusts Rudolph to lead them safely through the blizzard.

Next Week:

## Idealism

**Come join the fun:**



Virtues classes are held every 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](mailto:gordbritton@hay.net) to register your child. [www.virtuesprotect.com](http://www.virtuesprotect.com)