

*I will...*

**KEEP**



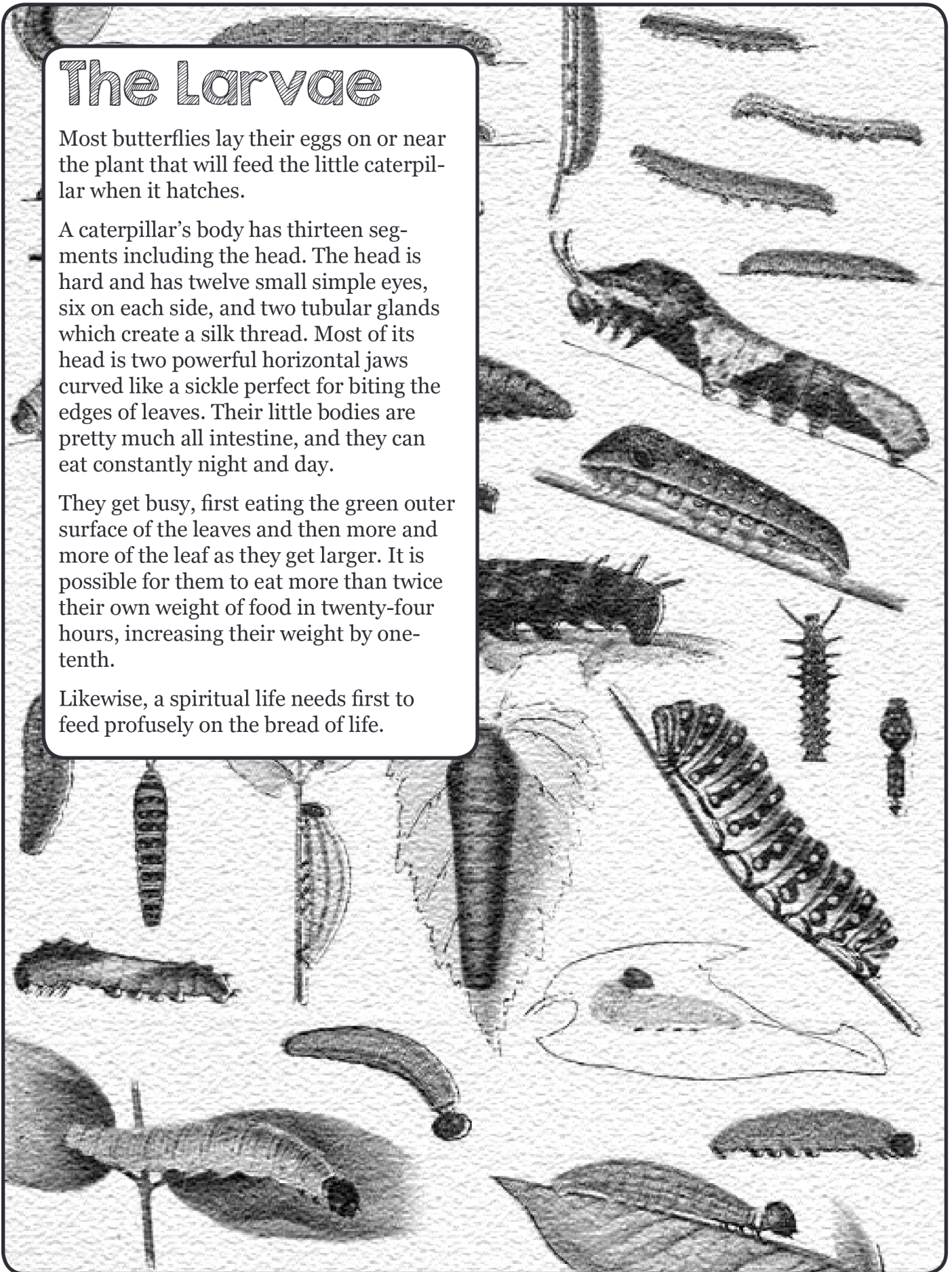
# The Larvae

Most butterflies lay their eggs on or near the plant that will feed the little caterpillar when it hatches.

A caterpillar's body has thirteen segments including the head. The head is hard and has twelve small simple eyes, six on each side, and two tubular glands which create a silk thread. Most of its head is two powerful horizontal jaws curved like a sickle perfect for biting the edges of leaves. Their little bodies are pretty much all intestine, and they can eat constantly night and day.

They get busy, first eating the green outer surface of the leaves and then more and more of the leaf as they get larger. It is possible for them to eat more than twice their own weight of food in twenty-four hours, increasing their weight by one-tenth.

Likewise, a spiritual life needs first to feed profusely on the bread of life.



# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5

Send a note to someone (special anniversaries, someone I am praying for, someone I am thinking of):

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# January/February

TO DO THIS WEEK:

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<input type="checkbox"/>	Bible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**Sunday** Hebrews 12:28-29

**30** Daily Tasks

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**Monday** 1 Peter 3:3-4

**31** Daily Tasks

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**Tuesday** Exodus 15:26

**1** Daily Tasks

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**Wednesday** Leviticus 18:4-5

**2** Daily Tasks

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**Thursday** Deuteronomy 4:39-40

**3** Daily Tasks

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**Friday** Deuteronomy 7:11-12

**4** Daily Tasks

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**Saturday** Deuteronomy 11:18-20

**5** Daily Tasks

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## Dear Lord and Father of Mankind

Dear Lord and Father of mankind,  
Forgive our foolish ways;  
Reclothe us in our rightful mind,  
In purer lives Thy service find,  
In deeper reverence, praise.

In simple trust like theirs who heard,  
Beside the Syrian sea,  
The gracious calling of the Lord,  
Let us, like them, without a word,  
Rise up and follow Thee.

O Sabbath rest by Galilee,  
O calm of hills above,  
Where Jesus knelt to share with Thee  
The silence of eternity,  
Interpreted by love!

With that deep hush subduing all  
Our words and works that drown  
The tender whisper of Thy call,  
As noiseless let Thy blessing fall  
As fell Thy manna down.

Drop Thy still dews of quietness,  
Till all our strivings cease;  
Take from our souls the strain and stress,  
And let our ordered lives confess  
The beauty of Thy peace.

Breathe through the heats of our desire  
Thy coolness and Thy balm;  
Let sense be dumb, let flesh retire;  
Speak through the earthquake, wind, and fire,  
O still, small voice of calm.

John Greenleaf Whittier (1807-1892)



# February

TO DO THIS WEEK:

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**Sunday** Deuteronomy 11:22-23

**6** Daily Tasks

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**Monday** Deuteronomy 17:18-20

**7** Daily Tasks

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**Tuesday** 1 Kings 2:2-3

**8** Daily Tasks

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**Wednesday** 2 Chronicles 17:3-4

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Daily Tasks

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**Thursday** Nehemiah 1:8-9

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Daily Tasks

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**Friday** Psalm 19:7-11

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Daily Tasks

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**Saturday** Psalm 103:17-18

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Daily Tasks

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# Get to know a butterfly

## The Cabbage White

Family: *Pieridae*

Latin name: *Pieris rapae*



This butterfly was introduced to North America in the 1860's and as is the case with many introduced species has probably led to the decline of a couple similar native species.

It is one of the first butterflies to be seen in the spring, flitting about the fields sipping nectar from early flowers such as dandelions, and laying its small pale yellow eggs on plants from the mustard family such as cabbage, broccoli, kale, or cauliflower. About a week later the caterpillar hatches and begins to eat its host plant. Since the caterpillar is the same green colour as the plant it is eating, it is often hard to spot, but the holes in the leaves give its presence away.

It is considered a pest and is often deliberately killed using pesticides. The caterpillars that survive usually leave the plant they have been eating to make their grey or brown chrysalis elsewhere on a fence post or the side of a building.

A week or so later it will burst open and a little white cabbage butterfly will emerge. The pupa can also survive over the winter to emerge in the spring.



# February

TO DO THIS WEEK:

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<input type="checkbox"/>	Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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**Sunday** Psalm 112:1-2

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Daily Tasks

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**Monday** Psalm 119:33-36

14

Daily Tasks

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**Tuesday** Proverbs 4:20-23

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Daily Tasks

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**Wednesday** Proverbs 29:17-18

16 Daily Tasks

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**Thursday** Ezekiel 18:21-22

17 Daily Tasks

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**Friday** Matthew 6:19-21

18 Daily Tasks

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**Saturday** Matthew 12:34-35

19 Daily Tasks

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# Psalm 19

(1) *To the chief Musician, A Psalm of David.*

The heavens declare the glory of God; and the firmament sheweth his handywork.

(2) Day unto day uttereth speech, and night unto night sheweth knowledge.

(3) There is no speech nor language, where their voice is not heard.

(4) Their line is gone out through all the earth, and their words to the end of the world. In them hath he set a tabernacle for the sun,

(5) Which is as a bridegroom coming out of his chamber, and rejoiceth as a strong man to run a race.

(6) His going forth is from the end of the heaven, and his circuit unto the ends of it: and there is nothing hid from the heat thereof.

(7) The law of the LORD is perfect, converting the soul: the testimony of the LORD is sure, making wise the simple.

(8) The statutes of the LORD are right, rejoicing the heart: the commandment of the LORD is pure, enlightening the eyes.

(9) The fear of the LORD is clean, enduring for ever: the judgments of the LORD are true and righteous altogether.

(10) More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb.

(11) Moreover by them is thy servant warned: and in keeping of them there is great reward.

(12) Who can understand his errors? cleanse thou me from secret faults.

(13) Keep back thy servant also from presumptuous sins; let them not have dominion over me: then shall I be upright, and I shall be innocent from the great transgression.

(14) Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

# pray a psalm



A series of horizontal lines for writing, starting from the top of the page and extending downwards. The lines are evenly spaced and cover most of the page's width.





**Wednesday** 2 Corinthians 4:7-10

23 Daily Tasks

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**Thursday** John 15:9-10

24 Daily Tasks

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**Friday** Hebrews 8:10

25 Daily Tasks

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**Saturday** 1 John 2:3-5

26 Daily Tasks

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