

# **February Reflection Gifts That Don't Cost Money Happy February — or is it?**

**February brings Valentine's Day and Family Day. These relationship-centered traditions mean different things to different people. Some look forward to this season as a chance to connect or reconnect with family and close friends. For others, it may stir feelings of loss or loneliness — especially if family relationships feel distant, strained, or absent.**

**If this season feels tender for you, be gentle with yourself. Choose small acts of care. Reach toward someone safe. Remember that healthy connection can still grow — sometimes slowly, sometimes in unexpected places.**

**We are grateful that you have chosen to be here at Dismas, where you can experience a special kind of connection with people who care for you and care about you. Know that you are worthy of steady, respectful, life-giving relationships.**

**In our personal time, in our relationships and in our relations, and in our circles, we often have the opportunity to give gifts that cost nothing yet carry great value. These are gifts of the heart, mind, and spirit — offered through our attention, kindness, and presence. They may include listening well, offering encouragement, extending a random act of kindness, showing support, honouring someone's dignity, or expressing love — and many more.**

## **Circle Question**

**What is a story or experience you can share about a gift that didn't cost money but had great value? Or, what are some gifts of the heart, mind, or spirit that we can give or receive?**