



Faith-Full Families



Resources and News for the Church of the Home
Archdiocese of Baltimore - Division of Evangelization and Catechesis
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Table Talk Conversation Starters

When someone is kind to me, it makes me feel ...

A way I could show my love for a friend is ...

A good choice I made today was ...

I know God loves me because ...

If our family did not watch TV for a week, we could ...

My favorite board game is Can we play it tonight?

The Light is on for You this Lent

Jesus came to make the love of God known, reaching out to sinners to bring them to God's forgiveness and mercy. Every parish is making an extra effort to invite people to celebrate the Sacrament of Reconciliation.

Watch your parish announcements for news about simple

resources for making a good confession.

Also, visit <http://www.archbalt.org/light/index.cfm> for helps in celebrating the sacrament.



Ways to Reconcile at Home

Establish Forgiveness

Establish a habit of forgiveness between parent and child. Say the words "I'm sorry for . . ." and "I forgive you" as often as necessary. Teach your child to say them by asking "Can you say . . . ?" or "Are you ready to say 'I'm sorry'?" Never force or demand an apology.

FROM YOUR PARISH..

Paste your parish or school news here!!

For formatting assistance, contact Division of Evangelization & Catechesis, 410-547-5420 or lprzybysz@archbalt.org

See "Eye to Eye"

The word reconcile comes from the Latin, meaning "seeing eye to eye." Express forgiveness or sorrow by looking straight at the other person, touching his shoulder or hand, or hugging. Body language speaks as loud as or louder than words.

Forgiveness Rituals

Establish family and individual rituals of forgiveness in the home. Choose a space at home where you can go to reconcile differences (staircase, bedroom, front porch, etc.). Also choose certain times for reconciliation (bedtime, a Saturday trip to church, Sunday morning in the car on the way to church, etc.). Make forgiving one another a part of your family's everyday life.

(Continued on p. 2)

Examination of Conscience

Help your child examine his/her conscience on a daily basis. There are numerous examples in children's prayer books or make up your own. Follow it by talking about ways to change bad habits. End with an act of contrition or informal prayer expressing sorrow and gratitude for forgiveness.



Celebrate Forgiveness

When a serious hurt has been forgiven between family members, find a way to celebrate together: go out for a treat, do a puzzle together, or read a special story. Time together heals hearts when words aren't enough.

Model Forgiveness

Children need to watch adults forgiving each other and resolving conflicts. It helps if parents can share examples of forgiveness such as: "I was very angry with Mrs. ____ for what she said, but I have forgiven her."

Don't Fake Forgiveness

If you are genuinely hurt by someone over a long period of time and cannot forgive him/her, explain to your child that you understand the necessity and value of forgiving the person. Let your child know that you are trying to forgive and are praying for the grace of forgiveness. Never give children the impression of forgiveness and then turn around and show unforgiving behavior toward the person who has hurt you.

Adapted from *Family Gathering: Stories, Prayers and Activities*, Hi-Time Publishing Corp., Vol. 1, Issue 3, PO Box 13337, Milwaukee, WI 53213, Phone: 1-800-558-2292.)
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For more resources for reconciliation in the family, visit <http://www.archbalt.org/light/index.cfm>

A Family Peace Plan

-Joanne Haney,
Coordinator for Elementary & Sacramental Catechesis

We see so much war and violence daily on our TVs. We may feel at a loss or angry. But how do we talk to our children about peace? The most effective way we can reach our children about peace is through our actions – forgiving easily, speaking kindly, and praying for peace as a family, acting out against hatred and injustice. But with all the pressures of today's life, it becomes a real challenge to set examples of peacemaking in our homes, especially when our communities and our world are touched by unspeakable acts of hatred and violence.

What Can A Family Do? Talk about violence with your children. It is already part of their daily lives and it can be scary and confusing. When there is an argument in your home or with friends, emphasize the importance of forgiving one another. Ask your children if they know what Jesus meant when he said we must forgive seventy times seven. How much is seventy times seven? Ask them to collect 490 pennies to show how much Jesus wants us to forgive one another. Should we stop at 490 times? Pray the Prayer of St. Francis -Lord make me an instrument of your peace...

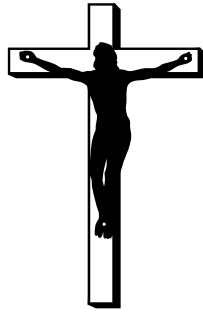
Read these books together:

Peace Book by Todd Parr; *The Big Book for Peace* by Ann Durell; *Peaceful Kingdom: Random Acts of Kindness by Animals* by Stephanie Laland; *Yertle the Turtle and Other Stories* by Dr. Seuss; *Peace Begins with You* by Katherine Scholes.



Read these books for yourself: *Three Cups of Tea: One Man's Mission to Promote Peace... One School at a Time* by Greg Mortenson and David Oliver Relin; *Setting Limits With Your Strong-Willed Child: Eliminating Conflict By Establishing Clear, Firm, And Respectful Boundaries* by Robert J. Mackenzie; *Win the Whining War and Other Skirmishes: A Family Peace Plan* by Cynthia Whitham.

More Ideas for a Fruitful Lent From Experienced Parish Catechetical Leaders



Sister Susanne Bunn, MSHS, Prince of Peace – “We had a rice bowl for our sixth-grade class. I asked all the students to list snacks they had every day, snacks they had several times a week. We put the prices of the snacks and added up the amount that would ordinarily be spent during the seven weeks of Lent. Then, each student decided about giving up one or two of the snacks to have money to put in the rice bowl. The parish is not wealthy, but we collected lots of money. The other Sisters told me, “Our people know the difference that their sharing can make.”

Kathie Armstrong, St. John's, Columbia -- Make flip cards with "Alleluia" on one side and "Lord Have Mercy" on the other. Attach a loop of yarn to hang it from so you can flip it from "Alleluia" before Lent to "Lord have mercy" during Lent then back to "Alleluia" for Eastertime. Decorate the card however you wish, but punch holes around the edge of the card and tie short pieces of yarn through the holes.

Peggy Mrozek, St. William of York -- During Lent, construct a cave that represents Jesus' tomb. Use an oatmeal container and decorate it to look like a cave. The lid is the stone that gets rolled away. On Easter morning, before you enjoy your Easter baskets, read the Easter Story. Kids have a race to the “tomb,” like Peter & John did. Inside the tomb is some sort of treat.

Faith-Full Families e-Newsletter is published quarterly for families across the lifespan by the Archdiocese of Baltimore Division of Evangelization and Catechesis in cooperation with the Archdiocesan Family Ministry Network. Parishes and schools are invited to add their own news and distribute it to their families.

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The Lenten Cross Project is a good and simple way to focus on our Lenten journey. Similar to the Advent Wreath the Lenten Cross with simple prayers can be incorporated into the family evening meal.

Materials necessary for constructing the cross:

- 5 purple and 1 rose or 6 white votive candles with clear votive holders
- Cloth in the shape of a cross or 1/2 “craft wood cut into pieces 24” by 12”

Constructing the cross:

- Glue the pieces of wood together (if using) and let dry.
- Place cloth on the dinner table or some other prominent place.
- Arrange the votive candles in the shape of a cross with the rose candle in the center.

During Lent, light each of the candles on each of the six Sundays during Lent or daily, if you can.

Each week another purple candle will be lit except the fourth Sunday of Lent. On this Sunday, light 3 purple candles and the rose.

For prayers for each week, visit **The Light is on for You** webpage at

<http://www.archbalt.org/light/upload/Lenten-Cross-Project.pdf>



Catholic Website features Support for Every Marriage

Here's a sample from

www.foryourmarriage.org

TEN CHEAP DATES... Romance doesn't have to be expensive. If you are looking for a fun but low-cost (or no cost) way to celebrate your relationship, check out the ideas below. Then use them to spark your own creative ideas.

(1) Plan a picnic. If the weather is cold, spread a blanket on the living room floor. Romanticize the occasion by adding some wine, a rose, and mood music. **Continued on p. 4**

(2) “Tech-free”

night. Turn off your cell phones, computer, the TV, and the lights. See what’s left to do without electricity. Sing old songs, have a pillow fight, recount stories of how you met, plan for the future.



(3) Be a tourist. Pretend you’re a tourist in your own town. Visit a museum, a scenic overlook, or a quaint neighborhood. Discover something new together!

(4) Midnight bowling. It’s more than just bowling! Some places have special music, lighting and gimmicks. Even without these, it can be a lot of fun if you don’t take it too seriously.

(5) Down memory lane. Look through old photos and tell each other stories of your childhood and families. If you feel really energetic, begin to put those lose photos in albums or on a disc. Your children will appreciate it one day.

(6) “Evening at the Ritz.” Dress up and go to the lobby of an elegant hotel. Sit in the lounge and order a drink or snack. People watch and fantasize.

(7) Home spa. Create a home spa for the evening. Put on soothing music, light some scented candles, give each other a massage. Give your husband a pedicure or paint your wife’s toenails, if you dare.

(6) Find-My-Heart treasure

hunt. Cut out some paper hearts and hide them around your home. On each heart write an endearing

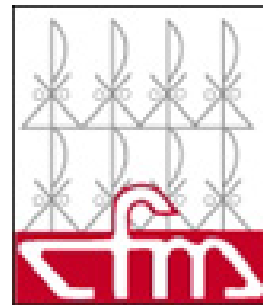


statement about your spouse plus a clue to the next heart. At the end enjoy a heartfelt treat together.

Visit www.foryourmarriage.org for more resources for marriage from the Catholic Church!

Take the Time for Family!

Join Christian Family Movement, Catholic lay organization, now celebrating 60 years of helping families network with others for faith, friends, and fun. Start a small group in your parish. Receive program books and tips for gathering a few friends to build family faith and Christian community. Great for mixed-church families, since it starts in your home!



Visit www.cfm.org or call Archdiocese of Baltimore Marriage and Family Enrichment at 410-547-5420 to get an **Easy Starter Kit** that has all you need to get a group going, featuring simple program, *Taking the Time to Make a Difference*.

Faith and Work in Cyberspace

is an ongoing group that has been discussing the connections between the Christian faith and our daily work for over twenty years.



A short discussion starter on the theme of faith and work is posted each week, followed by three discussion questions. Visit the group at MyCatholicVoice.

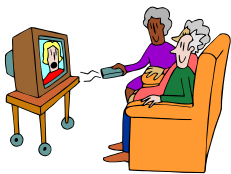
<http://v1.mycatholicvoice.com/group/Faith+and+Work+in+Cyberspace>

Coordinated by Greg Pierce, the *president and co-publisher of ACTA Publications and the author of Spirituality at Work: Ten Ways to Balance Your Life On-the-Job*.



SU FAMILIA Y LA CUARESMA: UN TIEMPO PARA ORAR Y ACTUAR

La Cuaresma nos ayuda a saber que es importante. Como un juego espiritual de “sobrevivientes”. La Cuaresma nos puede liberar de la isla de nuestros “queremos” y nos da fuerza con autodisciplina y perseverancia. Luego podremos renovar nuestra promesa de seguir a Jesús, amando a Dios y a nuestro vecino más completamente.



Píenselo Bien:

Un modo en que puedo servir a otros en lugar de ver TV es _____

El mejor tiempo de orar para mí es _____

Durante la Cuaresma, puedo usar parte de mi “Tiempo de pantalla de TV” haciendo _____ otra cosa en su lugar.

Quiero ser como Jesús, y durante la Cuaresma yo _____

Actúen: Cada semana de Cuaresma, busquen una palabra que la familia quisiera oír más seguido, y otra que les gustaría oír menos seguido. Péguenla en la puerta del refrigerador. Anímense uno al otro con palabras y acciones positivas.

Escritura: “Guarden tesoros en el cielo, donde ni polilla ni hollín destruyen, ni ladrones entran y robar. Porque donde esté tu tesoro, ahí también estará tu corazón.” Matt 6:20-21

Recursos: Books: *A Family Journey with Jesus Through Lent* by Angela M. Burrin.

Celebrating Faith; Year-round Activities for Catholic Families by Mary Cronk Farrell

Videos: *The Angel’s Lenten Lesson* (Twenty Third Publications) for children ages 7-12.

Following Jesus through the Church Year (Twenty Third Publications) for children of all ages.

Lent: Celebrating the Season (St. Anthony Press) for Grades 3-8

Websites: <http://www.homefaith.com/seasons/frame.html>; www.nacflm.org



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Your Family and LENT: A Time for Prayer and Action

Lent helps us to know what is important. Like a spiritual ‘survivor’ game, Lent can release us from the island of our ‘wants’ and strengthen us with self-discipline and perseverance. Then we’ll be able to renew our promise to follow Jesus, by loving God and our neighbor more fully.



Think It Through:

One way I can serve others instead of watching TV is _____.

The best time for me to pray is _____.

During Lent, I can spend some of my ‘screen time’ doing instead _____.

I want to be like Jesus, so during Lent I will _____.

Act: *Each week of Lent, decide on one word the family would like to hear more often, and one word they would like to hear less often. Post on refrigerator. Encourage each other with positive words and actions.*

Scripture: *“Store up treasures in heaven, where neither moth nor decay destroys, nor thieves break in and steal. For where your treasure is, there also will your heart be.” Matt 6:20-21*

Resources: Books: *A Family Journey with Jesus Through Lent* by Angela M. Burrin. *Celebrating Faith: Year-round Activities for Catholic Families* by Mary Cronk Farrell.

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