

Confirmation I Retreat: You are Loved!

Family Day

Friday, March 19, 2021

Dear parents and students,

Families are a Sign of God's Presence. In every family God is revealed uniquely and personally, for God is love and those who live in love, live in God and God dwells in them (1 Jn 4:16). Re-echoing the words of St. Pope John Paul II, "the future of humanity passes by way of the family" (On the Family, no. 86); therefore, all families are called to buildup, nurture, and express the many ways of love to another.

Today with the Universal Church we celebrate the great Feast of St. Joseph, a model for family, a man who gives himself totally to his family in service to God. You and your child are invited to set aside this day as day for family. Below is a list of things that you can do together.

Fun Family Time

Praying together

“The family that prays together stays together.” Set a time to pray together, ie in the morning and/ or before going to bed, before meals... There are many ways to pray. You can pray the traditional prayers (Our Father, Hail Mary, Glory Be). We can also thank the Lord aloud, asking Him to answer our prayers and offering Him our daily petitions. On this special year of St. Joseph you can pray this prayer:

*Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son;
in you Mary placed her trust;
with you Christ became man.
Blessed Joseph, to us too,
show yourself a father
and guide us in the path of life.
Obtain for us grace, mercy, and courage,
and defend us from every evil. Amen.*

The important thing is MAKE TIME TO PRAY together!!!

Movie Night

Have a night at home. You can rent a movie or choose one from your home collection. Ask each person what movie they would like to see and give each person a chance to choose one of their favorites. To complement your movie night, serve popcorn and candy to make it feel as if you are at the movies.

Cook Together

It is a fun kitchen project that can bring everyone in the family together. Making the cookies or something simple can be as fun as eating them.

Sit Down To Dinner

Sitting down to a dinner is a great way to connect with each other and share the details of your day.

Go on a Picnic

Take the family on a picnic with all the trimmings. Let everyone pack one of their favorite foods.

Play Games

Board games can bring tons of laughter and fun to your family bonding time. Game night can bring out the inner child in everyone. Some board games to consider playing are Monopoly, Pictionary and Trivia Pursuit...etc.

Take A Walk

Getting outside and enjoying the fresh air can be a great stress reliever as well as a fun way to get everyone together to talk and enjoy the scenery. You can take a walk around your neighborhood or go to a local park or hiking trail or the beach.

Backyard Camping

Family camping for one night can take place right in your own backyard. Keep it simple and fun.

Read Together

Pick a book that everyone is interested in such as *Harry Potter*, *Twilight* or even better yet, the BIBLE. Have each person take turns reading aloud, then discuss the book after it is over.

Make A Craft

Arts and crafts can be fun for kids and adults. There are many craft projects that are simple, yet can still be a great way to bring everyone together.

Going to Mass Together

Families are signs of God's presence. What is more fitting that bring the family to offer God's the gift of this family then to attend mass together to give thanks to God for each member of the family, especially on this special day in honor of St. Joseph the foster father of Jesus.

Lent Practices

Make this Lent a family event! Pick a practice that everyone in the family can do together. For examples: everyone contributes something to the Rice Box, Pennies of Heaven... give food to the hungry, or fasting on soda on Fridays....

Concluding Words:

Remember the FOCUS should be spending time together. To make the most of your family time, make sure that everyone is enjoying the activity at hand. There are many activities to choose from, so pick the ones (at least 1-2 things above) that appeal to your family and their specific interests. In making the time and effort to nurture your family you are expressing the many ways of God's love to one another.