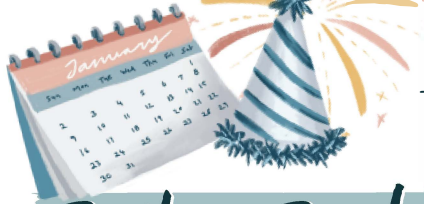


St. Norbert Catholic Church

JANUARY

New Year, New Dreams, New Start

Therefore, if anyone is in Christ, the new creation has come:
The old has gone, the new is here! - 2 Corinthians 5:17



Faith + Family Tips:

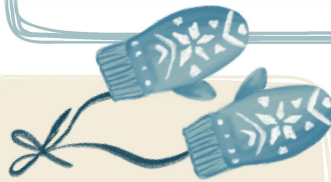
+ Start a New Year's tradition that involves blessing the doors of your home and asking God to watch over all who visit and dwell inside. Take some holy water from your local church (they don't mind!) and trace the sign of the cross on your front door and bedroom doors saying, "May God bless our comings and goings this year, and bring peace to all who enter."

+ We celebrate the Feast of the Epiphany on January 6th. This day celebrates the three wise men's visit to baby Jesus. It is customary to eat a King's cake - a tasty treat with a small baby Jesus figurine tucked inside. These are sold during this time of year in many local bakeries. Make your own cake or order one to share in the tradition. Your children will love trying to get the slice with Jesus in it!

+ As a new year begins, take some time to create a vision board for your family. Talk about your goals for the new year, create a bucket list of future adventures, and display the finished project to remind you of your commitments together. Use a large poster board to attach magazine cutouts, draw pictures, and write inspirational words and quotes. Finish the masterpiece by adding every family member's signature front and center. New year - new us!

Family Adventure:

Build a snowman! If you have snow - start packing it into mounds and stack them on top of each other. Get creative - bring out all types of props: clothes, sunglasses, beanies, carrots, etc. If you don't have snow - pick a snowman (one of your family members). Wrap them up in toilet paper and decorate them with accessories. Try building lots of snow people, or even turn it into a competition by inviting other family and friends to participate.



Teaching:

If things get cold enough, they freeze. They become rock solid and remain that way until you add some heat. Take an ice cube out of the freezer and talk about how our hearts can "freeze" when we are angry or upset. Use a blow dryer to melt the ice cube. We can always ask Jesus to thaw our hearts to help take away our hurt. Part of "thawing" may include apologizing or praying for those who have hurt us. The little puddle that remains is a sign of the change that has happened within us.



Recipe: Cozy Chicken Noodle Soup

- 1 tablespoon olive oil
- 1 cup chopped carrots
- 1 cup chopped celery
- 2 cups of cubed cooked chicken
- 2 cups egg noodles (uncooked)
- 1 teaspoon parsley flakes
- 1 bay leaf
- 5 cups of chicken broth

Try making this winter classic with your children! In a large pot or saucepan, heat up 1 tablespoon of olive oil. Add chopped carrots and celery and cook for 5 minutes while stirring. Add chicken, egg noodles, parsley, bay leaf, and 5 cups of chicken broth. Bring to a boil and then reduce heat. Cover pot and simmer for 10 minutes. Stir occasionally and remove bay leaf prior to serving.



Prayer:

God, thank you for the blessing of a New Year. May we enter it with our hearts open wide to all the new possibilities and situations that await. New beginnings remind us that you are always creating! Draw us close to you as we begin again.

Amen.

