

*St. William Youth Ministry*

# THE FAMILY

*SESSION 4: OUR FAMILY TRADITIONS*



**TRADITIONS HELP US REMEMBER WHERE OUR FAMILY COMES FROM AND WHAT OUR VALUES ARE. ALL OF US ALSO HAVE DIFFERENT TRADITIONS THAT HELP US REMEMBER WHO JESUS IS. THIS WEEKS SESSION IS MEANT TO HELP OUR CHILDREN KNOW WHAT THEIR FAMILY TRADITIONS ARE AND WHERE THEY CAME FROM, JUST IN TIME FOR OUR FAMILY ALTAR & ROSARY EVENT! (MORE ON THAT SOON)**

# INTRODUCTION

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Families that share in their own traditions provide a sense of comfort and security to their families, especially the children involved.

It also helps the children manage the changes in the year and gives them something to look forward to .

In addition, family traditions enhance family and personal well-being and can also add to the family identity. Strong family bonds are created and reinforced when traditions are upheld and maintained.

No matter what your family tradition is or what your family chooses to create, just having something for all family members to look forward to each year is important. Traditions help create warm, positive memories that can be recalled fondly and draw family members back to one another year after year.

# DISCUSSION

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As parents, think about all the different family traditions you had when you were little, and then share them with your child. If you have never spoken to them about the origins of your family, this is a great time to do so also!

The main goal is to give them a bigger perspective on who their family is and where they came from.

Next month is all about branching out and meeting other families with other backgrounds, so it is important to understand our own background first. Below are some topics of discussion to help get started.

1. (Parents) Family traditions when you were a child.
2. Are there any family traditions your children would like to start?
3. Where does your family come from? (sharing grandparents story is a good start)

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# FAMILY ALTAR

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**Family Altar and Rosary Event  
Thursday, November 5th, 7:00pm  
Zoom Link will be sent out.**



<https://www.youtube.com/watch?v=7FEq6V2XDg4>

<https://www.catholic.com/qa/churchs-stance-on-dia-de-los-muertos>