

FAMILY WORKSHOP
58TH BIENNIAL NATIONAL CONVENTION
DALLAS, TEXAS

FAMILIES TRAVELING THROUGH OZ TOGETHER

Types of Families

We have often heard that a family is divided into three areas. As a reminder these three areas are:

- **Immediate**
- **Extended**
- **Inclusive**

The Immediate Family: wife, husband, children, parents, and grandparents

The Extended Family: aunts, uncles, and cousins

The Inclusive Family: friends, church members, local community members, organizational members, military, etc.

Now take a moment to visualize the characters in the Wizard of OZ as a family. As we know, families can sometimes run into hard times. This could result in the family being torn apart. The love and togetherness within the family would be gone

Even though the family has or is experiencing difficult times, they must try to keep the faith and to hold the family together.

Dorothy never stopped trying to get home even when the Wicked Witch of the West sent flying monkeys after her. So when the going gets tough, stick to your yellow brick road and you'll overcome your obstacles too.

Scarecrow – No brain

Tin Man – No heart

Cowardly Lion – No Courage

Dorothy – Just wanted to go home

Now as this story progress, we know that the scarecrow, Tin Man, Cowardly Lion and Dorothy traveled together. Even though they were experiencing trying times, they always watched out for each other. Now, I can say the Cowardly lion was somewhat of a bully at times.

CDA PRAYER

So today, we travel this journey together to talk about:

Family Love

How often do we say “I Love my family”. This means all family members. Love is more than a four letter word. We can all agree that family love is a special kind of love. It comes with unique feelings, behavior, challenges and rewards.

The word love has been used in so many ways, until it has almost lost its meaning. We can say, we love chocolate candy, ice cream and to walk. What we truly mean is that we ENJOY it.

When we speak of family love the word takes on a new meaning. It refers to family bonding, respect and loyalty.

We must remember that we didn't get to choose our parents or our siblings. Despite this limitation, family love still flourishes. Is it sometime not a healthy love? YES, but there is still that deep connection.

Love is families facing challenges together. Living in a family unit means sharing space. There are shared items such as the bathroom, appliances, furniture, the car, certain belongings and you even complete for each other's attention. To keep that space peaceful, family members should respect the right of others in the home.

Family Affects

What affects one family member can flow over to others in the home. Just think within your family if a member experiences a loss. It could be the loss of a job, or a friend. Their behavior might change, and may be unable to manage or deal with simple daily activities. Now, other members can feel the effect directly or indirectly.

Family Traditions

Now, we all have family traditions. If all family members follow the traditions of the family, everyone knows what to expect and there is no problems. We know that when one member disrupts the tradition(s), family members may feel disappointed or even distressed.

WHAT ARE SOME OF YOUR FAMILY TRADITIONS? SHARE ONE FAMILY TRADITION. WHY IS IT IMPORTANT TO YOU?

There are ways to build healthy family love

Then there is unconditional love. Healthy love is unconditional. Respect is shown through words and actions. Family love can be shared by honoring the other member's rights. Even if the family member is not in agreement with what is being said or the other persons choice. We can all relate to this one.

1. Value each family member.... No family member is more important than the other. Show each member that they are appreciated. Importantly, tell them they are loved.
2. Be Kind.... Encourage each other to be kind to one another.
3. Make time for each other.... Give enough of your time to enjoy a strong connection. A family that lives together and spends limited time together doesn't have time or the opportunity to develop a health family love.
4. Most important... practice forgiveness when a friend is involved, normally we let them drift out of our life. When it's a family member, it's more difficult.

WHAT ADDITIONAL WAYS CAN A FAMILY BUILD FAMILY LOVE?

Growing Faith as a Family

Increasing Family Faith through prayer

There is no better time to have family faith than it is today. In today's society, families and church families are being challenged with a variety of trials and tribulations. Our world is surrounded by sickness, diseases, homelessness, deaths, hunger, and financial challenges. These are trying times in the homes and businesses. Families are often taken through situations that test their faith.

As a family, faith will compel all families to invite God into their homes and maintain a relationship with Him, through prayer. Take time to pray every day and throughout the day. It is impossible to pray too much. In our everyday prayers, let us pray for:

- Guidance
- Strength
- courage
- Protection
- Forgiveness
- Understanding
- World Peace
- Unborn Babies
- Parents and Grandparents
- Homeless
- Active and Inactive Military
- More Unity among People
- Community
- Family

THESE WORDS WILL BE POSTED AROUND THE ROOM. MEMBERS WILL BE GIVEN STICKERS TO POST ON THE WORD THEY FEEL IS MOST IMPORTANT TO THEM. THERE WILL BE A BLANK BOARD FOR INDIVIDUAL WRITE IN'S.

Practicing Family Faith

The best places to practice the families faith is in the home, church and in the community. Family faith practices can happen during the family meal; such as grace before meals, engaging in family devotion and reading scripture, resolving conflict with prayer and to celebrate ritual and traditions. If someone is having an issue at work or school, it is a good time, to share and receive feedback from the entire family.

Take the time to read the Daily Scriptures prior to attending Mass as a family. Other family involvement could be serving as a greeter, joining the choir, or being a lector.

Song: We Come This Faith By Faith

Families Sharing in Unity and Charity **Family and the Community**

There are so many benefit when family comes together to volunteer their time and talents in the community. Not only does it make an impact on the community; it allows the family to better connect with those in the community. Even the smallest task can make a difference in the lives of people, animals and organizations. A family dedicating their time helps them to network and expand their social skills.

If there is a grandchild in the family and just happens to be a JCDA member; volunteering would be very beneficial to them. It would be something they could list on their resume when applying for a scholarship. If a family member is shy, volunteering will help them to develop social skills. Remember, our children and grandchildren watch what we do. Giving back to the community will show them how volunteering makes a difference and how good it is to help others.

Just to name a few, as a CDA family, we are known for various activities.

Mentoring in our local schools

Mentoring at the Boys and Girls Club

Purchase and donating schools supplies

Working in school libraries

Making bears and blankets for Victory Junction Gang Camp

Supporting our Veterans

Assisting with Spiritual Development

Participating in the March for Life

Making and donating Rosaries for the Unborn

When planning volunteer activities as a family, come together and discuss what the family members would like to do. There will be times you make have to alternate activities in order to accommodate everyone. Regardless as to which activity is chosen, it will make a huge difference.

SHARE ONE OF YOUR COURTS ACTIVITIES

Families of all Denominations Coming Together

Over time, different denominations have come together to support one another in song and in sharing their faith.

Recently they have come together to collect and prepare food for child 18 and under. These meals are prepared and distributed in over 69 school parking lots in the Charlotte area. When the kids pick up the lunch meal, they are given breakfast for the next day. Driving down the street, cars are lined up to go into the churches parking lot in order to visit the food pantry. Families are struggling and/or experiencing hardship. It's amazing what it takes to bring us together as a people.

SHARE ONE THING YOU ARE GRATFUL FOR

Benefits of a Spiritual and Prayerful Family

Spiritual Traits of a Family Member

Take a moment to think about some traits we see or would like to see in a family member. It could be in our Immediate, Extended or in our Inclusive family. It's true that some relationships are a blessing and some maybe a burden. We love them anyway. Why, because they are family and we are taught to love another.

Traits to look for:

- Look for ways to make the world a better place
- Spend an increased amount of time with each other
- Actively participate in the community and church
- Seek ways to be a better person
- Encourages others to be the best they can be
- Build each other up, instead of tearing them down
- Never look for ways to criticize
- Always look for ways to encourage
- Distance themselves from derogatory comments
- Treat each other with respect
- Encourages each other to be more loving
- Taking time to ask, how are you doing today
- Prays for one another

Overall, as a family, we come together for sharing and acknowledging. No family is perfect. We do most things well but fall short on some.

CAN WE THINK OF ANY OTHER TRAITS?

Building Bridges through Family Activities

- **Slow down and enjoy one another**
- **Make time to pray together**
- **Label things in the house with a new language family members want to learn**
- **Wash the car(s)**
- **Family night movie**
- **Yard work**
- **Start a garden**
- **Create a family recipe book**
- **Gather items for the future CDA garage sale**
- **Watch Mass together**
- **Dress up for dinner**
- **Create homemade birthday or holiday cards**
- **Create a scrapbook**
- **Family bike or car ride**
- **Family camp from home night**
- **Take a hike in the nearby park**
- **Start a family walk club**
- **Have each family member to plan a nightly meal**
- **Eat meals at the table together**
- **Clean out the closets**

Remember, Dorothy, just wanted to go back home, the Scarecrow, wished he had brains; the Tin Woodman, longed for a heart; and the Cowardly Lion, seek courage. Think about how many trials and tribulations they encountered; but they overcame them all.

Dorothy and her friends were faced with countless problems as they work toward their goals. However, each time, they find a way to keep on moving. When a huge ditch blocked their path, they jump over it. When the next ditch was too large to jump across, they would build a bridge.

Just how did they do that? It was often because of the Scarecrow's good sense, the tin Woodman's kindness and the bravery of the Cowardly Lion.

We too as an immediate, extended or inclusive family can do the same; as long as we pray together, work together, play together and hold onto our faith. Family obstacles that seem impossible to overcome turn out to be nothing more than bumps in the yellow brick road, as they travel the road of OZ.

Song: We Are Family.

DOOR PRIZE AT EACH SESSION