

Encourage your loved ones to foster and strengthen your family's life and love through an easy acronym called:

# F.A.M.I.L.Y.

## Fun Adore Meditate Imitate Labor Yak

### Fun

Do something fun together. Ex: 1. play a board game as a family; 2. create one masterful piece of art as a family [painting, clay, crayon, etc]; 3. play tag, duck duck goose, hide-and-go-seek, arm wrestle, catch, gaga ball, basketball 21 or horse, etc.

### Adore

Pray and adore God together. The Eucharist is the source and summit of our faith and celebrating Holy Mass as a family strengthens our love for God and one another. For times when this is not possible, we can seek and embrace spiritual communion with God and the Church. As a family we can find a prerecorded or live Holy Mass online or on television and watch together. Ex: <https://www.ewtn.com/tv>

We can also utilize the Church's plethora of rich and significant prayers such as the Rosary, Litanies, Divine Mercy, Prayers of the Saints, the Liturgy of the Hours, etc.

### Meditate

Read the scripture readings for the day as a family and reflect on God's Love for your family. Dad and mom can interpret and explain to the kids in a simple and meaningful way what Jesus is telling us and how we can embrace more fully faith, hope and love in our lives. If the children are older, families can also read and reflect together on the Church's documents such as Pope John Paul II's:

Familiaris Consortio [http://www.vatican.va/content/john-paul-ii/en/apost\\_exhortations/documents/hf\\_jp-ii\\_exh\\_19811122\\_familiaris-consortio.html](http://www.vatican.va/content/john-paul-ii/en/apost_exhortations/documents/hf_jp-ii_exh_19811122_familiaris-consortio.html)

Letter to Families [http://www.vatican.va/content/john-paul-ii/en/letters/1994/documents/hf\\_jp-ii\\_let\\_02021994\\_families.html](http://www.vatican.va/content/john-paul-ii/en/letters/1994/documents/hf_jp-ii_let_02021994_families.html)

Prayer Vigil of Families [http://w2.vatican.va/content/john-paul-ii/en/speeches/2001/october/documents/hf\\_jp-ii\\_spe\\_20011020\\_family.html](http://w2.vatican.va/content/john-paul-ii/en/speeches/2001/october/documents/hf_jp-ii_spe_20011020_family.html)

## Imitate Christ

Be compassionate and merciful to one another as a family just as Christ is to all of us. Forgive your sister/ daughter, brother/ son, mom/ wife and dad/ husband the wrongs done against you and ask for forgiveness when you have wronged them. Be kind and care for one another as Christ cares for you. If a family member is ill or is feeling down, attend to them and cheer them up with Christ's joy. Maybe a wholesome joke or a funny story will. To those kids reading this, make your parents laugh today! It's your familial duty.

## Labor

Work together to clean or fix things in the home [dishes, floors, laundry, bathrooms, bedrooms, stains, walls, broken things, etc.] The idea is to do it together. Even if it means changing that light bulb that hasn't been changed in months. Mom and dad can find ways where everyone helps out. Even the littlest in the family has a job to do.

## Yak

Yak does not mean meaningless conversation. But meaningful ways to communicate with one another as a family. Some ways to do this is to take a walk as husband and wife and talk about what is on your heart while holding hands. Siblings can find a quiet place in the home and talk to one another heart-to-heart. Maybe share with one another their dreams of what they want to be when they grow up or maybe talk about the things they love about their family and each other. Parents and child(ren) can share a favorite dessert and mom or dad can share interesting and wholesome stories when they were children. The most important thing is to share and spend time with one another. This means no television, computers, tablets, or phones. Just simple and intimate conversation.

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Well, there you have it. Enjoy. And remember...

"First seek God's Love and there you will find God's Family"

Through the Friendship and Love of the Holy Family,

### **The Cruz Family**

Allan & Nicole Cruz and their little ones:

Joshua, Zechariah, Gianna, Rosalyn, Catherine and Louis

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## Familiaris Consortio Catholic Foundation

“Nourishing the Communion of Life and Love in the family”



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"[T]he family has the mission to become more and more what it is, that is to say, a community of life and love, in an effort that will find fulfillment, as will everything created and redeemed, in the Kingdom of God. Looking at it in such a way as to reach its very roots, we must say that the essence and role of the family are in the final analysis specified by love. Hence the family has the mission to guard, reveal and communicate love, and this is a living reflection of and a real sharing in God's love for humanity and the love of Christ the Lord for the Church His bride."

*Pope Saint John Paul II, Familiaris Consortio, n.17*

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