



Faith-Full Families



Resources and News for the Church of the Home
Archdiocese of Baltimore – Department of Evangelization

August 2010 -- Volume 8, Number 1

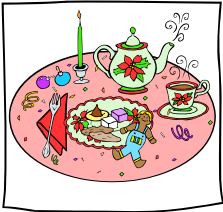


Table Talk Conversation Starters

My favorite summer memory is...

My hope for the coming school year is...

The most interesting new person I met this week was...

A person our family should pray for is...

Today I saw God in...

Eat Dinner with Your Family

Monday, Sept. 27

Family Day - A Day to Eat Dinner with Your Children

- is a part of a national effort to promote parental engagement as a simple, effective way to reduce youth substance abuse and raise healthier children. Family Day is sponsored annually by the National Center for Addiction and Substance Abuse.

Regular family dinners aren't the only way to help keep your kids substance free. Here are some other important things you can do:

- Set a good example.
- Know your child's whereabouts, activities and friends.
- Set fair rules and hold your child to them.
- Maintain open lines of communication.
- Surround your child with positive role models.
- Learn the signs and symptoms of teen substance abuse and conditions that increase risk.

FROM YOUR PARISH..

Faith Formation Schedule for September

Catechetical Sunday will be celebrated on *Sunday the 19th during the 9AM Mass* – please join us as we pray for the many volunteers who dedicate their time to helping our children learn about and share our Catholic faith!

Kindergarten

Sunday the 19th and 26th from 10:45 – Noon

Grades 1-5

Sept. 21st and 28th either: Tuesdays 4:45 – 6PM or Tuesdays 6:45PM – 8PM or Sept. 22nd and 29th : Wednesdays 4:45 – 6PM

Grades 6, 7 & 8

Sept. 20th and 27th: Mondays 6PM – 7:15PM

To learn more about the effort and to see all the support the project is receiving from community and church organizations, visit their Web site, www.CASAFamilyDay.org

CASA has partnered with TV Land and “Nick at Nite” to encourage the event, which can be a fresh start for family togetherness and health. Go to www.FamilyTable.info to pledge to have dinner with your families on Family Day. Last year more than 1.3 million pledges were collected. Site also includes neat plans for a Neighborhood Block Party!

Internet Safety Resources



www.netSmartz.org Tools for parents, educators, children, and teens for safe surfing and blogging.

Disponible en Español!

Log on for Faith-building Tools



Family Meals are the key moments for shaping family faith. Visit

www.duringdinner.com, sponsored by Stouffers Foods, for stories and encouragement

for better family times, plus use the neat template to create and print your own “Story Starter” family placemats on the computer. Everyone leaves the table full...of love

Celebrate the Occasion! Send Catholic Greetings cards for all occasions from St. Anthony Messenger Press. Beautiful free e-cards offer links to deeper understanding of our faith. www.catholicgreetings.org

You Are Not Alone! Remarrying couples find assistance with parenting at Stepfamily Association of America, 800-735-0329 www.stepfam.org Group offers a variety of educational resources aimed at preparing couples for marriage and remarriage, selected articles and other resources.



Books and Resources

What I Wish Someone Had Told Me about the First Five Years of Marriage

--Roy Petitfils

As a counselor, youth minister and young father of two sons, Petitfils knows firsthand that a lasting fulfilling and happy marriage needs planning, hard work, and dedication. He uses stories from friends, clients, and his own marriage to provide advice, humor and practical tips for the newly married. (St. Anthony Messenger Press, 2010)

Raising Kids Who Care -- Kathy Chesto

This experienced Catholic author and parent looks at morality rooted in beliefs about what it means to be human—rules, privileges, respect for other—in a post 9-11 world. (Liguori, 2003)

Into the Abyss of Suffering:

A Catholic View - Kenneth R. Overberg

Rooted in our faith, this small book views our suffering through the lens of Jesus’ human and divine suffering and reassures us that we are loved even in and through our pain. (St. Anthony Messenger Press, 2003)



Un espacio para inspirar, ayudar y exhortar a las parejas de habla hispana a vivir más plenamente su relación

de pareja. Aquí encontraras consejos, historias, testimonios y recursos que te acompañen en tu vida diaria, para llegar a ser un matrimonio feliz. www.portumatrimonio.org

Interfaith and Interchurch

Marriages: Links for Couples

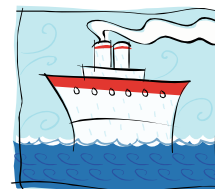
WWW.MARRIAGEPREPARATION.COM/INTERCHURCHANDINTERFAITH.HTM

After 1964, the Catholic Church developed a new approach to couples who share different faith traditions. **GET CORRECT INFORMATION AND SHARE WITH COUPLES YOU KNOW. BE A SOURCE OF WELCOME AND OUTREACH TO FAMILIES.**

VOLUNTEER OPPORTUNITIES

WELCOME THE STRANGER

Apostleship of the Sea provides hospitality and ministry to third-world international seafarers whose ships call at Baltimore harbor. If seeing and serving Jesus in the faces of poor lonely third world seafarers struggling in a tough industry and at times abusive environment intrigues you, give it a try. Training is provided. **PLUS: Christmas outreach project** collects items for sailors far from home—a *family-style* action anyone can do. Contact Msgr. John Fitzgerald at 410-889-0351 or johnlfitzgerald@aol.com



Joy for Your Marriage: *Be Excellent to Each Other!*

Lauri Przybysz, Coordinator of Marriage and Family Life

In Bob and Ted's movie adventure, the time traveling duo spread this message of relationship harmony. In another "excellent adventure"—marriage—consider: How do successful couples you know get along? Are they unfailingly excellent?

Actually, research shows that couples who stay together are...well...nice to each other more often than not.

Successful couples, according to relationship expert John Gottman, in *Why Marriages Succeed or Fail* (Simon and Shuster, 1994) "maintained a five to one ratio of positive to negative moments" in their relationship.

Couples heading for divorce, on the other hand, allow that ratio to slip below one-to-one.

In the list below, explore ways you can choose to continue to grow together and love one another. **In successful marriages, spouses...**

- Enjoy each other's company
- Laugh a lot together
- Want their relationship to succeed
- Work at making it successful
- Regularly show signs of affection for one another
- Appreciate and lovingly seek to meet each other's sexual needs
- Develop a sense of closeness in nonsexual ways
- Like one another as persons
- Regard marriage as sacred religious commitment
- Commit themselves for the long haul
- Share a similar vision of life
- Share common interests and enthusiasms
- Take pride in each other's achievements
- Encourage one another to undertake and sustain important life projects
- Value the institution of marriage
- Commit themselves to the public support of marriage in society

Your marriage is important to you and your children, and also to the Church and the whole society. Aim for Five to One!

Take the Time for Family!

Associate with other families who care about their faith to strengthen your family and your marriage. Start a **Christian Family Movement** group in your parish or neighborhood. Simply invite a few friends to meet once a month to discuss and plan ways to live their faith daily – and have fun doing it! Members of this Catholic lay organization (National Office: www.cfm.org 812-962-5508) receive program books and leader materials to create an **action group** that builds family faith and Christian community. Also great for mixed-church families, since it starts in your home! Call Marriage and Family Enrichment to get an **Easy Starter Kit** that has all you need to get a group going, featuring *Taking the Time to Make a Difference*. 410-547-5420.



Support Groups for Divorced, Separated, and Widowed



Friends of Mercy (F.O.M.) of Baltimore is a support group which helps people adjust to the crisis of being separated, widowed or divorced -- "single again". On an ongoing basis, FOM provides activities which include:

- monthly meetings where professional speakers address topics of interest to singles,
- discussions and rap groups that educate adults in the process of life
- a variety of social & spiritual activities

Members come from many social, economic and religious backgrounds. Together we form a special community - an organization of single people striving to provide acceptance, understanding and opportunities for healing, growth and new lives.

Visit www.friendsofmercy.org

Faith-Full Families e-Newsletter is published quarterly for families across the lifespan by the Archdiocese of Baltimore Division of Catechetical Formation, Department of Evangelization. Parishes and schools are invited to add their own news and distribute it to their families.

Editor: Lauri Przybysz, Coordinator of Marriage and Family Life lprzybysz@archbalt.org 410-547-5420.



WIN – WIN for Everyone in the Family

To be a Christian family is to be called to give life and to care for life. Within our family lies a home-made holiness that sometimes gets disrupted when we don't know how to handle the everyday conflicts. Each family member is unique, but we can learn to work together so that everyone is compelled to attack the problem and not each other in times of conflict. Unscramble the feelings that someone might have during or after a conflict:



creasd



rgnya



sptue



fnodec



tnceot



drsrfuttea



yhpap



enlyol

Think It Through

To achieve a "win-win" solution, families need to listen, talk about feelings, respect each individual, and forgive mistakes in a trusting environment where values are learned.

My family fights by.....

I deal with my anger by.....

When things get difficult in our family this is how we work things out.....

Act When we find ourselves in a conflict we will follow these guidelines:

1. Identify the problem
2. Focus on the problem
3. Attack the problem, not the person
4. Listen to each other
5. Treat each other with respect
6. Take responsibility for my actions.

At a family meeting share with each other how you will implement these guidelines.

Scripture "If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your Father forgive your transgressions." Matthew 6:14-15

ANSWER
KEY:
scared
angry
upset
confused
content
frustrated
happy
lonely



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