Year of the Family

**Growing Families**

**Say Grace before and after meals with members of your family.**
Grace before meals: Say your own. Here is a traditional one.

Bless us O Lord, and these your gifts, which of your goodness we are about to receive, through Christ, Our Lord. Amen

**Phone a family member**
Make a phone call to a family member you haven’t spoken to for some time.

**Research your family tree**
Open up a conversation with some of your family members to find out the history of your family.

**Pray a blessing on your family each day.**
May the blessing of our God be upon you. The blessing of the Father and the Son and may the Spirit of God, the Spirit of Love, be with you always.

**Reach out to those who don’t have family members close by**
Visit someone who may be lonely and invite them to join your family for a meal or activity.

**Make one evening ‘family movie night’**
Make time to stay in and watch a family movie together.

**Have dinner together as a family**
Turn off all electronic devices so that there is an opportunity to share what has happened during the day.

**Go on a family picnic**
Try to make time to go on a family picnic—maybe invite extended family members along.

**Go to Mass**
Attend Mass together as a family and pray for each other.

**Go for a walk as a family**
Catch up on the happenings of the day and walk and talk together.

**Choose a family commitment**
Choose to do something together as a family in service of others eg. donate no longer needed clothing to St Vinnies, help another family that needs some assistance.