



Faith-Full Families



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

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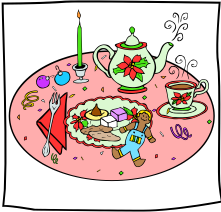


Table Talk Conversation Starters *¡Hablamos!*

My favorite summer memory is...
Mi recuerdo favorito de verano es ...

My hope for the coming school year is...
Mi esperanza para el próximo año escolar es...

The most interesting new person I met this week was...
La nueva persona más interesante que se reunió ha sido...

A person our family should pray for is...
Una persona de nuestra familia debe orar por es...

Through the Door of Faith...and into the Home!

Pope Benedict XVI recently announced that he would launch a Year of Faith on October 11 to help Catholics appreciate the gift of faith, to deepen their relationship with God and to strengthen their commitment to sharing faith with others.

The Pope explained his intention in an apostolic letter, *Porta Fidei*.

In the letter, Pope Benedict wrote, "The door of faith is always open for us, ushering us into the full communion with God and offering entry into his Church. It is possible to cross that threshold when the word of God is proclaimed and the heart allows itself to be shaped by transforming grace. To enter through that door is to set out on a journey that lasts a lifetime. It begins with baptism..."

So, we realize that the journey begins at home!

"What the world is in particular need of today is the credible witness of people enlightened in mind and heart by the word of the Lord and capable of opening the hearts and minds of many to the desire for God and for true life, life without end."

– Pope Benedict XVI

Each Christian family should consider how they will respond to this request.

- What can I do to put my faith into practice more effectively?
- How is the door to our home like a Door of Faith?
- What do I need to learn to respond to this call?
- How can my family reach others and invite them through the Door of Faith?

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Eat Dinner with Your Family Monday, Sept. 24

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.

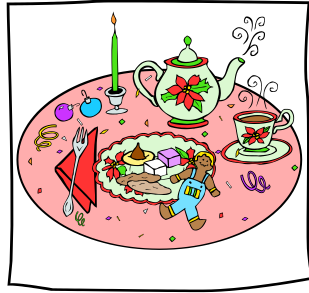
Regular family dinners aren't the only way to help keep your kids substance free. Here are some other important things you can do:

- Set a good example.

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Eat Dinner with Your Family, continued

- 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.



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

Be a Family Day Star!

I commit to:

S- Spend time with my kids by having dinner together

T- Talk to them about their friends, interests and the dangers of drugs and alcohol

A- Answer their questions and listen to what they say

R- Recognize that I have the power to help keep my kids substance free! Last year more than 1.3 million pledges were collected.

YEAR OF FAITH AT HOME,

Continued from p. 1

The Pope's letter calls everyone to a concerted effort to rediscover and study the fundamental content of the faith found in the Catechism.

A valuable resource for adults is the United States Catholic Catechism for Adults (2006) and the accompanying Reader's Journal (2007), both of which are available from USCCB Publishing. The USCCA is laid out in an engaging style and provides resources for further study, while the Reader's Journal could be used by individuals and groups. You might consider asking a few friends to

join you once a month during the Year of Faith for such a study.

Pope Benedict calls us to renew the faith in our hearts: "It is faith that enables us to recognize Christ and it is his love that impels us to assist him whenever he becomes our neighbor along the journey of life. Supported by faith, let us look with hope at our commitment in the world, as we await 'new heavens and a new earth in which righteousness dwells' (2 Pet 3:13; cf. Rev 21:1)."

The Year of Faith will officially begin Oct. 11, 2012, the 50th anniversary of the opening of the Second Vatican Council, and will end Nov. 24, 2013, the feast of Christ the King. The starting date also marks the 20th anniversary of the publication of the Catechism of the Catholic Church, which the pope described as "an authentic fruit of the Second Vatican Council."

The complete text of the apostolic letter *Porta Fidei* is available here

http://www.vatican.va/holy_father/benedict_xvi/motu_proprio/documents/hf_ben-xvi_motu-proprio_20111011_porta-fidei_en.html

Archdiocesan Married Couples Retreat

A Prayerful Beginning of a Year of Faith for Your Marriage!

October 13 at St. Paul, Ellicott City with Fr. Matt Buening



Treat your spouse to an afternoon with you...and the Lord! Begins at 1:30 and concludes with 5:00 Mass and Renewal of Vows. \$10/couple

Register with Family Life Office, cmahaley@archbalt.org; 410-547-5406

7th Annual Serendipitous Soulful Slumber Party - a girls' weekend and a great fundraiser for the O'Dwyer Youth Retreat House in Sparks, MD



September 8th & 9th

For more details and to register, contact Jackie Mather at jlam@archbalt.org



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



Log on for Faith-building Tools

Encouragement and practical help for raising your children

<http://www.familylife.com/articles/topics/parenting>

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.

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



Disponible en Español!

Books and Resources



Catholic and Newly Married: 5 Challenges and 5 Opportunities

By Steve and Kathy Bierne

Experienced marriage preparation leaders and writers

provide an engaging and upbeat little book that makes a fine gift to the newlyweds in your life—and provides a shot in the arm for couples no matter how long they have been married.

www.ACTAPublications.com

Why Children Matter

By Johann Christoph Arnold

Raising a child has never been more challenging. Many people doubt that they have what it takes or that their family will not weather life's storms or fear losing their children to the prevailing culture.

Johann Christoph Arnold's latest book, *Why Children Matter*, arms parents--and anyone who cares about children--with time-tested wisdom and common-sense advice on how to hold a family together and raise children with character, despite the odds. Forward by Cardinal Timothy Dolan.

Download the book for **free** here

<http://www.plough.com/ebooks/whychildrenmatter.html> or you can order the paperback on Amazon.



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. Simply invite a few friends to meet once a month to discuss and plan ways to live their faith daily

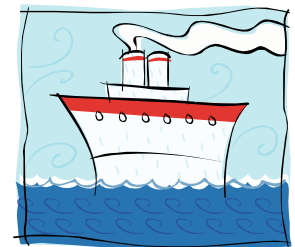
– and have fun doing it! **Christian Family Movement** provides easy directions for a parish or home gathering. Members of this Catholic lay organization (National Office: www.cfm.org 812-962-5508) receive program books and leader materials. Call Marriage and Family Life office to get an **Easy Starter Kit** that has all you need to get a group going, featuring *Taking the Time to Make a Difference*. 410-547-5420.

VOLUNTEER OPPORTUNITIES

WELCOME THE STRANGER

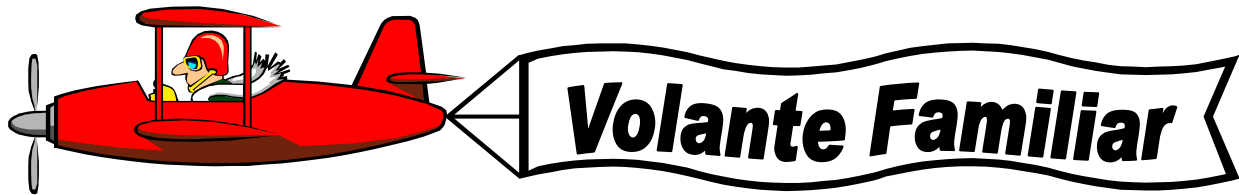
Apostleship of the Sea provides hospitality and ministry to third-world international seafarers whose ships call at Baltimore harbor. If seeing and serving Jesus in the faces of poor lonely third world seafarers struggling in a tough industry and at times abusive environment intrigues you, give it a 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



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.

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410-547-5420.



GANAR – GANAR PARA TODA LA FAMILIA

Ser una familia Cristiana es ser llamado a dar vida y a preocuparse por la vida. Dentro de de nuestra familia existe una santidad hecha en el hogar que a veces se trastorna cuando no sabemos como manejar los conflictos diarios. Cada miembro de la familia es unico, pero podemos aprender a trabajar juntos para que cada quién esté comprometido a atacár el problema y no el uno al otro en tiempos de conflicto. Desenredar los sentimientos que alguien pueda tener durante a despues de un conflicto.



dimeo



ojcare



asmrtoro



scfoniuo



tsgauo



rufstdaro



notcetno



osio

Piensenlo

Bién

Para llegar a una solución de “ganar-ganar”, las familias necesitan escuchar, hablar de sentimientos, respetar a cada uno individualmente y perdonar errores en un ambiente de confianza donde se aprenden los valores.

Mi familia pelea asi.....

Yo manejo mi coraje asi.....

Cuando las cosas se ponen dificil en nuestra familia, asi las arrelamos.....

CONTEST
ACCIÓNES:
miedo
coraje
trastorno
confusion
agusto
frustrado
contento
solo

Actúen

Cuando nos encontremos en un conflicto seguiremos éstas guías: 1. Identificar el problema 2. Enfocarnos en el problema 3. Atacar el problema, no a la persona 4. Escucharse uno al otro 5. Tratarse uno al otro con respeto 6. Tomar responsabilidad por mis acciones. En una junta familiar compartan cada uno como se implementarán éstas guías.

Escritura “Porque si ustedes perdonan a otros el mal que les han hecho, su Padre que está en el cielo les perdonará también a ustedes; pero si no perdonan a otros, su Padre no les perdonará a ustedes sus pecados.” Mateo 6: 14-15

Recursos Fundación de Educación de Paz/Peace Education Foundation <http://www.peaceeducation.com/>
Instituto Para Paz y Justicia / Institute for Peace and Justice <http://www.ipj-ppj.org>



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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:



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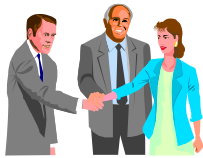
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Think It Through

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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