



## *November's Family Challenge*

“Can you play with me?” These words are often spoken by our children. To a parent, they can be met with anxiety as the list of undone tasks runs through the mind, or the exhaustion of the day engulfs us. But Pope Francis reminds us that the beauty of simple togetherness is a way to foster family harmony and deep joy.

This month's theme is to just play together. Find one simple way that your family can spend undistracted time simply enjoying each other's company.

Suggestions:

- ♦ Play a board game or a card game together.
- ♦ Take a nature walk
- ♦ Slow down and spend some time with your children looking at life from their point of view.
- ♦ Invite another family to play with you.

Share your plan at our December *Family Formation* meeting and enter the drawing for the monthly prize.



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*I would like to ask you all a question today. But each of you keep it in your heart and take it home. You can regard it as a kind of “homework”. Only you must answer. How are things when it comes to joy at home? Is there joy in your family?*

*Dear families, you know very well that the true joy which we experience in the family is not superficial; it does not come from material objects, from the fact that everything seems to be going well... True joy comes from a profound harmony between persons, something which we all feel in our hearts and which makes us experience the beauty of togetherness, of mutual support along life's journey. But the basis of this feeling of deep joy is the presence of God, the presence of God in the family and his love, which is welcoming, merciful, and respectful towards all. And above all, a love which is patient: patience is a virtue of God and he teaches us how to cultivate it in family life, how to be patient, and lovingly so, with each other. To be patient among ourselves. A patient love. God alone knows how to create harmony from differences. But if God's love is lacking, the family loses its harmony, self-centredness prevails and joy fades. But the family which experiences the joy of faith communicates it naturally. That family is the salt of the earth and the light of the world, it is the leaven of society as a whole.*

*Dear families, always live in faith and simplicity, like the Holy Family of Nazareth! The joy and peace of the Lord be always with you!*

*-Pope Francis*

SOURCE

[http://w2.vatican.va/content/francesco/en/homilies/2013/documents/papa-francesco\\_20131027\\_omelia-pellegrinaggio-famiglia.html](http://w2.vatican.va/content/francesco/en/homilies/2013/documents/papa-francesco_20131027_omelia-pellegrinaggio-famiglia.html)

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