

A Family Prayer

Loving Father bless all we do in our families.

Bless those who leave the house each day
to earn the money that others might live.

Keep them safe on their journeys
and give them a peaceful day.

Bless those who after returning from work
then make our meals, iron our clothes
and make sure we are cared for.

Bless those who go off to school or college,
let them enjoy each day and grow in
knowledge and wonder of you and your world.

Bless those who stay at home and are caring
for or being cared for by another,
let them see you daily in this situation
and never let them feel loneliness or despair.

Bless all those who are caring
for children on their own,
give them strength to be all they need
to be for themselves and their children.

Bless the divorced and separated,
let them experience your nearness
and not give way to bitterness.

Father give us all that understanding that
each and every member of our family is
precious in your sight and that what we
do for each other we do for you.

We ask this through Christ our Lord,
who is the way, the truth and the life
for ever and ever. Amen.

Peter Barrigan

A message from Bishop John Hine, Chair of the Bishops' Committee for Marriage and Family Life.

"I am delighted that **National Family Week** is being launched with a call to celebrate family life because for the last three years we in the Catholic community have been doing just that: Celebrating Family: Blessed, Broken, Living Love. We recognise the importance of taking time to celebrate the blessings of family life. Families tell us these are the time they spend together and the love they share. Families are at the very heart of both life and love. As such they are also very close to the heart of God. That's certainly something to celebrate!"

Find out more about Home is a Holy Place at
www.homeisaholyplace.org.uk



Family Days in

Welcome to
National Family Week
25th to 31st May 2009

A celebration of you and your family

National Family Week is celebrating you and your family. In its first ever year, this new initiative has one simple aim - bringing families together! This leaflet has been produced as part of the Celebrating Family initiative of the Catholic Church in England and Wales. We recognise the importance of taking time to celebrate the blessings of family life. Family life can be really tough – there's no doubt about that. But the good times are well worth celebrating – by parishes as well as families. **National Family Week** is a great opportunity for parishes to celebrate and show unequivocal appreciation for families - in all their joys and struggles, whatever their stage of life.

There are hundreds of Family Week events and activities taking place across the country, encouraging people to celebrate being part of a family. Check what your parish and school is organising during this week. Feel free to copy and share this resource.



In the Kitchen

Cooking can involve messy play with doughs and mixtures and creative play with decorating. Recipes are also a good way for children to learn how to follow instructions. Here are a few ideas:

Pitta bread is an easy pizza base. Use tomato puree, grated cheese or whatever you have in your cupboard or fridge as toppings.

Make and decorate cakes or biscuits. Use food colouring in the icing and embellish with hundreds & thousands and other edible decorations.

Here's an easy shortbread recipe:
You will need 4oz/125g butter, 2oz/55g caster sugar and 6oz/180g plain flour. Beat the butter and the sugar together until pale. Stir in the flour to get a smooth paste. Turn on to a work surface and gently roll out until ½in thick. Cut into rounds or fingers and sprinkle with a little extra caster sugar. Put on a baking sheet and chill for 20 minutes. Heat the oven to 190C/375F/Gas 5. Bake in the oven for 15-20 minutes until pale golden. Cool on a wire rack.

Play dough recipe. You will need one cup of plain flour, half a cup of salt, 2 tbsp of cream of tartar, 2 tbsp

of oil, one cup of water and some food colouring. Mix the flour, salt and cream of tartar together, then add one cup of water until smooth. Add colouring and the oil. Cook on a medium heat stirring constantly, for about five minutes or so until the dough forms into a ball. Then set aside to cool. Store the dough in a plastic container to prevent it from drying out.

Make models from paper-mâché: Tear up old newspaper into tiny pieces and mix in some home made glue (flour and water), until the paper becomes a mushy pulp. If it turns too wet, squeeze out some of the excess glue. Once you have made your model, allow to dry then decorate.

In the Garden

Planting can be done both outdoors and indoors. If you don't have an outdoor garden, choose something that can grow in a window box.

Easy things to grow include: radishes, sweet peas, marigolds, lettuce, cornflowers, tobacco plants (don't worry, you won't be producing any tobacco!), sweet peppers, tomatoes, dill, thyme, parsley, rosemary, lavender, coriander, oregano, sage, spearmint, tarragon, chives, basil, chervil, sweet bay and of course sunflowers!

Coloured jumbo chalk is great for outdoor art on walls, fences and paving stones and washed off in the rain. Call on Granny to share the rules of hopscotch and have a family competition.

Pick flowers from the garden and allow them to dry out for a while. Place them between two sheets of paper and press them by laying heavy books on top. Once they have dried fully, your family can use them to create cards, bookmarks or collages.

www.thekidsgarden.co.uk has lots more fun ideas and advice on things to do in the garden.

The Home Cinema

Why not recreate the cinema experience at home with a family DVD and some popcorn?

For toffee popcorn, melt 50g of butter and add 50g of brown sugar and 2 tbsp of golden syrup. Add a pinch of salt and mix into the popped popcorn.

For sweet and spicy popcorn, melt 50g of butter and add 3 tsp of sugar, 2 tsp of cinnamon, 2 tsp of cumin, 2 tsp of paprika, 1 tsp of salt, and a pinch of cayenne pepper to taste. Then mix into the popped popcorn.

