

A Family Prayer

Loving Father,

help us to reflect the life of Christ in our daily lives through the normal and everyday events that we experience as a family.

Help us to accept new challenges and responsibilities; to learn to forgive each other after family disputes;

to help and care for those in our family who are elderly or sick,

and to express love for each other that strengthens our family bonds.

May we be aware of your presence as we celebrate together our family achievements and reach milestones in our lives.

Do not let us forget that you are still with us in times of trouble and distress.

May all we do and experience each day, give us the tools to create an environment for our human and spiritual growth.

We make this prayer through Christ our Lord.

Amen.

Chris Callan

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 Out

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.



Travelling

Before using public transport, check the internet for special deals on family travel. For example, www.familyandfriends-railcard.co.uk/landing/ gives details on railcards.

Galleries and Museums

Many galleries and museums have free entry with a suggested donation. They are great places for the whole family with so much to see and do together. Quite a few galleries and museums also have child friendly areas and activities – check their websites. To find your local galleries and museums, go to <http://www.culture24.org.uk/places+to+go> or www.daysoutuk.com/daysout_step1.htm

Cinemas

Matinees are usually cheaper than evening showings. You can also get good deals for films shown in the morning at weekends. Have a look on your local cinema's website or ring them for information on their special offers.

City Farms and Fruit Picking

Farms are a great way to experience the countryside without travelling too far. Find out where your local city farm is on www.farmgarden.org.uk. Picking your own fruit and veg can help beat the credit crunch and eat healthily. Visit www.pickyourown.org/unitedkingdom.htm to find a local 'pick your own' farm.

Picnics

National Family Week is aiming to break the world picnic record on Bank Holiday Monday (May 25th) so why not join in the fun? Picnics can be as cheap or expensive as you want them to be. Visit www.nationalfamilyweek.co.uk for information on how to register your picnic. To find a good local picnic spot, visit www.picnicshop.co.uk/am/picnicLocator

At the Seaside

A trip to the seaside has been a family favourite for generations. Collecting pebbles and shells, exploring wildlife and building sand castles are just a few of the activities the seaside has to offer. Go to www.goodbeachguide.co.uk/search.php to find all the good beaches in the UK.

Forests and Parks

Forests and parks are great for walks with the family, whatever the season. Collecting fallen leaves is a good way to identify local trees and can be used to make colourful rubbings with pencils and crayons. The website www.forestry.gov.uk has a great 'tree naming trail' to help you. (Click on the 'woodlands for learning' link to find it.) this section. Cheap birdfeeders can be made out of pine cones. Simply spread it with smooth peanut butter and roll it in birdseed. Then use twine to hang it up outside.

Forests and parks are also a great place for bird spotting. Take pen and paper to note size, feathers, beak, colour and behaviour of the bird. Go to www.rspb.org.uk/wildlife/birdidentifier/ to identify which ones you've spotted. Can you find evidence of any other animals living nearby?

Special Offers

Make sure to check the National Family Week website for any special offers for days out associated with the week. www.nationalfamilyweek.co.uk/view.Special-Offers

