

## Event Recaps

### Quarterly Gathering: Praying as a Family

For our quarterly November event, we heard from Chris and Melissa Wojnar on the topic of Praying as a Family. Here is a quick recap:



1. You must live and nourish your faith. Actions speak louder than words. Listen to religious podcasts such as The Bible in the Year by Fr. Mike Schmitz.

2. “Families that pray together as a family stay together.” Find moments to pray together: during a walk, at night, before an

event, or car rides.

3. Nourish your marriage. It is the foundation of the family. Take a weekend getaway 1-2x/year. Check in with your spouse.
4. Have dinner as a family at least 1-2x/week and make sure to say grace.
5. Try to connect with your children in any way you can. Sports, superheroes, scavenger hunts, etc...

### Stump the Priest

During all Saints Day, the children dressed up as different saints with the hope of stumping Father and Sister. Some succeeded. Our smallest saint dressed up was only weeks old and had just been baptized! Fr. Ignacio successfully guessed his saint of Maximilian Kolbe.



## Family Corner: The Holy Family

Each newsletter we will highlight a family in our Nazareth community. During the month of December we will highlight the most important of all families!

The Holy Family, the Family we seek to imitate consists of a hard-working man, a loving and patient mother and Jesus. How can we as imperfect families relate to the most perfect natural family?



A week after his birth, I don't think Mary was getting much sleep quite yet. What would she be doing in those late nights? Praying, loving, praising our Lord for such a Miracle!

Spiritually, over and over again, they would share stories of the Old Testament. Memorize them and make the words come to life! As prescribed, fasting was a common practice. The temple was more than an hour from their home and still they went. In what small ways can we imitate the Holy family?

Just like all our lives, things don't go according to our "perfect" plan but God's perfect plan. For the Holy Family, neither the pregnancy nor the marriage had been what was expected but God made straight the curved lines of their lives which became the most amazing story of all! Imagine what God can do with our crooked lines!?!

## Spousal Intimacy/ Chapters

Intimacy with your spouse is vital in a relationship. As Catholics we are called to the fullness of intimacy, which includes: emotional, physical and spiritual.



During our last meeting Father Ignacio introduced a type of spousal prayer called **Chapters**. A method of praying with your spouse done once a month, just the two of you.

-You begin the prayer **invoking the Holy Spirit**

-Ask **forgiveness** to your spouse for ways that you might have hurt them during the last month. Reverse roles.

- Followed by giving your spouse **thanks** or highlighting their great qualities (be specific!) that you have seen in the last month. Reverse roles again.

As we enter into this prayer, later we will learn how to charitably correct each other's imperfections...but we are not quite there yet! Let's continue to make that time and practice deepening our prayer with our spouse.

### Stay Tuned

We will be launching our Nazareth Facebook page.

Some things coming up on this page:

- Date night ideas & events
- Gifting of clothing, toys or furniture
- Parenting tips
- Prayer requests
- Meal trains and MORE!

## Prayer for Our Family

*This prayer was given to us by Saint Teresa of Calcutta. It's a wonderful prayer to pray with your family once or over and over. Consider having one person pray or alternating family members after each sentence or paragraph.*

Heavenly Father,  
you have given us the model of life  
in the Holy Family of Nazareth.  
Help us, O Loving Father,  
to make our family another Nazareth  
where love, peace and joy reign.  
May it be deeply contemplative, intensely eucharistic,  
revived with joy.

Help us to stay together in joy  
and sorrow in family prayer.  
Teach us to see Jesus in the members of our families,  
especially in their distressing disguise.  
May the eucharistic heart of Jesus  
make our hearts humble like his  
and help us to carry out our family duties in a holy way.  
May we love one another as God loves each one of us,  
more and more each day,  
and forgive each other's faults as you forgive our sins.  
Help us, O Loving Father, to take whatever you give  
and give whatever you take with a big smile.

Immaculate Heart of Mary, cause of our joy, pray for us.  
St. Joseph, pray for us.  
Holy Guardian Angels, be always with us,  
guide and protect us.

Amen.

We look forward to seeing you again soon! Holy Family of Nazareth, pray for us.

## Upcoming events

- January 10- Alpha Begins! [Sign up](#)
- February 4th (1st Saturday) - 4th Event. Topic: Conflict Solving- by Marriage counselor Patricia Mackie
- April 1st (1st Saturday) - 5th Event. Topic: Discover your love languages and Strengths by the Gerdin's
- June 3rd (1st Saturday) - 6th Event.