

Event Recaps

Bi-Monthly Gathering: Receiving and Giving love

Thank you to all who came out and listened to Tyler and Eileen Gerdin speak on Receiving and Giving Love: the Love Languages in Your Marriage. If you couldn't make the meeting, here are some highlights from the talk:

- Giving love does not necessarily mean that the other person (spouse/child/family/friend) is receiving the love in a way it 'fills their love tank'.
- There are 5 major types of love languages and each person might have one or two where if they receive this type of love language then their 'tank' gets full.

The major love languages are:

1. **Acts of Service**- actions speak louder than words, the person feels loved and nourished by things that are done for them or the people they love.
2. **Receiving Gifts** - to this person receiving a heartfelt or thoughtful gift that says I'm thinking about you means the world.
3. **Quality Time**- give the other person your undivided attention, make eye contact, share goals, feelings, do active listening, don't interrupt, etc is the way to their heart.
4. **Words of Affirmation**- verbal complement, words of appreciation, affirmation on how much you appreciate the other person. Tone matters!
5. **Physical Touch**- feel loved by hugs, or holding hands, touching their arm, massages, cuddling, standing in close proximity to them, to name a few.

Here is a quick free online [quiz](#) to test YOUR love language. What is your love language? What is your spouse's love language?

Calendar Changes

Just a reminder, we are now meeting every other month. This is because we want to make sure that families stay connected and having such a long time between meetings meant we didn't see each other as a large group very often. It also meant that if a family was unable to attend a meeting then it was almost 6 months before they would see the entire group again at a talk. We felt for both of these reasons every other month was a better cadence for talks.

General information

We have launched our Facebook group! It is private, but searchable if you search "Nazareth Family Group". This Facebook group is another location to post questions, share recommendations and ideas, get events going, post kid items/clothes, ask for prayer requests and so much more. We also have a tab on the St. Michael website which is located [here](#). The website has lots of resources including: retreats in 2023, family prayer resources, Natural Family Planning, and motherhood, just to name a few. We highly recommend taking a look to see if any of these or other resources could be helpful.

Other events

Romeria: Come and celebrate our lady of Fatima with a small pilgrimage where we will pray the 3 rosaries, one on the way to our lady, one in front of her and one on the way back.

When: May 13th (Saturday) from 9:30-11:30am

Where: The Grotto

Who: All ages

Thank you Rita and Jose Valero for organizing this event!



CORPUS CHRISTI (June 9th):

In preparation for Corpus Christi, St. Michael's will be hosting 24 hours of adoration June 8th and June 9th. Friday, June 9th from 10-11am will be reserved for families. Bring yourselves and your children and teach them how to pray without worrying that they are being too loud. Just come and be with Jesus.



If you have any ideas for any events, either post them on Facebook or let the core team know and we can get the ball rolling!

Daycare and Donations

During our next event we will be putting out a basket for any donations.

We are asking all families to prayerfully consider donating to Nazareth to help cover the lunch that we provide daycare volunteers as a thank you for all their help! While we cannot pay volunteers for their time, we think it only appropriate to buy them lunch for giving up a few hours of their Saturday, so that we may all enjoy a quiet environment to listen to each talk, and have time to converse and grow as a community.

Family Corner: The Valero-Brugarolas

Each newsletter we will highlight a family in our Nazareth community. The hope is to get to know each family in the community, find families who enjoy similar things, and ultimately grow closer.

Rita and José are both from Spain. They met in college in Valencia and got married on the feast of the Holy Family almost 10 years ago! They have two beautiful kids: Ada (4yo) and Lucas (1.7yo).



They arrived at St. Michael's 7pm Sunday Mass by chance/Providence when they were late for all other Masses in the area, and kept coming after that. Now they can be seen at the 10am or Saturday Vigil Mass.

They enjoy hiking and having gourmet picnics in nature with a view, listening to audiobooks during long drives while kids sleep in the back, and futbol (aka soccer). José is an active member of St. Michael's soccer players.

Fun fact: "We got married in San Juan del Hospital (oldest church in Valencia, 1238) and the priest was Rita's brother, the same that later baptized our daughter Ada, but not the same brother that baptized our son Lucas. :)"

Holy Family of Nazareth, pray for us.

Upcoming events

- June 3rd (1st Saturday) - 6th Event - Nourishing your Marriage by *Jonathan and Allison Ciraulo*
- August 5th (1st Saturday) - Family Day
- October 7th (1st Saturday)- 7th Event- TBD