

Nazareth

FORMING LUMINOUS
& JOYFUL FAMILIES



Event Recaps

Quarterly Gathering: Conflict Resolution

This month's meeting was the largest gathering of families we have had so far, **19 in total!** Thank you to all who came out and listened to Patricia Mackie speak on conflict resolution. If you couldn't make the meeting, here are some highlights from the talk:



1. Remember you are human (we are not God and cannot do everything all the time).

2. Come to the table in cooperation with the Holy Spirit: praying *for* your spouse, praying *with* your spouse, even praying to

God in the midst of your spouse out loud, so they can hear what is on your heart that you might not say otherwise. "God I can't, you can, please do".

3. Develop rituals: focus on relationship building and less on problem solving.
4. Create a "yes" environment:
 - a. Physical: take care of basic biological urges when they come up
 - b. Neuro system: know yourself and what your triggers are
5. Be willing to acknowledge there is a nail in your head: [It's Not About The Nail - YouTube](#)

Calendar Changes

If you were unable to attend our February meeting we made some calendar changes. Our original schedule was every 3 months or quarterly, including our Family Day.

As a core team, we felt it best to increase our meetings to every other month for a few reasons. 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 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, titled "Nazareth Family Group". This Facebook group is another location to post questions, share recommendations and ideas, get events going, post kid items/clothes, share prayer requests and so much more. We also have a tab on the St. Michael website, 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.

Each family was given an Icon to hang in their homes, if you were unable to attend or didn't grab one on your way out, please grab any of the core team at our next meeting to get yours.



Daycare and Donations

If you are a parent whose child attends the daycare provided during our meetings we encourage you to bring in at least one toy for your child to play with during our meetings. We do not have the budget to purchase toys

and with so many kids attending with such age ranges it ensures that your child has a toy that brings them joy. We are also asking parents to consider donating any (even just one) toy that is not as loved at home to our daycare for other children to play with during our talks.

We are asking all families to prayerfully consider donating to Nazareth to help cover the cost of food, drinks and the daycare volunteers. 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, have time to converse and grow as a community.

Family Corner: The Bushs

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.



For anyone who doesn't know, PJ has a great talent for writing and when I asked the Bush's to be the family for this edition of the newsletter PJ didn't disappoint... what you are about to read, is not that! PJ's letter was a bit too long, but absolutely beautiful and I REALLY recommend you ask them to tell you their story as it is beautiful. Here is my short version of their wonderful story, hobbies and how they grow spiritually.

PJ and Emily have a 2.3 year old son, Timoteo. They could have met at OSU In 2005 and might have even

brushed paths, but were destined to meet later in life at a Quest course (Alpha) in 2014 that they were a part of. They started spending more time together in 2015, became friends and eventually started to date (after PJ taught Emily some guitar). At some point during their dating relationship PJ decided he was open to marriage one day and wanted to be intentional about courting and that he wanted to do that with Emily. They were married at St. Patrick's on August 11, 2018, which happened to be the feast day of St. Clare. They have been a part of the St. Michael community since 2017 and can be seen attending the 10 am mass as a family and the 7pm mass when PJ leads music.

For activities, they used to enjoy hiking and hunting in the summer and fall, but have shifted to walks around their neighborhood now that they are parents. As Timoteo grows, the intentional outdoor activities will come back into season.

They find that Morning Prayer (Lauds) on Saturdays is particularly fruitful in their spiritual growth. It is spiritually centering and the intercessions are a good moment to add additional prayers for their extended families and friends.

In some of PJ's own words: "One of my best friends got married soon after we graduated from OSU. When he became a father, he shared with me that "kids keep you young". It was perhaps an obvious thing, and I didn't disagree with him, but for some reason it stuck with me. I mention it now because I can say it's true. I've laughed more in my life since getting married and becoming a dad than I have in the total of my life beforehand. Lastly, all I can say is that giving our lives to others and pouring love into them is always worth it, no matter what it looks like or how it compares to other families or cultural norms. May the Lord be the one who fills the years we have together and make them fruitful and worth the little while they will be until we see Him in eternity. "

Holy Family of Nazareth, pray for us.

Upcoming events

- April 1st (1st Saturday) - 5th Event - Topic: Receiving and giving love: the love languages in your marriage
- June 3rd (1st Saturday) - 6th Event - TBD
- August 5th (1st Saturday) - Family Day