

JOYFUL HOMES AREN'T PERFECT

They celebrate!



Celebrations are not just a nice bonus, they are an important part of building a strong family life. *What* we celebrate is an effective way to communicate our values to our kids, and *how* we celebrate becomes a crucial element of our family culture: a warm way for members to stop their routine and connect around what's important.

As a family, discuss:

- What are my favorite holidays of the year and why?
 - What's one small thing I'm glad our family celebrates?
 - What are the most important things to us as a family?
- How can we be more intentional about celebrating them?

Pick one practice this month!

One small, attainable goal sets us up for success.

- Too many holiday treats around? Freeze some to have on hand later when you want to celebrate an unexpected win (or a feast day that sneaks up on you!)
- Celebrating is a great way to pass the faith to our kids! Choose a few significant dates to your family, decide on a simple way to celebrate, and set a reminder:
 - Baptismal anniversaries
 - Favorite family saints' days
 - Favorite feast days
 - New liturgical seasons
- Help each other build virtue by celebrating positive new habits, (i.e. a day without lying, a week of working out, etc.)
- Make a point to recognize genuine effort, not just outcome.

NO NEED TO NAIL IT



Ah, the internet. A great place for birthday party ideas... and a dose of "mom guilt!" Your family celebrations don't need to be Pinterest Perfect to meet the needs of your family.

Here's all you need:

1. **An occasion**— holidays, feast days, birthdays, anniversaries, a step completed toward a goal.
2. **Recognition**— briefly step outside your routine with a prayer, a special meal, a hug, a treat or a note.

That's it! Now go enjoy!

Scripture of the Month: Psalm 118:24

This is the day the **LORD** has made,
Let us **rejoice** and be glad in it.

Want more ideas and encouragement? www.archkcks.org/celebrate