



To: All Parish Presidents, Christian Family Life Chairpersons
CC: London Diocesan Council
From: Kathy Levesque, London Diocesan Chairperson, Christian Family Life
Date: September 10, 2016

Directive # 2

Welcome back everyone from your “summer vacation.” The children are all happy to be back in school to continue their education and get back into a regular routine. I think we are all happy to get back to our regular routines.

Fall brings on lots of activities, school and homework. We seem to get busier and busier. We also need to get back into a routine for family time. Time to sit down and have a meal together, to talk about what happened to everyone that day and most important of all time for family prayer.

In this generation of electronics, it is sad to say that the art of communication is being lost. Between texting, ipads, phones, and social media our social skills are lacking. I have had the experience that when I am talking to my grandchildren, I am actually ignored as they too are immersed in their ipads.

Please find below an excerpt from “Sarah Hart Family Time”. This is interesting.

“My husband and I hold an evening conference with our kids called "10 minutes with mom and dad". We even have a theme song that we wrote for it. Of course, it always turns into more of a "30-40 minutes with mom and dad". It's a gathering time with NO DEVICES, and we each get to take turns picking a topic we want to discuss. Last night was "making new friends and the awkwardness of relationships at school". I wish I had had a video camera, because it was the most hilarious conversation I had ever been a part of! BUT...the most important part was the fact that both girls said "we wish it was as easy to talk to people at school as it is to talk to you, mom and dad". And that is exactly how it should be! The girls keep the lines of communication open because we INSIST on keeping them open. And FAMILY should be the ultimate safe place, the soft place to land, the judgment-free zone. It's harder than ever for families to be family; there are so many distractions. I love that we found just a tiny way to wade through the muck of teens



and technology! And sure, sometimes our conversations lead to "oversharing"....but I'd rather our kids overshare, than shut us out. Any day!"

I think that the “Sarah Hart Family Time” is great! I challenge everyone to just try something like this. If we could put our electronic devices away for an hour or two at night or on the weekend, we could be a family unit enjoying each other’s company. Try having a movie night together or just playing board games. No TV! Communicate with each other! My grandson would say to me, is this what it was like in the “old days”.

Please find below Prayer for Family.

Prayer for Family

Heavenly Father, Please shine your light upon my family. Give us strength to overcome all of the difficulties that we are dealing with now and protect us against any and all problems we may encounter in the future.

O Lord, please bring us together as we are meant to be. May the love that binds us only grow stronger as we fulfill the destiny you have laid out for us. Grant my family forgiveness for any sins we have committed. May we also forgive one another Lord, as it is sometimes difficult to do. Bless us Lord, in your name I pray, Amen.

Kathy Levesque