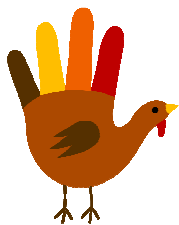


The COLLECTION Basket



NOVEMBER 2016

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Volume XXXI Number 12

IDEAS FOR LIVING BETTER FROM THE FAMILY LIFE OFFICE

Family Ritual

Display photos of deceased loved ones on a wall, buffet or table during the month of November. Make sure you include a military person on November 11th. Light a candle each evening and talk about how God's love shined in their lives and how they influenced your life.

*May You Always
Be Loved*

For Everything Give Thanks

H. I Tupper

*For all that God in His mercy sends;
For health and children, home and friends,
For comfort in the time of need,
For every kindly word and deed,
For happy thoughts and holy talk,
For guidance in our daily walk,
For Everything Give Thanks!*

*For beauty in this world of ours,
For verdant grass and lovely flowers,
For song of birds, for hum of bees,
For refreshing summer breeze,
For hill and plain, For streams and wood,
For the great ocean's mighty flood,
For Everything Give Thanks!*

*For sweet sleep which comes with night,
For the returning morning's light,
For the bright sun that shines on high,
For the stars glittering in the sky,
For these and everything we see,
O Lord, our hearts we lift to thee.
For Everything Give Thanks!*

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Fr. Brian Cavanaugh, T.O.R.



Significant Moments For Our Family "A Prayer for our Ancestors"

It is difficult to imagine, O God, the many persons who journeyed before us and now are with us in our minds and hearts. Their lives prepared the way for us. They endowed us with the gifts of personality, culture and religious belief. Their lives continue to shape our lives and the lives of those who will follow us. Enable each of us to relish and savor the precious gifts handed down to us through the generations. May our history remind us of your unending and unchangeable love for each of us. Amen.

Revisiting the family tree brings memories to mind!



Reprinted from a publication of The Family Life Office
Diocese of Altoona-Johnstown.

Word of Life

"Thanks be to God, we agree on the fact that terrorism of any kind is a perverse and cruel choice which shows contempt for the sacred right to life and undermines the very foundations of all civil coexistence. If together we can succeed in eliminating from our hearts any trace of rancor, in resisting every form of intolerance and in opposing every manifestation of violence, we will turn back the wave of cruel fanaticism that endangers the lives of so many people and hinders progress towards world peace."

—Pope Benedict XVI, Meeting with representative of the Muslim community, August, 2005

Finding Laughter

Laughter keeps us mentally healthy. It's almost impossible to feel angry, depressed, anxious, guilty or resentful in the middle of a good laugh. But many of us, especially as we get a little older, actually forget how to find the funny side of life. How do we find laughter in our lives?

- ◆ Start the day by smiling at yourself in the mirror. Beginning with a good, solid chuckle helps set the right mood for the whole day.
- ◆ Have contact with children, even if it's just observing kids in stores, at church or the playground. Kids are a guaranteed source of laughter.
- ◆ At least once a day, remember something that made you laugh when you were a kid.
- ◆ Look for laughter on television comedies or from rental movies. Don't forget the oldies—the Marx Brothers' movies and the Laurel and Hardy short clips show the universality of humor over time and place.
- ◆ Look for the opportunities to do fun things. Just finding fun can bring pleasure.
- ◆ Remember: laughter is contagious and so is grumpiness. Be with people who laugh. It's possible to forgive someone a great deal if that person makes you laugh.
- ◆ Read a funny book on a bus. Trying not to laugh in front of strangers is guaranteed to get you laughing.
- ◆ Recognize the silly in the stressful. Hint: imagine during a stressful time—like a doctor's visit—how you will re-tell it to your friends later to get a laugh.
- ◆ Don't hesitate to fake it. Whether laughter is forced or spontaneous, the same muscles are used. Keep smiling and you'll find that real laughter is not far behind.
- ◆ Never feel guilty about your laughter since it's the way your body and your spirit help you to cope.
- ◆ And most of all, remember the cardinal rule: Blessed are those who can laugh at themselves, for they shall never cease to be amused.

Laughter isn't work, but it can take a little work to get it back in our lives. But once we do, we begin to find laughter anywhere. And it will change our lives for the better. Warning: Humor may be hazardous to your illness.



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Foster Sacredness in your Daily Life

How often do we thank each other for doing all those little things to help?

Do we have the habit of doing for others only if we are repaid for our efforts?

Do we make visitors at our door, in our yard, borrowing our belongings welcome as if it were Christ asking?

How often have we thanked each other for the gift we are to each other?

Reprinted from **Sacred Space in the Home**

published by the Family Life Office, Diocese of Altoona-Johnstown.

Families and the Gospel

November 6 Luke 20:27-38

The question of the Sadducees to Jesus is framed in a story about a family with seven brothers and their sister-in-law. Through story telling, families remember their shared past and expose the companionship of God in their lives from generation to generation.

November 13 Luke 21:5-19

So many conflicting voices and influences make parenting difficult. In today's gospel Jesus encourages parents to bravely "give testimony" and trust He will give us the "wisdom" to be good parents. You are not alone in parenting; a loving Father is standing with you.

November 20 Luke 23:35-43

Today's gospel reminds us the Kingdom of Heaven is not like Disney's Magic Kingdom. Admission to Christ's Kingdom is paid with the currency of acceptance, forgiveness, compassion, service to others, love of enemies and care for the poor and defenseless.

November 24 Thanksgiving Day

We only need to look at the love and forgiveness in families to see signs of the Kingdom unfolding in our lives. This Thanksgiving give thanks for the signs of the Kingdom in your family.

November 27 Matthew 24:37-44

In today's gospel Jesus advises: "Stay awake, watch out, and pray for the strength to hold your ground" when "fearful and bewildering signs" appear threatening your family. Resist being fearful; fear cripples! Instead pray for the strength to be courageous.



A Family Perspective by Bud Ozar