

2 Possible activities

- 1) Consider and share ways you experience St Paul's teaching on love in your family, extended family, school or in your communities.
- 2) Each one of us is special, unique and loved by God, so also are all our families. Families take the shape of many different forms. All types of families are special, unique and loved by God.
How many different types can you suggest? Examples include: Traditional, Fostered, Adopted, Single Parent, Divorced, Extended Families. This is not an exhaustive list.
- 3) From your own experience, outline and share some key qualities and gifts that contribute to having stable, caring, happy and loving families. Suggest any strategies you could use when relationships go wrong to rebuild and maintain them.
- 4) The Sacrament of Marriage is a union of man and woman and is a reflection of the love between Christ and the Church, and the love of God. It also represents a formal and legally-recognised commitment, intended to be lifelong.

Pope Francis teaches: *"Marriage is a daily job. We could even say it is like craftsmanship. In a way it is like being a goldsmith, because a husband makes his wife more of a woman, and she in turn should make her husband a better man."*

Research details of a 'Marriage preparation course' and write a report on ways you think it helps couples prepare for this sacrament.

3 Pause and reflect

Reflective music

The Bible is God's love-letter to His people. That means each of us hears God's love spoken specially to us. Lord, you invite us to "love one another as you have loved us", and, so we make the Sign of the Cross as a sign of love and reverence.

*"In the name of the Father,
and of the Son and of the Holy Spirit,
Amen"*

As we turn the music down, each of us is invited to thank God for some experience of love experienced.

Ponder the following thought:

*"Small things, done in great love,
bring joy and peace."*

St Teresa of Calcutta

4 Prayer

'For our families and all families who pray the family prayer:
Our Father...'

*The degree to which
I can create relationships with
facilitate the growth of other
separate persons is a measure of
growth I have achieved in my life.*

Carl Rogers

5 Sing

'We are one in the Spirit.'

[Celebration Hymnal for Everybody]

*When my arms can't reach
the people close to my heart
I always hug them with my prayer.*

www.whatmakesmyheartsing