

St. Katherine of Siena Rectory

Lent 2019

Dear Parents and Families.

Grace and peace!

Every study available shows that time spent within the embrace of the family positively impacts a child's self esteem and progress. Every other outside influence helps to strengthen the positive experiences begun in the home.

In light of these studies and as a way for your family to bond especially during the Lenten season I offer you the following nine activities as an opportunity for you and your children to strengthen familial bonds. I took these activities from an article recently published in *Our Sunday Visitor*.

- Plan or go on a family outing
- Cook or Bake something together
- Go outside at night to look at the stars and the universe
- Watch a movie
- Make something
- Help someone
- Play games together
- Attend School or Church activities
- Pray together

I will add my own "activity" to this list and that is **attending weekly Mass as a family.**

As you are well aware, there is no magic formula or secret potion to make that "perfect" family that some might have us think possible. But more positive time spent together will help you see that your family is the perfect family for you.

Why not take the time this Lent to strengthen the bonds in your family. Any one of these activities will get you moving or continuing on a positive road.

God Bless You,

Monsignor Kennedy