

Fall 2013

HOUSEHOLDS OF FAITH

# HOMELINKS

Family Newsletter

## Your Family Week



GATHER THE HARVEST  
STEWARDSHIP OF GOD'S CREATION

Fall means harvest season!  
Apples, pumpkins, squash and so much more  
produce is now in season.

### Monday

#### 5 Minutes of Silence

Mondays are always hectic and busy days. As a family, have a 5 minute period of silence together. You may find that this helps you to relax and re-focus!

### Tuesday

#### "Taco Tuesday"

Many families have a "meal night" like pizza night or "taco tuesday". What's your family meal? Make routine meals, like tacos, vary by adding different flavors and ingredients.

### Wednesday

#### Weekend Wonder!

We all get excited for the weekend on Wednesday: the halfway point! As a family, sit and plan one weekend event (other than Mass!) to do together.

### Thursday

#### Parent's Night

We sacrifice a lot for our children. Teach them about service and character by having your children do *something* for you today. Is it dishes? Is it taking a walk? Is it raking the leaves? Don't shield your children from the effort you put in your daily life, **show them**.

### Friday

#### Day of Abstinence and Fasting

Abstaining from meat isn't just for Lent. Discover the Catholic tradition about this practice at <http://www.fisheaters.com/fasting.html> to learn more about it!

## FAMILIES AND THE HARVEST

Caring for God's creation is one of the seven themes of Catholic Social Teaching. Here in the Diocese of Rochester we are blessed not only with bountiful farms, orchards, and vineyards; but also with the people who care for the land, harvest our crops, and share abundance with others. Here are two ways that your family can share in the bounty:

Take the time and effort necessary to prepare a family meal using local produce, shared family recipes, and prayer and thanks for those who grew the food and prepared the meal. Use recipes that highlight your family heritage or feature local produce. For

example, check out <http://www.nyapplecountry.com> for great recipes featuring New York apples!

Part of the joy of gathering abundance is sharing abundance. As a family, find ways you can care for God's creation, but also care for God's people as well. Can you preserve foods to last you through the winter and donate the funds you would have spent? Could you make batches of soup to share with sick members of your parish?

