

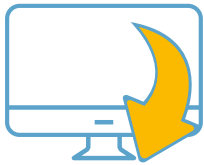
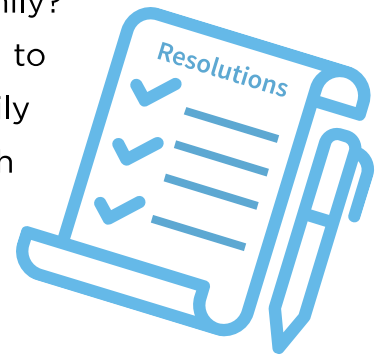


# January

## Family New Year's Resolutions

### WHAT IS THIS INITIATIVE?

An opportunity for a family conversation on the question: Are there any new year's resolutions we want to make as a family? A simple family new year's resolution sheet is available to download. This is connected with a few key points on family life from *The Joy of Love*. This is promoted in the parish around the new year, particularly on the Feast of the Holy Family.



### WHAT RESOURCES ARE AVAILABLE AND WHERE?

- A family new year's resolution sheet is available on the WMOF website and can be downloaded, copied and distributed.
- Alternatively, families can be encouraged to download the sheet themselves.



How much better family life would be if every day we lived according to the words, "please", "thank you" and "I'm sorry" ;





## HOW DOES THIS WORK IN A PARISH?

- 1** Decide on how you want to promote this initiative, by downloading, copying and distributing the materials, or by promoting their availability on the website.
- 2** Promote the initiative at the Masses in the lead up to the new year, especially weekend Masses on 30 and 31 December, which celebrate the Feast of the Holy Family.
- 3** Pray the official WMOF prayer during the Mass of the Feast of the Holy Family. Encourage families to pray the prayer together and sign the resolution sheet, displaying it in a prominent place in the home.



## WHY TAKE THIS INITIATIVE?

- New year's resolutions are part of the popular culture. Inviting families to consider family resolutions offers an interesting development on this practice.
- Some of the practical suggestions that Pope Francis makes on how we care for each other in family can be popularised through this initiative.

