



**Masayang FAMILIA...  
Naglilingkod sa Sambahayan,  
sa Sambayanan**

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**Sept 24 - October 1, 2016**

# Goals for the Workshop:

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To assist the different Family-Life Ministries in the Dioceses, Parishes and National Lay Organizations in encouraging and training more married couples to assist other couples.



As Pope Francis said:

“Groups of married couples enable other couples to be generous, to assist other families and to share the faith; at the same time they strengthen marriages and help them grow” (AL 229).





## Goals for the Workshop:

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For everyone to support the thrust of the CBCP during this “Year of the Family and the Eucharist.”

# Goals for the Talk :

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**Encourage families to formulate a Family Mission/ Purpose Statement according to God's purposes**



## Goals for the Talk :

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**Share the  
F.A.M.I.L.I.A.  
strategy to  
strengthen your  
family life .**



# F. – Formulate a FAMILY MISSION/PURPOSE STATEMENT

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- What is a Family Purpose Statement?
- Consequences of not having a Family Purpose Statement
- Benefits of having a Family Purpose Statement

# What is a Family Purpose Statement?

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It is a very simple definition of how we envision our family to be. A statement that defines how we are going to live-out **God's purposes** in our **personal** and **family life**. It's a growing summary of our **collective ideals** that will motivate the whole family towards a **life of significance**.

# Ephesians 1 :11-12

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In Him, according to the **purposes** of Him who accomplishes all things according to the counsel of His will, we who first hoped in Christ have been **destined** and **appointed** to live for the praise of his glory.



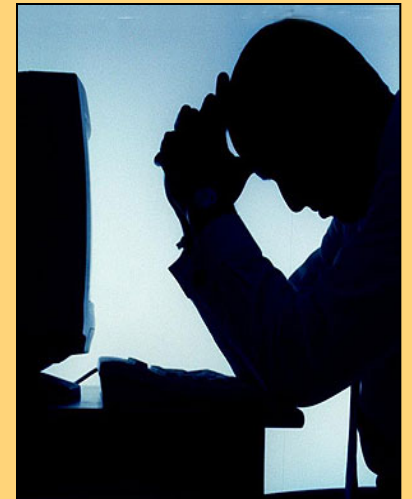
# Consequences of not having a Family Purpose Statement

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Life becomes **complicated**.



Life becomes **tiresome**.



Life becomes **unfulfilling**.

# Having a Family Purpose Statement will:

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**Simplify your Life** - it clarifies what you want and what you don't want.

**Give you Focus** - allows concentration on the things that matters most.

**Give your life Meaning** - ignites passion

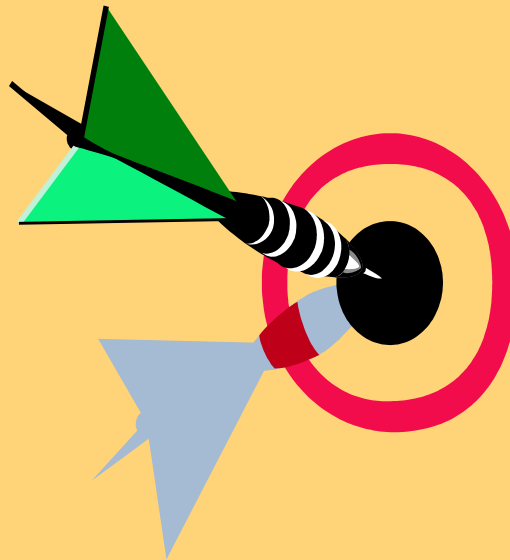
**Motivate the Family** - towards achieving a common goal.

**Prepare all of you for Eternity**

# A clearly written-out Family Purpose Statement ...

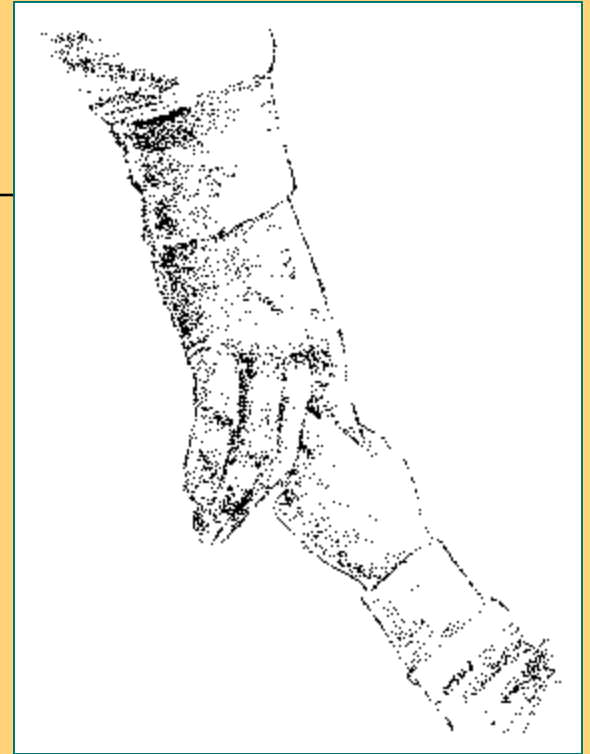
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... clearly sets our **family direction**  
towards the **goals** we have set.



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Teaching our kids to live their lives with a purpose at an early age will familiarize them to their **calling** and will make their **personal purpose** more discernible as they grow older







WHAT WE'D LIKE TO BE

THE CRUZ FAMILY VISION/ MISSION STATEMENT






What we'd like to be,  
is a happy family  
Strong in trials, rain or shine,  
Helping to make all things fine.




Knowing how to say "I'm sorry".  
Making peace and showing mercy.  
Serving each other out of love  
Singing praises to God above.



Spending time to play and pray,  
Loving each other, come what may.  
Respecting each other, day and night,  
Standing up for what is right.





Grateful for the blessings that come  
Working hard 'til the chores are done.  
A family that is giving and caring,  
Forever proclaiming ... "Jesus is King!"

That is what we'd like to be,  
As the CRUZ Family.



# Buzz Groups/Workshop

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- Where are you now as a family?
- Share at least five of your own “What we’d like to be?”



# A - Animate

## Family Worship / Devotions!

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The Greatest Commandment- "You shall love the Lord Your God with all your heart, with all your soul, and with all your mind. This is the first and the greatest commandment."

Matt 22: 37

Families need to declare who is First and the Greatest in their individual and family life.



# A - Animate Family

## Worship/Devotions!

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**“Offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship.”**

Romans 12:1

# How do we “Animate” our offering?

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- Make a plan for the seasons. Ex. Advent Wreath-good deeds; Lent-purging and Seder; Easter- feasting; Christmas- Counting Blessings
- Establish a regular family prayer time. (ACTS)
- Special Days of Prayer Ex. Lord’s Day or Sabbath (special desserts)
- Help them appreciate the Liturgy. Ex. Prime them to listen to the Homily

Are you spending enough **TIME**  
with your **FAMILY**?

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It takes **TIME** and  
conscious effort  
to grow  
a strong family...

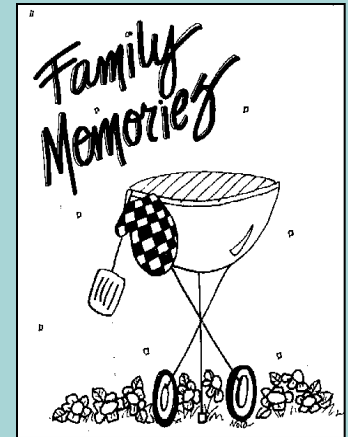


# M. – Maximize Family Mealtimes and Encounters

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## PLAN REGULAR FAMILY TIMES

- ✓ **Eat** together – common meals, remove distractions
- ✓ **Read** together and **Play** together – invest in games and books
- ✓ **Work** together – give chores
- ✓ **Pray** together – before meals, rosary, Lord's Day, Sunday mass, prayer meetings
- ✓ **Weekly Family Time** (1-3 hours just for the family)
- ✓ **Plan Family Schedules** and upcoming events





# PLAN REGULAR FAMILY TIMES

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- ✓ **Create family keepsakes** - family newsletter, videos/ movies, albums, family chest
- ✓ **Build family traditions** – birthdays (honoring, home-made cards), liturgical seasons (Lent : Stations of the Cross, Seder Meal, Easter Vigil), family vacations
- ✓ **Share important concepts about life** – teaching moments to emphasize family values (death, separation, sex, etc.)
- ✓ **Share talents** - with family members and guests

# I. – Give Individual Attention

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How many among us here grew up thinking that "*my parents do not know the real me*"?

How many among us here feel that we are more "friends with our children" than our parents were with us?

How many among us here recognize that we spend very little "one-on-one" time with our kids?

# Some very Basic Truths ...

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- We are busy, tired and pressured most of the time.
- Time flies and our children will only be with us for a very short time.
- Time wasted on our children is an **INVESTMENT** and not an expense.
- Quality Time can never be without Quantity.



# Giving Individual Attention to our Kids will ...

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- Allow us to get to know who our children *really* are : how they think, what they like and what they care about.
- Make them feel that they are loved and special.
- Give us the opportunity to discuss some very important issues without making them feel threatened.
- Develop friendship and openness.



# How Can We Give Individual Attention?

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- Spend “good time” with each of them. This needs some scheduling.
- Care and pray for them when they are sick.
- Read to them.
- Assist them in their test reviews and assignments. There we learn their learning styles.

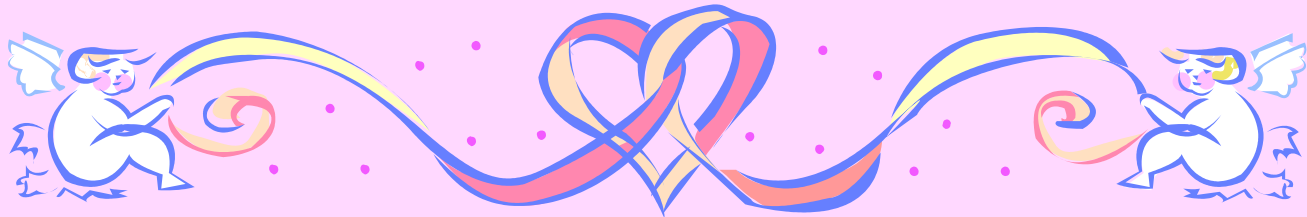
Ex. 6, 12, 18,24,30,36,42,48,54,60. The more we learn their styles, the better we can teach them.



# L. – Learn their Love Language and Love Unconditionally

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Love unconditionally.  
Love the way your spouse and  
children need to be loved.  
Learn one another's  
"Love Language"



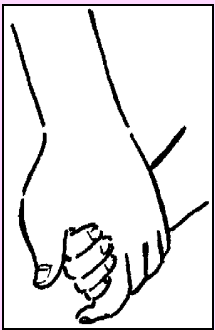
*We need to ensure that each family member's  
Emotional Love Tank never runs empty ...*

# The 5 LOVE LANGUAGES

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By : Dr. Gary Chapman

The person feels *genuinely* loved  
when there is ...



**PHYSICAL TOUCH** – physical affection  
and touching : hugs, kisses, strokes,  
back scratches, massage



The person feels *genuinely* loved  
when there are ...

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**WORDS OF AFFIRMATION** – words  
of affection and endearment ,  
sincere praise and compliments,  
encouragement, “how was your  
day?”, chat times





The person feels *genuinely* loved  
when there is ...

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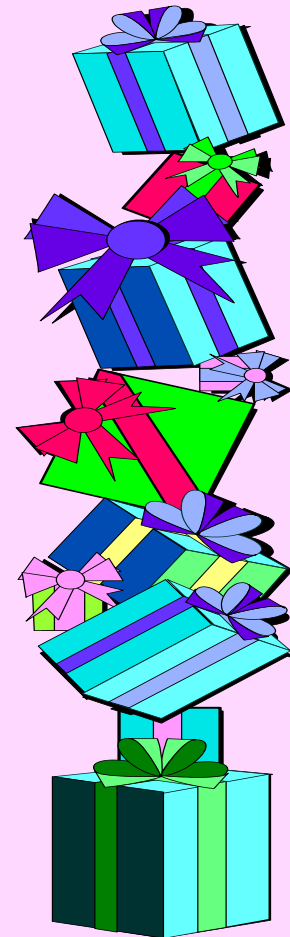
**QUALITY TIME** – undivided/ focused  
attention (e.g. one-on-one, games,  
family times)



The person feels *genuinely* loved  
when there is ...

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**RECEIVING OF  
GIFTS** – tokens  
and tangible  
expressions of  
love and  
thoughtfulness



The person feels *genuinely* loved  
when there are ...

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## **ACTS OF SERVICE** –

doing things for the person  
to be of assistance (e.g.  
help with tutoring and  
school project, fix broken  
toys, do errands)



# Buzz Groups : What is the LOVE LANGUAGE ...

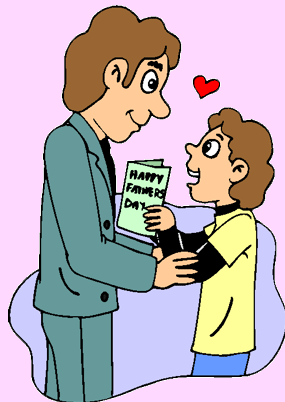
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- that you prefer the most?
- of your spouse?
- of each of your children?

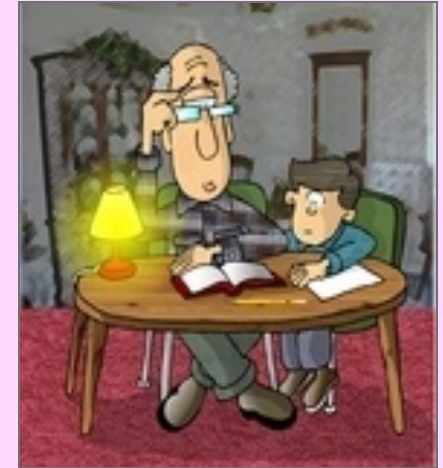


**Physical  
touch**

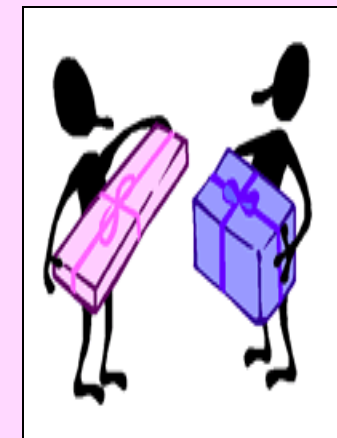
**Words of  
Affirmation**



**Quality  
Time**



**Acts of Service**



**Gifts**

***Nobel Peace Prize Awarding Ceremony ...  
"How can we promote world peace?"  
Mother Teresa : "Go home and love your families."***

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Healthy, loving and peaceful families  
beget a peaceful nation.

Peaceful nations beget a

peaceful world ...

... it all starts in the

**FAMILY!**



***Let us strive to keep the Emotional Love Tanks of our  
spouse and children always full ...***

# I. – Inspire the Family to Greatness

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Who were your models?

Whom do your children look up to?

We need to provide our children good models of virtues and challenge them to be holy.

***"Make it your holy ambition  
to be holy!"  
(Pope JPII)***

# How do we inspire them?

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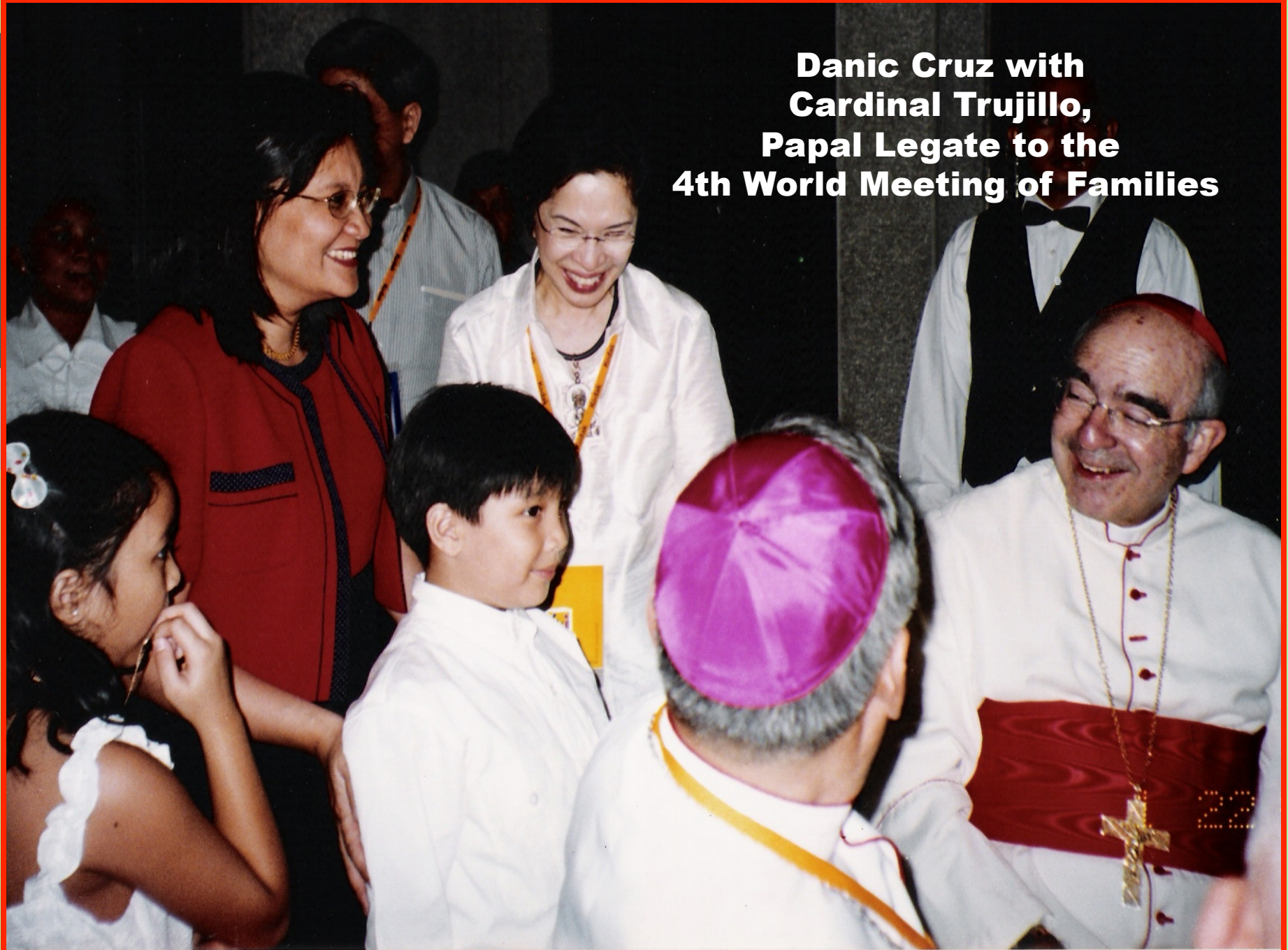
1. Set role models. “I want to be a saint!”



**"I want to be a saint!"**



**Danic Cruz with  
Cardinal Trujillo,  
Papal Legate to the  
4th World Meeting of Families**





# How do we inspire them?

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1. Set role models. “I want to be a saint!”
2. Teach them duty to God and Country.

# Pa, daughter decry bold TV scenes

Oct 21, 1999

To: Mr. Maximo V. Soliven  
Publisher  
The Philippine Star

Dear Mr. Soliven,

I am sending to you a letter of my daughter to our President after seeing some bold scenes on T.V.

I promised her that I will send this letter to the Excellency President Estrada.

Can you please help this little one share her thoughts to the President and hopefully to your readers too?

Thank you very much.

*Handwritten signature*

Raymond Daniel H. Cruz Jr.  
15-C Samar Ave. Q.C.  
Tel no: 924-1695  
Chairman - Youth Committee  
Council of the Laity of the Phils.

Dear pangulong Erap Sumilat ako  
kasi Gusto ko na wag  
na mag pakita na mang-a  
hubad kasi baka  
lalung dumami ~~\_\_\_\_\_~~  
dumami ang Paog reverer.

From: Gianne Erika A Cruz  
7 year Old na katirasa  
15-C Samar Ave, kesop  
City  
tel.no 9241-695

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na magpakita na mang-a  
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lalung domami kasi baka  
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From: Gianne Erika A Cruz

7 year Old na katirasa

15.C.Samar Ave, keson

Sityu

tel.no 9241-695

# Teach them duty...

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- a. We should train our children in *duty* and *responsibility* (to God, to family, to the society), rather than allowing them to be controlled by pursuit of pleasure, self fulfillment, "my rights," and "I deserve" (Luke 17:10).
- b. We should teach them to serve the family, their parents, and the community.

# How do we inspire them?

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1. Set role models. "I want to be a saint!"
2. Teach them duty to God and Country.
3. Surround them with good people.
4. Be that example! Someday they may become like us!



## A. – Attend Support Groups

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Families—and the children in them—should be part of a wider extended family and a community of Christians (Eph 2:19). These provide:

- 1) A social environment that supports our Family Purposes.
- 2) Friendships and models that supports our Family Purposes. (Prov 13:20)

## A. – Attend Support Groups (cont.)

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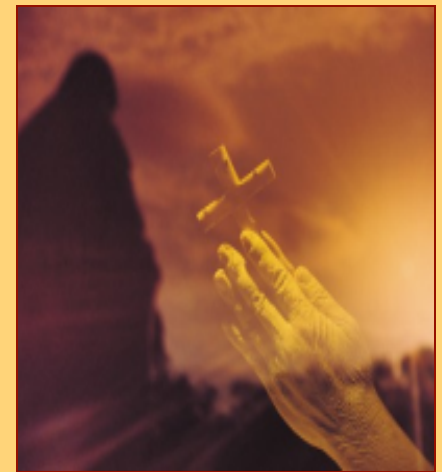
- 3) Youth programs and a youth peer group that supports our Family Purposes.
- 4) Serving a “common cause:” individually and together as a family
- 5) A consistent investment in community life does not necessarily “take away from family time.” It can help to build a stronger family life.

# Conclusion

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***"The future of humanity  
passes by way  
of the family."***

**(Pope JPII)**





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**Do  
Whatever  
It  
Takes!**



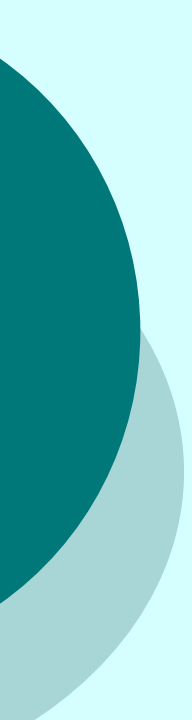
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I Offer My Life

## Refrain :

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Lord, I offer my life to You  
Everything I've been through  
Use it for Your glory!  
Lord, I offer my days to You  
Lifting my praise to You  
As a pleasing sacrifice  
Lord, I offer You my life.



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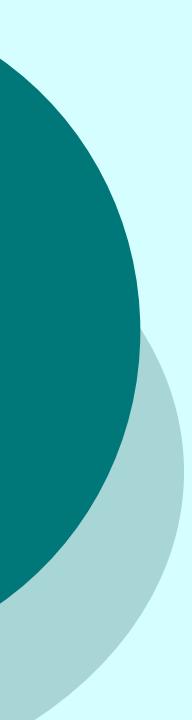
All that I am  
All that I have  
I lay them down  
Before You, O Lord  
All my regrets  
All my acclaim  
The joy and the pain  
I'm making them Yours.

## Refrain :

---

Lord, I offer my life to You  
Everything I've been through  
Use it for Your glory!  
Lord, I offer my days to You  
Lifting my praise to You  
As a pleasing sacrifice  
Lord, I offer You my life.





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Things in the past  
Things yet unseen  
Wishes and dreams  
That are yet to come true  
All of my hopes  
All of my plans  
My heart and my hands  
Are lifted to You.

## Refrain :

---

Lord, I offer my life to You  
Everything I've been through  
Use it for Your glory!  
Lord, I offer my days to You  
Lifting my praise to You  
As a pleasing sacrifice  
Lord, I offer You my life.



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**Thank you and  
God Bless Your Families!**