

CathFamily's Best Of



Jan 2014

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Keeping it
simple this
summer, we
bring you the
'Best Of' to kick
off the New Year

Jan 2014

This Month...



- We 1 New Year's Day
Mary, Mother of God
- Su 5 **The Epiphany**
Jesus Star of Bethlehem
- Tu 7 St Raymond of Penyafort
- Su 12 **The Baptism of the Lord**
My Beloved Child
- Fr 17 St Anthony of Egypt
- Su 19 **Ordinary Time 2**
The Chosen One
- Sa 25 Conversion of St Paul
- Su 26 **Ordinary Time 3**
Follow Me
Australia Day
- Tu 28 St Thomas Aquinas

What a year 2013 has been! Things move so quickly with 2014 already upon us! This month, in the name of keeping things simple, CathFamily have put together a 'Best of', reflecting on where we have been over the last year or so. This then sets the perfect frame for an exciting new year at CathFamily HQ.

We wish you all a peace-filled Christmastide and a blessed New Year!

Peace and Blessings,

Kiara Pirola, Editor-at-large

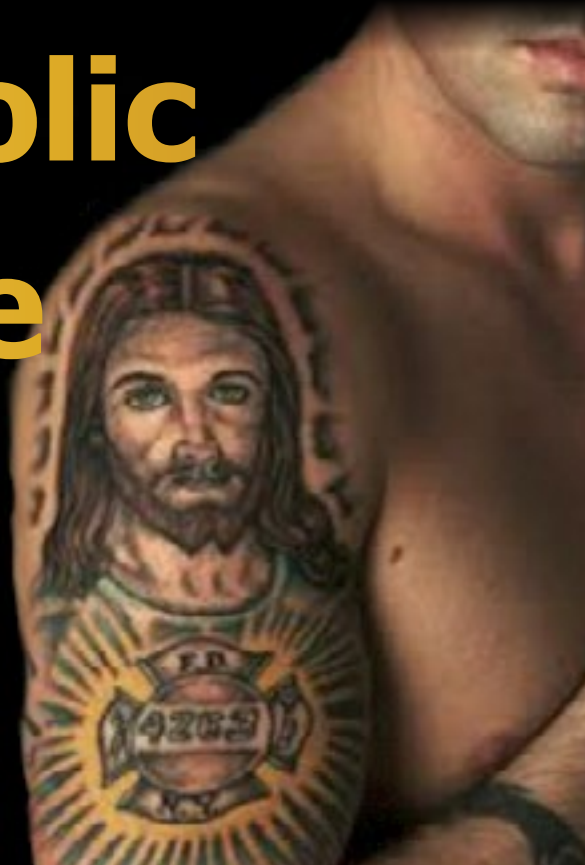


Best of: Feature Articles

Catholic to the MAX

September 2012

By Francine Pirola



Despite GFC's, most of us still live pretty comfortable lives... How much does God feature in yours?

Are you 'Catholic lite' or 'Catholic to the Max'?

As the Olympic Games conclude, it is difficult not to be impressed by the religious commitment of the Muslim athletes who competed even as they adhered to the extreme fasting regime of Ramadan. Yet, it is not so long ago that Catholic devotional practice called for similar commitment, a commitment which many Orthodox churches continue to this day....

Best of: Feature Articles

On a Mission from God

August 2013

By Kiara & Pirola

Priests and Nuns and Brothers don't grow on trees!

There has been a lot of discussion in recent decades about the decline in vocations. Indeed this has come to a crisis point in the western world with parishes closing and merging, religious orders dwindling into aged care homes and seminaries standing empty.

However, this is not the only story about vocations...

Best of: Feature Articles

Tough Love

Teaching kids self-control and responsibility

April 2013

By Dr Justin Coulson

Self-control is the ability to say “no” when you really want to say “yes”, or to say “yes” when you’d prefer to say “no”! Self-control is delaying gratification and controlling our impulses.

A classic experiment on self-control

In 1972 one of the most iconic, well-known psychology experiments of all time was conducted by a psychologist named Walter Mischel. Mischel wanted to discover how children responded to an opportunity to exercise self-control...

Best of: Craft Activities

St Mary MacKillop Drama

Why not re-enact The life of St Mary of the Cross? The activity comes with PDF costume instructions and a Script as well. We even put together a little video which is a fantastic resource for any school or catechist program.



Make an Oil Lamp

Oil Lanterns were the main source of light at night or in the home in Jesus time. Make your own oil lamp and use it at family prayer times to have a sense of Jesus' presence.



Best of: Craft Activities

Resurrection Garden

A great gift alternative to the standard chocolate this little garden is a wonderful symbol of hope and joy for your family's prayer space or garden.



Days of Gratitude

Encouraging your kids to cultivate gratitude is setting them up for a healthy, resilient adulthood. Why not get your family on board with this Gratitude Calendar? This flexible template allows your family to record daily things, people, or experiences that they are grateful for in the day spread AND a blank space is included for sticking pictures, notes, and other memorabilia for that month.



Best of: Prayer Rituals

Bedtime Blessing

Blessing is an ancient practice and common element in almost all religions. Why not start a lovely new tradition in your family with this simple Trinitarian blessing for your children. It is a great way to settle restless children to sleep and a comforting ritual for kids who experience nightmares or have trouble sleeping.



Stations of Glory

Easter is not just a weekend, it's a whole season! It is a time when we, as a Church, focus on the promises of Jesus to save us from evil and be with us in our lives.



Best of: Prayer Rituals

Ash Wednesday Prayer

Lent begins with Ash Wednesday, a day on which Catholics traditionally resist eating between meals (fasting) and avoid eating meat (abstaining). Many Catholics also attend Mass or have special prayer liturgies.



Family Prayer & Vocations

You hear it consistently in in many vocation stories from priests and religious; a family that prays together gives birth to vocations of all kinds.



