

**BLESSED SACRAMENT CATHOLIC CHURCH  
OAKLAND PARK, FLORIDA  
FAITH FORMATION IN YOUR HOME**

**Segment 2  
Customs and Things to Do at Home**

Remember to keep it simple. No stress.

Everyone and every family and household may have customs. You may develop your own family's new customs that are based on the culture of your family's heritage and many rituals, rites, bible stories and prayers that come from the Church and our practice of the Faith. These things speak loudly of our Faith in God who loves us. Following customs may teach much about the faith without reading books and taking tests!

**Suggestions for Developing Faith Based Customs in your household.**

When I was growing up in my family home the evening meal was most important. My father worked all day and then visited clients many nights. (He sold life insurance.) However, no matter the weekday he was always home at dinner time. He greeted my mother first when he entered the house. Then he washed up for the meal and we all then took our seats at the table. He sat at the head of the table and my mother next to him. I was the only son out of four children. Thus, I sat at the other end of the table. My sisters had their places on each side of the table. We said the prayer before eating.

Next to my father was a radio. He played the radio at the top of the hour to listen to the news. Then he turned off the radio. We discussed what we heard on the news. His intent was twofold. First, it was to cause discussion between us. Second, it taught us to be informed about the world we lived in. Next there would be open discussion about anything. We always complemented mother on her preparation of the food. During school days we took turns telling father what we learned in school that day. Sunday noon dinners were special. We often talked about Church.

Think of Customs of your own. Develop them. Parents discuss customs you would like to build for your household. Then implement them with the children. Over time, as the children grow older, let them give input to building customs.

List: Make a list of ethnic and cultural customs that come from each side of your family. What are some from the husband's family? What are some from the wife's family? / How long ago did your family line first show up in this country? Who first came here? Write some of these stories in a notebook. (Keep it simple. You do not have to make long written essays. Just a few notes so you do not forget them.) Now tell some of these stories to the children. ( Evening mealtime perhaps.) / Set a schedule for the whole month as to when daily family mealtimes will take place! DO THIS! Start this early in your family lifetime if possible. You will not regret the time you spend together. Make sure of it at least a few set days each week. / Let the children do the dishes and or set the table. / Go to Church every Sunday or Saturday Vigil as a family. / Family rides in the car on a specific day of the week, such as on the weekend after Mass.  
OK, you come up with other ideas. Make your own list. Time TOGETHER, that is the aim. Family is a great value among God's people.

**Milestone: Parents, turn in a list to the Faith Formation Team. Even if the list is simply one thing that you can commit to doing. Keep it simple.**