

# Living Faith @ Home

Dear Faith Shapers,

Our family calendar is quite full and I'm sure yours is as well. Sometimes my family even struggles to sit down for a meal together. However, we still strive to make sure that we are continuing to form impactful shared experiences in the busyness of our daily lives.

Studies in family psychology tell us that family traditions and rituals are key in developing family bonds, a sense of belonging, and creating a memorable childhood. Family traditions and rituals are associated with marital satisfaction, adolescent's sense of personal identity, children's health, academic achievement and stronger family relationships.

Traditions & rituals do not have to be extravagant or expensive. They can be silly, free, fun, faithful, and meaningful. The important thing is that they are something your family can come to expect and look forward to. This issue of Living Faith at Home is filled with family rituals & Traditions. The holiday season is a great time to start making new traditions & rituals.

May your Thanksgiving, Advent & Christmas be filled with traditions that share the good news of great joy of the coming of our Lord and Savior.

Deacon Lisa Kammerer

## Rituals of Family Conversation

**Here's some super easy and fun fall conversation starters to get your family talking. Use these at meals, during car rides, before bed or text them to your family.**



- ⇒ **Tell us about your favorite fall activity**
- ⇒ **Name three things you are grateful for**
- ⇒ **What is your favorite fall scent?**
- ⇒ **Name an experience that has reminded you life is good**
- ⇒ **What are you most looking forward to about thanksgiving?**
- ⇒ **What is something you hope to be thankful for next year?**
- ⇒ **What invention are you most thankful for?**
- ⇒ **What was the hardest part of you day and why?**
- ⇒ **Tell about a person who has shown you God's love**
- ⇒ **What is something new you would like to learn and why?**
- ⇒ **What made you laugh today?**
- ⇒ **What is the biggest problem you are facing right now?**
- ⇒ **How were you a blessing to someone today?**
- ⇒ **What are three things you can thank God for right now?**
- ⇒ **Name a talent or ability God has given you.**
- ⇒ **What makes you a good friend?**
- ⇒ **What is your favorite song right now?**
- ⇒ **How can we pray for you?**
- ⇒ **Invent a new fall family tradition. What would it be?**
- ⇒ **Where did you see God at work today?**
- ⇒ **What language would you like to be able to speak and why?**
- ⇒ **What is one thing you love about our family?**
- ⇒ **What is the best Thanksgiving side dish?**
- ⇒ **How many times did you say thank you today? How does it feel when someone thanks you?**
- ⇒ **If you could invite 2 famous people to dinner, who would they be and why?**

This information is prepared for you by the Northeastern Iowa Synod-Home Life Network for use by families and local congregations.

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# GOOD NEWS OF GREAT JOY

An Advent Calendar of Scripture and Fun Christmas Traditions



1

*Isaiah 9:6*

Make an Advent  
Wreath & Decorate for  
Christmas

2

*Isaiah 7:14*

Play Christmas  
Charades, Pictionary, or  
Minute to Win It Games

3

*Luke 1:26-28*  
*1st Sunday of Advent*  
Donate Food to your  
Local Food Pantry

4

*Luke 1:29:33*  
Have a Christmas  
Music Dance Party in  
your Kitchen

5

*Luke 1:34-35*  
Send a Christmas  
Card to Someone in the  
Military

6

*Luke 1:38*

Celebrate Saint  
Nicholas Day

7

*Luke 1:46-50*

Candy Cane Bomb a  
Parking Lot

8

*Luke 1:51-55*

Bake Christmas Cookies  
or Candies

9

*Matthew 1:18*  
Deliver Treats to a  
Neighbor Without  
Getting Caught

10

*Matthew 1:20-25*  
*2nd Sunday of Advent*  
Make a Homemade  
Christmas Ornament

11

*Matthew 2:4-6*  
Take Funny Family  
Christmas Pictures

12

*Luke 2:1-5*  
String Cranberries for  
the Birds

13

*Luke 2:6-7*  
Build a Snowman or  
A Whole Snow Family

14

*Luke 2:8-9*  
Have a Sleepover  
Under the Christmas  
Tree

15

*Luke 2:10-11*  
Draw Your Own  
Picture of the Birth of  
Jesus

16

*Luke 2:12-14*  
Put Quarters in the  
Machines at the  
Laundromat

17

*Luke 2:15-18*  
*3rd Sunday of Advent*  
Call A Relative and Sing  
Christmas Carols

18

*Luke 2:19*  
Bring Coffee or Hot  
Chocolate to an Outside  
Worker

19

*Luke 2:20*  
Put on PJs & Look  
at Christmas Lights

20

*Luke 2:21*  
Do A Christmas Science  
Experiment

21

*John 1:14*  
Complete a Random  
Act of Christmas  
Kindness

22

*Matthew 2:1-2*  
Have a Hot Chocolate Bar  
and Watch a Christmas  
Movie

23

*Matthew 2:10-11*  
Add Stars to the  
Tree & Talk About the  
Kings

24

*John 3:16*  
*4th Sunday of Christmas &  
Christmas Eve*  
Read A Christmas Story

