

dyings and risings in everyday routines, with those with whom we share our lives. Often deaths occur through giving to others: giving of our time, of our lives, and of our feelings. It is in and through prayer that we share most deeply in our relationship with God and with one another. By taking a look at the meaning of the Passion of Jesus in our own lives, our families, our relationships will be strengthened and renewed.

- Lent is a special time for journeying. The Way of the Cross parallels The Way of the Family. The journey is a life-long process. Today, we are going to create fifteen Stations of the Family based on a summary from Dolores Curran's book, *Traits of a Healthy Family*. Just as fourteen Stations of the Cross cause us to reflect on the meaning, purpose, and example of Jesus' life, we will now explore fifteen redemptive, supportive traits of a family's lifeway that give purpose and meaning to each individual family member.
- Distribute the handout, *Traits of a Healthy Family*. Also give out copies of *Everyone's Way of the Cross* to multi-family groups. Invite small-group members to take turns in reading each trait on the healthy family handout. Once each trait is read, invite small-group sharing. Then, encourage groups to identify and discuss how the Way of the Cross relates to the fifteen healthy-family traits. For example, healthy family trait #1 says, "The healthy family communicates and listens." Jesus is condemned to death in the first station of the Way of the Cross. Reflect upon how much alone Jesus must have felt when the crowd laughed, shouted, and refused to listen to Him. How do we sometimes do the same with family members? How can we become more loving and accepting toward one another? Allow groups to select a volunteer to record their responses. Play reflective music in the background.

12:00

Noon Lunch and Playtime

10:30

### Dyads, Triads, and Me-O-My-Ads

- Ask parents and kids to gather in individual family units. Encourage participants to openly share feelings and opinions. Ask all to refrain from critical or corrective responses. The focus of this communication exercise is to cultivate listening skills and to increase understanding. Encourage dialogue.
- Youth may choose to share their responses to suggested topics like:
  - ◆ My most valued possession....
  - ◆ What I believe most deeply in....
  - ◆ The biggest challenge I face right now....
  - ◆ The best part about who I am right now....
  - ◆ A person I really admire a lot....
  - ◆ I like my friends because....
  - ◆ What worries me most....
  - ◆ An area of my life I'd like to improve....
- Adults may choose then to share their responses to the following:
  - ◆ How I felt about myself when I was growing up....
  - ◆ The relationship I had with my family and parents when I was living at home....
  - ◆ My most valued possession when I was a teenager....
  - ◆ The best thing I ever did when I was a teenager....
  - ◆ My favorite class and activity when I was growing up....
  - ◆ The number one mistake I ever made when I was a teenager....
  - ◆ The craziest thing I ever did when I was a teenager....
  - ◆ My biggest worry when I was a teenager....
  - ◆ My relationship with God and the Church when I was a teenager....

11:00

### Enter "The Ways"

- A facilitator should say, Renewal, repentance, and rebirth mandate a willingness to die to self in order that we might rise as new and changed persons. Each of us experiences