

STRENGTHEN YOUR FAMILY

POPE FRANCIS' TOP 10 SECRETS FOR HAPPINESS (10/13/2015)

1. Live and Let Live. Everyone should be guided by this principle. "Move forward and let others do the same".
2. Be giving of yourself to others. People need to be open and generous toward others.
3. Proceed calmly in life. "To have the ability to move with kindness and humility gives calmness in life.
4. A healthy sense of leisure. The pleasures of art, literature and playing together with children has been lost. Turn off the television when you sit down to eat – communicate.
5. Sundays should be holidays. "Sunday is for family".
6. Find innovative ways to create dignified jobs for young people. "It's not enough to give them food, dignity is given to you when you can bring food home from one's own labor".
7. Respect and take care of nature.
8. Stop being negative.
9. Don't proselytize; respect others' beliefs.
10. Work for peace.

5 WAYS BY POPE FRANCIS (9/28/15)

1. BE OTHER-OTHER CENTERED: A STRONG FAMILY MUST BE ORIENTED TOWARD THE OTHER. PRAYER IS A NATURAL ORIENTATION TO THE OTHER BECAUSE AT THE HEART OF PRAYER IS A RELATIONSHIP WITH ANOTHER: GOD.
2. EMBRACE THE CROSS: SUFFERING CAN BRING US CLOSER TO WHAT IS GOOD AND CAN DRAW US AWAY FROM OBSTACLES TO ACHIEVING HAPPINESS.
3. ACCOMPANY: THE FAMILY SHOULD IMITATE JESUS AND 'WASTE TIME' TOGETHER. SITTING AROUND THE DINNER TABLE, PUTTING DOWN YOUR PHONES, TURNING OFF THE TELEVISION AND BEING PRESENT TO THOSE AROUND YOU CAN CREATE AN ATMOSPHERE OF ACCOMPANIMENT.
4. EXPRESS GRATITUDE: BY SHOWING MUTUAL CARE AND RESPECT FOR THE OTHER SERVES AS GRACIOUSNESS IN THE SERVICE OF THE FAMILY.
5. FORGIVE: RECOGNIZING WHEN YOU HAVE DONE WRONG AND ASKING FOR FORGIVENESS MUST BE A PILLAR OF FAMILY LIFE.