1. **The Art of Storytelling**
   
   Reflection: *A favorite story about my family....*

   3 Types of Family Stories:
   - Memory Stories
   - Ancestral Stories
   - Ghost Stories

   Why Stories Matter:
   - Stories teach us about life and faith
   - Stories connect us with something larger than ourselves and provide a bridge to understanding others
   - Stories speak to us about belonging
   - Stories stand the test of time

2. **The Celebration of Ritual**
   
   Reflection: *A cherished ritual in my family...*

   A Ritual is a patterned way of doing something that includes symbols, movement and words and is rooted in common history

   The Importance of Rituals:
   - Establish identity at multiple levels
   - Maintain stability
   - Promote healing
   - Allow for flexibility and change
   - Establish continuity with the past, hope and expectancy of the future
3. **The Extension of Forgiveness**

**Reflection:** Some of the hurts, conflicts, tensions, and unresolved issues that are part of family life …

**The Process of Forgiveness:**
- Owning my part
- Letting go
- Celebration

4. **The Cultivation of Gratitude**

**Reflection:** Something about my family for which I am grateful…

**The Benefits of Gratitude** (Robert A. Emmons)
- Ability to cope more effectively with everyday stress
- Increased resilience
- Greater recovery from illness
- Increased feelings of connectedness
- Improved relationships

5. **The Embracing of Sabbath time**

**Reflection:** The kind of time and attention families need today …

**Growing a garden of spirituality takes:**
- Time
- Attentiveness

Embracing Sabbath as a family practice is one of the most important things we can do to restore spiritual balance and allow for the expansion of grace in our homes and hearts.