



**A Family is Considered as a Life Support.
So, there is no doubt that God has given us
his best Present that is our Family**

FAMILIES LOVE: A VOCATION AND A PATH TO WHOLENESS

FAMILY – The Most Precious Gift from God

A family is the place where we find all the joy, happiness, love, caring, strength, encouragement, comfort, unity, and nourishment under one roof.

How to pray the Rosary step by step

Click on the picture and follow the link

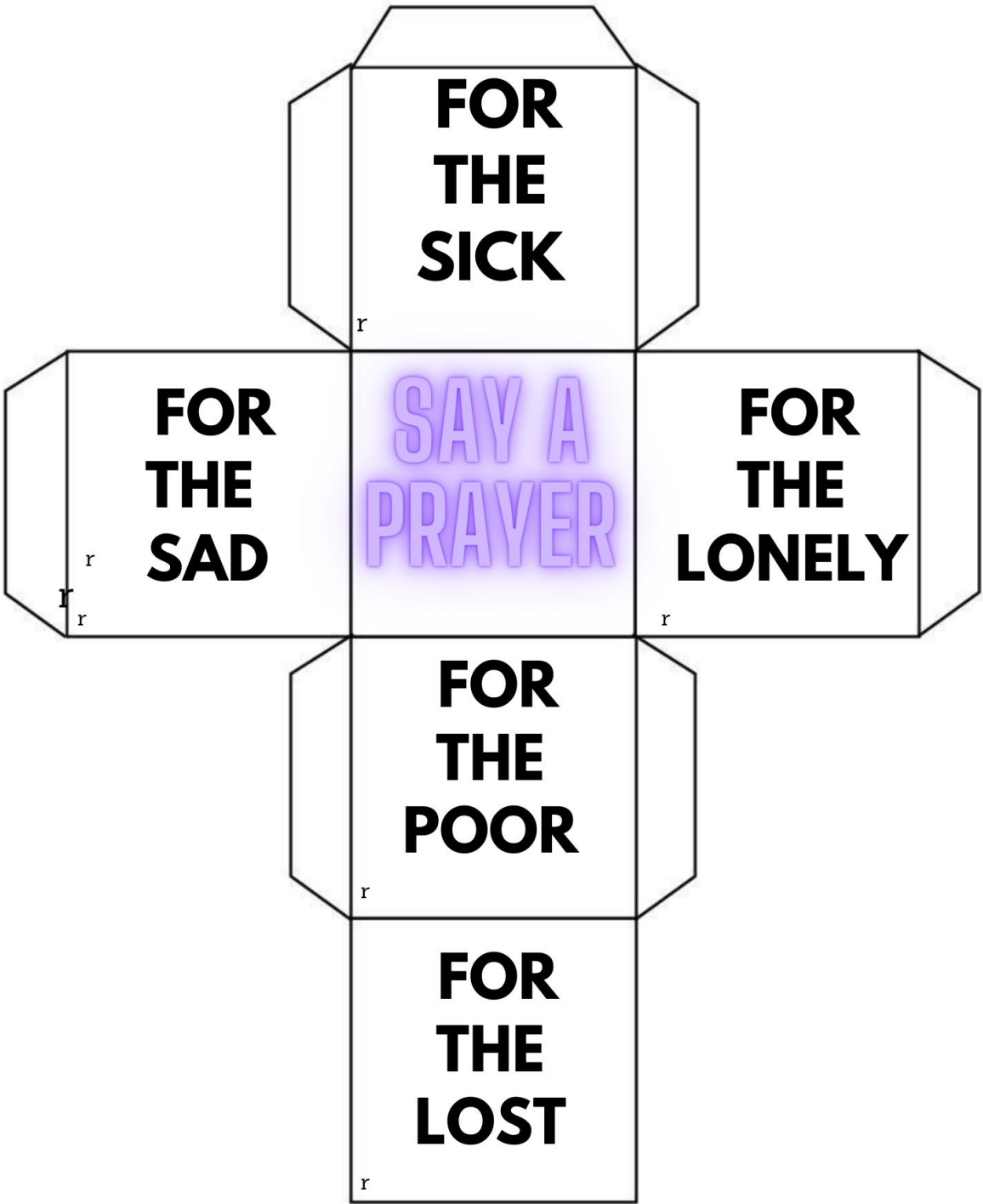


How to Make a Rosary



Click on the picture and follow the link

**HERE'S A PRAYER CUBE TO USE FOR
YOUR COMMUNITY.**



Healthier lunchbox bars

Ingredients

4 cups rice bubbles

½ cup coconut

1 tbsp chia seeds

1 tbsp sesame seeds

2 tbsp sunflower seeds

½ cup cranberries

½ cup rice malt or golden syrup

½ cup peanut butter



Instructions

Step 1

Line a 16 x 26cm (base measurement) slice tin with baking paper, allowing paper to overhang two long sides of tin to form handles. Combine the rice bubbles, coconut, chia, sunflower seeds and raisins in a large mixing bowl. Set aside.

Step 2

Place rice malt syrup and peanut butter in a medium saucepan over medium heat. Cook stirring, until melted, well combined and just coming to the boil.

Step 3

Add to rice bubble mixture and stir to combine. Working quickly, spoon into prepared tin, pressing down firmly with the back of a spoon.

Step 4

Refrigerate for 1-2 hours or until firm. Cut into 18 bars.

Sticky Sesame Chicken

Ingredients

½ cup honey

¼ cup soy sauce

1 tablespoon fresh lemon juice

½ cup sesame seeds

2 pounds boneless, skinless chicken thighs

Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a medium bowl, stir together the honey, soy sauce, lemon juice and sesame seeds. Dip the pieces of chicken into the sauce to coat, then place in a lightly greased 9x13 inch baking dish.

Bake for about 45 minutes in the preheated oven, until chicken is cooked through and sauce is caramelized.

