



**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

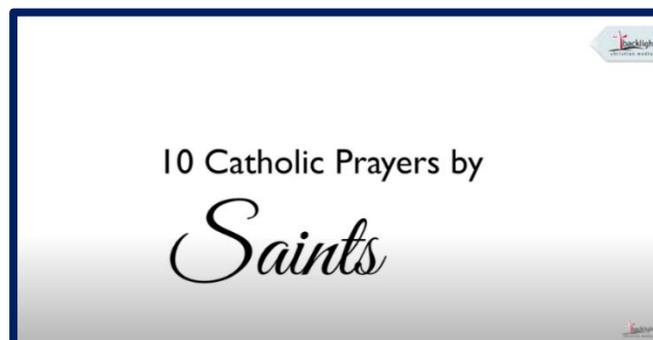
**A family is the place where we find all the joy, happiness,
love, caring, strength, encouragement, comfort, unity,
and nourishment under one roof.**

How to Pray Step by Step for Children



Click on the picture and follow the link

FAVORITE PRAYERS BY CATHOLIC SAINTS



Click on the picture and follow the link

Jesus Teaches About Prayer

For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. Luke 11:10 (NIV)

The puzzle is based on Luke 11:1-9 (NIV).



Ask

Seek

Knock

P R A Y Y B S L E F X E B P H
 U K I N G D O M L T S P D Q A
 A Y Z A U B Q Q S E E E R X L
 U Q B S B U R W F Z A A E G L
 O R R K P U J I U R Z D C K O
 O N E O L F N P I P I A Q H W
 T A A P X A A F V I X E M M E
 E M D E D M F T W T F S N U D
 M E C N H R D O H N L F B D W
 P P K K R N E G R E S M Y Y U
 A V N I I Q I C C G R T C D Y
 T N O F U N J C E S I N S A O
 I J C W D K S D G I J V Q I A
 O Q K I F B E K P I V J E L A
 N M M W N M J J P V W E M Y P

FIND	PRAY	OPEN	TEMPATION	FRIEND
SEEK	FATHER	NAME	KNOCK	RECEIVE
MIDNIGHT	DAILY	TEACH	LEAD	BREAD
SINS	KINGDOM	HALLOWED	FORGIVE	ASK

Vegan Thai green curry

Ingredients

200g baby potatoes, halved

100g green beans, trimmed and halved

1 tbsp [rapeseed oil](#)

1 garlic clove, finely sliced

1 tbsp Thai green curry paste (check the label to make sure it's vegetarian/ vegan)

400g can light [coconut milk](#)

1 [lime](#) zest pared in thick strips

80g sugar snap peas, halved lengthways

150g cherry tomatoes, halved

100g firm tofu, chopped into small cubes

small bunch coriander, chopped

200g jasmine rice, cooked following pack instructions



Method

Cook the potatoes in boiling water for 8 mins. Add the green beans and cook for a further 3 mins, then drain.

Heat the oil in a [wok](#) or pan, fry the garlic for 1 min, add the curry paste and cook for 1 min, or until it starts to darken a little and smell fragrant. Stir in the coconut milk and bring to a simmer, drop in the lime zest and gently bubble for 5 mins to thicken the sauce a little.

Add the potatoes and beans followed by the sugar snap peas and cook for 1 min before stirring in the cherry tomatoes and tofu.

Cut the lime in half and squeeze the juice into the pan, then stir in the coriander and serve over the rice.

The Ultimate Allergy Friendly Cookies

Ingredients

- 1 tbsp chia seeds
- 3 tbsp water
- ½ cup raisins 50g
- ½ cup tahini 125g
- 2 tbsp water
- 1 tsp vanilla
- ½ tsp cinnamon
- 6 tbsp coconut flour
- 1 tsp baking powder



Instructions

1. Soak the chia seeds in the first measure of water for 15-20 mins until they start to gel, this creates a chia seed egg replacer
2. Pre-heat the oven to 180 degrees Celsius (360 Fahrenheit)
3. Place the raisins, tahini and water in a food processor, blitz until smooth
4. Add the remaining ingredients including the soaked chia seeds, blitz until combined, the mix will be sticky.
5. Wet your hands and wet a spoon (the moisture will prevent the mixture sticking to your hands).
6. Take tablespoonfuls of the mixture and roll into balls, place on a baking paper lined tray
7. These cookies don't spread while cooking, so use a wet fork to press them down to an appropriate thickness
8. Bake for 8-10 mins (it will depend a little on how much you have squashed the cookies).