



**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.**

### **Best Bible Games for Kids | 4 "Pictionary" Game Ideas**



**Click on the picture and follow the link**

### **YOUTH GROUP GAMES | 4 New Games To Try!**



**Click on the picture and follow the link**

# THE AMAZING RACE

**Cost: Free**

**Prep time: 2+ hours**

**Messy?: No**

**Supplies: Envelopes, paper**

If you have the time to plan and prepare, you can turn part of your town or a local park into a course for The Amazing Race.

Choose a series of popular, easily recognizable locations to form your course. You'll need to create easily solvable clues that lead teams from one location to the next. To begin, each team gets a clue to the first location, and as they complete challenges at each place, they'll get clues to the next location until they finish the course.

At each station, you'll need to come up with a challenge kids have to complete which may or may not be related to the location.

(Ex: Make a three point shot on the basketball course, send your whole team across the monkey bars backwards, guess the flavours in a smoothie, take a picture with a unusual tree, etc.) Have a leader at each station to explain the challenge and hand out the next clue.

Set a time limit, and make sure everyone knows what time the game ends and when they need to be back at the starting location—whether they completed the course or not.

Pro tip: As much as possible, be sure your course doesn't send students into busy intersections, and don't forget to review basic safety guidelines before you begin—teenagers can always use a reminder.

# Easy Mexicali lasagne

## ingredients:

500g lean beef mince  
1 onion, diced  
1 red capsicum, diced  
420g can chilli beans  
1Tbsp tomato paste  
420g can tomatoes (Mexican flavour)  
2Tbsps finely chopped parsley  
3 large tortillas  
250g cottage cheese  
1 cup grated mozzarella (or any hard cheese)  
¼ cup grated parmesan cheese



## Directions:

Preheat oven to 180°C and lightly grease a round 23cm shallow ovenproof dish.

Heat a dash of oil in a non-stick frying pan and brown mince. Add onion and capsicum and continue cooking for 2-3 minutes.

Stir in chilli beans, tomato paste and canned tomatoes and cook for a further 10 minutes. Remove from heat and stir in parsley.

Spread a third of the cooked mince and bean mixture over the bottom of the ovenproof dish and lay one tortilla on top.

Spread a third of the cottage cheese over the tortilla then sprinkle with a third of each of the mozzarella and parmesan cheeses.

Repeat twice more so you have three layers.

Bake for 20-30 minutes or until heated through and the cheese is golden.

# Berry trifle

A great recipe for kids - just layer up the ingredients, no cooking required!

## Ingredients:

1 sponge cake, about 25cm x 25cm

750g strawberries (about 3 punnets) hulled and halved plus a few extra to garnish

½ cup orange juice

250g blueberries, plus a few extra to garnish

3 cups custard

2 cups mascarpone

½ lemon, finely grated zest only

1 small handful candied petals to garnish



## Directions:

Cut sponge into 4cm cubes and arrange half in the base of a large serving bowl.

Place 2 punnets of strawberries, orange juice and liqueur, if using, in a blender and whizz to combine.

Drizzle half over the sponge in the serving bowl, then layer over half the cut strawberries and blueberries.

Whizz together custard, mascarpone and lemon zest.

Layer half over the berries, then top with another layer of sponge and the remaining strawberry puree, cut strawberries and blueberries.

Top with a second layer of custard mixture then sprinkle with extra berries and candied petals to serve.