



**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.

Family Prayer



Click on the picture and follow the link



Click on the picture and follow the link

WONDERFUL THINGS HAPPEN WHEN WE PRAY AS A FAMILY



The infographic features a central illustration of a hand with five fingers spread. Each finger is associated with a specific prayer intention, accompanied by an icon and a short explanation. The background is a light beige color with a subtle texture.

INDEX FINGER 
FOR THE ONES THAT TEACH US
For those who instruct you and heal you. They need the support and wisdom to show direction to others.

MIDDLE FINGER 
FOR OUR GOVERNORS
As it is the tallest finger, it reminds us of our leaders, the governors and those who have authority.

RING FINGER 
FOR THE SICK AND WEAKEST
It is our weakest finger. It reminds us to pray for the weakest, the sick or those plagued by problems.

THE THUMB 
FOR THE ONES WE LOVE
Start praying for those who are closest to you. They are the easiest to remember.

THE PINKY 
PRAY FOR YOURSELF
The smallest finger-should remind you to pray for your own needs when you are done praying for the other four groups,

THE 5 FINGER PRAYER
BY POPE FRANCIS

SOURCE:
CATHOLIC.ORG - POPE FRANCIS' FIVE FINGER PRAYER
<http://www.catholic.org/prayers/prayer.php?p=3396>

 **CatholicLink**

**How to Read and Understand
the Whole Bible**
with Jackie and Bobby Angel

Click on the picture and follow the link

Spaghetti Bolognese Hand Pies

Ingredients

Oil - 2 Tbsp

Beef mince - 500 g

Jar pasta sauce - 1 x 400-500 g

Grated cheese - 1/2 cup

Sheets pastry - 3

Milk - 1/4 cup



Method

Heat oil in a large frying pan. Add mince and cook for 5 minutes or until brown, breaking up any chunks. Add pasta sauce and cook for a further 5 minutes, allowing sauce to cook down. Set aside and allow to cool.

Pre-heat oven to 180°C (160°C fan-forced).

Create 12 x 8cm diameter pastry rounds from your sheets of pastry.

Place tablespoons of mince on one side of each round, leaving 1cm at the edge so there is enough room to fold.

Evenly sprinkle cheese on the mince portion of each one.

Fold pastry over to and press edges with a fork to secure. Use fork to poke some small holes for steam to escape, and brush with milk.

Place on a lined baking tray and bake for 20-25 minutes. Allow to cool slightly before serving.

Birdseed Bread

A Homemade easy wheat free bread

Ingredients

- 2 Cups rolled oats (jumbo oats, not quick cook oats)
- 1 Cup sunflower seeds
- ½ Cup pumpkin seeds
- ¾ Cup almonds roughly chopped
- ¼ Cup flaxseed/linseed
(whole seeds not ground)
- ¼ Cup psyllium husk
- 2 Tbsp chia seeds
- 1-2 tsp salt
- 2-3 Tbsp maple syrup or liquid honey
- ¼ Cup your preferred oil
- 600ml water



Method

1. Toast sunflower seeds, pumpkin seeds and almonds (I do this in a large dry pan, over a medium heat until the pumpkin seeds begin to pop)
2. Mix all dry ingredients in a large bowl
3. Add liquid ingredients
4. Mix, it will be quite sloppy, leave 5 mins and mix again (the oats and psyllium husk should have absorbed a lot of the moisture)
5. Oil a loaf tin and line with baking paper
6. Pour in mixture, smooth off the top by pushing down firmly with a spatula or rubber scraper. Wrap entire thing in cling film, pushing this down so that it sticks to the top of the mix
7. Refrigerate in the loaf tin overnight
8. Remove cling film
9. Bake for 1hr at 180 degrees Celsius
10. Remove from the oven, turn the loaf onto a cooling rack but leave the tin on top of the loaf until completely cool. Do not attempt to slice until cold.