

# Team or Family Meal

---

*The word of God tells us that the family is entrusted to a man, a woman, and their children, so that they may become a communion of persons in the image of the union of the Father, the Son, and the Holy Spirit. Begetting and raising children, for its part, mirrors God's creative work. (Amoris Laetitia, 29).*

---

These words from Pope Francis reveal a profound mystery. The beauty and importance of the family as a living reflection of the Trinity, as the building block of society, and as a “domestic church” cannot be overstated. A loving family gives flesh, so-to-speak, to the mystery of love and communion. One way that families have traditionally maintained unity is by sharing meals together. Within our DISCIPLE Program, we pray for the renewal of the family meal as a way to restore and build the family. During the retreat, we will introduce a family meal ritual. At this time, we invite you to consider the following four points in your family life.

---

*“So then you are no longer strangers and sojourners, but you are fellow citizens with the holy ones and members of the household of God.” (Ephesians 2:19)*





## FOUR TIPS FOR KEEPING THE FAMILY MEAL SACRED:

**1. Schedule It.** Look at your family's schedules – is there one night that looks more manageable than the others? If so, make that “family meal night.” Put it on everyone's calendar and plan on being home at a certain time – keep that “appointment” just as you would keep a doctor's appointment, or a sports practice.

**2. Build Relationships.** Invite the children to get involved in the meal process. They can set the table or help prepare simple foods. Focus on one another and know everyone has a role to play to build the family.

**3. Family Focus.** Once you do get everyone together, keep the kids at the table even after they've finished eating. Don't eat in front of the TV and leave your cell phone off. It is so easy to tune out and disconnect. It is about building connections, and forming a lasting bond.

**4. Make it intentional.** Make a certain meal in the week special by using it as a time for sharing.