



# A MONTH OF DINNERTIME CONVERSATIONS

Your family is important! And dinnertime is one of the best opportunities to strengthen your family, learn about each other's days, and to share and grow in your Catholic faith.

A good basic conversation is as simple as this:

\*Everyone shares one challenge they had during the day and how they handled it (or want to handle it)

\*Everyone shares one blessing they had during the day!

Note to parents: *Be sure you just listen to your children - don't try to fix their problems....let them try to solve things for themselves. If they get stuck - they will ask!*

Try this for a month and be amazed at how God will make himself present in your family!

#### Prayer Before Meals:

Bless us, O Lord! and these Thy gifts for which we are about to receive, from Thy bounty, through Christ our Lord. Amen.

#### Prayer After Meals:

We give Thee thanks for all Thy benefits, O Almighty God, who lives and reigns world without end. Amen. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

