

strengthening our home and family

Deseret Book

Family Home Evening Materials

Theme: Sabbath Day

Packet #010406

5 tips for successful Family Home Evenings

- **1. Pray.** Pray about the needs of your family as you consider topics for home evenings, and pray as you prepare.
- **2. Prioritize.** Make Family Home Evening a priority; learn to say no to other activities.
- 3. Involvement. Involve everyone in the family; help little children take part.
- **4. Commitment.** Be committed and be consistent. Set a designated time and stick to it. Holding Family Home Evening on a weekly basis takes dedication and planning on the part of all family members.
- **5. Relax** and enjoy it. The most important thing your children will remember is the spirit they feel in your family home evenings and activities. Be sure the atmosphere is one of love, understanding, and enjoyment.

Sabbath Day

Thought:

Keeping the Sabbath day holy is much more than just physical rest. It involves spiritual renewal and worship. . . . This need for physical, mental, and spiritual regeneration is met in large measure by faithful observance of the Sabbath day.

(James E. Faust, "The Lord's Day," Ensign, Nov. 1991, 33)

Song:

"The Chapel Doors" Children's Songbook, p. 156.

Scripture:

But remember that on this, the Lord's day, thou shalt offer thine oblations and thy sacraments unto the Most High, confessing thy sins unto thy brethren, and before the Lord.

(Doctrine and Covenants 59:12)

Lesson:

Sometimes we concentrate on the things we shouldn't do on Sundays instead of focusing on the things we can and should do. Remembering that the Sabbath is a day set aside for us to do good, to loose people from their bonds, to do the Lord's work, and to draw closer to God. Split the family into groups and see which group can come up with the most ideas of acceptable things that can be done on the Sabbath. After ten minutes, have each group share their ideas.

After each group has shared their ideas, you may desire to share some of the following ideas that other families have come up with.

- 1. Read scriptures, Church magazines, and other uplifting books.
- 2. Sing Church music.
- 3. Look at family pictures, slides, or videos.
- 4. Plan family night activities.
- 5. Take gifts to or spend time with those who are sick.
- 6. Prepare Church lessons and fulfill other Church assignments.
- 7. Write in one's journal or write personal history.
- 8. Write to or visit relatives and friends.
- 9. Write to missionaries.
- 10. Have family home evening or a gospel discussion.
- 11. Read with children.
- 12. Compile family history.
- 13. Visit the sick, the elderly, and the lonely.
- 14. Hold interviews with family members.
- 15. Attend Church meetings.

- 16. Give father's blessings.
- 17. Do home or visiting teaching.
- 18. Visit the temple grounds.
- 19. Tell inspirational stories.
- 20. Play quiet, uplifting games as a family.

(Max H. Molgard and Allan K. Burgess, The Best of Fun for Family Night, [Salt Lake City: Deseret Book, 2003], p. 63.)

Story:

The Greatest Privilege

(Marilyn McMeen Miller)

When I was a child in Junior Sunday School, I was not much concerned about keeping the Sabbath day holy or about taking on many of the responsibilities my family had accepted when we became members of The Church of Jesus Christ of Latter-day Saints. I liked going with my parents to be sealed in the temple, and I liked Primary. But I didn't like the long meetings and having to give talks and to fast and to pay tithing.

At the time my baby brother was born, we lived in a non-Mormon community near downtown Denver, Colorado. Our three-story, middle-class brick home was in an unusual spot, not far from two extreme levels of society—the slums to the north and the mansions of the wealthy across the park.

I was so eager to make friends with the wealthy children who lived in those beautiful homes across the park that I couldn't think of anything else. When a little girl from one of these homes invited me to come over one Sunday so her parents could take us to their ranch to ride horses, I was wild with excitement. I didn't even think about missing Sunday School. How disappointed I was when my mother reminded me that I had promised to give the sacrament gem in Junior Sunday School that morning!

Why did I have to go to church? Why did I have to give the sacrament gem? Why didn't any of my other friends have to go to church or pay tithing or fast or give talks? Before we were members of the Church we could do as we pleased. I resented the restrictions placed upon me now.

My mother was wise and kind. She said briefly, "You don't want to miss church. It is one of the greatest privileges you have."

I did not see it that way. But when I called my friend, she said they would be going to the ranch on Sunday afternoons for a while. If I was free, I should drop over some other Sunday.

During the next week my baby brother was born, and my mother became gravely ill. She lay in the hospital near death for a number of days.

In the evenings we three girls would play out on the porch in the gathering twilight, walking the railing and listening to the sounds of the hundreds of cars pounding and spinning their tires over the pavement, waiting for my father to come home. When he arrived, his face was always drawn and worn.

Each time we listened breathlessly to his reports of Mother's condition. It was always the same—critical.

The next Sunday afternoon arrived. Hesitantly I dressed in my boots and jeans and looked out toward the park from my window for Father's return from the hospital. Finally I saw him walk slowly across the lawn to the house.

"How's Mama?" we whispered, afraid to ask.

My father did not speak for a moment. "If Heavenly Father takes her," he finally reasoned slowly, "we must have faith that it is the right decision."

"Will Mama go away for good?" my sister asked.

My father took my sister in his arms and said, "Your mama will never go away for good. That is why we are fortunate in being Latter-day Saints. We were sealed as a family in the temple, and that means Mother will always be with us. She may go to visit Heavenly Father for a while, but all of us will always be together." I could see tears glistening in his eyes. "We are so blessed by Heavenly Father and by the privilege of belonging to his church."

At that moment I remembered my mother's smiling eyes and her gentle smile. Then I seemed to hear her words. "You don't want to miss church. It is one of the greatest privileges you have."

I raced upstairs and got out of my boots and jeans and into my Sunday clothes.

That evening as I took the sacrament, I said a silent prayer of thanks to my Heavenly Father that I was there, that I had the privilege of taking the sacrament, that I had the privilege of being a Latter-day Saint so I could always stay with my family.

I never prayed so hard in my life as I did that week. Night after night beside my narrow bed I talked to my Heavenly Father and promised him that I would go to sacrament meeting and pay my tithing. I promised him that I would try to be a good Latter-day Saint if only he would let my mother live.

We were blessed, and my mother's life was spared. But I was doubly blessed, for I also learned how fortunate I was to be a Latter-day Saint and to have the privilege of going to church.

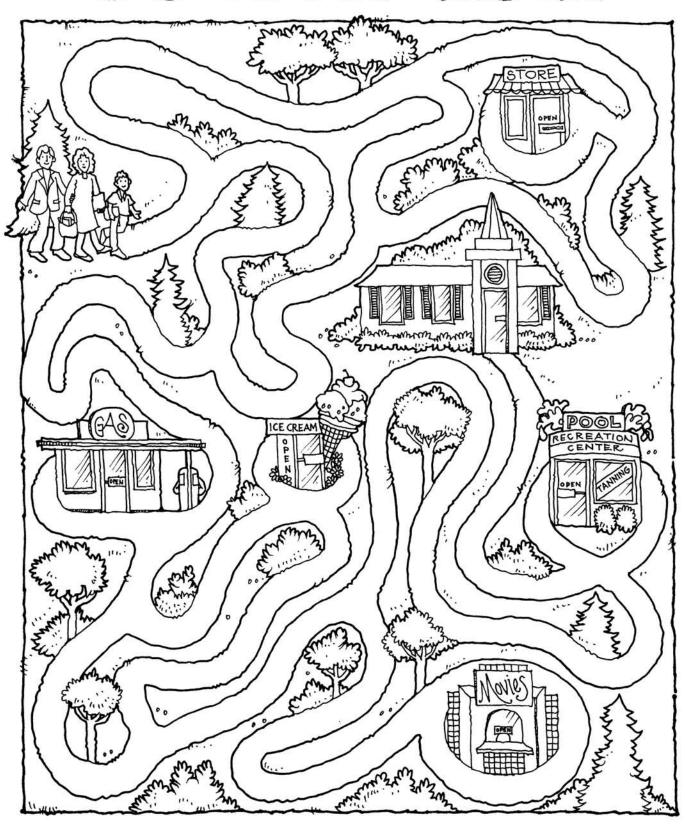
(Leon R. Hartshorn, Remarkable Stories from the Lives of Latter-day Saint Women, vol. 2)

Activity:

Make a copy of the Sunday Plan maze for each family member (see next page). Talk about the choices you need to make to keep the Sabbath day holy.

(Shauna Mooney Kawasaki, I Will Follow God's Plan for Me, [Salt Lake City: Deseret Book, 2004], p. 51.)

SOMDAY PLAN



STARTING IN THE TOP LEFT-HAND CORNER, FOLLOW THE SABBATH-DAY MAZE TO CHURCH. KEEP THE SABBATH DAY HOLY BY AVOIDING PLACES WE SHOULDN'T BE ON SUNDAYS. THESE PLACES WILL LEAD YOU TO A DEAD END. GOING TO CHURCH WILL BRING YOU HAPPINESS AND PEACE.

Refreshment

Peanut Butter Cookies

5 1/4 cups all-purpose flour

2 teaspoons baking soda

1 teaspoon salt

1 cup butter

3/4 cup shortening

1 3/4 cups sugar

1 3/4 cups brown sugar

4 eggs

1 teaspoon vanilla

3/4 cup peanut butter

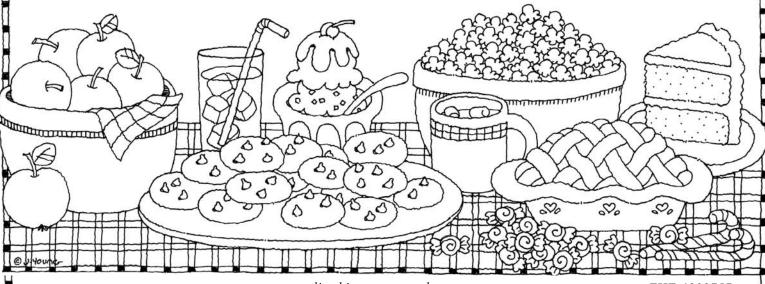
Preheat oven to 350°. Line a cookie sheet with wax paper and set aside.

Mix flour, baking soda, and salt together in a medium bowl and set aside. In a large mixing bowl, cream together butter, shortening, sugar, brown sugar, eggs, and vanilla. Stir in peanut butter. Add flour mixture a little at a time and stir until well blended.

Drop dough by tablespoonfuls onto cookie sheet. Using a fork dipped in flour, flatten each cookie slightly in a crisscross pattern. Bake for 8 to 10 minutes or until slightly golden around the edges. Do not overbake. Makes

5 dozen 3-inch cookies.

(Lion House Entertaining, [Salt Lake City: Eagle Gate, 2001], p. 46.)



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