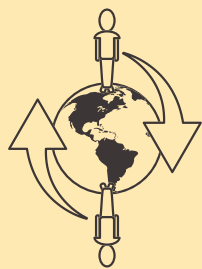


3 Messages For Families

from Pope Francis' TED Talk



#1 Togetherness

"We all need each other, none of us is an island, an autonomous and independent "I," separated from the other, and we can only build the future by standing together, including everyone."

Put it in practice:

- Pray as a family, for peace: <https://goo.gl/TAVoaz>
- Schedule special nights for quality family time (without TV or other tech)
- Visit with extended family, or friends

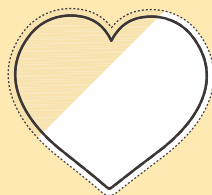


#2 Solidarity

"How wonderful would it be if solidarity... were not simply reduced to social work, and became, instead, the default attitude... "

Put it in practice:

- Pray as a family, for solidarity: <https://goo.gl/o3LSQe>
- Work together as a family on a project
- Volunteer at a local soup kitchen or nursing facility



#3 Tenderness

"This is tenderness: being on the same level as the other. God himself descended into Jesus to be on our level... [He] lived his entire human existence practicing the real, concrete language of love."

Put it in practice:

- Pray as a family, to better live the faith: <https://goo.gl/RoLAax>
- Help a child with a task
- Develop the practice of affirming each other regularly

"We all need each other. And so, please, think of me as well with tenderness, so that I can fulfill the task I have been given for the good of the other, of each and every one, of all of you, of all of us."