



strengthening
our home
and family

Deseret Book®
Family Home Evening Materials

Theme: Sacrament

Packet #030109

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.

Sacrament

Conference Talk:

For more information on this topic read “Sacrament Meeting and the Sacrament,” by Dallin H. Oaks, *Ensign*, Nov 2008, 17–20.

Thought:

The ordinance of the sacrament makes the sacrament meeting the most sacred and important meeting in the Church.

(Dallin H. Oaks, “Sacrament Meeting and the Sacrament,” *Ensign*, Nov 2008, 17–20.)

Song:

“To Think about Jesus,” *Children’s Songbook*, p.71

Scripture:

And when the disciples had come with bread and wine, he took of the bread and brake and blessed it; and he gave unto the disciples and commanded that they should eat.

(3 Nephi 18:3)

Lesson:

Set the timer for three minutes. Have your family name as many stories about Jesus as they can remember. Have one person put a tally mark on a paper for each story named. When the time is up, count the tally marks and praise their good work.

Select two or three of the stories they named, and ask what we can learn from them. (Example: The story of Jesus healing the ten lepers teaches us to show gratitude.)

Invite someone to read D&C 20:77. Ask everyone to listen carefully and find out how many times it tells us to remember Jesus. (Twice.)

Ask another child to read D&C 20:79. Once again, have the family listen to see how many times the verse tells us to remember Jesus. (Twice.)

Remembering Jesus is very important. It helps us to choose the right. Earth life brings many challenges and decisions. Jesus will always help us, if we remember him.

(Beth Lefgren and Jennifer Jackson, *Sharing Time, Family Time, Anytime: Book Two*, [Salt Lake City: Bookcraft, 1994], p. 84.)

Story:

My introduction to the welfare program came when I was a deacon at

twelve years of age. The bishop asked that I take the sacrament to a bedfast brother who longed for this blessing. The morning was sunny, and I didn't mind missing my Sunday School class to walk the three-quarters of a mile distance from the chapel, down the street, across the railroad tracks to the modest residence. I knocked at the kitchen door and heard a feeble voice say, "Come in."

I entered the kitchen, then moved to the bedside of Brother Edward Wright. When I uncovered the sacrament, he asked if I would place a piece of bread in his shaking hand and press the cup of water to his trembling lips. His gratitude overwhelmed me. The Spirit of the Lord came over me. I stood on sacred ground.

Brother Wright then asked that I sit and stay awhile. He said, "Tommy, this church is divine. The love the members have one for another is an inspiration. Take, for example, our Relief Society president, Sister Balmforth. Do you know what she did one week many years ago? She took her little red wagon, went to members' homes, and gathered a jar of peaches here, a can of vegetables there, and brought to my cupboard shelves the food that sustained me." I remember that Brother Wright cried as he told of the experience and described watching the Relief Society president walk away from his home pulling behind her, over the bumpy railroad tracks, the red wagon of mercy.

I left that humble home and skipped back to the chapel—the same chapel where, ten years later, I would be sustained as the bishop, presiding over a membership that, more than any other in the Church, needed the welfare program.

(Thomas S. Monson, *Inspiring Experiences That Build Faith: From the Life and Ministry of Thomas S. Monson*, [Salt Lake City: Deseret Book, 1994].)

Activity:

Play Blind Bell.

1. Blindfold all participants except for one person who hangs a bell around his neck.
2. The person with the bell tries to avoid being caught while everyone else tries to locate and catch him.
3. The person that catches the person with the bell trades places with him.

(George and Jeane Chipman, *Games! Games! Games!*, [Salt Lake City: Shadow Mountain, 1983], p. 5.)

Refreshment

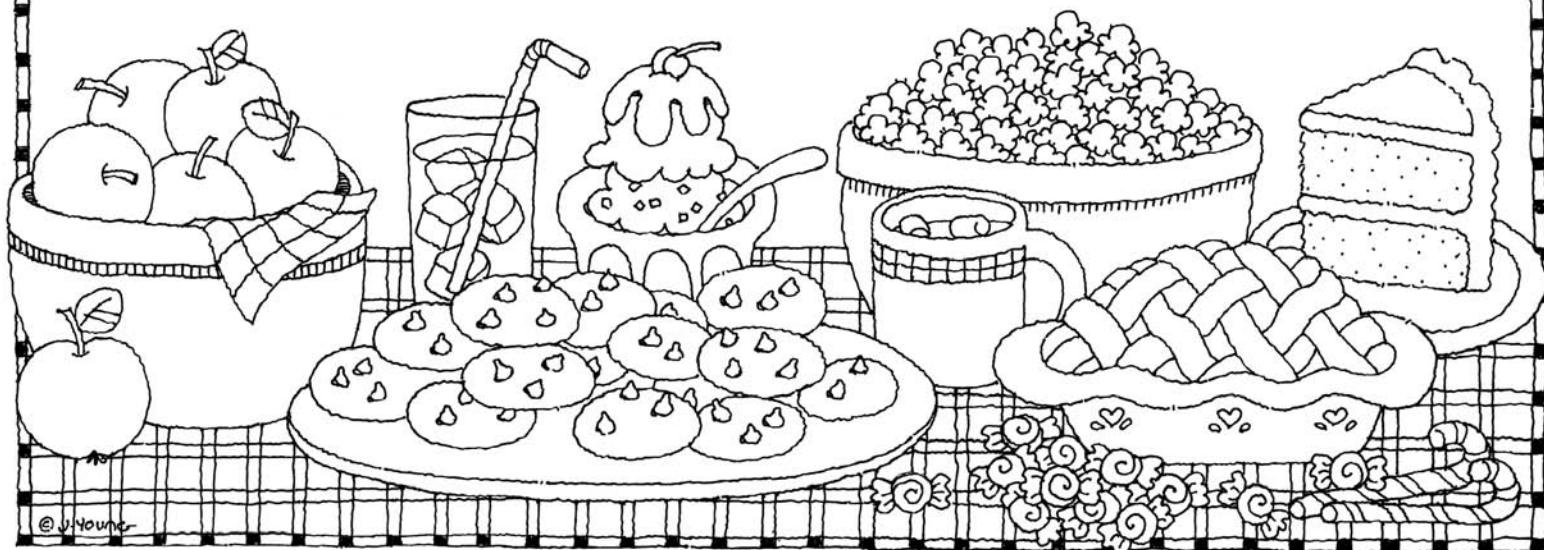
Cinnamon-Sugar Pull-Apart Rolls

3 1/2 to 3 3/4 cups all-purpose flour
2 tablespoons sugar
1/2 teaspoon salt
1 package active dry yeast
1/4 cup margarine or butter

1 egg
1/4 cup margarine or butter, melted
4 tablespoons Sugar
1 teaspoon Cinnamon

1. Grease 12-cup bundt cake pan or tube pan, 10 x 4 inches.
2. Mix 1 1/2 cups of the flour, the sugar, salt and yeast in 3-quart bowl. Heat milk and 1/4 cup margarine in 1-quart saucepan over medium-low heat, stirring frequently, until very warm (120 degrees F.) Add milk mixture and egg to flour mixture. Beat on low speed until moistened; beat 3 minutes on medium speed. Stir in enough remaining flour to make dough easy to handle.
3. Turn dough onto lightly floured surface. Knead until smooth and elastic, about 5 minutes. Shape dough into 24 balls. Dip each ball of dough into the melted margarine, roll them in a cinnamon and sugar mixture. Layer evenly in pan. Cover and let rise in warm place until double, 20 to 30 minutes.
4. Heat oven to 350 degrees F. Bake until golden brown, 25 to 30 minutes. Cool 2 minutes; invert onto heatproof serving plate. Serve warm.

(Betty Crocker Sunday Dinner Cookbook, [Hoboken, NJ: Wiley Publishing and Salt Lake City: Deseret Book, 2007] p. 20.)



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