



CLM e-News
November 2006

Calvary Life Ministries

Giving You Hope, When Life Hurts



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week to be
family night*

Dear Friend,

We trust you have benefited from our CLM e-News or from one of our services. We thank you for being a part of our community and the privilege to be part of your lives.

CLM is a not-for-profit organisation and our counselling services are provided free of charge, so that anyone regardless of financial ability can have access to help during their time of need. We want to give you an opportunity to make a difference in the lives of those who are hurting. If you believe in the work that we do, we would like to invite you to make a financial contribution either on a yearly or a monthly basis.

Cheques can be made payable to "**Calvary Life Ministries**". If you want more information on CLM, please visit our website at www.clm.org.my or please feel free to call us at Tel: 03-7710 3360.

Your financial contribution will help CLM continue to serve those who are hurting and to expand our range of services to serve more people. Caring people can make a difference. Will you help today?

JUST FACTS

Family First vs. Holiday Activities

The holidays have officially begun and parents may be thinking how to turn the busyness into quality family time. Instead of signing up your children for all manner of costly organised "holiday activities", take some time to plan activities that can benefit everyone in the family and make it an enjoyable holiday and festive season. Here are some suggestions:

Family night: Designate one night a week to be family night. It can be pizza and a movie, board game night, a walk through the park, a treasure hunt in the garden, working on a jigsaw puzzle, take-out night, whatever you decide, it should include everyone in the family.

Enjoy your kids' friends: Are your kids always off somewhere else with their friends? How about inviting their friends over so you can get to know them? Whatever they enjoy doing, at least they're at home building relationships, learning about sharing, and it helps you gain a better insight into what makes your child tick as well.

Meal time: No matter how busy the day is, it is always nice when the family can come together at meal time. Research clearly shows that this simple act improves family time with members through conversation and togetherness. It's a great opportunity to ask about your kids' day, needs and interests.

Don't overdo activities: It's the holidays and everywhere you look, specially designed holiday programs "to enrich your kids" and turn them into little "*Einsteins, Beethovens, and Picassos*", are being offered. But before you rush out and register your child for a holiday packed with activities (and empty your pockets in the process), take time to discuss with your kids what they really want to do.

Seasonal activities: Since this is the season of giving, look for ways whereby you can practise that as a family. Perhaps a trip to a nearby orphanage or old folks' home with gifts of food may be an option. Maybe you can volunteer together at a pet shelter to groom or walk the dogs.

Whatever you do, make it a holiday packed with family time and you'll have cherished memories to treasure along with your holiday joy!

CONTACT US

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