

# FAMILY LIFE NEWS

East Baltimore Church of Christ

10/1/2015

Edition 1, Volume 13

## Six Characteristics of Commitment and Strong Families

(From the book: *Fantastic Families* by Joe & Alice Beam and Dr. Nick & Nancy Stinnett)

In this Newsletter, we will continue with the discussion of the Six Qualities of Strong Families, items 4 – 6, from our September, 2015 Newsletter (Edition 1 Volume 12)

### 4. Commitment to Honesty

Honesty is the strength upon which families are built. The unity of the family dynamic revolves around the understanding that members must speak truth to one another in love. Family members are honest with their feelings, and their opinions, not to hurt intentionally but to help each family member achieve their potential in their stability, growth, and maturity (Eph. 4:29).

### 5. Commitment to Family Traditions

Strong families have a history of family traditions, from holiday feasts to family reunion, etc. These traditions are ties to generations and family members from the distant to the recent past, and are carried on via stories, events, customs, and practices that have been lovingly and respectfully handed down from one generation to the next. These traditions bind families together and they become the foundation for new traditions, as the torch is passed from the eldest to the youngest.

### 6. Commitment to the Long Haul

Stability is a missing component in many families today. The pressures of parenting, marriage, making ends meet and everything else may prompt some to abandon or reject the family. Strong families are those whose members persevere. They strive to cope and be dependable because their commitment to family is clear. Endurance in running the race and remembering why the race must be run and won is the fuel for a family's staying power.

Next month, Quality 2 – Expressing Appreciation and Affection.



Grief Ministry - 1st Sunday of each month @ 9:45 in NBBIC classroom  
**10/4/15 – Making an Impact While Coping with your Loss.**

Marriage Enrichment Classes - 2nd Sunday of each month @ 9:45 in NBBIC classroom  
**10/11/15 – Getting Radically Honest**

True Change Sessions (formerly Repentance & Recovery) - 3rd & 5th Sunday of each month @ 9:45 in NBBIC Classroom  
**10/18/15 – In Order to truly become new, the way you Think and Act must change**

Parenting with a Purpose Sessions - 4th Sunday of each month @ 9:45 in the old sanctuary. In concert with the Youth Ministry, ParentTeen Session will be held on  
**10/25/15 – Open Dialogue between Parents and Teenagers**

Friday Night Fellowships - Small Group Meeting will take place once monthly on Fridays 7:00pm - 9:00 pm  
**Date for October TBD**



 Sponsored By the Family Life & Youth Ministries  
East Baltimore Church of Christ

Next Meeting on Sunday, October 25<sup>th</sup>.  
Submit your questions and/or suggestions.