



7 Ways to Connect as A Family



The busier life gets, the further away we often feel from the people who matter to us most. If you're the resolution-making type, you might be looking for practical ways to feel closer to your family this year. Here are seven ways to boost your family's connection with these intentional habits:

1. Schedule weekly family meetings.

Set aside a consistent time each week for everyone to gather and talk about schedules, challenges, goals, and highlights. Encourage everyone to share during these meetings, including the younger members of your family.

2. Declare one night a week as "family night."

Connection thrives on fun. Dedicate one evening per week for family activities, whether game night, movie night, or cooking dinner together. Rotate who gets to pick the activity and protect this time to ensure it stays consistent.

3. Practice open communication.

Encourage honest and respectful conversations by modeling vulnerability

and listening without judgment. Use phrases like, "I hear you" or "Tell me more about that" to affirm your children's feelings. For some families, this may be difficult at first, but give it time.

4. Serve together.

Find a local ministry, soup kitchen, shelter, or outreach program where you can serve as a family. Acts of service build unity and foster gratitude.

5. Create a gratitude jar.

Place a jar in a central location and encourage family members to drop in notes of gratitude throughout the week. Read them together during family meetings or at the end of the month.

6. Celebrate wins, big and small.

Be each other's biggest hype person. Recognize and celebrate all the things—including big and small achievements.

7. Limit screen time and prioritize presence.

Set boundaries around device use, particularly during meals or family time. Use this time to engage in meaningful conversations, play games, or simply enjoy each other's company.

Distraction is often the enemy of connection. But when you set out to spend time with your family in intentional ways, the outcome could be a beautiful bond strong enough to survive anything.

theparentcue.org - Part of the Orange Curriculum Dr. Jim Burns

[Sign Up for Parent Cue Here](#)



JAN 19 12:15-1:45P BISQUE IT
JAN 25 1-4P CATHEDRAL & BOWLING
JAN 26 12:15-1:45P MENTOR LUNCH

CONFIRMATION SUNDAY - February 16
 All Services

Youth



Cathedral Tour & Bowling
 January 25 1-4pm
 Meet at St. Joe UMC
 All Youth Event!!
 No SNY 1/26

Families



We're Back!!



Winter Jam '25

February 6th

6pm-11pm

Must have 5 kids / 1 adult
volunteer to go

RSVP to Teah by *Feb 2nd*

Church Covers Tickets

Bring \$ for snacks / merch



Michindoh Retreat Center

February 21-23

Sports / Friends / Fun / Food

Register by *February 5th*

www.stjoemin.com/events



Coming in February!



St. Joe UMC:
Sunday School 9 am & 11am
Preschool 2nd & 4th Sun. 9a
St. Joe @ the YMCA:
Breakout 10 am

Where Everyone Belongs, YOU are Celebrated & God's Love Makes Us Fearless!

GET INSPIRED



What a wonderful night at the JRL YMCA!! We had 150 people come to watch A Charlie Brown Christmas & Jingle Jangle, take pictures with a kind Santa and eat 35 pizzas plus cookies, chips, cucumbers and clementines! Thank you to the wonderful volunteers who came to set up, tear down and serve dinner!! The family pictured at the bottom all flew into town and came directly to the PJ Party as their first family Christmas event!!



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