

LIBERTAS

A PUBLICATION OF THE FAMILY EDUCATION CENTER

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Creating a House of Learning

[The following excerpts are taken from the March 9, 2007 Family Lecture Series presentation by LaDawn Jacob. The pencil sketch of Albrecht Durer's "Reformation" was done by McKaylla White, a 7th Grade student at American Heritage School.]

"The way for something great to succeed is for good people to do something."

That has happened at American Heritage School. All 11 of our children attended all or part of their schooling from grades K-8 at American Heritage School. Dad would say to me: "LaDawn, your children need to spend as much time with the words of the prophets as they do with their schoolwork. It is only the knowledge of the things of God that will save them." I was always a bit chagrined with this statement feeling that it was impossible. The curriculum here at American Heritage School fulfills that admonition. All the subjects are underlaid with the scriptures. All learning is founded upon the word of God. Faith in and love for God is taught in every subject. What a blessing to have children so taught!

Our desire as parents to establish a House of Learning, "of prayer, fasting, glory, of God" is particularly difficult today. Elder Packer, referring to Lehi's dream, recently said: "Largely because of television, instead of looking into that spacious building, we are, in effect, living inside of it. That is your fate in this generation. You are living in that great and spacious building." (Lehi's Dream and You, Jan. 16, 2007)

President Kimball said to the women of the church: "To be a righteous woman is a glorious thing in any age. To be a righteous woman during the winding up

scenes on this earth before the second coming of our Savior is an especially noble calling. The righteous woman's strength and influence today can be tenfold what it might be in more tranquil times. She has been placed here to help to enrich, to protect, and to guard the home, which is society's basic and most noble institution. Other institutions in society may falter and even fail, but the righteous woman can help to save the home; which may be the last and only sanctuary some mortals may know in the midst of storm and strife."



The calling of mother takes all of our courage and steadfastness. Sometimes we are overwhelmed and discouraged at the immensity of the task. I have certainly felt this way as evidenced by these journal entries several years ago.

February 22, 1982: "Today was so-so. I had the bean in my shoe which helped some, and

compared to last Saturday, I was a Saint-- but still certainly not what I should have been. I felt a little hurt when my children let me do a great deal of the Saturday work while they played. That causes me to feel resentment so I get angry with them. One child told some lies today, so fast and frequently I became livid. I punished them quite harshly. I became too emotional and excited, I know, which certainly was not right, although I did not lose complete control. I have a long ways to go to not say things that are hard or unkind. What a challenge!"

January 29, 1987: "Today is the day I was to notify the Education Week office of my intentions regarding teaching classes for them this summer. I have wrestled mightily within my heart that I might feel some assurance that the Lord would have me accept this assignment, but instead of peace there has been only numerous happenings that seem to affirm my feelings of inadequacies in such a responsibility.

You see, this week was report card week. Two of our children brought home grades I have never seen in this home before - D's. Then one little daughter behaved inappropriately on an orchestra tour. Then, this morning, there had been another of the all-too-frequent lecturing to the teenagers about not preparing ahead for school and ushering them out the door with a grimace and snarl instead of a smile and a hug. To top it off, along with this, I had reprimanded my husband for hollering at the children (especially during the month we have fasted to try to remember to speak in soft voices)... and he strongly let me know that it was not *my* duty to correct him in front of the children, in which he was absolutely correct. Then there had been the phone call from a sweet friend in the ward whose son had heard our daughters saying something unkind about his sister which had made her feel very hurt. This with the usual bickering in the home, some unprepared music lessons

this week because I seem to not find the time to spend with the individual children, the laundry piled in peaks to match the mountains needing to be folded... the constant feeling that I just simply am not doing enough; in mothering or neighboring, temple attendance, or charity or... Then there is the 3 1/2 pounds I have put on per baby. That much with one or two children would not be so bad, but multiplied by eleven - that's a sizable amount. And thus is my life..."

Well, we can't give our children away and they are sure to follow us if we try to go away... so, we come to realize that we become exalted not in spite of our children, but because of them. It is through our children that we are able to gain the qualities that will enable us to live with our Father again. I tell my husband Jim that he has an open door to the Kingdom because he has raised nine daughters!

Through the years I have often, almost daily, prayed for charity. It was only recently that I realized that all of those challenging experiences in the family were provided by the Lord to do just what I have earnestly prayed for: teach me charity. Where else can we learn about "suffereth long, is not puffed up, seeketh not her own, is not easily provoked, thinketh no evil, rejoiceth not in iniquity but rejoiceth in the truth, believeth all things, hopeth all things and endureth all things."

Surely the Lord was largely thinking of parents when he told the prophet Joseph in the Liberty Jail the following:

"No power can or ought to be maintained by virtue of the priesthood [or motherhood] only by long suffering, by gentleness and meekness and by love unfeigned. By kindness and pure knowledge that will greatly enlarge the soul without hypocrisy and without guile. Reproving betimes with sharpness when moved upon by the Holy Ghost and then showing forth afterwards an increase of love toward him whom thou has reprov'd lest he esteem thee to be his enemy. Let thy bowels also be full of charity towards all men and to the household of faith [as Elder Cardon said in this last conference, that means our very

own "household of faith"] and let virtue garnish thy thoughts unceasingly, then shall thy confidence wax strong in the presence of God..." (Doctrine and Covenants 121)

I was raised in a wonderful home with loving parents who had always taught me that I should "trust in the Lord with all [my] heart" and to "press forward with a steadfastness in Christ" in my quest to develop these Christ-like qualities.

How can we bring our children to the Savior? How can we fulfill our responsibility given to parents in the Proclamation on the Family?

"Parents have a sacred duty to love and care for their children; to provide for their physical and spiritual needs, to teach them to love and serve one another, to observe the commandments of God and to be law abiding citizens wherever they live." (The Family: A Proclamation to the World, 1995)

The critical answer is this: We can bring them because we have come ourselves. They learn to love the scriptures because we love them. They learn to pray, because we pray. They learn to honor the Sabbath because we honor it. They learn to draw upon the power of the atonement because we draw upon it. They learn to love and to trust others because they see love and trust in the relationship of their parents.

The most important work we will do is to bring our children to the Savior. To do this we do as Nephi said: "We teach of Christ, we rejoice in Christ, we preach of Christ, we prophecy of Christ, and we write according to our prophecies that our children may know to what source they may look for a remission of sins." (2 Nephi 25:26).

We are commanded to teach our children the principles of the Gospel (see D&C 68). How do we do this? We do it cheerfully, diligently, daily, in formal and informal settings. As they came out of Egypt and before they went into the Promised Land, Moses was commanded to give the same counsel to the children of Israel. He said:

"And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might. And these words which I command thee this day shall be in thine heart: And thou shalt teach them diligently unto thy children and shalt talk of them when thou sittest in thine house and when thou walkest by the way, and when thou liest down, and when thou risest up. And thou shalt bind them for a sign upon thine hand, and they shall be as frontlets between thine eyes. And thou shalt write them upon the posts of thy house, and on thy gates." (Deuteronomy 11)

Alma gave to his son Helaman similar counsel:

"Preach unto them repentance and faith on the Lord Jesus Christ: teach them to humble themselves and to be meek and lowly in heart; teach them to withstand every temptation of the devil with their faith on the Lord Jesus Christ. Teach them to never be weary of good work, but to be meek and lowly in heart; for such shall find rest to their soul. O, remember my son, and learn wisdom in thy youth; yea, learn in thy youth to keep the commandments of God. Yea, and cry unto God for all thy support; yea, let all thy doings be unto the Lord, and whithersoever thou goest let it be in the Lord; yea let all thy thoughts be directed unto the Lord; yea, let the affections of thy heart be placed upon the Lord forever. Counsel with the Lord in all thy doings and he will direct thee for good; yea, when thou liest down at night lie down unto the Lord, that he may watch over you in your sleep; and when thou risest in the morning let thy heart be full of thanks unto God; and if ye do these things, ye shall be lifted up at the last day." (Alma 37).

How do we apply this in our homes? When we eat our meals we mention to the children of the Lord's goodness to us in preparing this food - delicious, nutritious, beautiful and colorful to look on. When we see a beautiful sunset, or wherever we are going, we express gratitude to the Lord for the world he has

created for us to live on. When children do well in school or in sports or with any gift they may have, we express gratitude to God for those talents.

As Doctrine and Covenants 68:25 emphatically states, we as parents are commanded to teach our children the principles of the Gospel or the sin be upon our heads. What are specific ways these principles can be taught?

First of all is faith. Faith in the Lord Jesus Christ. Teach them that Heavenly Father knows everything and has prepared a perfect plan for each of them. Sometimes there will be hard things, but we teach them that He can always be trusted. He is never tired or weary or faint. He is never too busy or angry or discouraged with us.

In the second Lecture on Faith the Prophet Joseph asks this question: "By what means was it that God became an object of faith among men after the fall and multitudes were stirred up to feel after Him and to search after a knowledge of his character?" He then answers the question: "The testimony of their father. And after they were made acquainted with (God's) existence by the testimony of their father, they were dependent upon their own faith for a knowledge of his character, perfection and attributes."

Children observe faith and learn faith through the testimony of their father and mother. They see it in the way parents respond to challenges in life. During my father's cancer he one day held up a prescription bottle with pills he was taking for the cancer. He said: "LaDawn, the Lord has a perfect prescription each day for each one of us." He often would say that all the things that happen to us are either "good for us or we deserve it." We can trust the Lord implicitly, that each opportunity in life that comes, despite how difficult it may seem is calculated because of His love for us.

We ask then, not "Why is this happening?" but "What does the Lord want me to learn from this?" Sometimes I say in my prayers: "Dear Father, I have never gone this path before. I feel afraid. Please take my hand and guide me through it."

John Winthrop wrote in a letter to his wife Margaret the following:

"I know thou lookest for troubles here and when one affliction is over to meet with another. But remember what our Savior tells us: 'Be of good cheer. I have overcome the world.' See His goodness. He has all ready conquered our enemies before hand, and by faith in Him we will assuredly prevail over them all. Therefore my sweet wife, raise up thy heart and be not dismayed at the crosses thou meetest with in family affairs or otherwise but still fly to Him who will take up thy burdens for Thee. Go thou on cheerfully in obedience to His holy will in the course He has set thee. Peace shall come. Thou shalt rest as in thy bed and in the meantime He will not fail nor forsake Thee."

How do we "fly to Him?" We promise each week as we partake of the sacrament to "always remember Him." How do we always remember Him? Every time we feel overwhelmed, envious, critical, discouraged, offended, misunderstood and every other emotion that mortality may thrust upon us, in that moment, we "remember Him", we "fly to Him" in our minds and hearts. We, in the moment, offer a prayer of help. "Heavenly Father I feel angry with this child. Please forgive me for this anger and fill me with Thy love." "Dear Father, I feel critical or envious of this woman. Please forgive me for these feelings and help me overcome through thy love."

I grew up in a home where my parents did not criticize others. I am sure it was not because they didn't have reason to, but rather they knew that this spirit of criticism causes contention and destroys the spirit. One time I felt angry at a Bishop for criticizing my Father's political beliefs. When I reported to my father what I felt was a great injustice against him, he smiled a little and said: "LaDawn, all the Lord has to work with in His Church is we mere mortals. If he waited until we were perfect before calling us to positions, He would have a very slim organization."

Dad advised me on several occasions to never criticize relatives or others in front of my children. I unfortunately did not always heed this counsel and felt

the corresponding loss of the spirit in our home because I failed to "fly to Him" in that moment. I have learned that the Lord does and will calm my troubled heart and take those feelings away from me if I recognize my need for Him and humbly seek His help in that moment.

Children can learn to feel as did Peter when the Lord, seeing many of His disciples leave him, asked the Twelve: "Will ye also go away?" "Then Simon Peter answered him, Lord, to whom shall we go? Thou hast the words of eternal life, and we believe and are sure that thou art that Christ, the Son of the Living God." (John 6:66-69)

These precious seeds of faith can be planted in children's hearts as infants through the example and teaching of you, their parents.

Some of you have not been raised in the Church. Many of you may have been members but have not grown up receiving Gospel training in family prayer, scripture study, Sabbath day observance, etc. It is difficult to begin new habits when we have not seen that example. However, the Lord will bless us according to the desires of our hearts.

Sister Pat Holland relates the following powerful example:

My husband's father, Frank Holland, was left fatherless at three months of age. His widowed mother remarried when Frank was about ten years old. Even at an early age, Frank loved books and learning above any other activity. His new stepfather, however, was a man who had suffered disabilities in World War I that impaired him physically and damaged him emotionally. He not only took out his anger on his wife and his two boys but also took the boys out of school. In Frank's case that was in the seventh grade, and that hurt him more deeply even than the physical or verbal abuse he received.

Home life for Frank was anything but heavenly before that family found the restored gospel. It was more like something out of Charles Dicken's Oliver

Twist. Late in life, when Frank suffered a heart attack and lay dying in the hospital, I had the privilege to assist my angel mother-in-law in attending to his needs. The most painful moment of that whole painful experience was to see him once in a somewhat delirious state, curled up in a near-fetal position, pleading, "Daddy, please don't hit me."

We all know the psychological theory that abusive parents inevitably beget abusive children. That may be a general truism, but I testify that it isn't – and doesn't need to be – a universal truth, because my beloved father-in-law stopped that cycle in his generation.

My husband watched his father struggle with a sense of inadequacy and sorrow that was heart-wrenching at times. However, Jeff also watched his father fight against those adversities with conversion to the gospel, love of Latter-day Saint life, and especially of the Book of Mormon. He watched his father love people, particularly his own children, in spite of the kind of childhood he himself had experienced. He saw him pore over his scriptures and pray to see his Heavenly Father not as one who is punishing and judgmental but as one who loves us perfectly even with all of our flaws and imperfections, and yes, even when some mistakes have been made by earlier generations of parents, if that happened. I think it is safe to say that no father ever loved his children more or was kinder to them in every way than Frank Holland was to his. That is a parenting miracle very close to my life, so I feel duty bound to acknowledge such heaven-sent power, such divine ability to change in one generation what must be changed for the children's - and the gospel's - sake.

I pay tribute to that wonderful father-in-law whom I loved as much as he loved me, and to all the other parents of the world who have risen above difficulties to make life better for their children than they had it

themselves. Jeff's father broke the chain. ... As parents and as children, we do not need to be captive to patterns of destructive behavior or to schools of psychological though. We can know and love and exercise the truth, and the truth an set us free (see John 8:32) (The Quiet Heart pgs. 95-96)

We have the responsibility to look at our heritage, to weed out that which is not Christ-like, and in accordance with his commandments, and replace it with faithful adherence to the principles of the Gospel. Teach your children by your example and your teachings to have faith in the Savior's power to heal, to lift, to bless, and to know that always we can go to Him!

Thank You LaDawn Jacob!



On March 9 2007, LaDawn Jacob gave the Family Lecture Series presentation entitled “*Creating a Home of Learning*”. Thank you LaDawn for a truly inspiring and thought-provoking evening! Attached to this month’s edition of *Libertas* are some additional materials distributed at LaDawn’s presentation. Also, congratulations to LaDawn and her husband Jim on their recent mission call to the Ukraine!

2007 Foundations Training

On June 5-6, 2007, the Family Education Center sponsored its annual Foundations Training held at American Heritage School. Well over 100

participants from other schools and homeschools, including parents and other community members, joined the American Heritage School faculty for a powerful two-day conference focused on “Education for Eternity: Essential Practices that Produce Principle Approach Results.” Many thanks to participants and guest presenters who came from near and far to make the conference an overwhelming success. In response to numerous requests for video copies of the training, we are in the process of making DVD copies of the conference available for purchase and will provide ordering details as soon as we can.

2007/2008 Family Lecture Series Calendar

September 14	Jared Cornell (see attached flyer)
October 13	<i>No Lecture, Fall Break</i>
November 9	Mark Kastleman (see attached flyer)
January 11	Douglas E. Brinley
February 8	<i>No Lecture, 2/28 Patriotic Program</i>
March 14	TBA

The Family Lecture Series is offered at the American Heritage School North auditorium beginning at 7:30 p.m. Please be seated by 7:25 p.m. Admission is free of charge. All are welcome – ages 14 and up. Any who would like to personally meet and greet the guest lecturer are invited to attend a reception with light refreshments that is held beginning at 7:00 p.m. in the Boardroom on the second level of the building.

American Heritage School is Expanding!

We are very pleased to announce that beginning this Fall, 2007, American Heritage School is adding 9th Grade with plans to expand the School’s program to include a full K-12 program in coming years. Twenty-two students are currently registered for 9th Grade, which will include, among other offerings:

- History and literature instruction by Lauri Updike;
- Individualized math and science instruction through BYU independent study including on-site math and science specialists to assist students with the curriculum and in math and science labs;

- Extracurricular programs for boys and girls, including basketball, soccer, ballroom dance, and drama/speech;
- Foreign language instruction (Spanish and German);
- Principles of Leadership and Personal Management course to convey important leadership skills in the areas of financial literacy, understanding and avoiding addictive behaviors, public communication and presentation skills, spreadsheet skills, and more; and
- ACT/SAT preparation course; and
- Technology initiatives.

If you are interested in more details about American Heritage School’s 9th Grade program, please visit the School’s website at www.american-heritage.org and click on the link “9th Grade Program, Fall 2007” under the “For Parents” or “About Us” links.

George Washington
Pencil Sketch by Catia Nunes – 8th Grade
American Heritage School



Abraham Lincoln
Pencil Sketch by Macie Anderson – 4th Grade
American Heritage School



Creating a House of Learning

The following materials are excerpted from remarks and materials distributed at the March 9, 2007 Family Lecture Series presentation by LaDawn Jacob.

IDEAS FOR LEARNING IN THE HOME

Guests. We invite individuals into our home to share with us their experiences, testimony and knowledge. Examples include Irma Waite and WWI, Betty Chi who lived through the cultural revolution, Indonesians, Jewish dancers, Koreans, Mexicans, Chinese, Mauritians and the list goes on and on.

Meal Time. Meal time is one of the best times for children to learn. Studies show that families who have at least one meal together have significantly lower problems with eating disorders, delinquency, drug and alcohol abuse, and other forms of acting out while families who eat together have higher academic performance, increased feelings of self worth, fewer family conflicts, etc. (National Merit Finalist Study). Ideas to promote learning at the meal table include:

- Place maps or other education material under a clear plastic cover on the table – discuss current events and show your children where (on the map) the current events are happening. Use a World Book or encyclopedia to refer to more information on current events or an item discussed in the "events of the day."
- Invite children to report on what they have learned that day. They could even share a story or a report they had written.
- Play dictionary or thesaurus games: throw out a word and see how many synonyms children can give.
- Have a family devotional.
- Read to children.
- Listen to CD's or tapes - especially when children are young – including music in foreign languages.
- Let everyone share a joke.

There is no better place to develop eternal relationships than by preparing and sharing a meal with loved ones!

Traditions in the Home "If we build righteous traditions in our families, the light of the gospel can grow ever brighter in the lives of our children from generation to generation. We can look forward to that glorious day when we will all be united together as eternal family units to reap the everlasting joy promised us by our Eternal Father for his righteous children." (Elder L. Tom Perry)

Family Traditions help in many ways:

- Traditions provide positive child development and child outcomes such as adolescent identity development and feelings of self-worth; also promote higher grade point averages.
- Traditions create a sense of personal and family development as they help to "knit together a family identity" by providing a sense of "who we are."
- Traditions provide a sense of connection between generations. They provide "continuity in meaning across generations with the anticipation for repeat performance and an investment that `this is how our family will continue to be."
- Traditions strengthen relationships between parents and children, brothers and sisters, and extended family members.

- Traditions help maintain family contact, fostering togetherness, emotional exchange and stability. They are the "glue that holds families together." "Foster wonderful family traditions which will bind you together eternally. In doing so we can create a bit of heaven right here on earth within individual families. After all, eternity will be but an extension of righteous family life." (President Ezra T. Benson)

Family Traditions can be called our "family routines". Other types of family traditions can be annual celebrations. You remember in "Fiddler on the Roof" how Tevya sang the song, "Tradition". The Jews have been held together for centuries, scattered throughout the world, with these "traditions".

Traditions should involve three things:

1. Family
2. Food
3. Activity

Remembering is an important purpose of traditions. I am always astounded that people celebrate holidays such as Thanksgiving, President's Day, St. Patrick's Day, Valentine's Day, 4th of July, etc and never even mention the purpose for the celebration. These are the perfect opportunities to pass on to our children our legacy of values and beliefs!

Some examples of traditions that include family, food and activities that we have enjoyed in our family are:

- Hanukkah. This involves family - now our grandchildren look forward to it eat year. The food is potato latkes with applesauce and Hanukkah donuts. We remember the Jewish revolt against Antiochus IV in 165 B.C. and the miracle of the Temple Hanukkah continuing to burn 7 days beyond the amount of oil put in the menorah. We talk of the Lord's miracle in helping the Jews take back the temple and re-dedicate it to the true and living God. The activity part is singing the Hanukkah song, playing dreidels and reading stories.
- Pioneer Day, July 24th. This involves family, often immediate family as well as aunts, uncles, cousins and friends. The food can be pioneer stew or homemade bread and jam. We remember our pioneer ancestors by reading and telling stories, sharing journal entries, and sharing experiences that demonstrate their faith. The activity part is pioneer dancing, pioneer songs and pulling molasses taffy.

Other examples could be cited from our family, including President's Day, Thanksgiving, Passover and more.

Using the Power of Music to Bless our Home. "When you encourage your children to be music minded, you are making an investment that will yield dividends for a lifetime. Music improves coordination between thought and action, encourages creative and orderly thinking, fosters mental alertness and most important builds what I call 'staying power'. Music is often the first artistic activity that makes a child realize he must work hard to accomplish what he wants. It requires self-control." (Sally Peterson Brinton)

Important Principles in helping children develop their musical talents:

1. Talents are given of the Lord. We are the stewards of these talents. Someday we will be asked to make an accounting of what we have done with our talents. (Matthew 25)
2. Practicing is an essential part of developing our talents. Here are a few suggestions that will make practicing more agreeable.
 - It is easier to begin when the child is younger (5-9 years old). However, it is never too late. When are you ready to have your child start?

- Make the physical environment as nice as possible. Try to use a pleasant, warm room with lots of light.
- Provide the nicest instrument you are able to afford. (The Lord helps with this.)
- Have the children practice at a specific time each day. Morning is generally better or divide the time between morning and afternoon. Be sure to keep a record of the practicing in the early years.
- Develop some type of incentive program to keep them going. (stickers, fun place to go together, ice cream cone after a good lesson...)
- Practice with your child for the first few years. As the child gets older you can allow them to practice on their own more frequently until they are independent enough to do it themselves without supervision. Children need to know How to practice.
- Encourage performances from the children. Family Home Evening or invite the neighbors, child's teachers or friends. (Serve refreshments and they'll come.)
- Support and attend public performances.
- Use LOTS of encouraging comments. Do not make derogatory remarks even if it sounds awful. Just help them know how to fix it kindly.

How to make music an important part of your family:

1. Sing to your children when they are tiny (they don't mind the voice!). Learn some children's simple songs. The children love to have them repeated over and over again.
2. Listen to the Church music on cassette or CD. Primary songs or Church hymns.
3. Learn songs that teach academic information. (Sing n' Smart, Manners, America songs, State songs, Inventors, etc.). Character development songs are also helpful. Try this one while doing the dishes:

"I Love the Dishes" sung to the tune "I Love the Mountains, I Love the Rolling Hills."

*I love the dishes; I love the pots and pans,
I love the silverware, I love dishwasher hands,
I love to do them all after every meal.
Kitchen duty, kitchen duty, kitchen duty, kitchen duty.*

4. Sing before having family prayer to call people together. Sing on Sunday nights.
5. Sing the hymns as part of the family devotional.
6. Sing as you travel. Learn some old family favorites.
7. Teach family to sing harmony.
 - Have one parent always sing they harmony part.
 - Listen to music with harmony: trios, quartets, small choral groups etc.
 - Have children sing in unison matching their tones
 - Sing rounds such as *Row, Row, Row Your Boat*
 - Teach harmony at end of a song: (*Love is Spoken Here*)
 - Teach a duet part to two children. Record it on tape, write it out on a chart, practice, practice Sing the two parts together.
 - Add more parts--teaching the new parts the same way.

TRADITIONS FOR HOME HARMONY AND HAPPINESS

The purpose of all of our traditions is to help us bring to pass our greatest desire and most fervent prayer which is to live happily here on the earth, come to know and love the Lord, and prepare us to be worthy to be together forever. We don't do all of these things every year, but perhaps it may give you ideas of things you might want to establish as traditions in your own family. We have found that traditions bring us closer together as a family, make for lots of happy memories, and tie our hearts even when we are apart.

General Traditions

Family prayer: Both night and morning (may mean 5 a.m. to accommodate schedules of family members who leave very early). Sometimes it is necessary to have prayer with older children before they leave, then with younger children later.

Family devotional: Each day (morning or evening). Usually lasts about 10-20 minutes. Consists of a hymn or primary song (you may want to keep on the same one until you have it memorized; also could have family members lead and play the piano); a poem you are memorizing as a family; a scripture you are memorizing (we like to use scripture mastery scriptures from *seminary*; also a good time to learn the missionary discussions); followed by spending a few minutes studying the scriptures together.

Hugs and Kisses: Hug and or a kiss when children (or parents) leave for school or work. Also in the morning and at bedtime.

"Jolly Jacob's Job Chart: Each member of the family has an opportunity to serve *others*. Assignments are posted on the fridge so everyone is reminded. Changes of jobs in September and June.

Bedtime stories: Or a "Children's Hour" each evening. Mom sits in the hall and reads to everyone who listens in their own bedrooms.

Review historical events: Each morning *at* breakfast go over the historical happenings of that particular day. Books with this information can be obtained from a bookstore, or under the month in the encyclopedia.

Sabbath Observances: Stay dressed in clothes appropriate for the Sabbath. Everyone helps prepare and clean up a lovely Sunday meal that we enjoy eating together, using our nicest dishes. It's fun to sing around the piano together in the evening and make popcorn. Also letter writing, journals and scrapbooks, studying the scriptures and visiting loved ones and those in need.

History or Scrapbook: Keep a monthly or weekly history and scrapbook of the family that may include a record of events and feelings, pictures, programs, and other memorabilia. A simple way to do this is to update events of the past week each Family Home Evening and keep the record in a 3-ring binder with plastic cover sheets.

Birthdays: Children get to have their favorite breakfast and dinner. Using a "special day" plate and hiding money underneath is a favorite surprise. We also have a special tribute time for them when everyone may say what they love and appreciate about that particular child. We usually read *about* the funny things they said or did growing up. We like to put together a creative "candybar chart". They have birthday parties with several friends over when they are ages 5, 8, 12, and 16. This is a big occasion with a meal, decorations, games and lots of fun. It's fun to wake the birthday person with singing and hugs, and put some pictures of them up on the bulletin board. The kids love to receive a birthday letter from mom or dad.

Holiday Traditions

JANUARY

New Year's Celebration: We like to plan an evening at home with lots of snack food, games, music, and perhaps a video. All of us go out on the porch together and bang pots and pans to welcome the new year.

FEBRUARY

Valentine's Day: Decorate sugar cookies and read about the history of the holiday.

Presidents Day: Review the lives of Washington and Lincoln and other great men with music, poetry, and stories. Maybe have a special dinner with cherry pie or a chocolate log for dessert.

MARCH

St. Patrick's Day: Green pancakes for breakfast, maybe a can of 7-up for lunch, and green foods for dinner. We also read about the origin of the holiday and stories of St. Patrick. Irish stew, soda bread, and trifle is a fun meal. If you have Irish ancestors, talk about them.

APRIL

April Fools Day: Sometimes we have supper at breakfast, and breakfast at supper. We set the table with odd-sized utensils and drinking cups. The kids get a surprise for lunch (like cardboard sandwiches) and we usually prepare one "interesting" dish just to keep life exciting, like jello topped with shaving cream.

Easter: We like the tradition of having the Feast of the Passover. It is a glorious experience and everyone participates. We have matzah bread, lamb, bitter herbs, grape juice, and other traditional Jewish foods. Before Easter we prepare by talking about the events in the Savior's life preceding the resurrection, and put pictures up of the Savior's last days. The Saturday before we like to have a treasure *hunt with* Easter baskets, decorating eggs, and maybe a small gift.

Church Organization (April 6): It is nice to have a special dinner and program commemorating the organization of the Church. Historical events could be shared: first vision, restoration of the priesthood, Book of Mormon, Kirtland, Missouri, Nauvoo, westward trek, etc.

MAY

May Day (May 1): It's fun to take flowers around to people on this day.

Mother's Day: Have a special program with songs, and tributes.

Memorial Day: If you can, visit the graves of some of your ancestors and take flowers. Learn about your ancestors. Enjoy a family gathering or picnic. Plan a visit with a war veteran.

JUNE

Flag Day: Display the flag and learn about the history of our flag and the national anthem.

Celebration of Summer: Go camping as a family. Have a family meeting to decide things for the summer as a family. Plan activities, family jobs, and fun.

Father's Day: A tribute to fathers and grandfathers with poems, songs, stories from their lives etc. Invite Grandparents--talk to them on the phone, learn about them, if possible have them share with the family events of their lives.

JULY

4th of July: We like to have a flag raising ceremony where those in attendance can give poetry, songs, readings and thoughts about America and its founders, followed by a pancake breakfast. Maybe go to a parade, have a picnic, and enjoy a celebration of fireworks in the evening. Beforehand learn about our founding fathers and the history of our nation. Invite a war veteran or an immigrant to speak to the family. Making homemade ice cream is also a fun tradition.

Pioneer Day: Supper of bread and milk with fruit, cheese and onions (old pioneer favorites). Tell pioneer stories and share excerpts from journals. Sing pioneer songs and maybe even have an old fashioned square dance with family and friends. We also pull molasses taffy and have popcorn for treats. Some like to wear pioneer hats and dresses.

AUGUST

Harvest Time: gardening, canning. Have a family meeting to decide things for the school year as a family (activities, new jobs, goals etc.).

Back to School: Back to school shopping together is something the kids look forward to. Another good idea is a father's blessing before school starts each year.

SEPTEMBER

Labor Day: This day is usually spent bottling fruit, but after the "labor", it's fun to go on a picnic in the mountains or play a game together in the park.

OCTOBER

Fall Festival: We make an annual trip through a beautiful canyon and enjoy the leaves. We take tin foil or dutch oven food, or just a picnic to enjoy together. We also decorate the house with the traditional pumpkins, squash and cornstalks.

Columbus Day: Review stories of his life and put pictures up.

Halloween: Dinner in a pumpkin is our traditional evening meal. The kids trick-or-treat until they are age 12, then we stay home to hand out treats, play games, and watch a video.

NOVEMBER

Election Day: Be involved and vote!

Thanksgiving: We read the Thanksgiving Proclamation made by George Washington before we eat our traditional meal with family and loved ones. Put 5 kernels of corn at each plate to remind us of the bounteous blessings we have in comparison to the Pilgrim's difficult times. We like to go around the table and have everyone tell of the blessings for which they are most grateful. We have started having a special "Time of Thanks" devotional the night before with poems, songs, and stories. It's fun to put a poster on the fridge all month long where people can write what they are thankful for. Take the opportunity to write thank-you notes to people.

DECEMBER

Hanukah: We tell the history of this Jewish holiday through stories. We play dieldels, light the candles, and make HanulDAH donuts. It is a great way to teach history.

Christmas: Some of our annual traditions are:

- Cut down our own tree on a trip into the mountains.
- Draw names from the family to make or buy a gift.
- Play and sing Christmas music all month.
- Simmer spices like ginger, cloves, and all-spice on the stove.
- Have a musical program in our home for elderly or single people living around us (we have refreshments and send home a little gift like honey or bread), or take a little program to cheer those confined in the hospital or rest homes.
- Adopt a patient at a hospital or nursing home.
- Go caroling together followed by donuts and cider.
- Write out a gift to Jesus and put it under the tree.
- Sleep together under the lights of the tree while Mom reads Christmas stories by candlelight until everyone is asleep.
- Collect Christmas stories.
- Make a gingerbread house together that we save to eat on New Year's Eve.
- Jewish dinner on Christmas Eve. We eat by candlelight on wooden or pottery type dishes. We have many of the traditional Jewish foods and tell the story behind them. Afterward we act out the Nativity Story interspersed with singing carols.
- 4 gifts: something to play with, eat, read, and wear

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JARED CORNELL

"NO TOIL NOR LABOR FEAR"

PERSONAL EXPERIENCES FROM THE

SESQUICENTENNIAL MORMON PIONEER WAGON TRAIN OF 1997

Jared Cornell and his wife Brenda were the originators and organizers of the Sesquicentennial Mormon Pioneer Wagon Train of 1997. Before and during the expedition, Mr. Cornell experienced various remarkable and life-changing events, including a calling by Elder Russell M. Ballard to serve in the Wagon Train Presidency – a calling not given since the original Mormon Pioneer wagon trains of the 1800's. Mr. Cornell has organized numerous different living history organizations in Utah, including Civil War groups, a Mormon Battalion company, a Pioneer Heritage group, a muzzle-loading rifle club, and has also managed a horse and wagon concession at This is The Place State Park, giving tours and lectures on the history of the Pioneers. Jared's passion for history has also led to his involvement in various archeological digs such as the Camp Floyd and Tin War sites in Cedar Valley and Strawberry River, Utah. Jared Cornell has been a fifth-grade teacher at American Heritage School for the past five years. His love of history and its capacity to build character in families has motivated much of his life's work. A life long resident of Utah, Mr. Cornell is the father of five children, and has 2 grandchildren.

Date: Friday, September 14, 2007
Time: 7:30 pm-9:00 pm
7:00 – 7:25 pm Reception Boardroom
Place: American Heritage School
736 N. 1100 E. American Fork
directly east of Mt. Timpanogos Temple
Who: All are welcome – ages 8 and up
Cost: Free
Info: mpatch@ahsmail.com or 642-0055

This lecture is free and open to the public ages 8 and up. Our next lecture is Friday November 9, 2007, featuring Mark B. Kastleman, entitled "Protecting Families from the Negative Impacts of Inappropriate Media"



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FAMILY LECTURE SERIES

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MARK B. KASTLEMAN

**"PROTECTING FAMILIES FROM THE NEGATIVE
IMPACT OF INAPPROPRIATE MEDIA"**

Mark Kastleman is a nationally recognized author, researcher, and public speaker on the topics of addiction prevention/recovery, habit/behavior transformation, and successful work and family relationships. Mark is nationally recognized for his writings and training in the mind-body science field, following in the footsteps of his mentor, world-renowned neuropsychologist, Dr. Page Bailey. Mark has focused much of his time and energy on the harmful neurobiological effects of "visual drugs" such as pornography, sexualized media and violent interactive videogames.

For over 20 years, Mark has educated and entertained audiences across the United States. He is a frequent guest on local and regional television and radio programs and also conducts advanced training programs for corporate executives and management teams, clergy and military chaplains, psychologists and therapists, health care professionals, military personnel, parents, couples and teens. Mark is the author of six books, including *The Drug of the New Millennium: The Science of How Internet Pornography Radically Alters the Human Brain and Body*. He and his wife Ladawn are the proud parents of six children and are expecting their second grandchild this year.

Date: Friday, November 9, 2007
Time: 7:30 pm-9:00 pm
7:00 - 7:25 pm Reception Boardroom
Place: American Heritage School
736 N. 1100 E. American Fork
directly east of Mt. Timpanogos Temple
Who: All are welcome - ages 14 and up
Cost: Free
Info: mpatch@ahsmaail.com or 642-0055

*The Family Lecture Series is free and open to the public ages 14 and up.
Our next lecture is Friday, January 11, 2008, featuring Dr. Douglas Brinley*