

## THE SECRET FOR HAPPINESS IS...

**Remember: love is like a living creature,** you mustn't forget nourishing it and you must always think it is a part of real life.

**Each member in the family must take care of the family relationships by giving time,** attention, efforts. If one feels sure that things will go on anyway, love may easily wither and die.

**It's not enough nourishing family love once a year,** in the occasion of anniversaries and birthdays. Love in the family must be nourished day after day, like a sweet habit which doesn't need any effort.

**It's necessary to feel the pleasure of living together and show it to the other persons in the family.** All the family members must amuse themselves together, and have a break now and then.

**In order to let all work properly,** a strong attitude to follow religion, always present in our hearts, is necessary too.



BUT HOW  
HAPPY IS MY  
FAMILY?



Let's *enjoy*  
ourselves  
in the *family*

WHICH GAMES?  
WHICH CHALLENGES?

Amusement, calm, innovation...  
**make a family happy!**

**W**INTER, snow, mountains, cold; summer, sun, seaside, hot weather... Seasons can take different new experiences, in a word: amusement!

**But we don't need go far away for amusing ourselves.** There are many occasions at home as well, with our friends: table games, sports, religious or civil holidays... All occasions for landing on that magic island called entertainment!

**Entertainment** puts the family together, reveals hidden attitudes, sleeping feelings: game spurs a sound rivalry; in these moments children can show that they are cleverer than their parents, with everybody's joy. And...

- ✓ amusement makes a family forget misunderstandings; the true nature of persons comes out, and roles, authority, tasks are abandoned for a while;
- ✓ the only important thing is laughing, abandoning themselves to that light and pleasant sensation.

**Entertainment in the family is fine and useful:** the atmosphere of complicity of those pleasant moments lasts even afterward, when all go back to everyday normal life. Entertainment makes us prove that sensation of inner peace that we would like to prove always. And we can enjoy that peaceful dimension, always desired, maybe forgotten, sometimes even mocked.



**But what about electronic games,** that must be played on one's own, facing a machine:

- ✓ where's the amusement?
- ✓ which kind of a challenge are they?

**Amusement makes a family forget misunderstandings and impositions. What made a family laugh and amuse together will never be forgotten.**

- ✓ where is complicity, joy, sharing of feelings and sentiments?
- ✓ we are alone, we remain alone, we feel more and more alone!

Through internet we can play distant games. But where is then the pleasure of seeing the others' expressions when they win or lose, when they are uncertain about the next move, or when they are amazed for an unexpected solution? Amusement makes us become children again, but how can we feel this emotion, if we are alone and far from other people?

**Playing games in the family is a lively and unforgettable experience:** some amusing gags are unforgettable, and:

- ✓ they become a sort of family richness we can always use in future for remembering a fine moment we lived all together;
- ✓ the richness in entertainment is in sharing the common experience, that is different for everybody but enriches the whole family unit.

**When a family lives together enjoyable moments, it changes, improves, becomes stronger and more united:** friendship grows, spontaneity overcomes falsity and appearance. Nobody is worried when time flies away in a pleasant way, and at the end, when the party is over, everybody is regretting because time has been so short!

**Cheerfulness makes a family happy** and seeing everyday problems in a positive perspective. When we are not cheerful we are angry with the whole world and can find no solution for our problems. Besides, a serene family is

- ✓ a family that is able to find amusements
- ✓ and it is a wonderful example for the unit of a couple, the education of children, and even for today's society.

**how to educate**

from: Salesian issues

*How often do we amuse ourselves and are we merry in our family?*