

## Qualify Family Life (I)

Good Morning Teachers and Students,

It's been a while since we have the last morning assembly here in this playground. We must thank God for the fine weather and the blue skies.

I hope you all enjoy the programmes of the Gospel Week. The programme that touched me the most was the film on Wednesday. I watched the film “愛·回家” in the hall with the junior form classes and I would say that it was one of the quietest assembly we have ever had.

The film tells a story about a teenage girl and her family. This teenage girl is raised in a middle class family. Her parents think that they have given her everything she wants, but, in fact, she is very unhappy and this is how the story begins. I think many students have moved by the experiences of the main characters in the film.

This morning, what I want to share with you is not the film but about **family**. You should remember that the school theme this year is PLHKS, MY HOME, MY PLACE. In addition to the theme, in September, when the school begins, we have made a pledge to try our best to love and care for our family members.

My dear students, what is a home? Somebody may say --- A home is a house or a building that a person or a person and his/her family is/are living in.

We have three different and related concepts in this statement: **House**, **Home** and **Family**.

Let's make some correlations on these three concepts before I go further to talk about Family Life.

We all have a home, but we may not have a family. Many people live alone without any family members. Moreover, the conditions of the house you live do not necessarily correlate with the quality of family life. Many people will tell you that “the quality of the House is not the most important, but the quality of Family Life in the House is essential to our physical and mental health.” Many families live in large and well-decorated houses, but they don't have a happy family life and the family members may have the feeling that their life is miserable.

My dear students, how do you see a family? And do you have a quality family life?

In today's world the concept on *family* is largely based on our mental images. These images may come from the media-created or experience-created images or .....

✧ From your own growing-up experience,

- ✧ From social statistics, newspapers, movies, fictions, television situation comedies or popular plays,
- ✧ From your perceptions of the family life of your friends, classmates or neighbours ...

My dear students, if we really want the holistic satisfaction and incomparable joy that comes from quality family life, we must spend time to think about family life seriously.

W. J. Durant (an American philosopher, historian, and writer. He is best known for his authorship and co-authorship with his wife Ariel Durant of *The Story of Civilization*) once said: *The family is the nucleus of civilization*. We clearly understand that family is the DNA of society and the cornerstone for both our social existence and individual development. This is why some wise men said: “*it takes a village to raise a child and it takes strong families to make a true village*”.

But the problem is that: *we live in a time when social messages about family are incredibly mixed and confusing*. Even the core purpose of family itself seems uncertain for many people. While in the past, the family was generally seen as a sacred institution that was necessary for physical survival, procreation, character and skill training, & emotional and spiritual strength. However, for many today, family is seen as optional, and sometimes just a social and recreational meeting place. Some sociologists call this family malfunction. Sometimes people blame that there are so many things to be done and we have so little time in the modern society.

Our Government has taken the lead in promoting 5 workdays per week. The government believes that this scheme can encourage civil servants to have more quality family life, hoping that the society as a whole benefits from the productivity and family cohesion, and hence brings a more harmonic society.

Do you believe that time is the key factor for quality family life?

Yes, of course, time is important, but it is more important to find out what we should do and we can do for the family. It is a matter of fact that we all have a share in promoting family solidarity and building a harmonious society. Many family members have a lot of time staying in their home, but they have no communication among themselves ---- their attention are not the other family members, but the computer, the TV programmes, the newspapers, the homework or the friends on the other end of the telephone or internet lines. There is no talking or any form of sharing of ideas in the house.

And what makes a happy, healthy family? What are the basic components of quality family life?

Extensive research explores a variety of factors, but almost everyone who takes a serious look at family issues will agree that: **A strong, loving marriage tends to create a strong family.** Families are generally happy and successful to the degree

that family members:

- ✧ Trust each other,
- ✧ Believe in each other,
- ✧ Help each other,
- ✧ Comfort each other,
- ✧ Forgive each other,
- ✧ Serve together,
- ✧ Worship together,
- ✧ Play together,
- ✧ Celebrate together....

Families who have healthy relationships with their family members are generally happier and more resilient to the challenges and hardship of life. It is obvious that if a family possesses the following characteristics, all the family members will have a joyful life and stronger self-esteem:

- ✧ Family members genuinely love each other . . .
- ✧ Parents who welcome children into the family and team well to provide for their physical, emotional, social, and spiritual needs . . .
- ✧ Parents who teach their children to love and serve each other . . .
- ✧ Parents who pass on a wonderful heritage of the principles, such as honesty and integrity, that create quality of life . . .
- ✧ Family members are supported in their efforts by a loving network of grandparents, cousins, nieces, nephews, uncles, and aunts?

My dear students, I understand that it is easier to know than to put into practice quality family life. For interpersonal relationship is full of human weakness and conflicts. But however difficult it is, this is one thing we cannot afford to ignore. Let's try our best to do our part for the goodness of our family.

Thank you for your attention.

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Reference:

Jules Marie-Delacroix: <http://www.e-articles.info/e/a/title/How-Do-You-See-Family/>