

FAMILY TRADITIONS

Worth Keeping

♥ PRESERVING THE MOMENTS THAT TELL YOUR FAMILY'S STORY ♥

Simple traditions. Shared memories. Lasting legacy.

1. HOLIDAY TRADITIONS ♥

- Christmas traditions
- Thanksgiving traditions
- Easter traditions
- Birthday celebrations
- Anniversary traditions
- Special family gatherings



Which holiday tradition brings our family the most joy?

2. SUNDAY & FAITH TRADITIONS ♥

- Family meals
- Church attendance
- Family devotions
- Prayer traditions
- Scripture reading
- Blessings before meals

Remember:
Faith traditions often become a family's greatest legacy.



3. FOOD & RECIPE TRADITIONS ♥

- Favorite family recipes
- Holiday baking traditions
- Sunday dinners
- Special celebration meals
- Recipes passed down through generations



Our family's most treasured recipe:

4. EVERYDAY FAMILY TRADITIONS ♥

- Game nights
- Story time
- Family walks
- Vacation traditions
- Seasonal activities
- Grandparent visits



"Ordinary moments often become extraordinary memories."



5. NEW TRADITIONS TO BEGIN ♥

- Grandparent interview nights
- Annual family photo day
- Memory sharing evenings
- Family service projects
- Grandchildren baking day
- Legacy letter tradition



6. STORIES WORTH PRESERVING ♥

- Childhood stories
- Immigration stories
- Faith stories
- Love stories
- Military service stories
- Family hardships overcome

What family story should never be forgotten?

FAMILY TRADITIONS CHECKLIST ♥

- Ask parents about traditions from their childhood.
- Write down favorite recipes.
- Record family stories.
- Take photos during gatherings.
- Involve grandchildren.
- Celebrate traditions intentionally.

REFLECTION ♥

What traditions tell the story of who we are as a family?

SCRIPTURE INSPIRATION ♥



"One generation shall commend your works to another, and shall declare your mighty acts."

PSALM 145:4

♥ TRADITIONS ARE THE THREADS THAT BIND GENERATIONS TOGETHER. ♥