



Soup-A-Bowl: A Recipe for Families

What are the ingredients?

These comments were collected from those who attended the 2006 Convocation.

- ♥ Parents being on the same page
- ♥ Staying the course and laughter
- ♥ Sense of humor
- ♥ “Taking time”
- ♥ Respect and forgiveness
- ♥ Love, understanding, respect, and commitment
- ♥ Support
- ♥ Kindness
- ♥ Acceptance
- ♥ Communication
- ♥ Patience and love
- ♥ Trust and talking to each other and listening
- ♥ Moral virtues
- ♥ A model of service
- ♥ Gender equity
- ♥ Love
- ♥ Eat dinner together
- ♥ Dinner conversation
- ♥ Listening to each other
- ♥ Love and trust
- ♥ Trust children (your kids)
- ♥ Brothers and Sisters
- ♥ Uninhibited conversation
- ♥ Honesty
- ♥ Open communication
- ♥ Support
- ♥ Universal health care
- ♥ Family outings
- ♥ Trust
- ♥ Giving your offspring FREEDOM!!
- ♥ Tolerance
- ♥ Understanding each other
- ♥ Reading to each other
- ♥ Sugar and spice and everything nice
- ♥ Laughter & fun
- ♥ Listening
- ♥ Understanding
- ♥ Mutual respect
- ♥ Honest communication
- ♥ Caring and quality time
- ♥ Thoughtfulness
- ♥ The Lord
- ♥ Good principles and beliefs
- ♥ Music
- ♥ Kindness and respect mixed with lotsa love!
- ♥ Unconditional love
- ♥ Patience and unconditional love
- ♥ Try to be together for mealtimes
- ♥ Communicate with each other
- ♥ People who care for and respect one another
- ♥ House, parents, food, kids and love
- ♥ A sense of appreciation and joy for what we have —

More ingredients....

- each other, faith, good joy, hope, freedom and a determination to make those a part of life for every family
- ♥ Laughter
- ♥ Reading! (*with each other, alone, for enjoyment and all the time and having fun with literacy*)
- ♥ Love a lot, but hate a little
- ♥ Flexibility
- ♥ Respect for every member of the family
- ♥ Listening
- ♥ Love
- ♥ Time...and lots of love
- ♥ Dental care
- ♥ Communication
- ♥ Sleep!
- ♥ God at the center
- ♥ Love, laughter, and life
- ♥ Understanding; words can hurt more than broken bones
- ♥ Love, some money ,and persistence
- ♥ Have fun together
- ♥ Plan trips at least once every year!
- ♥ Help each other without wanting anything back
- ♥ Together time
- ♥ Listen
- ♥ Effective communication
- ♥ The words we use when talking with our children"If we spoke to our friends the way we speak to our children...How many friends would we have??"
- ♥ Respect, love, boundaries, consistency
- ♥ Inclusion
- ♥ Patience and understanding
- ♥ Laughter
- ♥ Patience and humor
- ♥ Love and good times
- ♥ Love, understanding, patience
- ♥ Communication
- ♥ Fun times together!
- ♥ Respect
- ♥ Love and support
- ♥ Commitment
- ♥ Playful humor
- ♥ Listening skills
- ♥ Understanding, acceptance, unconditional love
- ♥ Communication
- ♥ Respect
- ♥ Cable TV
- ♥ Respect
- ♥ Cooperation
- ♥ Affirmation that each member of the family has value
- ♥ Love, communication and structure
- ♥ Respect of each other
- ♥ Family meetings once a week
- ♥ Humor
- ♥ Time spent together
- ♥ Trust
- ♥ Compassion
- ♥ Love, caring, sense of humor, patience, listening skills, being non judgmental & trust
- ♥ Clear, two-way communication
- ♥ Friendship
- ♥ Unconditional love
- ♥ GAME NIGHTS (*Go Fish!, Cranium, Parcheesi, Crazy 8's, Monopoly, Checker, Scrabble*)
- ♥ A dash of fun!
- ♥ 10 parts Open Mind, 3 parts understanding, 6 parts listening, 4 parts hugs,
- ♥ \$ cups care, 6 cups LOVE, 3/4 cup patience
- ♥ Family meal in the evening
- ♥ Sharing activities