

From the **Institute for Peace and Justice** www.ipj-ppj.org

The Christmas Pledge

Believing in the beauty and simplicity of Christmas, I commit myself to the following:

1. To remember those people who truly need my gifts
2. To express my love for family and friends in more direct ways than presents
3. To rededicate myself to the spiritual growth of my family
4. To examine my holiday activities in light of the true spirit of Christmas
5. To initiate one act of peacemaking within my circle of family and friends

Questions:

1. Which holiday traditions do your children seem to enjoy most?
2. Which holiday traditions or family activities do your children have to look forward to after December 25th?
3. Check the statement that most accurately completes this thought: Gift-giving plays the following role in our family celebration:
 - a. It is by far the most important tradition
 - b. It is one of several important traditions
 - c. It is of moderate importance
 - d. It is of relatively minor importance
4. On a sheet of paper, write each of your children's names and jot down a few sentences that describe his or her attitude toward Christmas presents last year.
5. What are you celebrating? What are your core values in regard to Christmas? On the below list, cross off those statements that have no importance to you and add any that have not been listed. Then rank them, 1 being highest and 10 being least important. Once you decide what your deepest beliefs are, you can plan a celebration that is in harmony with your values.

Christmas is a time:

- to be a peacemaker, within my family and the world at large.
- to enjoy being with my immediate family.
- to create a beautiful home environment.
- to celebrate the birth of Christ.
- to exchange gifts with my family and friends.
- for parties, entertaining, and visits with friends.
- to help those who are less fortunate.
- to strengthen bonds with my relatives.
- to strengthen my church community.
- to take a few days off from work and have a good time.