

Families at Christmas

An outline for a meeting



Purpose: To raise awareness of the pressures we all face at Christmas
To encourage the raising of self-esteem

What you need: Some magazine pictures which portray the “perfect” family at Christmas – the beautiful home, the excess of food, the happy children, the perfect atmosphere (usually created by the woman).

Timing: Minimum of one hour.

Display the pictures on the table or the floor and ask the group to select a picture and firstly to describe what they see in the picture. If people are shy, invite each to choose a picture and then in pairs describe their picture to their partner..

As a whole group, look more closely at the picture. Below are suggested some questions but you may wish to choose your own.

- Is there anything here that you would like?
- What do you think happens next? (humorous)
- What do you think is said next? (add speech bubbles)
- Is there such a thing as a perfect Christmas?

Then divide the group in two and ask them to talk about what their picture of a happy and safe or perfect Christmas.

Invite them to make a living picture, that is using themselves form a picture or tableau to show to the other group.

Ask each group in turn to make their “picture” and to “freeze”. The other group should look closely at the statues and try to understand what they are showing.

When they have done this, unfreeze group one and talk about what they were trying to show.

Repeat the process with the other group.

Response

Bring a selection of Christmas cards (bought or home made). Invite people to choose a card and write a message to themselves in it. Collect these and post them to the participants in Advent as a reminder of the conversation.