We at FLSN wish you and your family peace, joy, and the time to renew and/or add a new family tradition during the holiday season.

The holidays are a great time to strengthen family ties by taking the time to practice traditions passed down along the years, and/or to start some new ones. **WHAT TRADITIONS DO YOU DO AND/OR WILL YOU START THIS YEAR?**

The FLSN team is happy to share some of the traditions that we do with our families during the holidays:

- Host a cultural event such as Las Posadas and invite family and friends to participate in caroling and camaraderie.
- Share time in the kitchen with friends and family while making a family tradition such as tamales.
- Make a gift box for family and friends where they can anonymously donate amounts small to large in support of an organization.
- Provide a family journal through the holiday season for family and friends to reflect on the past year and share goals for the New Year. (It is always fun to go back and see what we said last year.)
- Sponsor a child or family in need through LACOE's adopt a child.
- Forego giving gifts to one another and instead we make a family contribution to an organization working to combat poverty and fighting hunger.
- Visit elderly friends and family. Invite them to dinner. Pick them up and take them safely home.
- Choose “Angels” from local organization’s trees for children who would otherwise be forgotten. While younger children may be the most fun to buy for remember the older children whose names frequently remain. They are children too and need to understand they are loved and remembered.
- Visit the cemetery of family members that have passed and decorate their grave site with flowers, food, pictures, etc.
- Attend evening church services or we have prayer services with the family at home. My mother started the tradition of Chinese Food on this day. On the 26th we begin our Kwanzaa festivities. The first day focuses on family and community; we light the Kinara (it looks just like a Menorah, except the colors of our candles are different.)
- Have crafts and books available for children at family holiday gatherings. My crafts include making Christmas cards and ornaments, gingerbread houses made from graham crackers, “pin the carrot nose on the snowman,” and creating Christmas storybooks.

Happy Holidays from the FLSN Team,

*Liz Guerra, Elida Garcia, Armando Argandona, Leticia Gonsalves, Evelyn Greenwood, Denise Favila, Michele Perry, Esther Yasui*