



Dear Life Community Family:

Thank you for pledging to revitalize your family table routine during the next 120 days. One of the simplest ways to instill strong faith and values at home is to share meals together in an intentional manner. Studies confirm that kids and teens that eat frequent meals with the family do better in school and avoid risky behaviors such as drinking, drugs and promiscuity. To help make the process easy, we have provided several tools including the enclosed Meals@Home guide. You can also pick up several mealtime chat recipes at the HomePointe Center or download them from [lifegj.org](http://lifegj.org).

### **MEALS@HOME CONTEST**

Win great prizes by participating in the Life Community Church Meals@Home contest from mid-August through mid-November. Prizes will be awarded monthly with the grand prize for the most intentional family. Follow these three simple steps to qualify...

- Step One: Eat meals together as a family at least **three** times per week. Five or more is better yet!
- Step Two: Submit **one** entry card **per family** per month to the HomePointe Center. Be sure to include all of the requested information.
- Step Three: Post great ideas, fun pictures and brief stories from your family meal routine on the Life Community Church Facebook Page. The judges will be watching!

### **BONUS INCENTIVES**

Here are a couple of bonus incentives to intentional families over the next 120 days.

- For each meal you eat together, above and beyond the three times per week, you will be given a bonus.
- Each receipt you attach to your contest card for donating to the Food Bank of the Rockies, or any other local food pantry ministry (church, etc.), you will be given a bonus.

Thanks again for joining us as we capture the power of family meals to foster greater intimacy and increase conversation about Christian beliefs and values.

Tim Nutting and the HomePointe Team

[lifegj.org](http://lifegj.org)