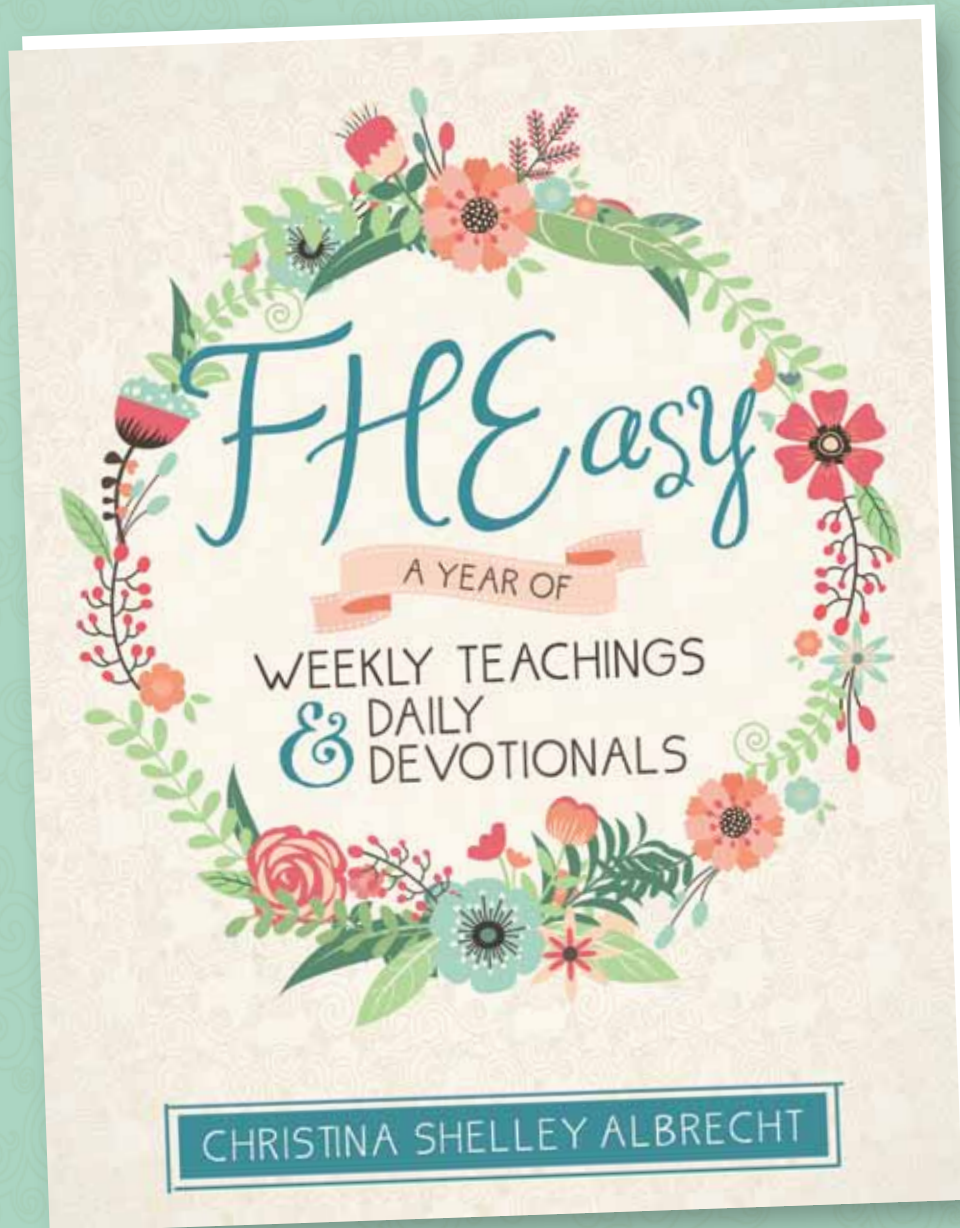


PRESS KIT: FHEASY

by Christina Shelley Albrecht

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Christina Shelley Albrecht grew up in Orem, Utah, just up the hill from Brigham Young University. She grew up in an active LDS family and dreamt of going to BYU, going on a mission, getting married in a temple, and becoming a full-time mom. She did go to BYU and graduated cum laude in Linguistics and Teaching English to Speakers of Other Languages (TESOL). She then did a year of graduate work at BYU to receive a graduate certificate in TESOL.

Christina then moved to Southwest Colorado with her husband, Ryan Albrecht. Before she was in her new ward a week, she

was called to teach in the primary, which she has happily done for many years. She has also taught Sunday School classes and early-morning seminary. While she loves to teach Church classes, she has sometimes struggled with family home evening and scripture study.

She has spent the past five years writing different family home evening and scripture study books for herself and others. *FHEasy: A Year of Weekly Teachings and Daily Devotionals* is the culminating product with features that appeal to all types of families, making family home evening practical and smooth.

SPEAKING ENGAGEMENTS

AVAILABILITY:

Mesa, AZ
Durango, CO
Idaho Falls, ID
Salt Lake City, UT

and nationwide by arrangement
via Skype and phone.

Christina is available for speaking engagements! She will show your audience how to create meaningful family traditions—regardless of time constraints.

Christina Shelley Albrecht is the author of the upcoming book *FHEasy: A Year of Weekly Teachings and Daily Devotionals*, which will be published by Cedar Fort Publishing in November 2016.

Christina can discuss

- A brief history of FHE, including the original 1915 statement and the 1970 statement.
- When to have family home evening. Is Monday mandatory?
- 3 ways to do family home evening in a flash.
- How to avoid the pitfall of perfectionism.
- The mindset of parents who are successful at holding regular family home evenings.
- Preparing months of fun family activities for free in 15 minutes or less.
- The benefits of using an FHE book over online materials.

STORY IDEAS

- How to Use Holidays as Unique Teaching Opportunities
- 3 Ways to Make the Most of Family Time Traditions
- How to Combine and Honor Unique Family Learning Styles
- Stress-Busting Tips: Tried and True Solutions for Calming the Chaos
- Perfectionism Recovery : Stop Shaming and Feeling Guilty
- Family Home Evening: The Only Fight that Begins and Ends with Prayer
- Revive and Revitalize: Get Back in the Groove with Family Home Evening and Daily Scripture Time.

Q&A IDEAS

1. HOW DO YOU BUILD FAMILY TIME INTO YOUR DAILY AND WEEKLY ROUTINE?

I make sure our family has breakfast and dinner together and then I include our family home evening and scripture time with our meals; scriptures during breakfast and home evening once a week during dinnertime. On the weekends, we often do work projects and have a play night.

2. WHY ARE MEALTIMES IMPORTANT?

Dallin H. Oaks shared a study in General Conference that concluded that the time children spend eating meals at home is the greatest predictor of academic achievement and psychological adjustment.

3. WHAT TIPS DO YOU HAVE TO MAKE MEALTIMES MORE SUCCESSFUL AS A WAY TO BOND AS A FAMILY?

Don't worry so much about the quality of the food as the quality of the mood.

Meal time is not the time to correct. It's the time to connect.

4. LIFE CAN BE STRESSFUL AND THERE IS SO MUCH PULLING ON US NOWADAYS. DO YOU HAVE ANY TIPS FOR PREPARING FOR FAMILY TIME SO YOU ARE IN A GOOD FRAME OF MIND?

Unplug—turn off your phones and computers and TVs and music.

Take a moment to center yourself. Breathe and think about something wonderful.

5. WHAT ABOUT TIME ISSUES? EVERYONE'S SO BUSY. HOW DO YOU MAKE ALL THIS FAMILY TIME FIT?

Combine family night and family scripture time with things you are already doing, like family meals and prayers. If you haven't been doing these things, consider taking small steps toward your larger goal. So, instead of expecting yourself to go from doing nothing to doing it all overnight, make a goal to have one FHE this month and read one scripture each week together. Then increase your goals as you see success until FHE and scripture study are part of your regular routine.

6. WITH SO MANY FREE IDEAS AVAILABLE ONLINE, WHY WOULD ANYONE WANT TO BUY A BOOK?

If you have 20 minutes to spend with your family, do want to spend it looking for an idea that will work for your kids' ages and interests and one that you have all the materials to do? Or do you want to pick up a book, have all the ideas organized, and actually spend time with your family?

7. WHAT'S YOUR FINAL MESSAGE?

Despite your crazy busy life, you can have wonderful family time on a regular basis, teach your children important life lessons, and have fun with your family.

TESTIMONIALS

“Do you struggle coming up with ideas for Family Home Evening? This book can help! It includes fun activities and integrates church programs like *Personal Progress* and *Duty to God*. A great resource for parents looking for help planning family home evenings!”

– John Hilton III, Professor of Ancient Scripture at BYU, PhD from BYU and Masters from Harvard in Education



“I am the busy mom of ten children. With schedules going everywhere and such a wide age range to deal with, having family home evening and scripture study has always been a real challenge. *FHEasy* helps me quickly and easily come up with interesting FHE ideas and correlating scriptures that work for my whole family.”

–Rebecca Talley, author of *Grounded for Love* and *Life-Inspired Fiction*.

“*FHEasy* is wonderful! The lessons are perfectly organized and truly inspired. The adaptations for younger children, and for teens will be perfect for any stage of our children’s lives. The different quotes and scriptures make planning family home evening and scripture study each week almost effortless. We can’t wait to share this with our families and get back on the family home evening wagon!”

–The Six Sisters: Camille, Kristen, Elyse, Stephanie, Lauren, and Kendra, authors of the *Six Sisters’ Stuff* cookbooks and blog



FHEASY SAMPLE LESSON IDEAS

“Family”

SCRIPTURE

D&C 88:123–125 (see Sunday’s scripture in the “Daily Scriptures” section)

MUSIC FROM CHILDREN’S SONGBOOK & HYMNS

Families Can Be Together Forever (Hymns, 300)
Here We Are Together (CS, 261)

QUOTES

“The ultimate end of all activity in the Church is that a man and his wife and their children can be happy at home.” (Boyd K. Packer, “The Witness,” Ensign, May 2014)

SCRIPTURE STORIES

The Book of Mormon starts with the story of Lehi’s family. Sometimes the family works well together and sometimes there’s a lot of conflict. They travel in the wilderness, get the brass plates, build a boat, cross the ocean, and begin a new life in the Promised Land. (1 Nephi 2–5, 7, 16–18)

GOSPEL ART PICTURES

Lehi and His People Arrive in the Promised Land (#71)

CHURCH HISTORY

When did family home evening as a church program start? In 1915, Joseph F. Smith

inaugurated family home evening in an official letter from the First Presidency. (For a short video on the inauguration of family home evening, see <https://goo.gl/oXGvNF>.)

President David O. McKay reemphasized the family home evening program, and a family home evening manual was published to support families each year from 1970–1985.

(See <https://goo.gl/EC8V3U> for an article that reviews the history of family home evening.)

On September 23, 1995, “The Family: A Proclamation to the World,” a declaration from the First Presidency and Quorum of the Twelve Apostles, was published. President Gordon B. Hinckley read the proclamation in the Women’s Session of General Conference in October 1995. (See Gordon B. Hinckley, “Stand Strong Against the Wiles of the World,” Ensign, Nov. 1995 or <https://goo.gl/LzYTWL>. President Hinckley introduces the proclamation at 19 minutes 32 seconds.)

ADAPTATIONS FOR YOUNGER CHILDREN

QUOTES

“I will honor my parents and do my part to strengthen my family.” (“My Gospel Standards”)

LESSON FROM BEHOLD YOUR LITTLE ONES

“I Love My Family” (Lesson 11, pages 48–51)

“I Will Obey” (Lesson 14, pages 60–63).

FHEASY SAMPLE LESSON IDEAS

FAITH IN GOD

“Read ‘The Family: A Proclamation to the World’. Make a list of things you can do to help strengthen your family and make a happy home. Share the list with your parents or Primary leader” (13).

ACTIVITY

Get a stack of wooden pencils (or thin, breakable sticks). Show your family the pencils. Pick one up and break it. Show how it isn't strong by itself. Then pick up as many pencils as you have people in your family and try to break the bunch. Show that together your family is stronger. Then look at fun family pictures together and reminisce. Talk about what you like about your family. Talk about what makes you strong and what could make you stronger.

ADAPTATIONS FOR OLDER CHILDREN & TEENS

QUOTE

“Understanding the eternal nature of the temple will draw you to your family; understanding the eternal nature of the family will draw you to the temple.” (Gary E. Stevenson, “Sacred Homes, Sacred Temples,” *Ensign*, May 2009)

PREACH MY GOSPEL

“The Gospel Blesses Families” 3, 32

“Eternal Marriage” 85–86

“Addressing the Importance of the Family” 159–160

PERSONAL PROGRESS

Integrity #7—Make a list of things that strengthen families as well as things you are aware of that weaken families. Research the topic of how to create a strong family by reading conference talks and *The Family: A Proclamation to the World* (See page 64).

DUTY TO GOD

Study the doctrinal topic of Eternal Families and Family History Work. Record what you learn and share what you learned with your parents or a priesthood leader. (See pages 18–21, 42–45, 66–69)

ACTIVITY

Have everyone write down their favorite things about each person in the family. Talk about different things your family has done together that you've enjoyed. Make sure to talk about day-to-day things as well as occasional activities you've done. Look at family pictures together.



DAILY SCRIPTURES

SUNDAY

“See that ye love one another; cease to be covetous; learn to impart one to another as the gospel requires. Cease to be idle; cease to be unclean; cease to find fault one with another. And above all things, clothe yourselves with the bond of charity, as with a mantle, which is the bond of perfectness and peace.” (D&C 88:123-125)

MONDAY

“A new commandment I give unto you, That ye love one another; as I have loved you, . . . By this shall all men know that ye are my disciples, if ye have love one to another.” (John 13:34-35)

TUESDAY

“Children are an heritage of the Lord: and the fruit of the womb is his reward. As arrows are in the hand of a mighty man; so are children of the youth. Happy is the man that hath his quiver full of them.” (Psalm 127:3-5)

WEDNESDAY

“Rejoice, and be filled with the love of God. . . . And ye will not have a mind to injure one another, but to live peaceably. . . . And ye will not suffer your children that they go hungry, or naked; neither will ye suffer that they transgress the laws of God, and fight and quarrel one with another, and serve the devil, who is the master of sin, . . . he being an enemy to all righteousness. But ye will teach them to

walk in the ways of truth and soberness; ye will teach them to love one another, and to serve one another.” (Mosiah 4:12-15)

THURSDAY

“In the celestial glory there are three heavens or degrees; And in order to obtain the highest, a man must enter into this order of the priesthood [meaning the new and everlasting covenant of marriage]; And if he does not, he cannot obtain it. He may enter into the other, but that is the end of his kingdom; he cannot have an increase.” (D&C 131:1-4 Doctrinal Mastery Scripture)

FRIDAY

“If ye keep my commandments, ye shall abide in my love; even as I have kept my Father’s commandments, and abide in his love. These things have I spoken unto you, that my joy might remain in you, and that your joy might be full. This is my commandment, That ye love one another, as I have loved you.” (John 15:10-12)

SATURDAY

“The people of Nephi . . . did walk after the commandments which they had received from their Lord and their God, continuing in fasting and prayer, and in meeting together oft both to pray and to hear the word of the Lord. . . . There was no contention in the land, because of the love of God which did dwell in the hearts of the people.” (4 Nephi 1:10, 12, 15)