

# Try CFM



Christian Family  
Movement

Be doers of the word, and not merely hearers.  
James 1:22

*The Christian Family Movement-USA is a parish-based national network of small groups of Catholics and their families. Members of all faith traditions are welcome.*

*CFM builds community, strengthens families and builds a parish into a family of families. Individuals, couples and extended families of all ages and stages grow in discipleship through learning to live the methodology of observe, judge, and act.*

# *The CFM Meeting Format*

**Gathering Prayer** – The group always begins with a prayer, read or sung, prepared or spontaneous.

**Report on Actions – (5 -10 minutes)**  
Group members report on the progress of CFM actions taken individually, as a family, or by the group. This is the appropriate time to describe needs in your family, parish or community that have come to the attention of the members.

**Scripture Reflection – (15-20 minute discussion)** Quiet reflection and discussion about the scripture helps group members to step away from the ordinary pressure and distractions of the day and begin to focus on the issues of the meeting from a Christian perspective.

**Social Inquiry – (60 -90 minutes)** The Social Inquiry (*Observe* and *Judge* and *Act*) is the heart of the CFM meeting.

**OBSERVE – *The world around you.***  
Gather information from your community or from your own personal experience. Often facts can be opinions of others, too. At this stage of the meeting, members should refrain from expressing their opinions about facts. The knowledge and experience of group members are valuable, but the group must go beyond its own members to gather facts from the larger world and report them objectively. The chance to editorialize comes later.

**JUDGE – *In light of Christ's teachings,***  
judge. In the Judge part of the

meeting, the group decides by discussion whether the observed situation or topic is in line with Gospel values and what Christ would want us to do. The group should try to refer only to the information brought out by the *Observe* questions.

**ACT - *To make a difference.*** Members choose an action to bring “the way things are” more in line with “the way things should be.” The best actions come from the group as a result of the discussion. Actions in the program book are just suggestions. An action may be done as an individual, a couple, a family, a small group, or a parish. The key is to take something away from the meeting and resolve to do something to live out the Gospel teachings in your everyday life.

**Look ahead to the next meeting** – Set the time and place.

**Invite People to Join CFM** by making a donation of \$10/family as a new member. **Choose a Program Guide** from [CFM's extensive library of materials](#) as a benefit of membership.

**Prayer** – The meeting concludes with a prayer. The program book usually has a suggested prayer or another may be chosen by the group or the discussion leaders. Alternatively, a member of the group might lead a spontaneous prayer.

**Social Time** – A short social with simple and inexpensive refreshments helps members to know and understand one another better and builds community.



**Christian Family  
Movement**

## *What's Next?*

After your group has your sample meeting, join the Christian Family Movement and choose your next program book from among our many offerings. A complete list of hard-copy and digital CFM meeting guides can be found at [www.cfm.org](http://www.cfm.org) under [For Members](#).

## **The Mission of the Christian Family Movement is:**

- To promote Christ-centered marriage and family life
- To help individuals and their families to live the Christian faith in everyday life
- To improve society through actions of love, service, education and example

### *National CFM Office Contact Information*

Christian Family Movement  
P.O. Box 1477  
Severna Park, MD 21146

E-mail: [director@cfm.org](mailto:director@cfm.org)  
Website: [www.cfm.org](http://www.cfm.org)

Phone: 800-581-9824

*We are here to help you. Please contact us with any concerns or questions.*