



# OUR MARRIAGE... A WORK IN PROGRESS: MAKE CONVERSATION A PRIORITY

## *Note to Group Leaders and Members*

*In addition to the online printouts of these four chapters, each member in the group will need a small, bound notebook. During the meetings and in preparation for the meetings, entries will be made in them. The notebooks should be brought to each of the four meetings.*

*A week before each of the scheduled meetings, each member is asked to take a look at the Observe section for the upcoming meeting and record in their notebooks the observations requested. ATTENTION: The first notebook reflection should be completed before any of the scheduled meetings take place.*

*For part of each meeting, the group will break into couples, allowing time and space to share and discuss privately. It would be helpful to hold meetings in a place where this is possible.*

## *Opening Prayer*

Father, you have blessed our lives with the sacrament of marriage.  
We call to you today to shower us with your love  
so that we may be open to each other.  
Continue to increase our love  
throughout the joys and sorrows of everyday life,  
and help us to grow in holiness all of our days.  
Grant this through our Lord, Jesus Christ, your Son,  
who lives and reigns with you and with the Holy Spirit,  
one God for ever and ever. Amen.

## *Scripture Reflection*

Whoever would love life and see good days must keep the tongue from evil  
and the lips from speaking deceit. 1 Peter 3:10

Like golden apples in silver settings are words spoken at the proper time.  
Proverbs 25:11

He who answers before he hears—his is the folly and the shame.  
Proverbs 8:13

Listen, for I will speak of excellent things, and from the opening of my lips  
will come right things. Proverbs 8:6

- ◆ What is the relationship between a happy life and good communication?
- ◆ How does listening help us communicate?

## **ABOUT THIS SERIES:**

*Our Marriage... A Work in Progress* is a four meeting marriage enrichment workshop including prayer, scripture, discussion and reflection on some of the areas of marriage that need ongoing time and effort.

**OUR PROGRAMS ARE WRITTEN BY CFM VOLUNTEERS FROM AROUND THE COUNTRY. DO YOU HAVE A TALENT FOR WRITING OR EDITING THAT YOU WOULD LIKE TO SHARE WITH CFM? CONTACT DIRECTOR@CFM.ORG**



## **THE CHRISTIAN FAMILY MOVEMENT:**

- ◆ OVER 60 YEARS OF STRENGTHENING MARRIAGES AND FAMILIES
- ◆ PROVIDING FAMILY RELEVANT PROGRAM MATERIALS
- ◆ HELPING OUR MEMBERS TO PUT THEIR FAITH INTO ACTION

## *Social Inquiry*

Couples who know how to listen to each other, to share feelings appropriately, and to renegotiate their expectations of each other not only survive the troubling times but grow closer together. Those who do not know how to communicate make things worse with their tongues; they become more hurt and distant from each other.

Philip St. Romain and Lisa Bellecii-St. Romain  
*Living Together; Loving Together: A Spiritual Guide to Marriage*

Authentic, honest talking and listening allow the human mask to be removed, so that the inner person is revealed. You come to know your partner and yourself through the intimacy of healthy talking and listening. This is where you come to know the experience of being soul mates, where you realize the profound feeling of being fully known and accepted by another human being and this closeness is the essence of marriage.

William Rabior and Susan Rabior  
*Nine Ways to Nurture Your Marriage*

## *Observe (Notebook Reflection)*

Before the meeting, write answers to the following questions in your notebook. Report on those that you are comfortable sharing.

Ask two other couples and yourselves the following questions and note responses in your notebook:

1. What is good communication? Recall a time when you and your spouse were communicating well.
2. How much time do you spend with your spouse in good communication? Daily? Weekly? (Keep a record of your own husband-wife communication for one week.)
3. What are the barriers to communication in marriage?
4. How has technology (texting, e-mail, cell phones) changed the way you communicate with your spouse?
5. What communication habits interfere with a strong marriage?

What would it be like if we stop multitasking our relationships? How much more connected might we feel if we give our partners our full attention? It might be scary- maybe we haven't connected in a long time and we're unsure what it would be like. But maybe it would be glorious. We can find peace and stability in each other again, amidst the harried business of work and household. The benefits of full attention are great: increased intimacy and attachment, deeper connection and understanding, and greater capacity for empathy. Giving full attention also facilitates active listening skills, which improves communication.

Lindsay Hoskins, Couple & Family Therapist,  
*Multitasking Our Relationships*

“YOU COME TO  
KNOW YOUR  
PARTNER AND  
YOURSELF THROUGH  
THE INTIMACY OF  
HEALTHY TALKING  
AND LISTENING  
  
—WILLIAM AND SUSAN  
RABIOR

## Judge

1. Why is it necessary to communicate as husband and wife on a deeper level?
2. What are some specific ways that a husband and wife can make their communication more meaningful?
3. How can we better listen with our hearts?
4. What effect does good husband-wife communication have on the rest of the family?

## Act

### NOW:

Each couple should find a quiet place away from the group. Take a few minutes and reflect on the statement: "This week I have been happiest when ...."

One partner communicates to the other partner his/her feelings on the statement. The listening partner remains silent. At the end the listener relates what he/she heard. Reverse the process. Couples return to the group when finished.

### AT HOME (choose one or more):

1. Communicate on any of the following:
  - ◆ *My favorite time with you is ...*
  - ◆ *Someday I would like to ...*
  - ◆ *Sometimes I need to be alone because ...*
  - ◆ *I feel loved by you when ...*
2. Dedicate yourself to removing one barrier to communication with your partner.
3. Write and mail a love letter to your spouse.
4. Read one of the following:

William Rabior and Susan Rabior, *Nine Ways to Nurture Your Marriage*, Ligouri, 2000.

Emerson Eggerich, *Cracking the Communication Code: the Secret to Speaking Your Mate's Language*, (Focus on the Family Book) Thomas Nelson, 2006.

Gary Chapman, *The Five Love Languages: the Secret to Love that Lasts*, Moody Publishing, 2010.

Gary Chapman, *Now You're Speaking My Language: Honest Communication and Deeper Intimacy for a Stronger Marriage*, B&H Publishing Group, 2007.

5. Listen to the audio recording by Matthew Kelly, [\*The Seven Levels of Intimacy\*](#).

### Our Method: Observe-Judge-Act

#### Observe

*"Get the facts." At this stage of the meeting, members should refrain from expressing their opinions about facts. Try to simply report, like any good objective newspaper reporter.*

#### Judge

*For CFMers, to judge is not to find another person sinful or holy; it is rather to compare how things are with how things should be, in accord with Gospel values. This comparison requires objective observation of how things are as well as a sincere effort to determine the teachings of Jesus.*

#### Act

*If the group judges through prayer, reflection, and observation that things are not as they should be, then ways to bring about a change will come forth from the group. Actions listed here are suggestions. The best actions come from the group.*

THE CHRISTIAN FAMILY MOVEMENT



THE MISSION OF CFM

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- ◆ 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.

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"BE DOERS OF THE WORD, AND NOT MERELY HEARERS."  
JAMES 1:22

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Christian Family Movement

*Announcements for the next meeting*

Look ahead to the next meeting. *Pay particular attention to the Observes.*

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

*Closing Prayer*

Lord, help us to have open and honest communication about everything with our spouse.

Let us clearly say what we mean, and help us to choose the right words to help our spouse understand us.

Help us to listen to each other, both with our ears as well as our hearts.

We pray that when our communication fails, you will help us to restore it to what it should be.

Teach us, Lord, to honor each other by taking time each day to honestly listen and respond.

We ask this in your name, Lord. Amen.

**What makes CFM different from other small faith communities and study groups?**

**CFM is peer ministry.** Lay men and women invite their friends to join them in a faith building and family enriching experience.

**CFM involves the whole family.** Adults plan ways to include their children in the actions and social events they organize at their monthly meetings.

**An International Movement** —CFM members become part of a network of families all over the world who are living their faith in action.

**A Shared Mission** —CFM teaches members to see themselves as a vital part of the Body of Christ, engaging them in the mission of Jesus.

**A Shared Method** —CFM is an experience of faith formation that connects families and teaches them how to Observe their lives and society, Judge how Christians should respond, and then put their faith into practice.

**Action.** Action sets a CFM group apart from a study group. A CFM meeting should result in a change in our way of living, or it is an empty exercise. CFM groups are meant to form people through actions that result from the social inquiry and discussions.



## OUR MARRIAGE... A WORK IN PROGRESS: TAKE TIME FOR YOUR MARRIAGE

### *Opening Prayer*

Lord, help us to remember when we first met  
and the strong love that you grew between us.  
Help us to see the best within each other  
and within each member of our family.  
Help us to find answers to our problems.  
Lord, help us to say kind and loving words,  
and make us humble enough  
to ask for forgiveness of each other.  
We put our marriage in your hands.  
Amen.

### *Report on Actions*

*The Observe, Judge, Act method helps Christians to put their faith into action in everyday life. What Action have you taken as a result of your last CFM meeting?*

### *Scripture Reflection*

Since on the seventh day God was finished with the work He had been doing, He rested from all the work he had undertaken. So God blessed the seventh day and made it holy...

Genesis 2:2-3

- ◆ How does God set the pace for the way that we should use our time?
- ◆ What is leisure? Why do we need leisure time?

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## Social Inquiry

We do live on the run so much of the time, in too great a hurry to shape and enjoy the kinds of meaningful interactions that define a family's life and nurture each of its members. Only by slowing down do we make time for one another.

Only by stopping long enough to observe our surroundings can we bring form and meaning to our lives and make the small adjustments needed to stay on course.

Katrina Kenison  
*Mitten Strings for God*

If couples are really serious in telling us that friendship is important, they need to schedule time to be together as friends. It just won't happen if we don't. This means putting a priority on this aspect of your intimacy. It's one of the most high-paying investments you can make.

Scott Stanley, Daniel Trathen, Savannah McCain, Milt Bryan  
*A Lasting Promise: A Christian Guide to Fighting for Your Marriage*

Financially we may still be one of the wealthiest nations in the world but we are one of the poorest when it comes to time for activities other than work...

Decompress before you get home. Overstressed working family members either tend to be moving at a pace way faster than their partners or kids – still hyped up on work time – or are in a numbed state of entropy, barely able to keep up with the flow of life in front of them. Decompressing before you get home is important to prepare you to sync your life pace with your partner's and your kids'. So, I advise that you use at least the last part of your commute home to soothe yourself, calm down, chill out, change your mood and prepare to connect.

Peter Frankel  
*Sync Your Relationship, Save Your Marriage: Four Steps to Getting Back on Track*

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BEFORE YOU GET  
HOME IS IMPORTANT  
TO PREPARE YOU TO  
SYNC YOUR LIFE  
PACE WITH YOUR  
PARTNER'S AND  
YOUR KIDS'.”

—PETER FRANKEL

## Observe

Make a copy of the next page for each of you. Fill it out prior to the meeting.

Note : You will only be sharing this list with your spouse.

There are 24 hours in a day, 168 hours in each week. In the space provided in the chart that follows, estimate how the 168 hours in a normal week are divided among the activities listed.

## Observe

Answer the following in your notebooks.

1. Based on the chart you filled out, analyze your use of time. On what activities, relationships, and pursuits do you spend the most time? The least time?
2. Which of these unify your marriage? Which are disruptive?

## Judge

1. What surprised you about how you spend your time?
2. In what ways is my/our schedule balanced? Out of control?
3. Who/what gets the prime time in your life? Who/what gets the leftover time?
4. Has carrying a cell phone helped or harmed your marriage? How?
5. What activities and obligations steal our time? Could any of them be eliminated?
6. How would we rate the quality of our couple time?

## How Do You Spend Your Time?

ACTIVITY	# of Hours
Sleeping	
Parenting/Childcare/ Kid's Activities	
Job/Career	
Extended Family/ Friends	
Commuting/ Chauffeuring	
Computer/ Internet	
Social Media/ Facebook/ Texting, etc.	
Personal Care/ Fitness	
TV/ Videos/ Movies	
Meal Preparation/ Eating	
Hobbies/ Leisure	
Housework/ Shopping/ Errands	
Meetings/ Clubs/ Ministries	
Car Upkeep/ Yard Work/ Maintenance	
Prayer/ Worship	
Couple Time	
Making Love	
Doing Nothing	
Family Time	
Other	
<b>TOTAL</b>	<b>168 Hours</b>

## Act

Choose one or more of the following actions to do at home:

1. Write a love letter to your partner in your notebook, recommitting yourself to make your relationship your first priority. Make some couple time to exchange your letters.
2. As partners, discuss: Are we using our time in the best way possible for us to grow individually and as a couple? What changes would we like to make?
3. Make a date with one another for some special time together. Establish a weekly date night.
4. Plan a getaway weekend – just the two of you.
5. Eliminate something from your calendar that will allow you to give more time to your marriage.
6. Set aside a regular time to be quiet and to pray - as an individual or as a couple.
7. Find a way to simplify your life.

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 JAMES 1:22

CFM FAMILIES AROUND THE COUNTRY WOULD BE INSPIRED TO HEAR HOW YOUR GROUP IS PUTTING FAITH INTO ACTION. LIKE US ON [FACEBOOK](#) AND SHARE YOUR PHOTOS AND ACTION IDEAS.

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 Christian Family Movement

*Announcements for the next meeting*

Look ahead to the next meeting. *Pay particular attention to the Observes.*

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

*Closing Prayer*

*Pray Together*

Dear Lord,

We thank you for the many blessings that you have given us, especially the gift of time.

There are so many things, Lord, that can take up our precious time.

Often, it’s hard to make the right time choices, to benefit the relationships we value most.

We ask you to guide us in setting priorities in how we use our time.

May we always make time for you, Lord, our creator and redeemer.

Help us to be able to make quality time available on a daily basis for our spouse, children and any other loved ones in our lives.

Help us to attain the right balance in our lives and to trim away the complexities that are not important.

We thank you for the time today, spent as couples, in fellowship, and prayer.

In your name, we pray. Amen.

**Our Logo Communicates Our Mission**

The CFM logo shows the holy family in silhouette behind a modern family. The family is an active agent of evangelization, participating in the mission of Jesus. With the model of the holy family to guide them, the CFM family is moving forth to bring the message and the love of Christ to a changing world. Father, mother, sons and daughters are Christian emissaries to the world.



## OUR MARRIAGE... WORK IN PROGRESS: EVALUATE YOUR MONEY MANAGEMENT

### *Opening Prayer*

Let us praise God by reading Psalm 100 together:

Women:            Make a joyful noise to the Lord, all the earth.  
                          Worship the Lord with gladness;  
                          come into his presence with singing.

Men:                Know that the Lord is God.  
                          It is he that made us, and we are his;  
                          we are his people, and the sheep of his pasture.

Women:            Enter his gates with thanksgiving,  
                          and his courts with praise.  
                          Give thanks to him, bless his name.

Men:                For the Lord is good;  
                          His steadfast love endures forever,  
                          and his faithfulness to all generations.

All:                  Amen.

### *Report on Actions*

*The Observe, Judge, Act method helps Christians to put their faith into action in everyday life. What Action have you taken as a result of your last CFM meeting?*

### *Scripture Reflection*

No one can serve two masters. He will either hate one and love the other, or be devoted to one and despise the other. You cannot serve God and Mammon. Matthew 6:24

Do not store up for yourselves treasures on earth, where moth and decay destroy, and thieves break in and steal. But store up treasures in Heaven where neither moth nor decay destroys, nor thieves break in and steal. For where your treasure is, there also will your heart be. Matthew 6:19-21

- ◆ Who or what is your master? Why?
- ◆ What are the treasures in your life? Are they of God or of money, fame, power, or pleasure?

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## *Social Inquiry*

Money – how it is handled and how it is managed – plays an intense role in the dynamic of the family. It contains this dynamic, not because of its intrinsic value, but because the flow of money represents the value system under which that family operates. In husband and wife relationships or relationships with children (teenage and above) the flow, control, and management of money is a real point of pressure...

The very core of the family is dramatically affected by this overbuying, which creates over-borrowing. Most marriages that fail list financial problems as a contributing factor, if not the main reason for the failure.

Dave L. Ramsey III  
*Financial Peace*

You are possessed by the things you possess. They claim your time and effort in paying for them; they sap your emotional and physical energy in worrying about them, protecting them, caring for them; they fill your imagination with dreams of how to get more of them.

Mary E. Buckley & Gregory Augustine  
*Pierce Perspectives on Marriage*

Study after study has documented that beyond the level of financial resources necessary to attain the fundamental needs of adequate shelter, food, clothes and health care, greater wealth is not correlated with greater happiness. Rather the quality of our close relationships is most highly associated with happiness.

Peter Frankel

*Sync Your Relationship, Save Your Marriage:  
Four Steps to Getting Back on Track*

The whole of Jesus' mission is a direct challenge to us to live more simply and to be more responsible and accountable for what we have. Certainly the model of Jesus is clear. He was poor. He lived in a poor community. And His life calls us constantly to re-examine what we think we need to have. His words leave little doubt as to what He invites His followers to do. He exhorts us to put our faith in God, not in things.

Kathleen and Jim McGinnis  
*Parenting for Peace and Justice: Ten Years  
Later*

“[JESUS’] LIFE CALLS US CONSTANTLY TO RE-EXAMINE WHAT WE THINK WE NEED TO HAVE... HE EXHORTS US TO PUT OUR FAITH IN GOD, NOT IN THINGS.”

—KATHLEEN AND JIM MCGINNIS

## Observe

Before the meeting, write answers to the following questions in your notebook.

Report on those that you are comfortable sharing.

1. How was money handled in your family of origin as you were growing up?
2. List the major purchases that you have made in the last three years. What was the motivation behind those purchases? Were they necessary? Could you have delayed or done without them? Would you make the same purchases today?
3. What percentage of your income are you saving each month? Why do you save? How much savings do you need to be prepared for an emergency? What percentage of your income goes to pay off borrowed funds?
4. How much of your income is allocated to God, church and charity?

## Judge

1. Why is it so hard to be content with what we have? In what ways are we victims of consumption?
2. How much money do we need? How much is enough? Does the money made from the hours we work justify the time away from family?
3. How might we redirect our lives so as to give us financial peace?
4. In what ways can we, as Christians, use our money and resources to serve others?

## Act

NOW:

Each couple should find a quiet place away from the group. Take 10 minutes to discuss your priorities, identify positive financial habits, and what changes might be good to make as a couple.

HOME (Choose one or more of the following):

1. Prepare a written financial plan (budget) for your family. Commit to it for 6 months.
2. Cut up all but one of your credit cards. (Keep the one with the lowest interest.)
3. Resolve not to buy anything on credit cards that can't be paid off in full when the bill arrives.
4. Find a way to pay yourself first each month and put the payment into savings.
5. Try tithing 10% of your income to your church and other charities.
6. Make the commitment to become debt free. Pay off your debts one at a time starting with the smallest.
7. Delay a purchase for a month and see if you still want/need it.
8. Obtain a copy of your credit report. Discuss.
9. Set aside one night each month to review your finances as a couple.

### Our Method: Observe-Judge-Act

#### Observe

*"Get the facts." At this stage of the meeting, members should refrain from expressing their opinions about facts. Try to simply report, like any good objective newspaper reporter.*

#### Judge

*For CFMers, to judge is not to find another person sinful or holy; it is rather to compare how things are with how things should be, in accord with Gospel values.*

#### Act

*If the group judges through prayer, reflection, and observation that things are not as they should be, then ways to bring about a change will come forth from the group. Actions listed here are suggestions. The best actions come from the group.*

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### *For Further Reading*

Dave L. Ramsey III, *Financial Peace Revisited*, Viking Adult, 2002.

### *Announcements for the next meeting*

Look ahead to the next meeting. *Pay particular attention to the Observes.*

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

- ◆ Since the next meeting is the last in this CFM Mini-Series, leaders should distribute a list of recommended CFM materials the group could use to continue their CFM experience. The list of other CFM programs is found at [www.cfm.org](http://www.cfm.org)

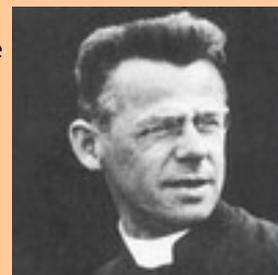
### *Closing Prayer*

Pray together:

Oh Lord,  
Generous giver of our abundant life,  
We thank you for our spouses, our families, everyone that you have put into our lives. They truly are our most precious gifts. We also thank you for this earth, and all the things that come from it. We are truly blessed to live in this country where we are not lacking for the things we need. We have been blessed with so many things. Let us not lose sight of what is important and that all good things come from you. Help us to discern how to best use the treasures that you have given to us. Teach us how to be generous with those who are less fortunate. Help us to simplify our lives and be happy and grateful, always, for what we have.

Amen.

**Joseph Cardinal Cardijn (1882-1967)** developed the See-Judge-Act method upon which the CFM method of Observe-Judge-Act is based. Cardinal Cardijn, a Belgian priest, felt compelled to help the young people of his time who were forced to leave school to work in corrupt conditions in the factories. He founded the Young Christian Workers movement in the early 20th century, to help young workers find the answers to their problems and to bridge what he saw as an “abyss” between the working class and the Church. The Cardijn Community International is seeking canonization of Cardinal Cardijn. More details of his life can be found at [www.josephcardijn.com](http://www.josephcardijn.com).





# OUR MARRIAGE... A WORK IN PROGRESS: ENERGIZE YOUR RELATIONSHIP

## *Opening Prayer*

Pray together:

God, our Father,  
You created man and woman to love each other in the bond of marriage.  
Bless and support all of us, so that our marriages may become increasingly more perfect signs of the union between Christ and the Church.  
We ask this through our Lord, Jesus Christ, Your Son, who lives and reigns with You and the Holy Spirit, one God, for ever and ever. Amen.

## *Report on Actions*

*The Observe, Judge, Act method helps Christians to put their faith into action in everyday life. What Action have you taken as a result of your last CFM meeting?*

## *Scripture Reflection*

You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot.

Matthew 5:13

- ◆ What are the uses of salt?
- ◆ How are we the “salt of the earth”?

## *Social Inquiry*

In our quest to identify the common denominators of happy marriages, we noticed that couples used certain words more often than others. Three words in particular surfaced again and again – acceptance, attitude, and affirmation...they have a special power to energize a marriage for the long haul.

William E. Rabior and Susan C. Rabior  
*Nine Ways to Nurture Your Marriage*

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## *Social Inquiry (continued)*

Many people go into marriage with romantic ideals and expectations but are soon caught up in the daily routine of job and housekeeping tasks. Unless a couple works to keep romance alive in their marriage, it is in danger of being buried in the hum-drum of day-to-day existence. While there is great opportunity to develop within the marital relationship, both as individuals and as a couple, such development will take place only if the marriage is alive and stimulating.

A marriage either grows or stagnates. The relationship of two unique individuals existing in a changing environment never stands still. Partners who are dedicated to achieving a vital and alive relationship must discover ways to stimulate their marriage.

Gary and Kay Aitchison  
Past Presidents of CFM

## *Observe*

### **Marriage Vitality**

How do you and other couples you know add zest and vitality to the marriage relationship in the areas listed below?

Complete the chart that follows and ask two other couples to respond to it:

<b>Areas</b>	<b>You</b>	<b>Other Couples</b>
Communication		
Privacy		
Getting Away (Renewing the honeymoon)		
Intellectual/ Cultural		
Romance (big & little things)		
Sexuality		
Spirituality		
Recreation, fun, humor		

## Judge

1. Based on the list above, what are the sources of energy in your marriage? Other couples?
2. What are the areas that need work?
3. How could giving and receiving affirmation energize your relationship?
4. What part does sex play in energizing a marriage?

## Act

### NOW:

Each couple should find a space away from the group. Individually, write answers to the following questions in your notebook for 10 minutes. Share privately & discuss your answers with your spouse for 10 minutes.

- In what areas are we stimulating our marriage to be more vital and exciting?  
In what ways should we work to add zest?

AT HOME (Choose one or more of the following):

1. Surprise your partner with a special gift, treat, love letter, or other act of kindness.
2. Do something romantic that is reminiscent of your dating days.
3. Create an evening for the two of you with music, soft candlelight, and special food.
4. Read one of the following:
  - William F. Harley, Jr., *His Needs Her Needs: Building an Affair-Proof Marriage* Grand Rapids, MI: Fleming H. Revell, 2011.
  - Zig Ziglar, *Courtship After Marriage*, Nashville, TN: Thomas Nelson, 2004.
5. Choose your own action.

## Registration & Choosing your next CFM Program

One way that CFM accomplishes its mission is by providing meeting guides (program books) to its members for use in their small groups. **These guides are provided as a benefit of membership.** Other benefits include the bi-monthly ACT e-newsletter and supplementary electronic meetings on the CFM website. Program books may not be purchased without membership, since CFM is not a bookseller.

### We invite you to join the Christian Family Movement

If you haven't already, please take the time to register your group. Registration ensures that you receive our national newsletter and remain connected to the national movement.

To register: Send completed registration forms (page 17), or a list of members and their email addresses, along with all donations to the CFM-USA national office (P.O. Box 540550, Omaha, NE 68154).

Your group can choose any hardcopy CFM program guide for your membership year. **Visit our website [www.cfm.org](http://www.cfm.org) for a complete list of our programs.**

## Other CFM Programs

### Saints: Friends of the Family

10 meetings, hardcopy



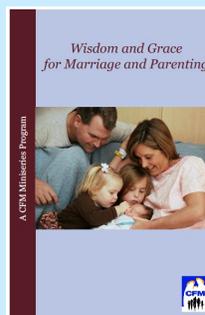
### For Happier Families

8 meetings, hardcopy



### Wisdom and Grace for Marriage and Parenting

5 meetings, pdf format



## THE CHRISTIAN FAMILY MOVEMENT



### THE MISSION OF CFM

- ◆ 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.

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"BE DOERS OF THE WORD, AND NOT MERELY HEARERS."  
JAMES 1:22

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CFM-USA National Office  
P.O. Box 4779  
Woodbridge, VA 22194-4779  
[www.cfm.org](http://www.cfm.org)

Phone: 800-581-9824  
e-mail: [director@cfm.org](mailto:director@cfm.org)

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Christian Family Movement

### *Closing Prayer*

Pray together:

Lord, We thank you for the wonderful gift of our married love. With faith in you and in each other, we pledge our love today. May our lives always bear witness to the reality of that love. We dedicate ourselves to our vocation of marriage and vow to constantly work to energize and breathe new life into our relationship. May our striving for unity with each other lead us to fullness of life and to you. Amen.

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### *Prayer for the Christian Family Movement*

Holy Trinity, you are a family.

We believe you wish our families to reflect your heavenly community.

Jesus has called us to family ministry, and asked his heavenly Father not to take us from the world, but to deliver us from evil.

And so we pray for the Christian Family Movement, that present members may grow in grace and that new families may join us.

Through good example and prayer, may our homes become that which you desire them to be: true domestic churches, temples of your glory, and schools of humanity, ushering in the reign of God.

Amen.

## Thank you for sharing our mission & making a difference

### **For today & for the future**

If CFM has enriched your family, help to keep CFM strong & growing for today's families and for future generations.

### **You are CFM**

Most of the work of the movement is done by individual members who absorb their own expenses. Donations from members and supporters cover the administrative costs of a small national office, outreach to new families, and advertising to make our mission and programs known to new members, pastors, and family life ministers.

### **Help another family**

Your donation enables us to make our materials available to new or struggling families at reduced or no cost. It also supports CFM around the world.

### **Send to:**

CFM National Office  
P.O. Box 540550  
Omaha, NE 68154

**Donations are tax deductible.**  
**Give online at [www.cfm.org](http://www.cfm.org)**



*Christian Family  
Movement*

PO Box 4779  
Woodbridge, VA 22194

Phone 800-581-9824

[www.cfm.org](http://www.cfm.org)

[director@cfm.org](mailto:director@cfm.org)

*As a member of the Christian Family Movement, you will receive a copy of a CFM program guide, the ACT e-newsletter, and other helpful marriage and parenting emails as requested below.*

Your membership donation supports an international ministry to families.

Additional donations are appreciated to help support our efforts to reach out to new families.

**Membership Type and Donation**

- ◇ New Member, \$10 suggested donation
  - ◇ Returning Member, \$40 suggested donation
  - ◇ Additional Donation \_\_\_\_\_
- Total \_\_\_\_\_

*All donations are appreciated and are tax deductible. CFM is a 501(c)(3) organization.*

**PLEASE PRINT CLEARLY**

**Note for Returning Members:** *If your information has not changed in the last year, you may fill out only Name(s), Parish and Email Addresses.*

<b>Name(s), First and Last</b>	<b>CFM Parish and Parish Leader Name</b>	<b>New Member?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Preferred Family E-mail</b>	<b>Alternate E-mail</b>	<b>Home Phone (with Area Code)</b> (____) _____
<b>Address</b>	<b>City, State, Zip</b>	<b>Cell Phone (with Area Code)</b> (____) _____ - _____

**New and Returning Members: Please fill out all sections below.**

<p>All members receive <b>ACT</b>, our newsletter sent via email monthly. Would you also like to receive?</p> <ul style="list-style-type: none"> <li>◇ Marriage Moments</li> <li>◇ Parenting Pointers</li> <li>◇ Neither, thank you</li> </ul> <p>Both are short, weekly emails.</p>	<p><b>Program book:</b></p> <ul style="list-style-type: none"> <li>◇ I received a book already</li> <li>◇ I need a book-please send: _____ (Book Title)</li> <li>◇ Do not send book</li> </ul>	<p><b>Please check all that apply:</b></p> <ul style="list-style-type: none"> <li>◇ I am the coordinator for CFM at my parish.</li> <li>◇ I am a Deacon.</li> <li>◇ I work for the Diocese/Archdiocese.</li> <li>◇ I am a parish staff member.</li> </ul>
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I, the undersigned, understand that during the course of my membership in the Christian Family Movement ("CFM"), I am entitled and encouraged to submit articles, text, images, drawings, and other creative works to CFM for inclusion in CFM's publications or on CFM's website. I hereby declare that I, as an author, am the exclusive copyright owner of any works which I submit to CFM, and indemnify CFM of any and all potential liability for copyright infringement on such works. Furthermore, by submitting any such creative works to CFM, I hereby grant a non-exclusive license to CFM to use such works in any publication, production, website, or any other creation of CFM.

\_\_\_\_\_  
**Please sign here**



# Checklist & Online Resources for Group Coordinators

[www.cfm.org](http://www.cfm.org)



## ❑ Invite Families to Register

We recommend that you distribute membership forms at your first meeting.

To keep families connected to the Movement, we need their contact information. Please invite and encourage families to fill out a membership form, available to print or complete online.

<http://cfm.org/join-and-renew-form>

All members receive our bi-monthly ACT e-newsletter and can choose to also receive weekly marriage and parenting enrichment ideas. Subscribe: <http://cfm.org/subscribe>

## ❑ Select Program Materials



A variety of family-relevant programs ranging from 3 to 10 meetings in length are available. New programs are added every year.

For a full listing, see

[http://cfm.org/program\\_books](http://cfm.org/program_books)

Programs are a benefit of membership. All members may request one free hardcopy program book per year. Member may also request additional digital programs from the national office.

## ❑ Request Donations

CFM relies totally on the support of its members and friends, whose donations cover the cost of a small national office, outreach to new families, and advertising to make our mission and programs known. Your donation enables us to make our materials available to new or struggling families at reduced or no cost. It also supports CFM around the world. CFM also depends on the generosity of those who donate their time and talents to the mission of CFM.

Suggested donation is \$40 per family or \$10 for new families. Donate by mail or online.

*Donations to CFM are tax deductible.*

## Promotional Materials

Sample bulletin announcements, flyers, promotional prayer cards, and more ideas are available to help you spread CFM in your parish. See [Materials and Resources > Share CFM with Others](#) and [Promotional Materials](#) on our website.

## Group Action is Important

CFM action groups differ from other faith sharing groups. Visit our [FAQ](#) page, to learn how we're unique. Contact the national office if you need ideas for group actions.

## More Help on our [Leaders](#) page:

- Tips for better meetings
- Building group cohesion
- Mentoring new groups
- Including children at meetings
- Keeping your members connected to worldwide CFM



## We want to help!

Contact the national office with any concerns or questions. We can connect you with other CFM groups in your area.

800-581-9824

[director@cfm.org](mailto:director@cfm.org)



## About CFM

CFM-USA is part of an international movement of over 80,000 families. Our mission is to promote Christ-centered marriage and family life and to help members put faith into action through works of love, service, education and example. To learn more about our mission, method (Observe-Judge-Act), and history, please visit our [About](#) page.

## Like us on [facebook](#).

Share how your group is putting faith into action. Christian Family Movement - USA