



ACT Newsletter

January 2018

“Be doers of the word and not hearers only.” James 1:22



We wish all of you a Happy New Year!

Heavenly Father, you gave us the gift of each other and made us a family. Bless our family today with an abundance of

Your love,

the grace to forgive and to ask for forgiveness, and to be generous in serving each other,

that we may be a sign of holiness and unity in the world,

becoming more each day,

like the Blessed Trinity,

and the Holy Family at Nazareth,

a communion of life and love. Amen.

*Holy Family, help us grow
in holiness and unity.*

- Sister Doris Engeman, Franciscan Servants of the Holy Family
[December 2017 Newsletter](#).

Share Your Act

Your Actions are an essential part of the Movement. Please tell what you do to put your faith in action. Your story may be featured on our website or in a future news feature. Pictures help tell the story. The CFM Webpage has a special way to communicate with other CFMers and share great ideas for action.

[Visit “Share Your Act” here & tell your story.](#)

New Year's Resolutions

Although we have already rung in the New Year, January has many cold nights that make us want to cuddle under an afghan and stay warm. Here are some ideas for a fun Family Night to dream up ways to grow in love and service in 2018. Check out [NEW YEAR's PEACE \(and QUIET?\)](#) by Susan Vogt, author of *Marriage Moments** and *Parenting Pointers**, for some family ideas for saying goodbye to the past year and hello to 2018.

*Want to receive *Marriage Moments* and/or *Parenting Pointers* by email? Email director@cfm.org and we will make it happen.

The Amoris Cube:

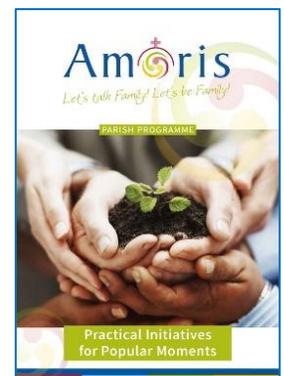
A 10-minute Family Fun Game

You will find instructions for playing the Amoris cube on this [downloadable handout](#). The cube has six messages on practical ways we can show love in the family, with friends, neighbors and even people we don't get along with.

These messages come from [Pope Francis' letter, *The Joy of Love \(Amoris Laetitia\)*](#).

Here he invites us to practice skills of love – saying thank you, well done, sorry; inviting family members to share stories from their lives, especially older members; reaching out to care for someone who is hurting or to forgive someone who has hurt us.

Try it at home and with your group!





Pilgrimage to Ireland Travel with CFM friends and Fr. Don Conroy, past National Chaplain. Package includes flights and registration at the WMOF. Optional pre-tour of Knock and Galway. For more information, visit

<http://www.pilgrimages.com/nif/>

Keep the Year Holy at Home

- **Cultivate a sense of gratitude.** Greet each child with a smile in the morning, thanking God aloud for the gift that a child is. Summer offers innumerable examples of the glory and abundance of God's creative genius. Recognize the wonder of a sprouting seed and the beauty of full bloom. Model for your children an appreciation of God's gifts.

- **Rededicate yourselves to mealtime prayer.** Whether it's a picnic at the park or hotdogs on the run, begin with bowed heads and thanksgiving. Light a candle. Your prayer can be a simple ritual, like holding hands and saying "Thank you, God" together and blowing out the candle can be a graced moment for your family.

- **Commit to Sunday Mass even when traveling.** This speaks powerfully to your children about the centrality of your faith. Your family tramping into church as vacation visitors also gives a witness to the regular parishioners.

- **Extend your family circle.** Whether it's the new child on the block or the elderly neighbor you don't see all winter, summer is the perfect time to reach out and include them. Don't fuss about making special plans; just invite others to join whatever you're already doing.

- **Serve others.** Teens can shovel snow or mow lawns; grade-schoolers can walk dogs or pick up mail. Kids are often more than willing to do chores for someone else than to do them at home. Older teens may even be able to volunteer for a week away from home in programs helping disadvantaged children or underprivileged communities.



OMAHA, NEBRASKA - **Donna and Steve McCullough** write, "As Christian Family Movement board members, we have accepted a mission and ministry to promote Christ-centered marriage and family life, which includes helping individuals live the Christian faith in everyday life. We see continual and rewarding encouragement from other church members on this same mission."

FREDERICK, MARYLAND - New families joined **Rosemary and Chris Piraino's** group, one of two groups at St. Katharine Drexel parish, after hearing about CFM at Sunday Mass. Pastor, **Fr. Keith Boisvert**, tells new families about CFM and gives them Rosemary's contact info.

Brian McCrohan (other parish CFM leader) and **Rosemary** are on the parish Adult Faith Formation committee, and they make sure that CFM is promoted during ministry fairs and in our brochure about parish groups. The parish is hosting the Alpha Program for Adult Faith Formation this fall, and the CFM members find it's a good compliment to *Meeting Jesus*. St. Katharine's CFM family service project has been helping out at a Summer Lunch program for kids sponsored by the county. They often celebrate birthdays and anniversaries at our monthly meetings.

NAPLES, FLORIDA - **Wayne and Sue Hamilton**, past CFM-USA and past International presidents, started a new CFM group in their parish. Sue leads the Adult Faith Formation team there.

Read [CFM's Blog for Family Spirituality insights](#), and find many more resources for successful groups at <http://www.cfm.org/>

Share a Taste of CFM

Do you have a friend in a neighboring parish—or across the country—who is interested in starting CFM? We have easy-to-follow [Meeting Instructions](#) and the free sample chapter, "[Make Conversation a Priority.](#)"

CFM in ACTION