



Christian Family
Movement

Love in Action - Chapter Two

Adapted Actions in Response to the Covid Health Crisis

Based on what has been discussed, **ACT**:

1. Make a commitment to some family time without outside distractions. Go without television, phone calls, and visits. Let your family know how important they are in your life.
2. Look into faith formation opportunities in your parish or community. As an individual, couple or family, attend one activity. If you cannot find one, as a CFM group, consider hosting a faith formation activity.

Adaptation for Covid times

- Look for Faith Formation/Growth options online.
 - Bishop Robert Barron at www.wordonfire.org
 - Mathew Kelly <https://dynamiccatholic.com/>
 - Read [Tattoos on the Heart](#), by Father Gregory Boyle. Recorded [on YouTube, too](#).
3. As a couple, commit to an activity that strengthens your marriage. For suggestions, go to the *For Your Marriage* website, <https://www.foryourmarriage.org>.

Additional ideas to consider:

- Check out the following CFM programs at https://www.cfm.org/program_book_descriptions
 - *Our Marriage: A Spiritual Journey*
 - *Our Marriage: A Work in Progress*
 - Matthew Kelly, *Better Together* at <https://dynamiccatholic.com/better-together/marriage-enrichment>
4. Review your family activities. Make any changes you think would help maintain a balance between family time and participation in the community so you may better be a gift for others.

Adaptation for Covid times:

- As a family, make a list of the ways you previously participated in your community. Discuss which ones you miss the most and why they are important to you.
- Commit to a practice of regular family prayer. For ideas, refer to <https://www.loyolapress.com/catholic-resources/family/praying-as-a-family/> or look at the CFM Program book, *Homemade Disciples*, Chapter 5, "Growing in Prayer" found in the CFM Archives at https://www.cfm.org/supplemental_materials.