



Christian Family  
Movement

## Love in Action - Chapter Three

### Adapted Actions in Response to the Covid Health Crisis

The actions below do not require any significant adaptations to be Covid-friendly. Please be sure to assure that any action taken, especially in #2 and #3, is done in a way that keeps your safety and the safety of others in mind.

Based on our discussion, **ACT:**

1. As an individual or family, make a commitment to pray daily for the next month, giving prayers of gratitude for your God-given blessings and prayers for those who are less fortunate.
2. As a family or small group, identify a family or someone else in need in your parish community. What practical steps can you take to assist them, while helping them maintain their dignity.
3. As a CFM group, identify a situation where human rights are being violated. Research agencies, church groups or other organizations that are trying to address the issue. How can you aid them in this effort?
4. Consider starting a chore chart at home for your family as a means of teaching the balance of rights and responsibilities.