

# Leading Your CFM Group



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

*The Church speaks clearly of the duties of family members to one another that build a radiant faith... But the Church doesn't stop there; it also speaks of the relationship between families and the larger culture, the duty of service, working for the common good, welcoming strangers, and giving voice to the Christian conscience. That is the message; you are the messenger.*

## ***Starting a CFM group is easy***

1. Invite three couples or individuals who want to grow in their faith to your home for a 90-minute meeting. You can have a few more members in your group, whatever your living room comfortably holds.
2. Choose one of CFM's Program Books. Descriptions may be found on the Program Books page of the CFM website. [https://www.cfm.org/program\\_books](https://www.cfm.org/program_books). Order program books from the National office (or download digital books from the CFM website)
3. After you have your group identified and you have ordered program books, schedule the first meeting in your home (preferred) or a parish meeting room. Decide if you want to provide babysitting for children and make arrangements.
4. Provide a welcoming atmosphere at the meeting. Start and end on time. Offer simple refreshments for a social time at the conclusion of the meeting. Before the meeting, you may want to view a video about the Christian Family Movement at this link: <https://www.cfm.org/videos>.
5. Invite People to Join CFM by making a donation of \$10 as a new member. Donations are encouraged but not required for becoming a member. See registration form (Page 5 in this booklet), or join online at <http://www.cfm.org/join-renew>.

### **Leading Your Group**

1. Keep your pastor and parish staff informed about your CFM group. If they have not already seen this kit, give the pastor or staff member the *Why CFM?* information page in this kit (page 5). Point them to the Videos by experienced CFM pastors on the website, <https://www.cfm.org/videos>.
2. We recommend that you meet weekly or twice a month until your group is well established.
3. Between meetings, call the persons who were invited, but who did not attend.
4. Call to remind people of upcoming meetings.
5. Follow the simple meeting plans in your program book. See page 3 of this guide, too.

### **CFM Members Around the Country Are Glad to Help!**

Contact the National Office via phone 800-581-9824 or email [office@cfm.org](mailto:office@cfm.org) to request your membership materials and ideas for growing and leading your group.

## ***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.

The importance of this section of the meeting cannot be over-emphasized. Unless the group reports objective facts during the discussion, the meeting will not lead to action.

**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 observed.

**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 in your everyday life.

**Look ahead to the next meeting** – Set the time and place. Aim to meet twice a month.

**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**

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[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 and 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 Address.*

<b>Name(s), First and Last</b>	<b>Parish</b>  <b>CFM Coordinator Name</b>	<b>New Member? Yes No</b>
<b>Preferred E-mail</b>	<b>Ages of Children</b>	<b>Home Phone (with Area Code)</b>  ( ____ ) _____.
<b>Address</b>	<b>City, State, Zip</b>	<b>Cell Phone (with Area Code)</b>  his ( ____ ) _____ - _____  hers ( ____ ) _____ - _____

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

<p>All members receive <b>ACT</b>, our newsletter sent via email monthly.</p> <p>Would you also like to receive?</p> <p><input type="checkbox"/> Marriage Moments</p> <p><input type="checkbox"/> Parenting Pointers</p> <p><input type="checkbox"/> Neither, thank you</p> <p>Both are short, weekly emails.</p>	<p><b>Program book:</b></p> <p><input type="checkbox"/> I received a book already</p> <p><input type="checkbox"/> I need a book-please send:</p> <p>_____</p> <p>(Book Title)</p> <p><input type="checkbox"/> Do not send book</p>	<p><b>Please check all that apply:</b></p> <p><input type="checkbox"/> I am the coordinator for CFM at my parish.</p> <p><input type="checkbox"/> I am a Deacon.</p> <p><input type="checkbox"/> I work for the Diocese/Archdiocese.</p> <p><input type="checkbox"/> I am a parish staff member.</p>
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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.

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**Please sign here**

# Why CFM?

The Christian Family Movement is a parish-based national network of small groups of Catholics and their families. A typical CFM group consists of five to seven families meeting one to two times a month in one another's homes or at the parish. They follow special programming that focuses on topics of importance to their marriages, families, church and community. Families benefit in at least six ways.

First, CFM provides a Christian community in which individuals, marriages and families are supported and grow. Parents interact with other parents who have similar morals and values. Families socialize together and develop an extended family connection. This interaction between families helps to build a strong family support system.

Second, this experience helps husbands and wives spend time together and develop common interests. Various aspects of the program enhance the couple relationship. Experience shows that CFM is a non-threatening environment for inter-faith

marriages. Single parents also find support in a CFM group.

Third, CFM enriches families. Much of what is discussed in the small group meetings of parents is carried back into the family. Parents learn how to be better parents and how to build happier families.

Fourth, CFM nurtures spiritual growth and provides Christian formation for the entire family. CFM challenges participants to be seven-day-a-week Christians. It helps individuals and families apply the gospel to their everyday life.

Fifth, CFM is a catalyst for creating parish and community leaders. CFM challenges individuals to develop their gifts and talents and use them in the service of their communities.

Sixth, CFM increases social consciousness. It helps families to be aware of the problems in their families, neighborhoods and community. CFM encourages them to dialogue and make changes guided by their faith.

## ***CFM Enriches Families and Builds Faith***

- ✓ ***In a recent survey, CFMers said that CFM helped them live their faith.***

*CFM meetings are practical and help members see the connection between faith and daily life.*

- ✓ ***The survey said that CFM helped members become better parents.***

*Members support each other in tough decisions and give each other new insights into family life.*

- ✓ ***Couples felt that CFM helped them to be better spouses.***

*CFM meetings improve communication between spouses on important issues of faith and family. CFMers support each other in living their Christian commitment to marriage and family life.*

## ***What's Next?***

When you are ready to continue, 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 [Materials & Resources](#).

### **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; and
- To improve society through actions of love, service, education and example.



### ***National CFM Office Contact Information***

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