



Why CFM? For Family Enrichment

Families benefit in at least six ways from joining CFM.

1. 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.
2. 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.
3. 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.
4. CFM challenges participants to be seven-day-a-week Christians. It helps individuals and families apply the gospels to their everyday life. CFM nurtures spiritual growth and provides Christian formation for the entire family.
5. CFM builds self-confidence because it challenges individuals to develop their gifts and talents. It is a catalyst for creating parish and community leaders.
6. 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.

Dear Pastor, Family Life Director, Adult Faith Formation Leader, or DRE:

You are looking for a way to help families find enriching activities and meaningful, faith-building experiences for their family -- without overburdening your parish schedule!

The Christian Family Movement has the tools lay leaders can use to start small family enrichment groups **for themselves!** CFM materials are Catholic and are inclusive of inter-church families. They are welcoming to couples and single parents, too.

CFM, a network of small groups of Catholics and their families, that focuses on topics of importance to their marriages, families, church and community. Adults plan ways to include their children in the actions they plan at their meetings.

The U.S. Catholic Bishops recommend CFM in *Follow the Way of Love, Called and Gifted for the Third Millennium*, and other documents, as well as in their planning materials for their National Pastoral Initiative on Marriage.

CFM is a member of the National Association of Catholic Family Life Ministers, NACFLM.

- ❖ 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.

For more information, please contact the National CFM Office, office@cfm.org.

The Christian Family Movement www.cfm.org
- Forming Disciples through the Church of the Home

