

Benefits of CFM

CFM provides a **small Christian faith community** within the larger Church in which individuals, marriages and families are supported.

CFM **enhances the couple relationship** as spouses spend time together deepening their faith.



CFM materials are **Catholic and are inclusive of inter-church families**. They are welcoming to couples and single parents, too.

CFM enriches families as **parents learn how to build happier families** by living their faith.

CFM brings families together to discuss important issues that affect the world in which we live. **Families discover how they can act to make a positive difference for Christ!**

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Christian Family Movement

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If you want to be...

A better parent,

A better spouse,

A better Christian.

Then CFM is for you!



*Families Sharing Faith
In homes, at church,
with the world!*

*Be doers of the word,
and not hearers only.*

~ James 1:22

The United States Council of Catholic Bishops (USCCB) recommends CFM to families and parishes as a program which forms lay leadership, supports marriage, and brings families together to share their faith with the world.



CFM's Mission

To promote Christ-centered marriage
and family life;

To help individuals and their families to
live the faith in daily life;

To improve society through actions of love,
service, education and example.

What is CFM About?

- CFM members meet monthly as a small group of approximately 8-16 people. Meetings are held in each others' homes or at the parish, on days/times mutually agreed upon by those involved.
- Meeting discussions are based on the annual program guide provided by the CFM office. Topics cover a range of concerns, encompassing the home, the Church, the workplace and the communities in which we all live.
- CFM meetings are based on a simple method of study:
 - **Observe** a common situation in our lives;
 - **Judge** that situation in light of Christ's teaching;
 - **Act** in some way to make the world a better place. Actions may be large or small, but by doing something, CFMers improve themselves and their families.
- CFM meetings are for adults, but groups often incorporate ideas to involve the children. This happens through social events, family service activities or activities with a spiritual focus for people of all ages.
- Members are asked to make a small donation annually, for the support of the movement. This contribution helps cover the expenses of the program materials and ensures that CFM can continue to provide excellent materials and reach out to new members each year.

