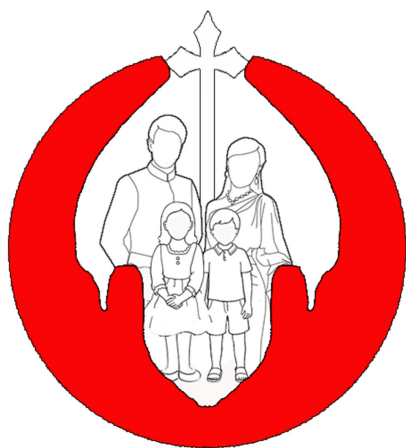


THE CHRISTIAN FAMILY MOVEMENT



WE ARE THE FAMILY OF GOD

(Adapted from *I Believe in the Family*, with permission from the **Movimiento Familiar Cristiano** of Mexico and the **International Confederation of Christian Family Movements**)

September 20, 2018

Noppadon and Elma Muangkroot

Past Presidents

International Confederation of Christian Family Movement

CFM INDIA would like to place on record our sincere thanks to the following :

- *Movimiento Familiar Cristiano of Mexico*
- *ICCFM – International Confederation of Christian Family Movements*
- *Elma & Noppadon Muangkroot*
- *Anita & Lukose Vallatharai*
- *Holy Cross Family Ministries*
- *Fr. Arul Raj Gali & Fr. Herve Morissette*
- *Fr. Xavier Sanjivi*
- *Other members of CFM Editorial Team (Judith & Richard Dsouza)*

The above have been instrumental in producing this book “We Are The Family Of God”. Some have been instrumental in translating and editing the book. Others have procured the material from the ICCFM and obtained permission for it to be reproduced for use by CFM India. Some have been instrumental in reformatting the book to the format that CFM India has adapted for the last few publications of our Inquiry Books.

TABLE OF CONTENTS

WE ARE THE FAMILY OF GOD

Credits.....	Page 1
Message from CFM National President Couple.....	Page 3-4
Message from CFM National Chaplain.....	Page 5
Introduction to CFM.....	Page 6

PART I CHILDREN OF GOD

1. Building a Christian Community.....	Page 8-10
2. The Creation and Fall of Man.....	Page 12-15
3. The Family as Cell of Society and Domestic Church.....	Page 16-19
4. The Value of a Person.....	Page 20-24

PART II MARRIAGE AND FAMILY

5. Lights and Shadows of the Family in Today's World.....	Page 26-29
6. Men and Women—What a Difference!.....	Page 30-32
7. Marital Relationship and Dialogue.....	Page 34-37
8. The Most Precious Gift of Children.....	Page 38-41

PART III THE MISSION OF THE HUMAN FAMILY

9. The Family is where Love is Found	Page 42-44
10. Forming People	Page 46-48
11. Serving Life	Page 50-53
12. The Call to Social Action.....	Page 54-56

Prayer for the Family.....	Page 58
----------------------------	---------

Prayer for the Christian Family Movement.....	Page 59
---	---------

CFM Anthem.....	Page 60
-----------------	---------

ICCFM Anthem.....	Page 61
-------------------	---------

MESSAGE FROM CFM NATIONAL PRESIDENT COUPLE

Dear CFM Family,

We take this opportunity to write to you during these times when the entire world is gripped by a pandemic COVID-19. What can we say? Let us cling onto our faith and firmly believe Rom.8:28 “We know that all things work together for good for those who love God, who are called according to his purpose.”

On a lighter note, here’s a popular quote: Dear GOD, could you please uninstall 2020 and re-install it...???? It has a virus!

The CFM India National Board unanimously decided to use the ICCFM publication “We are The Family of God” for this Inquiry booklet. The original book has been edited and reformatted to the format we have been using for the last few Inquiry books. We sincerely hope that your groups find these topics interesting, motivating and stimulate meaningful discussions.

Once again we have not printed books. We are fortunate to have the continued support of “The Holy Cross Family Ministries”. Fr. Arul Raj Gali and Fr. Herve Morissette have been the major contributors to this Inquiry Book, and believe it or not, Fr. Herve Morissette had actually EDITED & REFORMATTED the topics BEFORE a decision was taken to use the book. God truly works in wonderful ways.

- So for those who are happy with an E-Copy you will have it there on your Laptops, Computers, Tablets or Smart Phones and the more tech savvy can use it at the CFM meetings.
- As most groups did last year – printouts can be taken and formed into a booklet with Spiral Binding to be used at CFM meetings.

We cannot conclude without thanking our CFM “Inquiry Papers Editorial Team” for their contributions to having these Inquiry Papers ready for you to use. A special word of thanks to “The Holy Cross Family Ministries” and Fr. Arul Raj Gali & Fr. Herve Morissette, in particular, for providing the use of their premises for the ONE OFF which is all that was needed to plan this book. Thanks to technology which was chosen BEFORE the “Lock Down” was enforced all communication and sharing of Papers before & after editing has been done Electronically.

We hope by the time this book is released the worst of the “Corona Virus” threat is behind us and we are able to “Pick up our Lives” and “ Step back into our World” having learnt a few lessons from the “LOCKDOWN”

L- isten to God’s voice and reflect.

O - bey His Word and His teachings.

C – all on Jesuses’ name and be calmed.

K – now what is the purpose of all this.

D – well in his presence. Do not panic.

O – ffer a prayer for the safety of everyone.

W – ait and be patient. This too shall pass.

N - uture our personal relationship with Him.

May your group meetings help you in your Spiritual Journey in building a closer relationship with our Creator.

Lots of love and a BIG God bless you all,

Judith & Richard D’Souza

National President Couple

CFM India

MESSAGE FROM CFM NATIONAL CHAPLAIN

Today is the feast of the annunciation of our Lord. It is a day of joy for Christians. And here am I in my room trying to write a message for the new Inquiry book consisting of twelve discussion papers to be used at our monthly CFM meetings. This feast of the annunciation reminds us of how the angel Gabriel appeared to the Blessed Virgin Mary and invited her to become the mother of God the Son - Jesus Christ. Mary is perplexed at the message of the angel, and in utter surprise she says: "But how can this come about?" After some thought the Blessed Virgin says, "I am the handmaid of the Lord; let it be done to me according to your word". And her 'Yes' meant that in exactly nine months it would be Christmas, a day of much celebration.

Covid 19 is having a profound impact on our lives. Already as per information received from the World Health Organisation, we have lost more than 24,000 lives worldwide. For us in India the authorities have imposed a nationwide lockdown. To slow the spread of Covid 19, many countries have introduced unprecedented measures at significant economic and social cost to themselves. Our thoughts especially at this time are with the sick, the poor, the elderly, the medical staff, and all those who risk their lives so that many more may live. And in this situation of darkness we look to the Lord for light.

It is the role of religion to unite us to the creator, and through him find an answer to the deepest longings of our heart, and to give us the courage and strength to bear with sickness, tragedy, and situations that appear almost impossible for us to overcome. The Virgin Mother was perhaps in almost a similar situation of helplessness, as regards her own future at the time of the annunciation. Yet, in spite of it all she was able to look forward to the future with confidence, perhaps repeating to herself the words of the angel that 'nothing is impossible to God'.

As we release this book which is entitled, "We are the family of God", may all the deliberations in which we will participate over the next one year or more at our CFM meetings, be a time that will draw us closer together as a family. And like the Virgin mother may our families following the due precautions of safety during this time of Covid 19 continue to place their trust and confidence in God. It is my earnest prayer that we will soon be able to overcome this health crisis in our world, and like Mary our Mother look forward to the future with confidence.

Fr. Xavier Sanjivi, C.Ss.R



THE CHRISTIAN FAMILY MOVEMENT

The Christian Family Movement (CFM) is a network of small family groups, ideally but not necessarily parish-based. Groups often consist of 3 to 8 families, which may include couples, single parents, widows, widowers and individuals, who seek to become true family communities and work together to promote mutual growth. Founded in the 1950's, the CFM is the first organization that encourages small family groups to pray and do good works together.

Christian – Christ is our Lord and Teacher.

Family – We belong to a family and to God's family.

Movement – We move from prayer to action, growing spiritually and helping others.

In some countries these family groups have other names, such as Christian Family and Social Movement, Happy Family Movement, Basic Ecclesial Communities, Family Life Promotion Groups, Christian Home Movement and others.

CFM groups meet every two weeks or once a month in one another's homes or at a parish venue for spiritual growth and social action. The meeting, attended by a CFM chaplain, provides continuing spiritual education and develops social responsibility. The groups follow family life program guidebooks and affiliate with the International Confederation of Christian Family Movements (ICCFM).

"The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field."
(Matthew 9:37-38)

"In the same way, faith by itself, if it is not accompanied by action, is dead." (James 2:17)

CFM MISSION

- To promote Christ-centered marriage and family life.
- To help individuals and families live the Christian faith in everyday life.
- To improve society through actions of love and service.

CFM CORE VALUES

- Prayer and spiritual formation
- Action and outreach

WHAT CFM OFFERS

- CFM provides Christian formation and spiritual growth.
- CFM builds stronger marriages and happier families.
- CFM develops community spirit and social responsibility.

BUILDING A CHRISTIAN COMMUNITY

Meeting Goals:

- Reflect on the Christian meaning of community life.
- Get to know one another better and develop openness and trust towards one another.
- Recognize the community as a gift and a work in progress, gaining understanding and growing together.

OPENING HYMN: WHERE TWO OR THREE

Ch: Where two or three are gathered in my name,
There am I, there am I in the midst of them.

1. Stay with us, Lord, when we gather to praise you.
May we sing the joy of your love. Ch.
2. Stay with us, Lord, when we meet to adore you.
May your peace in us overflow. Ch.
3. Stay with us Lord, when we listen to your holy Word.
May our hearts be filled with your light. Ch.

PRAYER FOR THE FAMILY: Pg. 58

OPENING PRAYER

O Lord, we thank you for the grace you have given us to belong to our parish community. We have received so much from it: the support of friends and the comfort of our priests when we were in need of their guidance. Yet the greatest gift we have received from our parish community is the gift of eternal life through the sacraments. May we always contribute to maintain the spirit of unity and harmony in our parish community. Help us to be of service to anyone who may be in need of our help. Protect us against the discord that can so easily arise among us, so that we may always bear witness to the love and unity which you wanted to be the distinguishing sign of your disciples.

REPORTS OF ACTION: Were you able to do your chosen action last month? If so, could you report it?

SOCIAL ENQUIRY

SEE *(from experience)*

- Briefly share part of your personal history: family, work and interests.
- Is there a spirit of community in your neighbourhood?
- What is the difference between a secular community and a Christian community?
- What are the advantages of praying with others, as at Holy Mass, for example?

JUDGE *(as a Christian)*

When we are in the community, we get to know and experience God more closely, For the Lord Jesus says, “where two or three gather in my name, there am I with them.” We also see the example of Jesus who lived in a community and called the twelve apostles in order to send them to preach. The necessity of living as a community is one of the essential dimensions of human life and was understood by the early Christian communities who were “one in heart and mind.”

In the light of God’s Word

One or more persons slowly read aloud the following texts:

- “Two are better than one, because they have a good reward for their toil. ¹⁰ For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!” (Ecclesiastes 4:9-10)
 - “For where two or three are gathered in my name, there am I among them.” (Matthew 18:20)
 - “Now the full number of those who believed were of one heart and soul, and no one said that any of the things that belonged to him was his own, but they had everything in common.”
(Acts 4: 32)
- From the Bible passages above, what are the advantages of belonging to a community?
 - What do you hope to gain by being part of this Christian community?
 - Why is it helpful to share our problems with people we can trust?

In reference of the teachings of the Church


One person in the group reads the following text aloud:

“A rapidly growing phenomenon in the young churches - one sometimes fostered by the bishops and their Conferences as a pastoral priority - is that of "basic ecclesial communities" (also known by other names) which are proving to be good centers for Christian formation and missionary outreach. These are groups of Christians who, at the level of the family or in a similar setting, come together for prayer, Scripture reading, catechesis and discussion on human and ecclesial problems, with a view to a common commitment. These communities are a sign of vitality within the Church, an instrument of formation and evangelization, and a solid starting point for a new society based on a "civilization of love." (Redemptoris missio, no. 51)

- What is the greatest benefit of belonging to a strong and caring community?
- What can Christian communities do together to help others in need?

ACT *(Choose one action individually or as a group and make sure to carry it out.)*

- Pray together with family every day or with friends at least once a week.
- Greet and introduce yourself to someone you see regularly in Church.
- Choose a relationship which needs to be improved and do something to improve it – a smile, a phone call, an e-mail, etc.
- You may prefer to choose your own action....

 At the beginning of the next meeting, you will be expected to share what action you chose today.

CHAPLAIN’S REMARKS *(A short, encouraging talk from a priest, a sister or a spiritually mature lay person.)*

NEXT MEETING: *(Assign a couple or an individual to conduct the next meeting, scheduling its time and place.)*

CLOSING PRAYER:

O Lord, we pray that all those who will come into contact with the members of our parish community may be led to say, “See how they love one another.” We pray also for those among us who are sick. Extend your healing touch on them. We pray especially for the married couples who are tempted to divorce or separate. Keep them united in your love.

PRAYER FOR THE CHRISTIAN FAMILY MOVEMENT: Pg. 59

SHORT INTERCESSORY PRAYERS FOR SPECIFIC INTENTIONS

CHAPLAIN’S BLESSING

CONCLUDING HYMN: WHEREVER TWO OR THREE

Ch.: Wherever two or three are gathered in my name.
I will be with you, the Lord proclaimed.

1. Come brothers, come sisters, come without delay.
Jesus, our Saviour is here with us today.
He said: “Where you are gathered,
I will be there with you.”
This promise he has given and his word is always true.
2. Come brothers, come sisters, gather here to pray,
Sing to the Lord, he is here with us to stay.
So, lift your hearts to Jesus
And he will always hear
The words are not important, for their meaning will be clear.

NOTES :

THE CREATION AND FALL OF MAN

Meeting Goals

- Realize that we human beings commit sin because we have a free will.
- Understand and appreciate more greatly why Jesus became man to save us.
- Be thankful for God's infinite mercy and forgiveness when we recognize our sinfulness and repent.

OPENING HYMN: BECAUSE HE LIVES

God sent His Son
They called Him Jesus
He came to love, heal and forgive
He lived and died to buy my pardon
An empty grave is there to prove my Saviour lives

Because He lives I can face tomorrow
Because He lives all fear is gone
Because I know He holds the future
And life is worth the living just because He lives
And then one day
I'll cross that river
I'll fight life's final war with pain
And then as death gives way to vict'ry
I'll see the lights of glory and I'll know He lives

Because He lives I can face tomorrow
Because He lives all fear is gone
Because I know He holds the future
And life is worth the living just because He lives

PRAYER FOR THE FAMILY : Pg 58

OPENING PRAYER:

Lord Jesus, for too long I've kept you out of some areas of my life. I know that I am a sinner and that I cannot save myself. No longer will I close the door when I hear you knocking. By faith I gratefully receive your gift of salvation. I am ready to trust you as my Lord and Saviour. Thank you, Lord Jesus, for coming to earth. I believe you are the Son of God who died on the cross for my sins and rose from the dead on the third day. Thank you for bearing my sins and giving me the gift of eternal life. I believe your words are true. Come into my heart, Lord Jesus, and be my Saviour. Amen.

REPORTS OF ACTION: Were you able to do your chosen action last month? If so, could you report it now?

BIBLE ENQUIRY

SEE

The Word of God

One or more persons read the following texts aloud

God said to Adam,
“Because you have listened to the voice of your wife
and have eaten of the tree
of which I commanded you,
‘You shall not eat of it,’
cursed is the ground because of you;
in pain you shall eat of it all the days of your life;
¹⁸ thorns and thistles it shall bring forth for you;
and you shall eat the plants of the field.
¹⁹ By the sweat of your face
you shall eat bread,
till you return to the ground,
for out of it you were taken;
for you are dust,
and to dust you shall return.”
(Gen 3: 17-19)

“But as he considered these things, behold, an angel of the Lord appeared to him in a dream, saying,
“Joseph, son of David, do not fear to take Mary as your wife, for that which is conceived in her is
from the Holy Spirit. ²¹ She will bear a son, and you shall call his name Jesus, for he will save his
people from their sins.” (Mt 1: 20-21)

“For as by a man came death, by a man has come also the resurrection of the dead. ²² For as in
Adam all die, so also in Christ shall all be made alive.” (1 Cor 15: 21-22)

Your interpretation:

- What is the main message conveyed by these biblical texts?
- What sin did man commit against God?
- Would it have been better if God did not give man a free will?
- Why was it necessary for God the Son to become man?

JUDGE

One or more persons read these texts aloud:

Why did God create human beings?

The great story of creation illustrates the ultimate goal of God's glory: the happiness of mankind. He created Adam and Eve out of love, breathing into them his own life. He instituted marriage when he placed into human nature the attraction between man and woman, and through the full exercise of their sexuality in the marital union, he gave them the ability to have children and be his co-creators. Unfortunately, Adam and Eve misused their freedom and disobeyed God. They did not accept their limits as creatures and "wanted to be like gods".

After the fall, God did not abandon the human race. Thanks to Jesus and his redemption, through the grace of God, man and woman could overcome the power of sin and be happy again. Righteous men and women can attain a harmonious and stable family through the grace and love of God. Despite its limitations and failures, the human family can still be an area of accomplishment, love and prosperity because of Jesus' redemption.


The Name of God Is Mercy

“There are no situations we cannot get out of; we are not condemned to sink into quicksand, in which the more we move, the deeper we sink. Jesus is there, his hand extended, ready to reach out to us and pull us out of the mud, out of sin, out of the abyss of evil into which we have fallen. We need only be conscious of our state, be honest with ourselves, and not lick our wounds. We need to ask for the grace to recognize ourselves as sinners.” (Pope Francis)

- Are you aware that God created human beings to be happy and to make others happy?
- Do you recognize that you are sinful?
- Have you met people who think that their sins are too great to be forgiven?
- What is necessary for the forgiveness of sins?
- Why is it important to seek forgiveness not only from God but also from the people we have hurt?
- What do you think is the greatest sin of humankind today? What can be done about it?

ACT

1. What do you think God is calling you to do now?
2. The following actions may inspire you to put the Word of God into practice in your life.
 - Ask forgiveness from a person you have wronged.
 - Forgive another person who has wronged you and pray for him or her.
 - Go to confession and/or take someone to confession.
 -

 At the beginning of the next meeting, you will be expected to share what action you chose today.

CHAPLAIN'S REMARKS: (A short, encouraging talk from a priest, a sister or a spiritually mature lay person.)

NEXT MEETING: (Assign a couple or an individual to conduct the next meeting, after scheduling time and place.)

CLOSING PRAYER:

Heavenly Lord and Gracious God, I want to thank You with all of my heart for the glorious plan that You purposed before the creation of the earth – that You would redeem sinful man by sending the eternal Son of God to become the perfect Son of Man - Who was willing to live a sinless life and to die a perfect death so that all who believe on His name would not be condemned but have eternal life and be made a part of God's eternal family – as His heavenly people.

Thank You that You have redeemed me along with all who were lost in sin and heading for eternal hell and everlasting separation from You – but who believed the message of salvation and trusted Christ as Saviour.

PRAYER FOR THE CHRISTIAN FAMILY MOVEMENT :Pg 59

SHORT INTERCESSORY PRAYERS FOR SPECIFIC INTENTIONS

CHAPLAIN'S BLESSING

CONCLUDING HYMN : GIVE THANKS

Give thanks with a grateful heart

Give thanks to the Holy One

Give thanks because He's given Jesus Christ, His Son (2)

And now let the weak say, "I am strong"

Let the poor say, "I am rich

Because of what the Lord has done for us" (2)

NOTES:

THE FAMILY AS CELL OF SOCIETY AND DOMESTIC CHURCH

Meeting Goals:

- Reflect on the necessity of mutual support between the family and society in promoting the well being of its members.
- Recognize that faith education and family prayer make the family a domestic church.
- Appreciate the family's potential to evangelize and to help others, especially the poor and the needy.

OPENING HYMN: LORD, I LIFT YOUR NAME ON HIGH

Lord I lift your name on high

Lord I love to sing your praises

I'm so glad you are in my life

I'm so glad you came to save us.

You came from heaven to earth, to show the way

From the earth to the cross, my debt to pay

From the cross to the grave, from the grave to the sky

Lord I lift your name on high.

PRAYER FOR THE FAMILY : Pg 58

OPENING PRAYER:

Abba, loving heavenly Father, You intended the family to be the basic unit of society and the domestic church. As parents, help us fulfil the responsibility You have given us to teach our children to be good citizens and be more concerned about what they can contribute to society rather than what they can get. By virtue of baptism, our children are Your children and we parents have the responsibility to bring them up in the faith. Even as we help them to learn skills in every other area of their lives may we help them to understand that being a disciple of Christ means to live as the Master lived. Holy Spirit help us to grasp more deeply that Jesus died in our place that we may become children of the Father. Amen

REPORTS OF ACTION: Were you able to do your chosen action last month? Could you report it now?

SOCIAL ENQUIRY

SEE

- When and how are children in India taught social values and social responsibility?
- Do most parents take an active part in educating their children in religious values?
- Do most families pray together and do charity work together?
- Do you live with a commitment to service in society?
- Are lawmakers in India seriously concerned about promoting the well-being of the family

JUDGE

The following biblical texts are slowly read aloud by one or more persons:

Deuteronomy 6:6-7, 9

6 These commandments that I give you today are to be on your hearts. 7 Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. . . 9 Write them on the doorframes of your houses and on your gates.

Luke 2:22-24

22 When the time came for the purification rites required by the Law of Moses, Joseph and Mary took him to Jerusalem to present him to the Lord 23 as it is written in the Law of the Lord, "Every firstborn male is to be consecrated to the Lord," 24 and to offer a sacrifice in keeping with what is said in the Law of the Lord: "a pair of doves or two young pigeons."

Romans 13:1, 2, 4

1 Let everyone be subject to the governing authorities, for there is no authority except that which God has established. . . 2 Consequently, whoever rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves. . . 4 For the one in authority is God's servant for your good.

Sharing

- What does the passage from Deuteronomy say about the function of the home?
- How is the Holy Family a good example of being a domestic church?
- Why should people obey the laws of the State?

- What is “Church” for you? Is your family a domestic church?

The experience of love and sharing in the home is the first contribution of the family to society. Because the family is the basic unit of society, or more specifically the State, we must recognize the family as an institution with basic rights, to be respected and supported. Both the State and the Church have the obligation to help families fulfill their functions. Parents have the right to choose their children’s schools and must help their children to be critical and selective in using mass media and social media. In support, the State should regulate the media programs. The family and the State should support each other in their functions as both seek the common good.

The Christian family must open itself to serve society and to help the poor and the disadvantaged. As home is the first school of social values, children need to learn the dignity of work, justice, compassion, cooperation and social service. The Christian family lives its role as domestic church by obeying the word of God. Faith must be established through family catechism, with parents as the first catechists. The Christian family must educate its children on the religious values of love of God and of all people, sons and daughters of the same Father. They should also be taught to love and serve the poor and the needy and to protect nature.

Family prayer contributes to the character of the home as a domestic church and transforms minds and hearts to be more like God.

The future of humanity is in the family! All people of good will should endeavour to save and promote the values and needs of the family.

We believe in the family! Let us live our family dynamics with joy and let it be the Good News!

(based on Familiaris Consortio)

ACT

: Choose one action individually or as a group and make sure to accomplish it.

- Spend time to review some catechism lessons with your children.
- Read a Bible passage every day and meditate on its meaning.
- Go through your clothes cabinet and donate clothes to a charity.
- Choose your own action.

At the beginning of the next meeting, you will be expected to share what action you chose today.

CHAPLAIN'S REMARKS: (A short, encouraging talk from a priest, a sister or a spiritually mature lay person.)

NEXT MEETING: (Assign a couple or an individual to conduct the next meeting, scheduling time and place.)

CLOSING PRAYER:

Abba, loving heavenly Father, my God, I thank You for sending Your Son Jesus to save me. Jesus You have given me the same Spirit by whom You raised Lazarus from the dead, to abide in me. You have instructed me to go out and do greater works in YOUR NAME. Holy Spirit help me to live as a true disciple; help me to live as Jesus lived when He walked this earth.

PRAYER FOR THE CHRISTIAN FAMILY MOVEMENT : Pg 59

SHORT INTERCESSORY PRAYERS FOR SPECIFIC INTENTIONS

CHAPLAIN'S BLESSING

CLOSING HYMN: GOD'S SPIRIT IS IN MY HEART

God's Spirit is in my heart, He has called me and set me apart.

This is what I have to do, what I have to do

Ch: He sent me to give the Good News to the poor

Tell prisoners that they are prisoners no more

Tell blind people that they can see, and set the down-trodden free

And go tell everyone the news that the Kingdom of God has come

And go tell everyone the news that God's Kingdom has come.

Just as the Father sent me, So I'm sending you out to be,

My witnesses throughout the world, the whole of the world. Ch.

Don't worry what you have to say, Don't worry because on that day

God's Spirit will speak in your heart, will speak in your heart. Ch.

THE VALUE OF A PERSON

Meeting Goals:

- **Understand and accept our dignity as individuals with corresponding rights and responsibilities.**
- **Encourage the attitude of respect for every person.**
- **Make the family a place where all can grow as respectable people.**

OPENING HYMN: MAKE ME A SERVANT

Make me a servant

Humble and meek

Lord let me lift up

Those who are weak

And may the prayer

Of my heart always be

Make me a servant

Make me a servant

Make me a servant today

PRAYER FOR THE FAMILY: Pg. 58

OPENING PRAYER:

In the image of God we were made long ago, with the purpose divine, here His glory to show.

But we failed Him one day, and like sheep went astray. Thinking not of the cost, we His likeness had lost.

But from eternity God had in mind. The work of Calvary the lost to find.

From His heaven so broad, Christ came down earth to trod, so that men might live again, in the image of God.

Now that I have believed and the Saviour received. Now that I from the Christ of my guilt am relieved.

I will live for my Lord, not for gain or reward, but for love thinking of what His grace has restored.

I'll never comprehend redemption's plan.

How Christ could condescend, to die for man.

Such a Saviour I'll praise, to the end of my days
as I up-ward, on-ward trod in the image of God.

REPORTS OF ACTION: Were you able to do your chosen action last month? If so, could you report it?

BIBLE ENQUIRY

SEE

One or more persons are invited to read the following texts slowly.

Genesis 1:26

Then God said: "Let us make man in our image and likeness."

John 15:15-16

"I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. 16 You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you."

Romans 8:16-19

"The Spirit himself testifies with our spirit that we are God's children.¹⁷ Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, . . ."

Sharing

- In what way are we made in the image and likeness of God?
- Jesus says that he has taught us everything he has learned from his Father. What do you think are some important things Jesus learned from his Father?
- What does it mean to you to be “heirs” of God?

JUDGE

One group member slowly reads the following texts aloud:

“We live in a world of materialism in which the human being is seen as a commodity and as a producer-consumer of goods, measured only by his "having," not his "being." However, at the heart of the Christian message is the infinite dignity of the human person created in the image and likeness of God. We can imagine God our Father telling us, ‘You are like me. I gave you a mind and heart with which you can know and love me. I created the earth and all its wealth for your service. You are superior to all other living beings because of all of them, only you are like me. When you love, you are like me. When you think, you participate in my intelligence. I have created you to be able to enjoy a life of love with me in eternity, with happiness that never ends. I want you to love me freely; I do not force you but give you the ability to choose between good and evil. I give you the strength to master this inclination to evil and fulfill my law of love written in your conscience. When you obey this law freely, you reach the true dignity of a person...

But God did not create man as a solitary, for from the beginning ‘male and female he created them’ (Gen. 1:27). Their companionship produces the primary form of interpersonal communion. For by his innermost nature man is a social being, and unless he relates himself to others, he can neither live nor develop his potential. (Pope Paul VI)

- Do we use the earth’s resources with responsibility?
- Why can man not develop his potential unless he relates to others?
- How can we help each other grow as people of God?

ACT

Choose one action individually or as a group and make sure to accomplish it.

- Treat everyone, including yourself, with dignity and respect as sharers of God's life by showing appreciation for who they are and what they do.
- "Save the Earth" by recycling, by using natural resources sparingly, by planting a tree or other means.
- Do some exercise and eat nutritious food to care for your health.
- Choose your own action.

At the beginning of the next meeting, you will be expected to share what action you chose today.

CHAPLAIN'S REMARKS: (A short, encouraging talk from a priest, a sister or a spiritually mature lay person.)

NEXT MEETING: (Assign a couple or an individual to conduct the next meeting, scheduling time and place.)

CLOSING PRAYER:

Lord,

Please help me to respect you and others through my thoughts, words and actions.

Remind me to respect and love others as I would want to be respected and loved.

Give me the patience and strength to carry out my intentions and act with respect.

Amen

PRAYER FOR THE CHRISTIAN FAMILY MOVEMENT: Pg. 59

SHORT INTERCESSORY PRAYERS FOR SPECIFIC INTENTIONS

CHAPLAIN'S BLESSING

CLOSING HYMN

Brother, sister, let me serve you;
let me be as Christ to you;
pray that I may have the grace to
let you be my servant too.

We are pilgrims on a journey,
and companions on the road;
we are here to help each other
walk the mile and bear the load.

I will weep when you are weeping;
when you laugh I'll laugh with you;
I will share your joy and sorrow,
till we've seen this journey through.

Brother, sister, let me serve you;
let me be as Christ to you;
pray that I may have the grace to
let you be my servant too.

NOTES :

LIGHTS AND SHADOWS OF THE FAMILY

IN TODAY'S WORLD

Meeting Goals:

- Examine the positive and negative realities that impact the family today.
- Appreciate the opportunities provided by modern times which have benefited mankind.
- Learn to face the modern challenges threatening the family without losing our moral values.

OPENING HYMN: I WILL SING

Ch: I will sing of the mercies of the Lord forever,
I will sing, I will sing
I will sing of the mercies of the Lord forever,
I will sing of the mercies of the Lord.

With my mouth will I make known,
Thy faithfulness, thy faithfulness.
With my mouth will I make known.
Thy faithfulness to all generations.

PRAYER FOR THE FAMILY: Pg. 58

OPENING PRAYER:

God of light, your Son Jesus came into the world to free us from the darkness of sin and lead us to the light of your kingdom. Make us children of light, so that we may always remain united to you as a family.

REPORTS OF ACTION: Were you able to do your chosen action last month? If so, could you report it?

SOCIAL ENQUIRY

SEE

Today's society has become increasingly secular or even anti-religious, and practicing the faith has become less relevant. However, even in this postmodern era, the family is still the number one value for society because it is the institution for transmitting life. Among the positive trends affecting the modern family are a greater respect for individual freedom and human rights, awareness of the importance of the marriage relationship, promotion of the dignity of women, responsible parenthood, education for all, establishment of organizations to help people, greater awareness of social responsibility, efficient communication, scientific and technological advances and others.

On the other hand, rapid changes have created confusion and uncertainty in the family and given rise to greater social inequality. Negative trends affecting the modern family are individualism, loss of traditional values, domestic violence, divorce, abortion, economic problems, emigration, illiteracy, euthanasia, the widening gap between rich and poor, abuse of technology, negative mass media influence and others.

- What are the top modern trends that bring light to the family?
- What are the top modern trends that bring shadow to the family?
- What are some of the positive and negative values of your own family?
- What examples of deceptions endanger us in the modern world?

JUDGE

1- In the light of God's Word

The following biblical texts are read aloud by different persons in the group:

Deuteronomy 20:4

"For the Lord your God is the one who goes with you to fight for you against your enemies, to give you victory."

Luke 23:28

²⁸ Jesus turned and said to them, "Daughters of Jerusalem, do not weep for me; weep for yourselves and for your children."

Mark 13:5

⁵ Jesus said to them: "Watch out that no one deceives you. ⁶ Many will come in my name, claiming, 'I am he,' and will deceive many."

Sharing

- Why should we never give up hope even when facing the difficult problems of our times?
- What meanings can you give to the words of Jesus when he said "weep for yourselves and for your children"?

2. In the light of the Church's teachings

The following texts are read aloud by different group members.

Gaudium et Spes, no. 4

"Today, the human race is involved in a new stage of history. Profound and rapid changes are spreading by degrees around the whole world. . . Never has the human race enjoyed such an abundance of wealth, resources and economic power. . . Never before has man had so keen an understanding of freedom . . ."

Familiaris Consortio, no. 1

"The family in modern times, has perhaps suffered like no other institution the attack of the vast profound and rapid transformations in society and culture. Many families live in this situation, remaining faithful to the values that form the foundation of the family institution."

Sharing

- What are the fundamental family values that should never change?
- What can you do to preserve these values?
- How do you prevent young people from being led astray by false ideas about the family?

ACT Choose one action individually or as a group and make sure to accomplish it. In other words, decide on a joint action to preserve your family's well-being.

- Alone or with the family, make a list of gifts that God has given your family and finish with a family prayer of thanksgiving.
- Identify two or three modern trends that have created family problems and decide on a joint action to preserve your family's well-being.
- Have a family appreciation dinner in which you say positive things about each other.
- Choose your own action.

At the beginning of the next meeting, you will be expected to share what action you chose today.

CHAPLAIN'S REMARKS: (A short, encouraging talk from a priest, a sister or a spiritually mature lay person.)

NEXT MEETING: (Assign a couple or an individual to conduct the next meeting, scheduling time and place.)

CLOSING PRAYER

"My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know if I do this you will lead me by the right road though I may know nothing about it. Therefore will I trust you always though I may seem to be lost in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone". (Thomas Merton)

PRAYER FOR THE CHRISTIAN FAMILY MOVEMENT: Pg. 59

SHORT INTERCESSORY PRAYERS FOR SPECIFIC INTENTIONS

CHAPLAIN'S BLESSING

CONCLUDING HYMN:

Ch: To follow the Lord and find freedom
To love as he loved and bring peace
To spend our lifetime for his kingdom,
To want it to grow and increase.

To search for the Light never ceasing,
To look for a star in the night,
To knock at the door never tiring,
To wait eagerly for his light.

NOTES :

MEN AND WOMEN – WHAT A DIFFERENCE!

Meeting Goals:

- Recognize that all human beings have values that are common to them.
- Understand and acknowledge the physical and psychological differences between men and women.
- Appreciate the rising status of women in today's society.

OPENING HYMN: WALK WITH ME, O MY LORD

Ch. Walk with me O my Lord

Through the darkest night and brightest day

Be at my side O Lord

Hold my hand and guide me on my way.

1. Sometimes the road seems long, my energy is spent,
Then Lord, I think of You and I am given strength.
2. Stones often bar my path and there are times I fall,
But you are always there to help me when I call.
3. Just as you calmed the wind and walked upon the sea,
Conquer, my living Lord, the storms that threaten me.

PRAYER FOR THE FAMILY: Pg. 58

OPENING PRAYER:

O merciful Lord God, who in the beginning gave Eve to Adam as equal partner, grant me the grace to live worthy of the beautiful state of matrimony to which you have called us, that we may love our spouses with a pure and chaste love, acknowledging them as our equal, and truly reverencing them in all good things; that thereby we may please them, and live with them in all Christian serenity. Keep us from all worldliness and vanity. Help us, O Lord, that we may prudently and discreetly guide and govern our household. Amen

REPORTS OF ACTION: Were you able to do your chosen action last week? Feel free to share.

BIBLE ENQUIRY

SEE *One or more persons are invited to read the following biblical texts aloud:*

Proverbs 31:10-12, 23, 28-29

¹⁰ *A wife of noble character who can find? She is worth far more than rubies.* ¹¹ *Her husband has full confidence in her and lacks nothing of value.* ¹² *She brings him good, not harm, all the days of her life. . .* ²³ *Her husband is respected at the city gate, where he takes his seat among the elders of the land. . .* ²⁸ *Her children arise and call her blessed; her husband also, and he praises her:* ²⁹ *Many women do noble things, but you surpass them all."*

Mark 10:5-8

⁵ “It was because your hearts were hard that Moses wrote you this law,” Jesus replied. ⁶ “But at the beginning of creation God ‘made them male and female.’ ⁷ ‘For this reason a man will leave his father and mother and be united to his wife’ ⁸ and the two will become one flesh.’ So they are no longer two, but one flesh.”

1 Corinthians 11:11-12

¹¹Nevertheless, in the Lord woman is not independent of man, nor is man independent of woman. ¹²For as woman came from man, so also man is born of woman. But everything comes from God.

Sharing

- In the eyes of the sacred author who wrote the book of Proverbs, what are the blessings of a husband with a good wife?
- How do the above passages show that all men and women are equal in God’s sight?
- Give examples of rights that women in today’s society enjoy which were not given to them before?
- Name some cultures in which men are still considered superior to women.

JUDGE

Men and women are equal in value and dignity, but they are physically and mentally different. These differences are part of God’s plan. The bodies of men and women are naturally different and complementary. Women, with a vocation for motherhood, are soft and delicate. Men, as protector of the home, are strong and muscular. Their bodies are different, each with its own role in human reproduction. The sexes are complementary and attraction between them is very strong because sexual union is a gift from God, intended to make men and women pro-creators with him for the propagation of the human race. As with their bodies, the minds of men and women are also different and complementary. The lists below show the generally accepted, but not absolute, differences between the primary needs of men and women:

Primary Needs of Men

Self-Reliance
Acceptance
Admiration
Approval
Stimulation

Primary Needs of Women

Loving Care
Understanding
Devotion
Reassurance
Peacefulness


The idea that men are superior to women was part of the culture of the past when there was a different social structure. Even today many cultures still consider men worth more than women, that men have more value and are born to lead while women are born to follow and obey. However, inequality between men and women goes against reason and against the teachings of the Church because men and women are equally God’s children, made in his image and likeness.

- Give examples of how men and women see, think, feel or act differently.
- Share what changes you have seen in India that show greater equality between men and women.
- Are men and women treated equally in your family and in your society?
- Do you relate to your spouse as an equal or is there one who dominates and one who submits? Give concrete examples.
- What are some obstacles that cause problems between husband and wife?

ACT

Choose one action individually or as a group and make sure to accomplish it.

- Work towards a fair and equal relationship with your spouse in areas where there is inequality.
- Teach your children, both sons and daughters, to do household chores (making beds, washing dishes, house cleaning, caring for younger siblings, etc.).
- Remember to treat women around you with the same respect as men.
- Choose your own action.

 At the beginning of the next meeting, you will be expected to share what action you chose today.

CHAPLAIN'S REMARKS: (A short, encouraging talk from a priest, a sister or a spiritually mature lay person.)

NEXT MEETING: (Assign a couple or an individual to conduct the next meeting, scheduling time and place.)

CLOSING PRAYER:

Loving God, you created us in your own image as men and women so that in union with each other we create family and home. Strengthen our spousal relationship in order to journey in love with each other and cherish parenting and celebrate life with joy and equality. We make this prayer in Jesus' name. Amen

PRAYER FOR THE CHRISTIAN FAMILY MOVEMENT: Pg. 59

SHORT INTERCESSORY PRAYERS FOR SPECIFIC INTENTIONS

CHAPLAIN'S BLESSING

CONCLUDING HYMN: TO OUR LADY OF THE WAY

1. No one can live as an island,
Journeying through life alone.
Since we're most loved by a mother,
Jesus gave us his own.

Ch. Be with us, Mary, along the way.
Guide every step we take.
Lead us to Jesus, your loving Son.
Come with us Mary, come.

2. When Jesus met with rejection,
Mary stood by the cross.
How can a mother desert her son?
She'll also stand by us.

NOTES :

MARITAL RELATIONSHIP AND DIALOGUE

Meeting Goals:

- Recognize God's plan for marriage.
- Understand and appreciate the meaning and characteristics of marital love.
- Know the importance of dialogue as an effective method to resolve conflicts.

OPENING HYMN: ALL I ASK OF YOU

Ch.: All I ask of you is forever to remember me as loving you.

1. Deep the joy of being together in one heart
And for me that's just where it is. Ch.
2. As we make our way through all the joys and pain,
Can we sense our younger truer selves? Ch.
3. Someone will be calling you to be there for awhile.
Can you hear their cry from deep within? Ch.
4. Laughter, joy and presence: the only gifts you are!
Have you time? I'd like to be with you. Ch.

PRAYER FOR THE FAMILY: Pg.58

OPENING PRAYER:

God our Father, we praise and thank you for having formed us in your image and according to your likeness. You created us, man and woman, and enabled us to become husband and wife. We are grateful to you for the "yes" you inspired us to say to each other, for the trust and forgiveness you enable us to show, for your presence which enlightens our relationship in good as well as in bad times.

O faithful and generous God, we ask you to teach us every day how to commit ourselves to the task you have given us. Rejuvenate our love and strengthen us in fidelity to each other. Be with us at the hour of doubt and when our deepest convictions run the risk of weakening or giving way.

Holy Trinity, Father, Son and Spirit, we pray for all the couples, those who find it difficult to love each other and live in mutual trust. Grant, O Lord, your gifts of unity, fidelity and joy to all the couples who have joined in relationship as husband and wife in your name. Amen

(Cardinal Danneels)

REPORTS OF ACTION: Were you able to do your chosen action last month? If so, could you report it?

SOCIAL ENQUIRY

SEE

1. How do I see myself? Do I feel respected as a person? Do I have space for myself? Am I fulfilled?
2. How do I see my partner? Do I respect and enjoy that he/she is different from me? Is he/she a person who is fulfilled and grows?
3. Do I consider dialogue with my spouse important? Do I spend quality time in dialogue with my spouse?
4. What is marital love in my understanding?
5. What obstacles prevent marital love from being fully human, total, faithful and fruitful?
6. Why is it difficult for people to communicate with each other? Do we have any negative attitudes which hinder a true dialogue with our partners?

JUDGE

1. In the light of God's Word

A few members of the group are invited to read the following biblical texts aloud:

Genesis 2:18-20

¹⁸ *The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him."*

Matthew 19:4-6

⁴ *"Haven't you read," he replied, "that at the beginning the Creator 'made them male and female,'⁵ and said, 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh'?"⁶ So they are no longer two, but one flesh."*

Ephesians 5:20-31

²⁸ *In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself.²⁹ After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church—³⁰ for we are members of his body.*

Sharing

- What do the readings above tell you about God's plan for marriage?
- In St. Paul's letter to the Ephesians, how should husband and wife love each other?
- Why does God make marital love very special and important?

2. In the light of the Church's teaching

The following are four characteristics of marital love identified by Pope Paul VI in *Humanae Vitae*, no. 9:

- **Fully human:** "It isn't a simple outpouring of instinct and feeling, but is also primarily an act of free will, intended to stay and grow through the joys and sorrows of daily life"
- **Total:** "It is a unique form of personal friendship with which the spouses generously share everything without undue reservations or selfish calculations. . ."
- **Faithful:** "... Loyalty can sometimes be difficult, but it is always possible, noble and worthy."


- **Fruitful:** "Marital love is not exhausted in the communion between the spouses but is intended to go on creating new lives ..."

Good marital relationship respects the character and personality of both partners. This mutual respect is achieved through sincere dialogue in which both share their individuality without wanting to make the other an extension of one's self. Both partners should be free to be themselves and to have their opinions respected, even if they are different. Dialogue is real communication between two people, listening with attention to each other express feelings, needs, desires, goals, joys, frustrations, etc.

ACT

Choose one action individually or as a group and make sure to accomplish it.

- As married couples, give each other freedom to be yourselves and respect each other's opinions even if they are different: "Celebrate differences."
- Spend quality time with your spouse at least once a week and foster genuine dialogue between each other.
- Pray together and ask God to bless your marital love and to make your love stronger each day.
- Choose your own action.

 At the beginning of the next meeting, you will be expected to share what action you chose today.

CHAPLAIN'S REMARKS: (A short, encouraging talk from a priest, a sister or a spiritually mature lay person.)

NEXT MEETING: (Assign a couple or an individual to conduct the next meeting, scheduling time and place.)

CLOSING PRAYER:

Loving God, your love for us is so affirming. We now understand the self-emptying love of Jesus to save us. May we then grow in marital love in self-giving and through genuine dialogue. May there be hospitality in creating healthy space for one another in our family. We ask this prayer in Jesus name. Amen

PRAYER FOR THE CHRISTIAN FAMILY MOVEMENT: Pg. 59

SHORT INTERCESSORY PRAYERS FOR SPECIFIC INTENTIONS

CHAPLAIN'S BLESSING

CONCLUDING HYMN: TO FOLLOW THE LORD

Ch. To follow the Lord and find freedom,
To love as he loved and bring peace,
To spend our lifetime for his kingdom,
To want it to grow and increase.

1. To search for the truth never ceasing.
To look for a star in the night.
To knock at the door never tiring.
To wait eagerly for his light.
2. To walk hand in hand with each other,
To share with the burdened their pain,
To comfort the people who suffer,
To help those in need for no gain.

NOTES :

THE MOST PRECIOUS GIFT OF CHILDREN

Meeting Goals:

- Understand the importance of children according to God's plan.
- Reflect on the interpersonal relationships among family members.
- Appreciate the conditions for true and effective dialogue in the family.

OPENING HYMN: MY GOD LOVES ME

My God loves me.
His love will never end.
He rests within my heart
for my God loves me.

His gentle hand
he stretches over me.
Though storm-clouds threaten the day
he will set me free.

My God loves me,
his faithful love endures.
And I will live like a child
held in love secure.

PRAYER FOR THE FAMILY: Pg. 58

OPENING PRAYER:

O God our Father, you wished to commit children to our care. We thank you for that grace. We thank you for each one of them and the joy they give us. Into your care, we commend the names of our children to you. Keep them safely in the hollow of your hand. Protect them all the days of their lives. We do not ask you to spare them any grief, but to be their consolation when they are in fear. We ask this through your Son Jesus Christ, who lives and reigns world without end. Amen

REPORTS OF ACTION: Were you able to do your chosen action last month? Could you report it now?

BIBLE ENQUIRY

SEE

A few persons in the group are invited to read the following biblical texts:

Psalm 128:1-3

¹Blessed are all who fear the Lord, who walk in obedience to him. ²You will eat the fruit of your labour; blessings and prosperity will be yours. ³Your wife will be like a fruitful vine

within your house; your children will be like olive shoots around your table. ⁴ Yes, this will be the blessing for the man who fears the Lord.

John 16:21

²¹A woman giving birth to a child has pain because her time has come; but when her baby is born, she forgets the anguish because of her joy that a child is born into the world.

Ephesians 6:1-3

¹Children, obey your parents in the Lord, for this is right. ²"Honour your father and mother"—which is the first commandment with a promise ³"so that it may go well with you and that you may enjoy long life on the earth."

All ponder over these texts in silence before sharing.

Sharing:

- Is there any specific text that you find particularly enlightening? Why?
- How do you know that God considers children very important in the life of a married couple?
- Do you agree that the joy of having children is worth all the sacrifices that parents make for them? Explain.
- In what way is the relationship between parents and children a reflection of God's relationship with us?

JUDGE

Children are a wonderful gift from God. He made people in his image and likeness and created sexuality and marriage for men and women to be happy and have children and to be co-creators with him. The gift of children is both a joy and a responsibility. As Christians we know that we are loved infinitely by our Father in heaven. For a child this love is "felt" in the love that parents have for each other and for their children, and the love children have for and from their brothers and sisters, making the family a network of relationships.

Children's love for their parents involves gratitude for giving them life, love and support. Brothers and sisters may envy each other, compete and fight, but these conflicts are educational. Co-existence in the family teaches children to respect and be respected, to give and receive, to speak and listen, to share with each other. Despite their conflicts, however, brothers and sisters are the best company for playing and laughing—the light that drives away loneliness.


As in the marital relationship, dialogue is the key to harmonious family relationships. To love is to accept our children as they are, not as parents wish them to be. Acceptance means that children have a right to think and feel differently from their parents. Dialogue requires the ability to understand, involves trust and respect, and promotes confidence. Communication is knowing how to listen, to engage one's self in understanding what others want to say, uniting with their feelings and getting into their shoes, neither judging nor arguing.

Sharing

- Are we grateful to God for our children and do both parents share the responsibility of bringing them up?
- Are there any opportunities in our Church or community to prepare us to be good parents?
- Is there good communication between parents and children and among brothers and sisters in our family?
- Do we, as parents, love and accept our children as they are, even if they think and feel differently from us?
- Is there a climate of caring and respect in our family or do we relate to each other with indifference?
- Is our relationship with God as his children reflected in our relationship with our own children?

ACT: Choose one action individually or as a group and make sure to accomplish it.

- Celebrate a special meal with the whole family and engage in pleasant conversation.
- Have a dialogue with each of your children at least once a week.
- Visit and help a neighbor's family who may have problems with their children.
- Choose your own action.

 At the beginning of the next meeting, you will be expected to share what action you chose today.

CHAPLAIN'S REMARKS: (A short, encouraging talk from a priest, a sister or a spiritually mature lay person.)

NEXT MEETING: (Assign a couple or an individual to conduct the next meeting, scheduling time and place.)

CLOSING PRAYER:

O God, our Father, we give you thanks for our children whom you have given to us. Bless them now and through all the days of their life.

Protect them in the days of their helplessness, bring them to safety through all dangers that they may encounter, and grant that they may grow to full Christian maturity and be witnesses to you in this world.

Help us their parents so to love them and so to train them that we shall not fail in the trust which you have placed in us and that even as you have given them to us, we may give them back in dedication to You. We ask this through Jesus Christ our Lord. Amen.

PRAYER FOR THE CHRISTIAN FAMILY MOVEMENT: Pg. 59

SHORT INTERCESSORY PRAYERS FOR SPECIFIC INTENTIONS

CHAPLAIN'S BLESSING

CONCLUDING HYMN: UNLESS YOU BECOME LIKE LITTLE CHILDREN

Ch. Unless you become like little children
You shall not see the face of God.
For the one with the heart and the eyes of a child
Will see what God is like.

The Lord said: Suffer little children to come unto me,
For such is the kingdom of heaven.
So Jesus blessed the young ones
And fed them with his love
And asked us: Be like them. (2)

NOTES :

THE FAMILY IS WHERE LOVE IS FOUND

Meeting Goals:

- Appreciate the Old Testament teaching which regards the family as a blessing from God to his faithful people.
- Understand the concept of family roles and relationships as exemplified by the Holy Family of Nazareth.
- As members of society, reflect on our social and environmental responsibility as part of the human family.

OPENING HYMN: LOVE IT WAS THAT MADE US

Love it was that made us, and it was love that saved us
Love was God's plan when He made man, God's divine nature is love.

Ch: Born of God's love we must love Him, that's why He made us to love Him
But only when we love all men, can we partake of God's love.

Love is a wonderful thing, joy in hearts it will bring
where there is love there is God, and where there is God there is love. Ch.

Christ said love must be the sign, by which men will know You for mine
A new commandment to You I give, each other love as I did. Ch.

PRAYER FOR THE FAMILY: Pg. 58

OPENING PRAYER:

Abba Father, loving daddy God, We thank You that we are included into Your family and have become Your children when we accepted what Jesus has accomplished for us on the cross. You are LOVE and You love us unconditionally. Jesus, while we were still Your enemies, You died for us and You have asked us to love, as You love us. You know that this is impossible for us and so You sent us Your Spirit. Holy Spirit give me the grace to listen to Your gentle promptings and to obey. Amen.

REPORTS OF ACTION: Were you able to do your chosen action last month? If so, could you report it?

SOCIAL ENQUIRY

SEE

- Are families in India basically stable and the roles of parents and children respected?
- Is there a sense of community, helpfulness and sharing in your neighbourhood?
- What is the reason why love and respect are lacking in some families?

- In your community, is there a social commitment to serve the poor and the needy, and do families help each other?
- What are the ecological or environmental problems in your area and what can be done to solve them?
- Do most people help “save the earth” by using water and electricity wisely and recycling plastics and paper?

JUDGE

Since the Old Testament, the critical importance of marriage and the family in the plan of God has been evident. The family of Nazareth is a model of the family in the New Testament. Jesus was “obedient to Joseph and Mary” and grew “in age, wisdom and grace before God and men.” Jesus’ being lost and found in the Temple shows how the young Jesus is starting to test his freedom, like a child his age. During his public life, Jesus proclaims the Kingdom and declares that those who accept it are his new family. The Church is the family of faith.

The following biblical texts are slowly read aloud by one or more persons:

Psalm 128

¹Blessed are all who fear the Lord, who walk in obedience to him.

²You will eat the fruit of your labour; blessings and prosperity will be yours.

³Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table.

⁴Yes, this will be the blessing for the man who fears the Lord.

Luke 2:48-51

⁴⁸His parents were astonished when they saw him, and his mother said to him, “Son, why have you done this to us? Your father and I have been terribly worried trying to find you.” ⁴⁹He answered them, “Why did you have to look for me? Didn't you know that I had to be in my Father's house?” ⁵⁰But they did not understand his answer. ⁵¹So Jesus went back with them to Nazareth, where he was obedient to them.

1 Peter 4:8-10

⁸Above all, love each other deeply, because love covers over a multitude of sins. ⁹Offer hospitality to one another without grumbling. ¹⁰Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

Sharing


- How do we know from the Old Testament that the family is highly valued?
- In what way is the Holy Family of Nazareth just like a normal family?
- What are our duties towards each other and our responsibilities towards the earth that God has given for our use?

ACT

Choose one action individually or as a group and make sure to accomplish it.

- As a parent or other family member, work towards improving your relationship with another family member.

- Set an example of social commitment and visit the poor or give money to charity.
- Do your share in “saving the earth” by turning off lights, saving water and keeping your surroundings clean.
- Choose your own action.

 At the beginning of the next meeting, you will be expected to share what action you chose today.

CHAPLAIN’S REMARKS: (A short, encouraging talk from a priest, a sister or a spiritually mature lay person.)

NEXT MEETING: (Assign a couple or an individual to conduct the next meeting, scheduling time and place.)

CLOSING PRAYER:

Father I thank You for the family You have especially chosen and given me. Each of us has our strengths and woundedness, and as we interact intimately, unless we submit to each other as to Christ, we will wound each other even further and bring out the worst in each other. Help me to experience Your unfathomable love for me, so that even when I feel hurt, angry and revengeful I will be able to respond in love, by the power of Your Spirit. Help me to be Christ and to see Christ in each member of my family, especially the difficult members. Help us not to be counterwitnesses or ever bring disgrace to the family name of Christian but to witness to You as a family by our love.

PRAYER FOR THE CHRISTIAN FAMILY MOVEMENT : Pg 59

SHORT INTERCESSORY PRAYER FOR SPECIFIC INTENTIONS

CHAPLAIN’S BLESSING

CLOSING HYMN:

We are one in the Spirit; we are one in the Lord (2)
And we pray that all unity may one day be restored.

Ch: And they'll know we are Christians by our love, by our love
Yes, they'll know we are Christians by our love.

We will work with each other; we will work side by side (2)
And we'll guard each one's dignity and save each one's pride. Ch.

NOTES :

FORMING PEOPLE

Meeting Goals:

- Acknowledge love, first learned in the family, as the principal force that makes people grow and develop.
- Appreciate marital harmony as the core of family happiness and stability, making the home a secure place for all family members.
- Reflect on the qualities that make the family an institution in which all members grow in harmony.

OPENING HYMN: MARY SAID YES

“O maiden will you be the mother of the Saviour?
Your God has chosen you to give the world his Son.
His power will be your shield, his Spirit come upon you.”
And Mary bowed and said: “God’s will be done.”

Ch.: And Mary said ‘yes’, and Mary said ‘yes,’
And Mary said ‘yes’ when she knew
that it was the will of God.

“No cradle will be his, but just a simple manger.
A helpless little babe, from Herod’s wrath he’ll run.
And in a foreign land, long years he’ll have to linger.”
And Mary bowed and said: “God’s will be done.”

PRAYER FOR THE FAMILY: Pg. 58

OPENING PRAYER:

Lord, I want to thank You for this precious family of mine. For the talents and good things that You have given each of us. Please keep us united, and our bond strong as the days pass. Please guide us, protect us and equip us to do Your will each and every day. Thank You for all that You are, and all that You have given us. My heart is forever grateful!

REPORTS OF ACTION: Were you able to do your chosen action last month? If so, could you report this?

SOCIAL ENQUIRY

SEE

- In India, is the home a place where love and communication are evident between spouses and between parents and children?
- Today, are most families nuclear or extended?
- Do most parents work at balancing their attention towards their own relationship as a couple and towards the upbringing of their children?

- Do both parents take an active role in the children's development or is it considered the responsibility of just one parent?
- Do relatives meet often and celebrate special occasions together, thus providing opportunities for different generations to come together and relate to each other?

JUDGE

A few persons in the group read the following biblical texts aloud:

Proverbs 3:11-12

¹¹ *My son, do not despise the Lord's discipline, and do not resent his rebuke,*
¹² *because the Lord disciplines those he loves, as a father the son he delights in.*

Matthew 12:33

³³ *"Make a tree good and its fruit will be good, or make a tree bad and its fruit will be bad, for a tree is recognized by its fruit."*

Ephesians 6:4

⁴ *Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.*

Interpretation

The first mission of the Christian family is the harmonious development of parents and children. For the couple, marriage is a permanent bond of love, based on an attraction and a common goal to grow together as persons, without one "sacrificing oneself" for the other. Marriage must be founded on a full commitment to each other, requiring constant effort. Love and fidelity between spouses is the best gift they can give their children.

In the family, children must be esteemed and treated with dignity and respect. All children need to know love, which is first experienced in the family.

Elderly family members, such as grandparents, must be valued and integrated into the family life. The family bond should also extend to relatives who are another link to human relationships. A range of social relationships help people grow and develop in many ways, opening them to more experiences and providing occasions to practice tolerance and forgiveness. Giving and receiving, sharing and discussing are daily experiences in which different generations come together and mutually help each other achieve greater wisdom and become better people.

Sharing:

- Why does the Lord discipline those he loves or why does disciplining involve love?
- How does the message in Matthew 12:33 relate to family life and relationships?
- Considering Ephesians 6:4, share some successful ways you have used to teach your children about God.
- Is there much that young and old family members can learn from each other?

ACT Choose one action individually or as a group and make sure to accomplish it.

- Go on a lunch or dinner date with your spouse to strengthen your relationship and to grow together as spouses and parents.
- Visit an elderly family member and spend some time in conversation together.
- Help a needy relative with a gift of food or cash or any other useful thing.
- Choose your own action.

At the beginning of the next meeting, you will be expected to share what action you chose today.

CHAPLAIN'S REMARKS: (A short, encouraging talk from a priest, a sister or a spiritually mature lay person.)

NEXT MEETING: (Assign a couple or an individual to conduct the next meeting, scheduling time and place.)

CLOSING PRAYER:

Heavenly Father, we ask you to strengthen the bonds of intimacy in our marriage with each other. We are thankful that you have called us husbands and wives to intimacy with you first, and intimacy with one another. Show us Lord any behavior on our part that has been preventing us from entering into a deeper or intimate relationship with you and with one another. Once trust is broken among us, it becomes almost impossible to regain that trust just by our own effort. However, we know that all things are possible with you, our dear God. Heal our hearts, Father, of past hurts and help us to trust in you and in one another. We ask this through Jesus Christ our Lord. Amen.

PRAYER FOR THE CHRISTIAN FAMILY MOVEMENT: Pg. 59

SHORT INTERCESSORY PRAYERS FOR SPECIFIC INTENTIONS

CHAPLAIN'S BLESSING

CONCLUDING HYMN: THE VOICE THAT BREATHED OVER EDEN

1. The voice that breathed o'er Eden,
That earliest wedding day,
The primal marriage blessing,
It hath not passed away.
Still in the pure espousal
Of Christian man and maid
The Triune God is with us,
The threefold grace is said.
2. Be present, loving Father,
To give away this bride
As Thou gav'st Eve to Adam,
A helpmate at his side.
Be present, Son of Mary,
To join their loving hands
As Thou didst bind two natures
In Thine eternal bands.

NOTES :

SERVING LIFE

Meeting Goals:

- Reflect on the importance of life and thank God for giving parents the gift of transmitting life as co-creators with him.
- Recognize some personal and social values which must be taught to children.
- Resolve to work towards promoting a "culture of life" in our society.

OPENING HYMN: GOD IS GOOD TO ME

1. God is good to me! O what love I see!
Jesus as a lamb was slain.
He delivered me, cleansed and set me free;
Lord of all, He rose again.

Ch.: Now I live, yet not I.
Jesus is alive in me.
Sending the Spirit's flame into my heart again.
God has poured his love on me.

2. God is perfect life, one who lives in love
Lives in God and God in him.
Yes, I feel his love; fear gives way to peace,
'Cause I know He loved me first.

PRAYER FOR THE FAMILY: Pg. 58

OPENING PRAYER:

O God our Father, we thank you for the gift of life we have received from you and the power we have to transmit life from one generation to another. May you be praised also for our parents who have transmitted life to us. They were for us the channels of your grace, for they are the ones who taught us to make good use of your gift of life. We ask your mercy for all those in the world who suffocate that gift of life and suppress it in the womb. Give them the love and the strength they need not to commit that crime again, but to see the unborn life as a gift from you.

REPORTS OF ACTION: Were you able to do your chosen action last month? If so, could you report it?

BIBLE ENQUIRY

SEE

The following biblical texts are slowly read aloud by one or more persons:

Genesis 1:28

God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it.”

John 1:2-4

He was with God in the beginning.³ Through him all things were made; without him nothing was made that has been made.

Revelation 11:18

The nations were angry; and your wrath has come. The time has come for judging the dead, and for rewarding your servants the prophets and your saints and those who reverence your name, both small and great—and for destroying those who destroy the earth.

Sharing:

- Is there any particular text which motivates you to save life? How do you interpret it?
- Share any reaction you have regarding the passage from *Genesis*.
- In John’s Gospel above, “he” refers to Jesus. What meanings can you attach to this passage?
- Those who destroy the earth will be destroyed. In what way are you guilty and what can you do to amend your specific situation?

JUDGE

It is the responsibility of the family to serve life because life is transmitted through the family. God makes all parents co-creators with him – to have children and to educate them. Moreover, we are called to serve and defend all life on earth.

In the past, big families were the norm, but the increase in world population forces parents to think about responsible family planning. However, no life that is generated should be destroyed, and abortion is wrong.

The privilege of bringing children into the world includes the obligation to educate them. Parents are the first educators of their children. Children must be taught self-esteem and discipline, given freedom to make choices and receive a good education. They also need sex education through gradual teaching on the meaning of sexuality. Socially, children must learn to respect others, to give and receive love and appreciation, to speak and to listen, to be understanding, tolerant, reasonable and forgiving.

Because the world’s limited natural resources must be spread among more people, modern life has increasingly become competitive. These problems have given rise to a selfish, consumerist mentality that sees children as an obstacle to personal happiness and sick people as a burden. However, all human life is created by God and must be valued.

Modern technology generates progress but also gives rise to ecological problems. Saving the earth is essential to promote the family as a living space for the development of people.

(based on *Familiaris Consortio*)

Sharing


- Is human life, born and unborn, highly valued in your society?
- Are your friends, who are parents, teaching values to their children or do they leave the teaching to others?

- Do you and your neighbours “reduce, reuse and recycle” to save the earth?
- Has there been a change in attitude towards having children among married couples today?
- Does education in your country train children sufficiently in the personal and social values mentioned above?
- Are people aware of the relation between protecting the environment and preserving human life?

ACT

Choose one action individually or as a group and make sure to accomplish it.

- Pray together as a family to thank God for the gift of life and for having each other.
- Visit or call a neighbor or friend who is sick or lonely.
- Take a reusable bag with you when you go shopping and remember to “reduce, reuse and recycle” with the whole family.
- Choose your own action.

 At the beginning of the next meeting, you will be expected to share what action you chose today.

CHAPLAIN’S REMARKS: *(A short, encouraging talk from a priest, a sister or a spiritually mature lay person.)*

NEXT MEETING: *(Assign a couple or an individual to conduct the next meeting, scheduling time and place.)*

CLOSING PRAYER:

God our loving Father, we praise and thank you for the precious gift of children that you have granted to us. We pray that you would always protect our children. May they progressively grow in bodily strength, wisdom and grace in their life. You know exactly when they rise or when they fall. Protect them always in your tender care. And as they grow to be responsible adults in society, may they be effective witnesses of the power of your grace in them. Today we also bring to you in prayer those parents who do not have the gift of children. We bring their pain and sorrow to you, and pray that you will soon bless them with the precious gift of children. We make this prayer through Jesus Christ our Lord. Amen.

PRAYER FOR THE CHRISTIAN FAMILY MOVEMENT: Pg. 59

SHORT INTERCESSORY PRAYERS FOR SPECIFIC INTENTIONS

CHAPLAIN’S BLESSING

CLOSING HYMN: MY GOD LOVES ME

My God loves me.
His love will never end.
He rests within my heart
For my God loves me.

His gentle hand
He stretches over me.
Though storm-clouds threaten the day
He will set me free.

He comes to me
In sharing bread and wine,
He brings me life that will reach
past the end of life.

The joys of love
As offerings now we bring,
The pains of love will be lost
In the praise we sing.

NOTES :

THE CALL TO SOCIAL ACTION

Meeting Goals:

- Understand that every Christian has the duty to help the needy.
- Realize the importance of performing the works of mercy as a human being.
- Appreciate God's generosity that when we give to others, we will also receive his gifts.

OPENING HYMN: MERCY, LORD.

Ch.: Mercy, Lord, we have sinned, listen to our plea.
Mercy, Lord, we have sinned, answer now our prayer.

1. We have turned from the poor, let the hungry die.
We neglect the oppressed, we ignore their cry.
Now's the time, now's the day, turn back to your God.
Tear your hearts, cry to Him: Spare your people, Lord. Ch.

2. We confess, we detest our disunity.
We have lived for ourselves, failed in charity.
Banish, Lord, from our hearts bitterness and pain.
Cleanse us, Lord, heal our lives with your Spirit's flame. Ch.

PRAYER FOR THE FAMILY: Pg. 58

OPENING PRAYER:

Heavenly Father, you sent your Son to bring good news to the poor, release for prisoners, sight for the blind, and restoration for every victim. We ask you in the name of Jesus Christ to defend the cause of the weak and powerless, and to maintain the right of the poor and oppressed in our world. Fill us with your zeal to come to those who are rejected, despised and persecuted, not just as servants, but as neighbours, to be with them and of them. May our solidarity with those in need be a visible sign of reconciliation which you have given us through Jesus Christ, your Son, who with you and the Holy Spirit lives and reigns forever and ever. Amen.

REPORTS OF ACTION: Were you able to do your chosen action last month? If so, could you report it?

SOCIAL ENQUIRY

SEE (from your experience)

- Can you think of someone who is a good example of love and generosity? Describe what this person does.
- From what we have observed about ourselves, our neighbours and our friends, are we willing to help others in need even if we don't know them?
- Are we doing enough to help the poor and the needy or should we give more? Why?

JUDGE (as a Christian)

1. In the light of God's Word

- “Then the righteous will answer him, saying, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? 38 And when did we see you a stranger and welcome you, or naked and clothe you? 39 And when did we see you sick or in prison and visit you?’ 40 And the King will answer them, ‘Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.’ (Mt. 25: 37-40)
 - “Give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you.” (Lk 6: 38)
 - “What good is it, my brothers, if someone says he has faith but does not have works? Can that faith save him? 15 If a brother or sister is poorly clothed and lacking in daily food, 16 and one of you says to them, “Go in peace, be warmed and filled,” without giving them the things needed for the body, what good is that?” (Js 2: 14-16)
- What good works can we do in our daily lives for “the least of these brothers and sisters” of his that would please our Lord?
 - Share instances in your experience that illustrate Luke 6:38.
 - Why is praying not complete if we do not do good works for others?
 - Is it possible to love God without loving and helping other human beings? Why?
 - How can we change ourselves from being selfish to being generous in helping strangers or people we don’t like?

2. In the light of Saint Augustine’s writings

In his Confessions, Saint Augustine wrote: “What does love look like? It has the hands to help others. It has the feet to hasten to the poor and needy. It has eyes to see misery and want. It has the ears to hear the sighs and sorrows of men. That is what love looks like.”

- What do you agree most with St. Augustine about what love looks like?

ACT

1. What are you going to do individually or as a group to answer Christ’s call to social action?
2. You may prefer to choose one of the following actions and make sure that you carry it out:
 - Conscientize some of the people you know about the situation and the needs of the poor in your locality.
 - Volunteer with your family to help in community service – taking care of babies in an orphanage, visiting a lonely person or helping distribute food to flood victims.
 - Donate some of your unused clothes, shoes or other articles to a Church, a charitable organization or to the poor.
 - Help somebody in need – an old person carrying a heavy bag, a lost foreigner, a lonely or sad person who needs a friend.
 - Make a representation with the civil authorities, urging them to establish new structures that will benefit the poor in your region.

At the beginning of the next meeting, you will be expected to share what action you chose today.

CHAPLAIN’S REMARKS: (A short, encouraging talk from a priest, a sister or a spiritually mature lay person.)

NEXT MEETING: (Assign a couple or an individual to conduct the next meeting, after scheduling time and place.)

CLOSING PRAYER

Lord God, you so loved the world that you sent your only Son that we might have life and have it abundantly. In the fullness of time, the Lord Jesus came among us, anointed by the Spirit, to inaugurate a kingdom of justice, love, and peace. His rule would be no mere earthly regime. It would initiate a new creation in every land. His power would be within and without, rescuing us from the injustice we suffer and also from the injustice we inflict. In this present time, grant us the anointing of your Spirit, so that like Jesus, your Son, we may bring good news to the poor, release for prisoners, sight for the blind, and restoration for every broken victim. We ask this through Christ our Lord. Amen

PRAYER FOR THE CHRISTIAN FAMILY MOVEMENT: Pg. 59

SHORT INTERCESSORY PRAYERS FOR SPECIFIC INTENTIONS

CHAPLAIN'S BLESSING

CONCLUDING HYMN: IN NEED OF LIBERATION

Ch.: The world stands in need of liberation, my Lord,
It still has to feel your power.
The blind and the deaf, the dumb and the maimed,
All need to feel your healing touch.
The world stands in need of liberation my Lord,
It still has to learn to love.

1. There are those who have eyes but refuse to see
The inhumanity around.
There are those who have ears but refuse to hear
The cries of those in agony.
2. There are those who have mouths but refuse to speak
Against the injustice done to some.
There are those who have hands
But refuse to reach them out in love and charity.
3. There are those who have talents they do not use
To build a true community.
And we know that we all have the talent to love
But leave it buried in ourselves.

NOTES :

PRAYER FOR THE FAMILY

Lord God, from You every family
in heaven and on earth takes its name.
Father You are love and life.
Through Your son, Jesus Christ, born of woman
and through the Holy Spirit,
fountain of divine charity,
grant that every family on earth
may become for each successive generation
a true shrine of life and love.

Grant that Your grace may guide
the thoughts and actions of husbands and wives,
for the good of their families,
and of all the families of the world.

Grant that the young may find in the family
solid support for their human dignity
and for their growth in truth and love.

Grant that love, strengthened by the grace
of the sacrament of marriage,
may prove mightier than all the weaknesses and trials
through which our families sometime pass.

Through the intercession of the Holy Family of Nazareth
grant that the Church may fruitfully carry out
her worldwide mission in the family and through the family.
Through Christ, our Lord, who is the Way, the Truth and the Life, forever and ever.
Amen.

PRAYER FOR THE CHRISTIAN FAMILY MOVEMENT

O Holy Trinity, You are one in three.
We believe You wish our families
to reflect Your heavenly oneness.
Jesus has called us to Family ministry,
and asked His heavenly Father
not to take us from the world,
but to deliver us from evil.

And so we pray for the Christian Family Movement,
that present members may grow in grace,
and that new families may join us.

Through good example and prayer,
may our homes become that which
You desire them to be,
true domestic churches,
temples of your Glory, and schools of humanity
ushering in the reign of God.
Amen.

THE ANTHEM

We are one in the CFM
Grow as one in the CFM
We observe and judge and... act in God
Walk the talk of Christ and proclaim our God.

Yellow, brown and red and black and white
Forging ahead towards family might
With faith and love and truth our tools
Towards a better world, where family rules.

No place too far, no group too small
The CFM embraces all
By example working for unity
And a loving, caring world family.

ICCFM HYMN

Refrain

Let us sing together joyfully
For the Church and for the family
Let us cast our nets into the sea
To gather all humanity.

1

To serve the world is our resolve
To be in homes a voice of hope
With open hands able to help
All families are in our scope.

Repeat Refrain

2

To form in all a joyous power
Together seek a loving union
Tell the world our firm intention
And fulfil our social mission.

Repeat Refrain

3

We come from different continents
Pledging a friendly harmony
Our goal to form communities
May soon become a reality.

Repeat Refrain

4

As in the home of Nazareth
All united in work and commitment
So we spread the Confederation
Of Christian Family Movements.

Repeat Refrain