



Vol 56 • No. 7
November 2003



Christian Family Movement

Volunteer Spirit Starts Early

By Sandy Hoenig, Ames, Iowa

Children learn the true value of service by watching family members contribute to their community; then, as they grow, they serve others alongside their parents. An early start leads to ongoing interest in service. At least 34 percent of teens who volunteer reported that they started before the age of 12.

Children experience empowerment when they serve, because giving to other people develops both skills and qualities of character. When we involve youth as volunteers, we are preparing them to become active, responsible, caring citizens.

When families participate in community service together, children see and experience the values of compassion, justice, integrity, and responsibility.

Volunteering as a family also gives family members a meaningful way to spend time together. When volunteering becomes a natural part of a child's life at an early age, it adds an important dimension to the process of growing up. No amount of schoolwork and no paid employment can teach citizenship the way that volunteering does.

Ames offers many opportunities for youth to volunteer and be involved. Our local churches involve children in numerous ways: singing in the choir, participating as



Young people work on a house for Habitat for Humanity

a puppeteer, helping with food drives, donating a week to housing projects. A summer festival celebration involves many youth in all stages. Organizations such as Youth and Shelter Services and the Boys and Girls Club have youth task forces.

—continued on page 4

IN THIS ISSUE

- Presidents' Perspective 2
- Parent to Parent 3
- Chaplain's column 5
- Taking the Time 6
- Your Marriage 7
- SPOTLIGHT 8



Presidents' Perspective

by Peter and Jane Buchbauer

Sixteen New Apostles

We have been in a CFM Action Group every year for nearly 20 years now. Typically, we gather in each other's homes for the meeting and a light social. At times, over the years, we have had the children along, usually for a pot luck supper before the first meeting of the year, and perhaps one or two other occasions during the year. In nearly all of those cases, the children were pre-teens or teens.

Two years ago, a group of our local CFMers decided they wanted to bring their children with them to the meetings. Not as participants, but present in the same house as the meeting. Their theory was that CFM was supposed to be a "family" movement, and how could that happen when the children—a large part of the family—were not present. Being the traditionalist that I am, I was generally unimpressed with the logic. Our children always felt as though they were part of CFM, and they did not need to be at our meetings to get that feeling.

Well, the concept of having children at the meeting house was very attractive to the younger families in our parish. Rather than each getting a babysitter, the members decided to contribute \$5.00 per child or \$10.00 per family to pay for child care, and hire a number of care providers based upon the number of children to be watched. That created an economic advantage for some families.

This year at registration, we were given a choice: an adults only group, a group with kids present at the meeting house, or wherever the leader felt we fit in the best. Well,

not wanting to resist change too much, we decided this year to go where the leader decided we fit in best. Last night we experienced our first "kids-at-the-meeting-house" CFM meeting.

Let us give you a clear picture here: We have seven families in this group. There were 16 children ranging in age from newborn to age nine. The majority were under six. We assembled and had pizza for dinner. First the wave of children were fed. After they were done, they returned to the family room with their four teenaged child care providers. The adults then ate and continued with a meeting. Before dinner, the kids got together, colored, and drew on paper lunch bags. A dozen total. They also decorated several cardboard boxes. After dinner, assisted by their babysitters, the children made sandwiches which were put into the colorful bags. Why? The lunches fed workers at a Habitat for Humanity house project underway in our city the next day. One of the parents sat with the children before our meeting and explained to them what Habitat was all about and how they could help build someone a house without even lifting a hammer. They could help by making lunch for the workers. Into the decorated cardboard boxes were placed a number of items brought to the meeting to be distributed to a local child care facility for inner city children. Again the children helped—as they could, based on their ages.

In this group, the children form community as do the adults. They learn, with their parents and from

their parents, the importance of reaching out to those in need: not to do everything, but to do what they can. Sixteen kids, a dozen lunches, and three boxes of supplies later, it was time for the post-meeting social, and chocolate cake. Slowly the families left for home. The experience takes hold. The parents reinforce the lesson learned. The children realize that they did something great and that God is happy with them for it. And the formation of 16 new apostles, ages newborn to nine, continues.

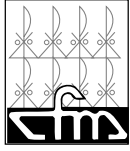
Peter and Jane Buchbauer, CFM Presidents, live in Winchester Virginia. Their children are Joseph, Peter, Michael and Maria.

Click for CFM Fundraising

When you shop online during the Christmas season, don't forget to *Buy for Charity*. Hundreds of stores will give a percentage of your purchase price to the Christian Family Movement if you enter through the Buy for Charity link on our website, www.cfm.org.

Need a ticket for holiday airline travel? **Orbitz** will donate \$3.75 per transaction. Looking for a special book? **Barnes & Noble** will donate 3.75 percent of your purchase. Doing some bargain shopping? **Overstocks.com** or **Old Navy** will donate 3.75 percent of the price of your finds. Need a food gift? **Harry and David** and **Hickory Farms** will each give 5.25 percent of the price of your goodies to CFM. Need a refill for your Franklin planner? **Franklin Covey** will donate 6 percent of your purchase.

These are just a few examples of stores which support Buy for Charity. Please help us keep the cost of dues down by using this innovative fund-raising tool.



ACT is published up to eight times a year by the Christian Family Movement.

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CFM news articles and photos welcome. Subscriptions are free to members and \$8.00 for non-members.

Want to touch base with CFMers around the country? Join CFM's e-mail exchange by contacting cfm-exchange@cfm.org

CFM's Mission

- ◆ to promote Christ-centered marriage and family life;
- ◆ to help individuals and their families to live the Christian faith in everyday life; and
- ◆ to improve society through actions of love, service, education and example.

Parent to Parent

by Mary Lou Gorman

Some Good Advice



Parents are always asking what are the best ways to raise children. Most of us learn how by listening to others, reading, and learning through our own mistakes. Here is some more advice to guide you.

1. Be a "hands on" parent. Always ask the right questions using the *who* are you going with, *where* are you going, *what* will you be doing, *why* do you need to do this and *when* will you be home.
2. Have your own rules with consequences if they are not followed.
3. Communicate. You *do* have a right as a parent to ask questions and get answers. Mealtime is a very good time for this.

4. Pray.

Praying for their safety and good sense and thanking the Lord for their protection helps lessen the anxiety we as parents have.

5. Be a model.

Don't do anything you wouldn't want your child to know you did.

These bits of advice are all "easier said than done." But it is our responsibility as parents to do our best.

Happy parenting!

Mary Lou and Phil Gorman have four daughters and fourteen grandchildren. They have been members of CFM since 1953.

Clever Funny Mugs? Classy Fine Mementos?

CFM is interested in producing items to be sold on the Internet to benefit CFM. We are looking for artists who might be willing to create original artwork for these items.

We are interested in

- ◆ slogans,
- ◆ quotations (not copyrighted),
- ◆ drawings,
- ◆ photos or
- ◆ cartoons

which might be used to decorate a variety of items: a T-shirt, a sweatshirt, a bib, an infant's creeper, a hat, a license plate frame, a bumper sticker, etc.

As you can see, we have a lot of latitude. We are working through CafePress.com. The complete list of items which could be made available is on that website.

We can choose multiple images to produce. Or we can use the same image for several items. If someone you know is creative in this way and might be willing to donate services to CFM, please let us know.

Or if you'd like to suggest a quotation or a concept, we'd be delighted to hear from you. E-mail director@cfm.org or contact the national office.

—Jane Leingang

—Volunteers, cont. from page 1

The Volunteer Center of Story County helps individuals find opportunities in my community. The local newspaper or the United Way would be good resources in other communities.

When children start to reach out and help others, their world grows and so does their confidence. Through their volunteer experiences, young people say that they have:

- ◆ Learned to respect others.
- ◆ Gained satisfaction from helping others.
- ◆ Learned to be helpful and kind.
- ◆ Learned how to get along and relate with others better.
- ◆ Learned to understand people who are different from themselves.
- ◆ Developed leadership skills.

By giving their time and energy, many youth say they have received more than they've given and by helping others, they felt they have made a difference in the world.

As community members, there are a number of important factors to keep in mind when involving young people:

- ◆ Start with their gifts, talents,

knowledge and skills.

- ◆ Distinguish between real work and games or simulations (because young people can).
- ◆ Fight age segregation. Youth today are the most age-isolated generation in our history, to everyone's detriment.
- ◆ Avoid aggregating people, especially our young, by what they don't have. Too often we group people by their deficiencies instead of letting those who can help those who can't.
- ◆ Cultivate opportunities for young people to teach and to lead.
- ◆ Thank children who serve others. Tell them what you appreciate about their contributions.
- ◆ Reward and celebrate creativity, energy and effort.
- ◆ Whenever possible, let young people take the lead on the project planned.

From the August 2, 2003 issue of The Tribune, Ames, Iowa. Reprinted with permission.

Sandy Hoenig is a former teacher and elementary school counselor. She developed the course "Joy and Forgiveness," for the community and Drake University, and is currently writing a book on that subject. Sandy and her husband, Rick, have been active in CFM for 12 years.

In Memoriam: "Father James From Ames"

Msgr. James Supple, who was responsible for bringing CFM to Ames, Iowa, died September 2, 2003. He was 91. Msgr. Supple began serving as a CFM Chaplain in Ames in 1959 while pastor at the Iowa State University Catholic Student Center. Under his leadership, the student center established a strong tradition of social justice. When he was re-assigned to a parish in Nevada, Iowa, in 1980, he immediately introduced CFM.

Msgr. Supple was ordained in 1936, and was the longest ordained priest in the Archdiocese of Dubuque. He was one of the first priests of the Archdiocese to share leadership with a parish council. He was the fourth person to be honored by the Iowa State University Alumni Association as an honorary Alumnus. The Monsignor Supple Chair of Catholic Studies was established at Iowa State University in 1997.

The CFM Ames-Appalachia Connection

The Ames Appalachia Committee is an independent outgrowth of CFM.

In the summer of 1968, **Joe and Lois Johanns** and **John and Mary Jo Bousek** and their families went to Appalachia on a CFM sponsored Christian Family Mission Vacation. When they returned, their CFM groups began gathering clothes and toys to send that Christmas to the needy in the area. Later other CFM families, including the **Clarks, Spears, McCoys** and **Aitchisons** went on CFMVs to the same area. The Appalachia Committee grew out of the efforts of these CFM families. For the past 35 years, the committee has continued to provide assistance in the Appalachia area. Although, it is a separate organization, the committee has received a great deal of support from Ames CFMers over the past 35 years.

The Appalachia Committee sponsors a trip each summer for youth from the community (many from CFM families) to go to Appalachia for a week and do home repairs. This project is headed up by Ames CFMer **Steve Heideman**. This past summer, his group included four dads and their teens from his CFM group. They were **Matt and Megan Baughman, Neal and Maria Hindt, Lou and Greg Scallon, Steve and Paul Heideman**. At Christmas time each year whole CFM groups and their families continue to assist the Appalachia Committee by cleaning, sorting, and packing toys, clothes and household items to be sent to communities in Appalachia.

Ames CFMers also involve their children in actions that include working at the local food pantry, Christmas caroling to the sick and elderly, visiting nursing homes and serving coffee and doughnuts after Sunday liturgies.

From the National Chaplain

by Father Don Conroy

Thanksgiving and World Hunger



Thanksgiving is here: a time when families sit down around the table and thank God for their blessings, a time of plenty and abundance. Yes, we can sit back and enjoy the moment. But do we get the whole picture? It's a time not only to be thankful for what our family has but also to reach out to other families who are not as fortunate.

In true CFM fashion we need to "observe" the condition of the many hungry families in North America as well as elsewhere.

Many Americans think of hunger and malnutrition in terms of poor countries of the developing world. But in the United States nine million children receive emergency food services each year. Many families do not have enough money to avoid malnutrition.

In *Hunger in America 2001* you can read the most comprehensive study of domestic hunger ever done. Some 32,000 individuals have shared their stories. The study found that 23.3 million Americans across the country sought and received emergency hunger relief. This was nearly two million more people than had sought similar services two years earlier. The problem continues in 2003. This study dispels the myth that hunger is only a problem of the inner cities, the homeless or the chronically unemployed.

According to the Hunger in America organization nearly 40 percent of the households that they assisted in 2001 included a working adult. Also, 11 percent of all clients

served by their network were seniors. Nearly half (47 percent) of all emergency food recipients served by food banks live in rural or suburban areas.

Called "the silent emergency," malnutrition is a general term that indicates a lack of some or all nutritional elements necessary for human health, according to the World Hunger Education Service. Worldwide protein-energy malnutrition (PEM) is by far the most lethal type. Children are its most visible victims. Malnutrition is involved in many of the 10.9 million child deaths each year. PEM, in fact, affects every fourth child worldwide who is underweight and 182 million children are stunted. Geographically, seven out of 10 live in Asia, one quarter live in Africa and four percent are in Latin

America and the Caribbean.

Our planet produces enough food to feed everyone. Worldwide agriculture produces 17 percent more calories per person than three decades ago, despite a 70 percent population increase during that period. It is not a matter of food, but of distribution. We humans are responsible.

What is our Christian response this Thanksgiving when we sit down to a table of abundance? How can we not only study the problem, but do something about it locally and globally?

In the tradition of CFM we need to Observe, Judge and Act.

Father Don Conroy is President of the National Institute for the Family in Washington, DC.



St. James' pastor, Fr. Bill Zavaski, photographed CFM after Mass.

The CFM families from St. James parish in Arlington Heights, Ill. held a picnic June 8. After a special Mass, the families shared a meal, did crafts and played games ranging from water balloon toss to breaking a piñata.

The group is using *Building a Better World* this year. So far, they've invited prospective families to a Bunco night, visited a local retirement home at Halloween, and raked leaves for many parishioners.
—Jackie Swanson



Taking the Time to Make a Difference

by Paul R. Leingang

A story about charity and justice

There was a man walking along the banks of a river. That was the opening of a story told by Jana Adams. When he saw a man about to drown in the river, he jumped in and saved that man's life.

The man who had rescued the stranger in the water felt good about his accomplishment—and rightly so.

Not long afterwards, our main character saw another person in the water. Once again, he dived in and swam to the rescue.

But, as Adams told the story, there were more and more people in the river—more than any one person could save. So others began to help in the rescue effort. Men and women who lived nearby began patrolling the banks, so they could rescue anyone who needed help.

As it worked out, the river bank people then bought a boat for their expanding rescue operation. And what they did was very good, as many, many lives were saved.

Then Adams paused in her story-telling, to say: But no one ever went upstream to find out why so many people were falling into the water. She made her point. Charity is good, and many people need our help, our goods and our services. But justice demands that we go to the source of the problem and work for social change.

* * *

Jana Adams told the Charity-Justice story at a recent gathering of people from a variety of church congregations. Adams represents

DART, the Direct Action and Research Training Center – which describes itself as a national network of grassroots, metropolitan congregation-based, community organizations spread throughout the United States.

See www.thedartcenter.org

Adams was speaking at a "Rethinking Justice Workshop"

Moses did not say to Pharaoh,

"Help my people cope."

held for members and prospective members of CAJE, Congregations Acting for Justice and Empowerment, in Evansville, Ind.

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Jana Adams provided the participants with a hand-out page of biblical references, to provide examples of charity and justice. The story of the Good Samaritan (Luke 10) is a story about charity, a good and praiseworthy action. The Gospel story does not attempt to survey the causes of highway banditry. The Samaritan provides temporary and immediate relief.

Moses, on the other hand, challenges the institutional system in Egypt that kept the Israelites as slaves (Exodus, chapters 1-12).

Moses did not ask for food and medicine. He said, "Let my people go . . ." As Adams put it, Moses did not say to Pharaoh, "Help my people cope."

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Adams said that charity typically involves private individual acts, responding to immediate needs. Acts of charity provide direct service, food, clothing and shelter. Charity, in the DART definition, requires actions to be repeated. It is directed at the effects of injustice, the symptoms.

Justice is directed at the root causes of social injustice. It promotes social change and responds to long-term need. Working for justice can require public, collective action.

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Examine the good works you have done. Or look for news reports about "Good Samaritans" and others who have attracted some attention for doing good deeds. Have they been done in charity or justice?

Examine the structures and habits of society—your city or town, your neighborhood or area. If you see a person swept into the dangerous waters of poverty or prejudice or hopelessness, take action! Then look upstream.

Jana Adams bends to one side when she says to an audience, "We've been leaning on this charity leg so long, we have to build up this justice leg, so we can stand upright!"

Paul is director of communications for the Diocese of Evansville, Ind.; and editor of the Message, the diocesan newspaper. His weekly column Taking the Time to Make a Difference is syndicated in a number of diocesan newspapers. Paul and Jane Leingang are executive directors of CFM.

Your Marriage: The Great Adventure

by Lauri Przybysz

Defining Your Marriage



Marriage is in the news! After many years of hearing little or nothing good about marriage in the media (“Take my wife...please!”), suddenly *My Big Fat Greek Wedding* became a smash feel-good success. We are hearing now about the “unique societal role of marriage.” The Federal government is hustling to introduce marriage education programs and states are encouraging them. Uncle Sam wants you...to stay married.

Marriage is a focus for controversy, too. People are standing up to be counted on the question: What constitutes marriage in our society? The bishops, other church leaders and advocacy groups on all sides debate whether US courts and legislatures should call same-sex unions “marriages.” Whatever one’s view on that subject, the times invite us to reflect on the how society does benefit from marriage.

One of the main reasons societies give legal protections and advantages to marriage is for the sake of children. While we honor the courageous love of single parents, we recognize that children benefit from growing up in homes with their mothers and fathers. The National Marriage Project based at Rutgers University, which publishes an annual “State of Our Unions” report on data and issues impacting marriage, points to the effects of marriage on fatherhood:

“Ideally, fathers would provide lifelong nurture and support for their offspring, whether they were married or not. But in reality, marriage is the social glue that holds fathers to their offspring. Marriage encourages regular and routine father involvement. When marriage and fatherhood come

unglued, father involvement often weakens. Some fathers become entirely disconnected from their children. According to one recent study, 28 percent of children with nonresident fathers had had no contact with them in the past year. Compared to married fathers, men who are not married to their children’s mothers are significantly less likely to be consistently and positively involved with their children during their growing up years. Unmarried cohabiting fathers fail to show as much warmth or put as much time or money into the care of their biological children as do married fathers. And cohabiting men who are living with non-biological children pose a risk of physical or sexual abuse to such children.”*

In the emphasis on defining marriage as “between a man and a woman,” it’s worth pointing out that marriage can’t *just* be about the couple. Christian tradition always points to the responsibility of the couple to look outward, beyond themselves, to children and society at large. The Rutgers marriage

researchers call for a bigger vision for marriage—beyond the romantic notion of finding that perfect “soul mate” who will meet all one’s needs: “This is not to say that parents should neglect each other’s sexual or emotional needs during the child-rearing years, but it is to suggest that the new soul-mate ideal may create unrealistic expectations for intimacy that, if unfulfilled, may lead to disappointment, estrangement and even a search for a new soul mate.” Any effort to “defend” marriage must pay attention to the importance of marriage to children, and the impact of any changes in our public policies on their well-being.

How is your marriage benefiting society? Who else has a stake in your marriage?

*Read the whole report at <http://marriage.rutgers.edu>

Lauri and John Przybysz live in Severna Park, Md., and are the parents of six children. Lauri is coordinator of marriage preparation and enrichment for the Archdiocese of Baltimore.



Picnic time for St. Anthony on the Lake in Pewaukee, Wisc.

CFM is alive and well in Pewaukee, Wisc.! Springtime brought a “Bowl-a-Rama” with recycled trophies for our champs and a family movie night featuring *Fly Away Home*.

Over the summer our groups gathered for a pool party, a picnic, and a campout—lots of chances to say connected. We’ll be digging into the new new book, *Building a Better World*, because our evaluations asked for more opportunities for social outreach.

—Robin Hafey

SPOTLIGHT

Cindy Simmons of Sacred Heart in **Winchester, Va.**, reports that a group of 17 CFMers and some of their children helped an older couple in the parish move into a new home in September. The husband had had surgery on his knee and their limited resources made it difficult to make the move without assistance. Cindy says, "We had a caravan of mini-vans, pick-up trucks, and cars loaded with household items. The parishioners were very grateful for our help." The need came to light when a CFMer brought communion to the housebound couple.

Kathryn & Brian Wotta at St Margaret of Scotland, **St Clair Shores, Mich.** report that their group hosted "a pizza party / CFM infomercial on October 5 to let the parish know what CFM is

all about." They followed that with a kickoff meeting October 10 implementing some of the ideas shared over the CFM leaders e-mail list, Contact-CFM. [Ed. Note: Contact the national office to be added to the leaders e-mail list.]

According to **Teresa Karolek**, St. Anthony in **Pewaukee, Wisc.**, is planning a cookie exchange. This year each participant is making an extra dozen cookies to donate to a shelter in our area. Teresa writes, "The shelter contacted is thrilled and said there was no way we could make too many homemade desserts for them. What a fun way to include the children in service that is also a fun family activity."

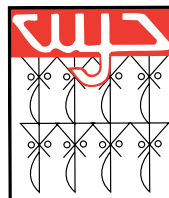
Margie Murchan reports that the CFMers at Queen of Apostles parish in **San Jose, Calif.**, are planning a Multi-Cultural Cel-

ebration for Friday, Nov 14. Entertainment will include Persian dancing, music and drums from the Sudan, and a Mexican mariachi band. Food donated by ethnic restaurants will be sold and the proceeds will go to social justice activities in the parish. The event will foster fellowship in the parish and provide an opportunity for parishioners to meet the Afghani family the parish is sponsoring. [See story in Sept./Oct. ACT.]

Kathy Rothermich reports that the St. Theodore Parish CFM group in **Flint Hill, Mo.**, "takes our pastor and our deacon and his wife out for brunch after Mass during October to celebrate Pastor Appreciation Month. We have been doing this for several years. Our families always enjoy it and the pastor and deacon appreciate it."

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