



Vol 57 • No. 8
 December 2004
 —January 2005

IN THIS ISSUE

Presidents' Perspective 2
 Parent to Parent 3
 From the Chaplain 5
 Taking the Time 10
 Your Marriage 11
 SPOTLIGHT 12



Christian Family Movement

An Unusual Retirement

CFM Physician-couple becomes
 Medical Missionaries

by Jane Leingang

Moira Hurley has a different perspective on Christmas since she came back to the U.S. from her first experience as a medical missionary in **Thomassique, Haiti**, right before the holiday in 2002. Moira recalls looking at all her family had and



thinking, "There is nothing you need. We're not doing Christmas this year." That was the year her adult children gave a donation to Medical Missionaries Inc., a non-profit organization located in **Manassas, Va.**, in her honor.

Moira and her husband, **Bill McAveney**, are members of CFM from **Leesburg, Va.** They are the parents of five grown children and have been a part of a group at Queen of Apostles in **Alexandria, Va.**, for twenty-five years. Moira is an internist and Bill a pediatrician.

After his early retirement from Kaiser Permanente, Bill decided he needed to find other uses for his medical skills. He found two ambitious projects. Through the American Medical Association, he has volunteered to work several weeks at a time in **Eagle Butte, S. Dak.**, at an Indian Health Service hospital. Originally established to help regular staff take vacations and other time away, the program has evolved to provide medical help on an ongoing basis. Bill has made several trips to provide assistance among the Indians who suffer the effects of poverty and poor health habits.

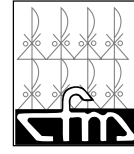
Bill found an additional opportunity while reading his diocesan newspaper, *The Arlington (Va.) Herald*. There he read about school children collecting soap to send to Haiti. The article mentioned **Gilbert Irwin, M.D.** as the inspiration for the project. In 1997 Irwin, who still practices in **Manassas**, began bringing vaccines and medicines to the area at the instigation of **Father Donald Rooney**, a former associate from his parish, who was serving as a missionary in **Banica, Dominican**

—continued on page 8



Presidents' Perspective

by Peter and Jane Buchbauer



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

A Family Reunion

In this holiday season, we gather as families. As movements in the Catholic Church which support and uphold marriage and family, we need to commit ourselves to reuniting for our common cause.

Traditional marriage and family life are under attack throughout our nation. The divorce rate is soaring. The challenge brought by civil unions, cohabitation and same-sex "marriage" is upon us. Displays of "alternative lifestyles" dominate the media. The family is a constant butt of jokes.

At the same time, movements within the Church have been at odds with one another. After the first Marriage Encounter in the U.S. was held at a CFM convention at **Notre Dame**, Engaged Encounter arose from Marriage Encounter to focus on preparation of the couple-to-be. Retrouvaille was formed in Canada as a ministry to hurting marriages. Christian Family Movement continues to minister to couples and families, calling its members to observe, judge and act to change the world around them by living their faith in everyday life.

Worldwide Marriage Encounter offers a weekend experience designed to give married couples the opportunity to learn a technique of loving communication that they can use for the rest of their lives. It's a chance to look deeply into their

relationship with each other and with God and to share their feelings, hopes and dreams with each other. The emphasis of the Marriage Encounter weekend is on communication between husbands and wives. The weekend provides a conducive environment for couples to spend time together to focus on each other and their relationship, away from the distractions and tensions of everyday life.

*Our family ministries
must unite,
or reunite,
for the sake of
marriage and family
in our nation.*

Catholic Engaged Encounter, founded in 1975, has become an international organization. Presenting couples come from every walk of life, from the highly trained professional to the unskilled. They believe in their marriages and the commitment they made on their wedding day, and communicate that commitment to those preparing for marriage in the Church.

The primary goal of Retrouvaille is to help couples grappling with the disappointment and pain of marriages in trouble.

—continued on page 4

CFM National Office
P.O. Box 925
Evansville IN 47706-0925

Telephone: 812-962-5508
Fax: 812-962-5509
E-mail: office@cfm.org
Web page: <http://www.cfm.org>

Presidents
Jane and Peter Buchbauer

Executive directors
Jane and Paul Leingang

Newsletter editor
Kathleen Miller

Webmaster
Andy Pozdol

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



Parents today are under undue stress. The busyness of our lives can truly cause havoc in daily living. Why not stop a minute and address the problem? We all need time to ourselves to relax and smell the roses; but how can we do this? The one technique that saved my day when my children were young was attempting to keep to a schedule. If you have no plan, you can lose yourself in everyday activities and become stressed out. That's when tempers get short and we say things we don't really mean.

It helps to start your day by asking God to help get you through it. Sometimes we just can't do it by ourselves. When I say we all need a plan, I don't mean we schedule every minute: I mean we have a plan in general. Many a day we get thrown by an emergency, but those are the days to keep cool and know that plan is there to make up for lost time.

What do I mean by a plan? Well, if you give every day of the week a priority job, that's a start. Of

course you'll have to put some things off when you run out of time, but just knowing you have a plan for the week can reduce the stress.

I taught school and raised five children, so it wasn't easy; but I did try to keep with a plan.

Monday was always laundry day. Sorting came after school and while the machines were going, I'd plan menus for the week and make

*The busyness
of our lives
can truly
cause
havoc...*

lists for my shopping day. Microwave and crockpot cooking were a must. Putting clothes away included lining up outfits for the week in the closets. Underwear and socks went into drawers.

Tuesday was homework project night. We had a simple meal and helped the kids. We let the house go that night, but Wednesday was cleaning night. Kids picked up their rooms, and we vacuumed and dusted, giving an especially thorough cleaning to one room each week.

UNDO the Stress

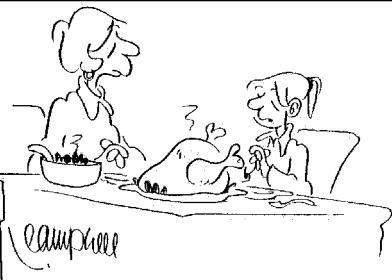
Thursday was shopping day. One of us helped with homework while the other shopped from the lists. Friday was friends night. We had our small groups, the kids had other activities. Friday was sleepover night. Saturday we did house chores only like raking, putting up screens and so on only in the morning. The kids knew they were expected to help, so that in the afternoon we could have a family outing. Knowing we were going to a museum or the zoo was always an incentive for them to help. Sunday was for church and visiting or having company or celebrating special family events.

Now that was our plan generally. It never worked out perfectly each week, but it was a plan and it did work out pretty well for us. It certainly helped relieve some stress to know we had some sort of schedule to follow.

Sit down with the family and work out your plan. Let everyone have a say in it, and you'll be relaxed just knowing the plan is there to rely on. Lots of love and joking around kept us all in a good mood. So try it: it may work out for you and leave some quite moments too.

Mary Lou and Phil Gorman, Arlington Heights, members of CFM since 1953, have four daughters and 14 grand-children.

CFM Moment



"Thank you for this turkey and dressing which you have provided, and the broccoli which the devil has slipped in."

©ChurchArt. printed with permission

—Presidents, continued from page 2

The weekend helps couples communicate and to gain an awareness of themselves and of their relationship. The post-weekend phase of the Retrouvaille program is as critical to a troubled marriage as the initial weekend experience. The disappointment, hurt, deterioration and despair of hurting marriages cannot be healed in one weekend. Restoration takes time. The post-weekend provides a support group as couples rebuild their communication and intimacy.

Each movement has its own unique charism and focus. Each has its unique techniques. Yet the work of all is the same. From properly forming those preparing for marriage, to enhancing marital communication and thereby strengthening marriages, to helping form the family as a domestic church in service to others, to aiding marriages in crisis: we all share the objective of strengthening and preserving marriage and forming and supporting the domestic church.

Why then don't we do more together? Is it because the harvest is plenty and the laborers are few? We all want to grow our own movements and need volunteers and leaders and members to accomplish our goals. But that is a false premise. We all want properly formed men and women coming into marriages. Individuals with good marriage preparation are more likely to succeed. They are more likely to have stable marriages. They are more likely to have stable families. They are the kind of people who could contribute much to CFM and to whom CFM could contribute much.

We all want couples in marriage to succeed. We want the couple to grow in their love of one another and God. We want them to

communicate, because in communication the destructive seeds of discord and divorce may be avoided. CFMers are the kind of people who would benefit from Marriage Encounter. Marriage Encounter people are the kind of people who can bring much to CFM. Yes, ME is focused largely on the couple; but the couple may have a family and CFM is focused on both supporting the couple and the family as they extend themselves to the community and Church at large. We all want hurting marriages to heal. We know the pain and the consequences of failure both for the couple and for their children. CFM can be a welcoming community, a support group, a source of like-to-like ministry to those who complete the Retrouvaille program and succeed at stabilizing their marriages. And membership in CFM does not ensure marital success. Some of our members may need the ministry which Retrouvaille offers, or know people who may.

At this time, in this culture, all of us must put aside our differences, our partisan interests, and we must work together. CFMers should encourage and assist Engaged Encounters. CFMers should make Marriage Encounters. CFMers should learn more about Retrouvaille and help those in pain to find this ministry. At the same time, these ministries should be referring people to CFM. All of these ministries should work side by side in parish after parish, diocese after diocese. Our family ministries must unite, or reunite, for the sake of marriage and family in our nation.

We have begun this process at the national level. We accepted an invitation from the National Executive Team of Catholic Engaged Encounter to attend their Convention last October. It was a

wonderful experience. We will likewise extend invitations to them and the leadership of Worldwide Marriage Encounter and Retrouvaille to attend our Marriage and Family Life Conference in Chicago next July. Dialogue among leaders is a start. But if we are to succeed, local members must work together as well. Let us resolve this year to bring all the forces in support of marriage and family life, from preparation to reconciliation, together, to build up marriages, families and the Church.

Blessed Christmas and Happy New Year.

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

CFM's Service Team met in the northwest suburbs of Chicago in **Inverness, Ill.** at Holy Family Parish the weekend of October 22-24. The service team consists of the officers of CFM and the executive directors.

Peter and Jane Buchbauer, Lauri and John Przybysz, Terry and Jean Smith, Paul and Jane Leingang and Chuck and Jan Rogers met with local leaders to discuss the upcoming conference in July 2005, which will be held at Holy Family. They also met with leaders at Holy Family, St. Thomas of Villanova, St. Clement, and St. James to discuss group recruitment and formation and the types of activities chapters sponsor.

Other issues before the attendees included the development of DVDs for training and recruitment, a survey regarding satisfaction and expectations of members, and potential cooperation between CFM and other movements engaged in marriage ministry.

Thanks to **Tom and Laura Toussaint** and the group at Holy Family for providing hospitality to the service team.

Consumerism—or more properly, over-consumption—appears more and more as a way of life in American society. This has been evident recently both in the presidential campaigns and in the Christmas shopping season.

Actually, in our first century as a nation frugality was held in highest esteem. Then came the evangelical marketing approach of John Wanamaker, the fervent Bible student who invented the “department store.” Our present shopping malls and Wal-Marts are just one short step beyond that early twentieth century invention.

According to an article in the *Pittsburgh Post-Gazette*, citing the New American Dream Foundation, several groups have recently arisen to protest the consumerist lifestyle on ethical and psychological grounds. These include the “Take Back Your Time” campaign, the Front Porch Group, and the Slow Food movement.

Such groups attempt to expose and reject the “gotta have more, gotta work more, gotta do more” ultra-consumerist culture of our times. We often don’t associate lack of time with our drive to acquire. But they have a lot in common.

From the National Chaplain

by Father Don Conroy



American Dream or Nightmare?

This movement sees the American Dream turning into the American Nightmare. If the “American Dream” includes a palatial suburban home and various status symbols, it often demands that both husband and wife hold down high paying jobs to keep up with the mortgage and expenses.

Betsy Taylor, founder of the Center for a New American Dream, says that following September 11, 2001, we were advised to “buy, buy, buy” to stimulate the economy and consume our way out of our woes. But Taylor says, “Consuming is breaking our back financially. It is breaking our back environmentally.” In fact, it is breaking our families in a mad rush of more work and less quality of life together.

The U.S. has five percent of the world’s population, but uses about

25% of the planet’s resources to maintain our lifestyle. What can we learn about the emerging planetary economy? What can we observe about our own family economies?

CFM has been focusing on consumerism and its effects on families for the past fifty years. Today, as advertising touts an American dream, and American consumption affects the economies of poorer nations and the global environment, CFM’s voice needs to become clearer. The witness of CFM families, with clear goals, firm faith, and the joy that comes with right relationships, needs to be communicated to a society and a world in search of the happiness that money cannot buy.

Father Don Conroy is President of the National Institute for the Family in Washington, DC., and Pastor of Holy Family Parish, Latrobe, Penn.

Holy Family Parish in Inverness, Ill., spices up its program with nights for moms, nights for dads, and nights for couples as well as activities for the whole family.

The group sponsors several community building activities each month in addition to their meeting.

*Leaders are **Joe and Lisa Guerrero**, assisted by **Curt and Maureen Rosenwinke**.*

*This photo, courtesy of **Lisa Guerrero**, was taken at the weiner roast that followed a hayride this fall.*



In memory of
Willard and Roberta Agnew
Mary and Jim Robertson

In memory of Michael Atzenbeck
Frank and Pat Gacnik
Don and Marty Huber
John and Janet Wesenberg

In memory of Bill and Trudy Barry
Ed and Sheila Osterhaus

In memory of
Madelyn A. Bonsignore
Joseph Bonsignore

In memory of
the father of Chris Bush
Don and Marty Huber

In memory of Mary Nora Cahill
Phil and Mary Lou Gorman

In memory of daughter, Mary
Catherine and son, Billy
William and Laura Caldwell

In memory of
Shirley Ann Cockerham
Ed and Sheila Osterhaus
Terry and Jean Smith
Gary and Kay Aitchison
(CFM Foundation)

In memory of Pat Crowley
Dan and Mary Maher

In memory of Robert Cutler
Eileen Cutler

In memory of Fred DeCoster
Don and Martha Huber

In memory of Deacon Bob Duffy
Phil and Mary Lou Gorman

In memory of Dr. A.C. Fonder
Jane Fonder

In memory of Donald Gavin
Diane Gavin

In memory of
James and Katherine Kearney
Marianne and Dick Boyak

In memory of Marie I. Kummer
Richard Kummer

In memory of Monica Ann LeGere
Mickey and Frank LeGere

In memory of
Eileen and John McCormick
Paul and Jane Leingang

In memory of Tim Oshel
Gary and Kay Aitchison

In memory of Jim Quinlan
and Susan Quinlan Litoak
Bonnie Quinlan

In memory of Jerry Schmitt
Rosemary Schmitt

In memory of
Frank and Orsola Simondi
Gregory and Marlene Dahlin

In memory of Miriam Trosclair
and Rocco Andriello
Robert and Clare Trosclair

In memory of former members
Raymond and Mary Zotti

In honor of their 44th anniversary
Paul and Marie Barry

For many blessings received
Richard and Marianne Boyak

In honor of CFM
Harry and Pat Michalski

In honor of Rev. Edward Cantwell
Mickey and Frank LeGere

In honor of Patty Crowley
June M. Smith

In honor of Msgr. Paul Lackner
John and Lauri Przybysz

In honor of the 40th anniversary of
priesthood of Rev. Bill Young
Don and Marty Huber



Chris Family M Honor Rol

October 1, 2003—

*We keep thanking
and we remember
for we constan
before our Go
of the way you are
and labor
and showing co
in our Lord*
—1 Thessa

2005 Marriage and Fam

Bill and JoAnn Baker
Bob and Toni Bright
William and Laura Caldwell
Carol and Claude Creswell
Gregory and Marlene Dahlin
Rev. William Eckert
Martha and Gerard Einloth
Robert and Rosemary Finnegan
Mike and Ann Ginther





*Christian
Movement
of Donors*

October 15, 2004

*God for all of you
you in our prayers,
tly are mindful
od and Father
proving your faith,
ing in love,
onstancy of hope
Jesus Christ
alonians 1:2-3—*

Family Life Conference Donors

Phil and Mary Lou Gorman
Wayne and Susan Hamilton
Wilfred and Phylliss Hansen
Rev. Samuel Palmer
John and Beverlee Reulbach
Rev. Paul Sabo
Rev. Francis Schroering
Robert and Janet Wedig

*We thankfully
recognize these
individuals
who have made
donations to
the general fund.*

Anonymous
Joe and Jodie Adler
Allen and Judy Bradley
Peter and Carolyn Broeren
Peter and Jane Buchbauer
Bill and Laura Caldwell
Rev. Ed Cantwell
Eileen Cutler
George and Betty Jane Davis
Richard and Linda DeFries
Larry and Carol Doeling
James and Louise Doering
John and Kathleen Dogger
Jack and Barbara Dolan
Barbara Gleason Dolan
Rev. William Eckert
Jerry and Marty Einloth
Jim and Rosemarie Fagan
John and Eleanor Fischer
Ralph and Rosemary Frid
Joseph Gagnier
Mike and Ann Ginther
Phil and Mary Lou Gorman
Ken and Sharon Gorski
Greg and Karen Hamilton
Wayne and Sue Hamilton
Gil and Barbara Hans
Donald and Mary Hardy
Don and Marty Huber
Jim and Beverly Johnson
Anthony and Suzanne Kosiba
Dave Langer and
Donna Richard-Langer
Paul and Jane Leingang
Paul Litteau
Joanne Miller

Richard and Faye Miltenberger
Ron and Ellen Olech
Martin and Katherine Quigley
Roger and Judy Rolke
William and Barbara Ross
Harry Opila
Thomas and Barbara Pluta
St. Michael
Catholic Community
Mr. and Mrs. Delmar Schwaller
Barbara Schultz
Jerry and Marilyn Sexton
Robert and Donna Smith
Terry and Jean Smith
Michael and Rosemary Snyder
Bill and Kathleen Staudenmaier
Pete and Pat Stevenson
Jack and Audrey Sullivan
John and JoAnn Riganati
Mr. & Mrs. Edward Rudnicki
Brian and Mary Ann Thelen
Bob and Irene Tomonto
David and Carol Tykocki
Dan and Jeannette VanBelleghem
Robert and Janet Wedig
Stephen and Nicole VanderVoort
Raymond Zagorski
Bob and Clara Zoeller



*We gratefully
acknowledge
these individuals
who have notified us
that they have
remembered CFM
in their wills.*

Ray and Eleanor Ensroth
Wayne and Sue Hamilton
Terry and Jean Smith

—Haiti, continued from page 1

Republic, for the diocese of **Arlington**. Irwin's efforts eventually had grown into the Medical Missionaries, which sponsors several trips a year to provide medical and dental care and serve other basic needs in Haiti. Bill contacted Irwin, and he and Moira went to Haiti in November of 2002.

Bill thought he had encountered poverty among the Indians, but the poverty of Haiti was on a different order altogether. People live in tin shacks without safe drinking water and suffer from conditions that would be treatable if there were a clinic nearby. The roads are so bad that a Land Rover takes three and one half hours to drive the 12 miles from Banica. The sick often do not survive the trip to medical facilities.

Two experiences still resonate with Bill and Helen from that first trip. They remember their first celebration of Mass in Haiti, with beautifully attired adults and children singing to the accompaniment of drums. They recall an offertory procession featuring freshly picked fruit that later appeared on their breakfast table. Bill and Helen marvel that the people keep themselves so clean under such trying conditions. They themselves found it difficult, with twenty missionaries sharing one bathroom at the parish rectory.

They also tell the story of the birth of a baby to a 17-year-old mother in primitive surroundings. Labor lasted into the night, delivery was by flashlight, and when the newborn girl was born limp and blue, Bill performed mouth to mouth respiration until the baby began to breathe on her own. The baby, named Helen, is now two years old and doing well. Moira thinks of her and sees the promise

of the nation if only she can be provided with education and decent living conditions.

Bill and Moira sometime feel overwhelmed by the needs of the people of Thomassique and feel inadequate to the task. On the other hand, when they think of Helen and her mother, they know they have helped many. They returned in December of 2003 and plan another visit in January 2005.

Betty Jane Davis, group leader at Queen of Apostles, says that some of their CFM group have decided to support Medical Missionaries as a result of the MacAveneys efforts. "Their stories are really interesting. We've been aware of the plight of the Dominican Republic, but now it's directly hit our group because of their involvement. We all admire them for doing what they're doing."

When asked how others can help the cause, Bill suggests, in addition to Medical Missionaries, donations to Catholic Relief Service or the Parish Twinning Program of the Americas (PTPA) in which approximately 350 Catholic parishes participate. PTPA has built a church in Thomassique which was dedicated in November.

Medical Missionaries can be contacted at (703) 361-5116 or irwinmed@dellpro.com. Catholic Relief Services has a section on its website, www.catholicrelief.org, with information about how to get involved in missionary efforts. The Parish Twinning Program of the Americas can be reached at parishprogram@aol.com or by calling **Theresa Patterson** at (615) 356-4454. Theresa is trying to build a hospital in southern Haiti. The website for that program is

www.visitationhospital.org.



Two groups at St. Anthony on the Lake in Pewaukee, Wisc., are using Homemade Disciples and a third "classics" group is using Second Wind, the CFM book for empty nesters.

Teresa and Steve Karolek are parish leaders. Angie and Jim Flanagan, Mark and Sue Haupt and Nicole and Ron Schmirler are group leaders. The chapter serves two dinners each month at Parents' Place, an outreach to parents facing depression. CFMers bring their children along. Robin Hafey observes, "It's so good to belong to CFM and continue to have fun growing in our faith with other families." Photo courtesy of Robin and Pat Hafey.

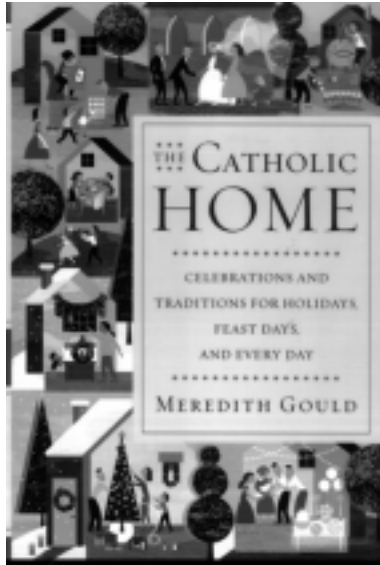
Bridging the Gap Between Church and Home
Book Review by Jane Leingang

The Catholic Home by **Meredith Gould** is a delightful book that is perfect for anyone who wants to create a bridge between Church practice and life in the home. In the foreword, **Bishop Paul Bootkowski** calls this book “profane” in its literal sense, “outside the temple.” He reminds the reader that the roots of Christianity were planted in the homes of early believers where they gathered to celebrate the Eucharist.

Dr. Gould’s roots, as she explains in her preface are Jewish, and she is a convert to Catholicism. Many celebrations in Judaism are brought to life in home practices such as the table liturgies of the Sabbath and the Passover Seder. It seems only natural that she would want to find comparable ways to celebrate her Catholicism in her home environment. This book documents that search.

Many of the traditional home celebrations of the Church year and Catholic life that she writes about were part of the home environment prior to Vatican II. Older readers will identify many readily, but they have become unfamiliar to those born since 1965, something which Gould wants to correct with this

volume. Even older readers or those from home that preserved Catholic customs may be unfamiliar with the reasons behind these celebrations. This book details the origin of many of these customs. For example, Gould recalls how the now secular



holiday of Halloween has its origin the celebration of the vigil of All Hallows (All Saints Day). In recalling these celebrations which come from various cultures, Gould is not so much concerned with nostalgia as in finding ways for these practices to enrich home life today. She urges the reader to examine these

traditional customs to find those which might enhance a relationship with God and help express the faith.

CFMers will understand the approach she recommends in beginning the book. She writes, “Take a tour of your home, asking ‘Does my home reflect my Catholic Christian faith? Have I created a place in my home and time in my life to celebrate my faith?’” These questions sound like the type of questions CFMers ask themselves frequently as they observe life to judge what actions they might take to answer the call to faith better.

This book is filled with gentle humor and it doesn’t take itself overly seriously. It is interesting and well balanced and a good addition to the home library.

The Catholic Home
by Meredith Gould
Doubleday, 229 pages, \$16.95
ISBN 0-385-50992-8



In Celebration...
In Memory...

Throughout the year, there are times that we wish to recognize special people or to express our sympathy. CFM would like to offer you a way to celebrate a special moment or to memorialize a special person.

Lists will be included in future

In Memory of _____

In Honor of _____

On the occasion of _____

Please send acknowledgement to

You may use this form or simply send a request to the CFM office.



Taking the Time to Make a Difference

by Paul R. Leingang

Ordinary courtesy in daily life

The man behind the airline counter smiled, and asked the next traveler in line to step forward. From a distance, I could see – but not hear – the brief exchange of conversation, followed by the handing over of a document and an identification card. The airline employee bent to his computer keyboard, printed a boarding pass and a luggage tag, and smiled again as he pointed the traveler toward the security entrance.

Such an event as I describe would not have been unusual – if it had not been conducted over and over and over, on the morning after a massive computer failure that had caused flight delays for thousands and thousands of airline passengers. The event that I described was one that was repeated throughout the time I stood in line – almost two hours.

Over and over, the men and women behind the counters smiled as they greeted each customer. They conducted business efficiently, but politely. Again and again. I wasn't the only one to notice what was happening. One person near me in the long line said, "I don't know how they can come to work on a day like this." Another said that it must take a certain kind of person to come in to such a situation day after day.

Clearly, the people behind the counters were well-trained – and if their smiles were not genuine, they certainly could have fooled me. I

am convinced that what I witnessed was good service. If anyone ever asked me to give a good example of how the members of a Christian family might be of service to others, I would probably try to think of some extraordinary event. It would be easy to pass over the ordinary, everyday kind of service, the kind

—————
*Everyday life
is full of
opportunities.*
—————

some people do when they are just doing a good job at the counter, day after day.

◆ ◆ ◆
Our Sacred Scriptures tell us about Jesus at the Last Supper, how he put on an apron and washed the feet of his disciples. We don't read about the people who prepared the food for that supper, or the ones who cleaned up afterward. Such peripheral activities, of course, are not the intended focus of the account, but I can't help but wonder about them, who they were and what they did. Was it an extraordinarily special time for them, too? Or was it just another evening like so many others?

Our Sacred Scriptures also tell us about the value of feeding the

hungry and giving drink to the thirsty, clothing the naked and visiting the sick, and doing other works of mercy.

Nowhere does it say that we have to feed the hungry only at Christmas, and give clothing to those who need it only at Thanksgiving. You get the idea. Everyday life is full of opportunities to smile and greet a brother or a sister, a friend or a stranger—and to conduct our business with efficiency and respect. Maybe no one will even notice it, but Jesus promised us great rewards.



Take the time to examine your everyday life, and how you relate to the people you serve – on the phone, on the highway, in person and in your correspondence. Occasional news stories relate the stories of "Good Samaritans" on the highway, who help stranded motorists at a time of great need. Take the time today to be courteous during your everyday, ordinary commuting.

A smile as you allow another to get ahead of you may not make the trip any quicker – but it may make the time more pleasant. If you have children, ask them to recall the times people have paid special attention to them. (Grownups sometimes talk over and above the children's heads, as if they were not present. The same is at times true for people in wheelchairs.) Take the time to pay attention to those around you. It will make a difference.

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 and appears on the CFM website. Paul and Jane Leingang are executive directors of CFM.

Your Marriage: The Great Adventure

by Lauri Przybysz
“Peace on Earth”



Christmas challenges married couples to discover and preserve the peace on many levels. Interactions with extended family and adult offspring increase and intensify stress levels. The pressures to shop and spend strain both budgets and patience. In the midst of what should be a holy season, discord seems to hover around every corner.

This is an appropriate time to stop and remember how much basic courtesy and respect for one another can increase your happiness. Living together in peace, at any time of the year, requires attention and intention. Couples' therapist John W. Jacobs, in his

recent book *All You Need is Love, And Other Lies About Marriage* (HarperCollins Publishers) highlights some concrete things couples can do to strengthen marriage:

1. Show appreciation – constantly, and even for things you think should be taken for granted.
2. Avoid blaming, critical language. Don't ever use these words: stupid, selfish, idiot, liar, jerk, or any of their relatives.
3. Don't exaggerate.
4. Work on negotiating compromises rather than winning arguments.
5. Become unilaterally more

- giving. Stop waiting for the other person to go first.
6. Learn to listen without being defensive.
 7. Don't hold on to anger.

Imagine if every person, every nation on earth would follow this simple, yet profound, advice. May your Christmas be blessed and your New Year be full of peace!

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

SPOTLIGHT

Sacred Heart CFM in **Winchester, Va.**, started a new outreach activity for their eight groups this year. The group works with the Salvation Army homeless shelter to provide a monthly meal. They also identify children having a birthday that month. Groups provide presents for the children and birthday cake for everyone.

Jason and Susan Battani are leaders of a new group forming in **Des Moines** at St. Mary of Nazareth parish.

St. Clement CFM in **Chicago** sponsored "Dinner for Two" at a local restaurant for couples of the parish. **Noelle and Patrick McWard** spoke on "Value Based Parenting: Instilling a Sense of Empathy and Responsibility in our Children." **Steve and Nicole VanderVoort** are leaders.

St. Lawrence Martyr CFM in **Redondo Beach, Calif.**, invited the newly established group at American Martyrs, **Manhattan Beach**, to join them for their annual Thanksgiving Feast on November 13. St. John Fisher in **Rancho Palos Verdes** is also starting a CFM chapter. **Denise and Ron Geltz** and **Mary and John Poprac** are leaders at St. Lawrence. **John and Katherine O'Connell** are organizing St. John Fisher. **Eric and Kari Mozell** are heading up activities at American Martyrs.

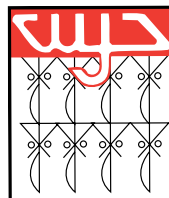
Gary and Katherine Staebler assume leadership at St. Gabriel parish in **Poway, Calif.** They succeed **Colin and Ann Anderlohr**, who moved to **Gilbert, Ariz.** The Staebler's led the group in the past year in raising \$2000 a Habitat for Humanity project through the sales of fair

trade coffee. The group is considering adopting this as an ongoing effort. The group also raised \$1,400 for the parish building fund through a "Millionaire Night" based on religious and general trivia questions. The event was such a success they are planning a repeat performance.

Pat and Tom Aichele, leaders at Our Lady of the Wayside CFM in **Arlington Heights, Ill.** report that their group hosted the "CFM Family Theater" in November. The night will include a screening of *Shrek 2*, movie-style treats and games. The inspiration for the night came from Chapter 4 of the current program book, which suggests sponsoring a group or parish game night. The group also held its annual "agape" reception following Thanksgiving Day Mass for the whole parish.

ADDRESS SERVICE REQUESTED

Christian Family Movement
P.O. BOX 925, Evansville IN 47706



NONPROFIT
ORG.
U.S. POSTAGE
PAID
EVANSVILLE, IN
PERMIT #1072