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## Christian Family Movement

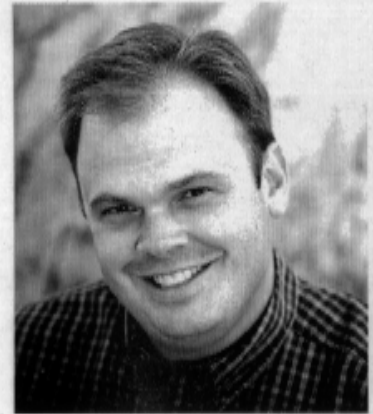
### Comedian and Storyteller to Keynote CFM Conference

by Jane Leingang

“Expect the unexpected. Be ready to lighten up in body, mind and soul,” says **Doug Brummel**, keynote speaker for the CFM national conference on marriage and family life, July 15-16 in **Inverness, Ill.** Brummel’s unique presentation style is hard to categorize, but he calls himself a “faith and family comedian and storyteller.” His approach is reminiscent of the family style humor of **Red Skelton, Carol Burnett** or **Bill Cosby**, but Brummel promises a “Catholic twist.”

Brummel presents his message uniquely through a cast of characters he has created to highlight different issues of faith, marriage, and family life. He has found that his audience listens more intently to his message when he presents it as a character rather than in a more traditional way. The result is a lively presentation that surprises as it touches issues important to families of all ages. He has carried his message to 45 states and over 700 locations. He has presented nationally to family life, youth ministry, and catechetical conferences and has appeared before numerous regional and diocesan gatherings.

near **Plano, Ill.** and still has family in the area. He sees parallels between his current ministry and farming. Both ministers and farmers have no control over what happens to the seeds they are planting. Both have to rely on God



*Doug Brummel*

to take care of their crop. He says he tries to “Let God work and get out of the way.”

Doug was tapped to be a part time youth minister while he was pursuing a master’s degree in counseling psychology at Benedictine University in **Lisle, Ill.** He discovered the power of his

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## Presidents' Perspective

by Peter and Jane Buchbauer

Together, we, as a global CFM community, can make a difference.

We have established a fund through the International Confederation of Christian Family Movements to aid in the disaster relief effort.

Contributions payable to ICCFM should be directed to former CFM President, and current ICCFM Treasurer,

**Peter Broeren**  
Treasurer, ICCFM  
145 McAlister  
Pittsburgh, Pa. 15235.

Please note Disaster Relief in the memo of your check.

Funds collected will be used for direct relief efforts at the discretion of the ICCFM Secretariat. Administrative expenses will be absorbed by CFM and other private donations.

Thank you for your response to this global call for charity.

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

## Tsunami Relief

*The Catechism of the Catholic Church* instructs us on the works of mercy—charitable actions by which we come to the aid of our neighbor in his spiritual and bodily necessities. The corporal works of mercy include feeding the hungry, giving drink to the thirsty, sheltering the homeless, clothing the naked, visiting the sick and burying the dead.

While we should always strive in these works, there are times when we as Christians are compelled to perform them. This is such a time.

On December 26, 2004 a 9.0 magnitude earthquake shook the earth and moved the waters in the Indian Ocean. Without warning, the massive wall of water inundated coastal and island communities leaving in its wake the largest natural disaster known to modern history. As we write this, the death toll has risen above 125,000. Thousands more remain missing and unaccounted for. The death toll is expected to rise. Thousands more will likely die from hunger and disease in the wake of this massive destruction. Clean drinking water is lacking. Homes have been shattered.

When something like this happens, it shrinks the world. As many nations and people poured out their hearts and resources to our nation in the aftermath of the

tragedies of 9-11, it is now our turn to pour out our hearts and resources to our neighbors in need.

We often think of CFM in terms of our small groups or parishes. This newsletter is a reminder that we are all connected in a national organization here in the United States. But CFM is greater even than that. Through the efforts of our first presidents, **Pat and Patty Crowley**, CFM was spread throughout the world. Today, CFM exists in many of the nations of the world, including **India, Sri Lanka, Malaysia** and **Thailand**. The presidents of CFM, **Nop and Elma Muangkroot**, are residents of Thailand.

We, as a community of believers, need to reach out to our brothers and sisters in CFM in Asia.

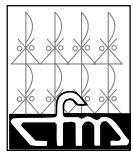
## Prayer for the Christian Family Movement

Holy Trinity, you are a family.  
We believe you wish our families to reflect your heavenly community.

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.



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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](mailto: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



### How to Pray More

It came out at a CFM meeting: Couples admitted that they pray very little. Some said that they do try to pray before meals, and to pray with their children at bedtime, but that praying together as a family was rare. This encouraged me to write about how we can try to pray more and help our children to do so.

In school, I learned there are four kinds of prayer: prayer of petition, of thanksgiving, of reparation, and of praise. We immediately turn to God when we are in need (petition), and we do remember to thank God when we are blessed with something good (thanksgiving), but how about saying we are sorry (reparation), and telling God how good he is (praise)?

Anyway, here is a way we might add to our family's prayer life. (Some of us probably do this already.) Reminder signs can help. Place on a corner of your bathroom mirror a simple morning offering like "I offer to you, O Lord, all I do today." (Everyone in the family

looks into that mirror every day). Try slipping a "praise the Lord" into lunch boxes. A sticker on the cup holder or visor of your car might simply say, "Pray." How about a psalm on the corner of your computer or video player or TV? A small note in the corner of the dining table would be a reminder. Signs can be simple and homemade or bought from an artist.

*In our busy lives,  
we need  
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to remember God  
during the day.*

[DailyGospel.org offers a free subscription to the readings and psalm of each day's Mass, delivered each morning to your computer.—ed.]

In our busy lives, we need reminders to remember God during the day. I'm sure He doesn't expect us to get down on our knees very often, but a short word to him often during the day would certainly please Him.

Praise the Lord for he is good to us.

P.S.: An "I'm sorry, Lord" when we get angry or hurt someone's feelings is a good idea too!

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

### CFM Moment



*printed with permission*

—continued from page 1

intergenerational presentation style while he was giving mandatory confirmation retreats. He found if he used humor to present his message he could connect with even the most disgruntled audiences. He knew he had something important when one young man came up to him afterwards and said it was the first time he had ever seen his dad laugh without having a drink in his hand.



Doug Brummel (some of whose faces are shown here) will lighten up audiences on Friday night, Saturday afternoon and prior to Mass on Saturday evening at this summer's CFM conference.

## The Hidden Values of Taking Kids to Church

by Sandy Hoenig

As Catholic Christians, we are privileged to participate in the holy sacrifice of the Mass. Parents through the centuries have explained the value of worship and have helped their children to be open to God's grace.

Today, even though the subject of religion can be very sensitive for many people, sociologists have discovered that a family's commitment to worship can have significant effect on children's mental and physical health. **Dr. Peter Benson** of the Search Institute, a survey research institute based in **Minneapolis**, has compiled statistical evidence linking religious involvement with healthy behaviors.

For example, sixth to twelfth-grade youth who participated in church activities for one hour per week were significantly less likely to experience binge drinking,

smoking and drug use than those not associated with a faith. They were also less likely to engage in risky sexual behaviors.

Benefits of religious involvement to our young people go beyond physical health.

- ◆ In a society which frequently segregates people by age, churches intentionally foster intergenerational relationships.
- ◆ Churches provide a caring community in which young people are surrounded by networks of support.
- ◆ Faith communities influence, support and equip parents in their vocation.

- ◆ Churches help young people build healthy relationships with peers and learn to care for younger children.
- ◆ All major faith traditions include an emphasis on service as expression of faith. Many churches provide important leadership in community advocacy.
- ◆ By naming and nurturing positive values, churches help to shape the life choices of the young people they touch. By teaching children to respect people of all faiths, they help build a stronger community.

*Sandy and her husband, Rick, of Ames, Iowa, have been active in CFM for 14 years. This article was adapted from an article that appeared in The (Ames) Tribune.*

## From the National Chaplain

by Father Don Conroy



# Lent and the Celtic Spiritual Tradition

As family-centered and community-minded people, we might take a fresh look at the season of Lent. We get so used to looking at Lent as forty days legislated and formed by the Latin culture.

**Father Timothy Joyce**, a Benedictine monk, suggests that we can learn from the sacred traditions of Celtic Christianity. This once very vibrant Western form of spirituality can provide insights for our own Gospel living. This way flourished not only in Ireland, but also in Brittany in France and in Scotland, Wales and part of what is now central Britain.

Catholicism and Western Christianity in general have often seemed to be monolithic and uniform. Yet many cultures have formed our faith practice and continue to influence it today. These include Hispanic, Scandinavian, Slavonic, and Teutonic traditions. There is variety among ancient rites of the Church and among religious orders. Even our hymns demonstrate our rich multicultural heritage.

The Celts migrated across central Europe and can be traced to the steppes of central Asia. As they migrated, they encountered diverse conditions along the way, and learned to adapt. As we form a new planetary civilization, they have something to teach us on how to be true to core values and still be adaptable.

Especially in spring, we recall saints like Bridget and Patrick who come from this Celtic tradition. Every year St. Patrick's feast is

celebrated across ethnic and cultural lines in North America as a late winter and early spring event by people of all nations and cultures.

Likewise, as we look at the characteristics of this tradition we can draw some helpful insights for our spirituality in the contemporary world.

The first is the Trinitarian viewpoint which pervades Celtic spirituality and practice. The teaching of the Trinity is not merely an abstract doctrine but an expression the living Presence of the Creator in our lives. Creation, redemption and the on-going regeneration of life draw on the sustaining power and grace of Divine Community of Creator, Redeemer and Holy Spirit.

Another characteristic derives from this: a communal or family-oriented approach to relationship. The graced-relationships of the Trinity are seen reflected within the grace-filled family and local extended community that nourishes and gives support through life from infancy and childhood to maturity and old age. While the Roman approach has stressed the ordered urban setting of the Bishop and his administrative role of teaching authority, the Irish in particular and most of the Celts have emphasized the countryside with its network of clan and family. Why? The Celts had no cities. Even Dublin, which became an important urban center, was founded as a Viking stronghold. Spirituality was promoted primarily within the great monastic centers through saints like

Columban, Kevin, Brendan and other great spiritual leaders.

A third characteristic of the Celtic tradition is the personal journey or pilgrimage dimension. In ancient as well as modern times Irish and other Celts have been noted for their pilgrimage-based spiritual practices. The idea of being a pilgrim people, a people on the move, constantly in need of picking up and traveling to the next place and calling it home, is important to us as we are so often uprooted due to a variety of modern influences.

The prayer-life of the Celts was closely related to nature. Reverence for nature and all created things—humans, animals, plants, and even the mountains and the sea—is very much a part of this poetic tradition. This is seen in the use of the shamrock and the color green. The “Green Martyrs” were hermits in the wilderness who witnessed to the Living God in solitude and shared the faith. In this time of ecological renewal and environmental crisis the Celtic tradition continues to be relevant.

As you observe Lent with your family this year, take time to celebrate and pray in the spirit of the Celtic tradition. Going through Lent in this spirit will enliven your faith life and bring your family closer together and complement the CFM tradition of reflection, prayer and action.

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



# Taking the Time to Make a Difference

by Paul R. Leingang

## A family game for Lent

Families play games at holiday time. Here's an idea for Lent, preparing for the Holy Day of Easter.

I got the idea from a letter sent in by a reader, about a Christmas activity in her family.

**Anne Nord from Red Brush, Ind.**, said her daughter had purchased a book as a gift for her boyfriend. The book, *The Christmas Conversation Piece: Creative Questions to Illuminate the Holidays*, by **Bret Nicholaus and Paul Lowrie**, contains 302 questions "to illuminate the holidays."

Here is Question #109: "What gift have you wanted for years, but still haven't received?" Answers might include things people want to possess. Or some answers might reveal a longing deep in someone's soul.

"I thought the question about touring Michigan Avenue in Chicago during the holidays in your choice of a limo or a horse drawn carriage was a 'no-brainer,'" said Anne. "I found out otherwise. I'd take the carriage ride, my daughter wants to stay warm and would take the limo."

And here's the question that Anne said "kept our family talking for a day and a half." If you could somehow give one of the following intangible gifts to every living person in the world, which one would you choose—hope, joy, love or peace?



Paul's first letter to the Corinthians, Chapter 13, gives one of hundreds of answers possible in Scripture. "So faith, hope, love abide, these three; but the greatest of these is love."

The first letter of John, Chapter 5, tells us "whatever is born of God overcomes the world; and this is the victory that overcomes the world, our faith."

*fasting...to "empty ourselves of the non-essentials, so that we might cling to the only one we truly need, Christ Jesus."*

Love is the greatest, says Paul. Faith is the victory that overcomes the world, says John. What do you say?



In Anne's family, no one chose joy, fearing "that would render all of us as Pollyannas." No one chose peace, because peace alone, without the other gifts would lead us to be "millions of people living like rocks in a pile."

Half of Anne's family selected hope, the other half, love—but they gave the same reason for their choices. "I picked love, counting on love to generate the other three gifts. And one family member gave the exact same reasoning for picking hope."

My idea for a "family game" in Lent is to engage your family in the same kind of conversation. The traditional practices of Lent are prayer, fasting and almsgiving.

Our "game" will lead first to inward reflection, then outward expression, and ultimately, to action. Each one is not enough in itself, without the others, just the way it is with hope, joy, love and peace.



Father James Moroney, head of the U.S. bishops' Secretariat for the Liturgy, recommends fasting, in order to "empty ourselves of the non-essentials, so that we might cling to the only one we truly need, Christ Jesus."

- ◆ Fasting from food "makes room way deep inside—room for God, room for prayer."
- ◆ Fasting from sin and going to confession involve trusting God enough "to ask him to cleanse me from the inside out."
- ◆ Fasting from ignorance gives us time to read the Bible and listen to God.
- ◆ Fasting from violence and giving witness to "the peace the world cannot give" will help bring family and society closer to the Kingdom of God.
- ◆ Fasting from apathy — which refuses to use the gifts God has given us — will help us take the time to make our world a better place.

Which kind of fasting will nourish your spirit?

*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 appears in a number of diocesan newspapers and on the CFM website. Paul and Jane Leingang are executive directors of CFM.*

# Your Marriage: The Great Adventure

by Lauri Przybysz

## Stretching Is Good For You



My husband has developed an interest in cooking. I can see that my marriage is entering a new phase. He wants to try out recipes and use my knives! I'm ready for this.

Even in the "honeymoon phase" of our marriage, when couples want to do everything together, to give and receive everything with enthusiasm and passion, we didn't cook together. As our family grew, and we learned to compromise and develop our particular interests and talents, my place at the stove was solidified. The kitchen was my domain; and though everyone might pitch in to set the table and clean up, I ruled. Dad cooked in a pinch, when I was out of town or in the hospital after having a baby. He had his standard recipes, and the kids still laugh about his spaghetti adventures. But mostly, I shooed him out of my way. He preferred the garage and car care anyway. He was always supportive and complimentary, eating at least one helping of my latest experiment, and I appreciated having my oil changed and tires rotated. We each focused on what we were good at, so we ate well and our cars kept running.

Such a division of labor is one of the boons of marriage, actually. Marriage researcher **Linda Waite** noticed that, unlike couples who simply live together, married partners "often specialize their skills; one does house repairs, while the other handles finances, for instance. This specialization helps

married couples accomplish more as a team than they would if they were working independently. In cohabiting arrangements, this specialization rarely takes place, however, and the arrangement does not achieve the same work efficiency marriage does, because the partners choose to act more as individuals," Waite explains.

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Marriage gives you space and time to experience life more richly; in fact, it can help you live longer. In their recent book, *The Case for Marriage: Why Married People Are Happier, Healthier and Better Off Financially* (New York: Doubleday, 2000), Waite and researcher **Maggie Gallagher** explain,

The evidence from four decades of research is surprisingly clear: a good marriage is both men's and women's best bet for living a long and healthy life.

They say that the health benefits of marriage are so strong that a married man with heart disease can be expected to live, on average, 1400 days longer (nearly four years!) than an unmarried man with a healthy heart. This longer life expectancy is even greater for a married man who has cancer or is 20 pounds overweight compared to his healthy, but unmarried, counterpart. The advantages for women are similar.

Now that our nest is nearly empty, we're experiencing another benefit of marriage, interdependence, although it's a stretch for me. We know each other well and enjoy being together, enough to move out of our comfort zones and working together in ways we didn't before. Still, I have to restrain myself from snatching the potato peeler out of his hands and doing things my way. I really do welcome his ventures into my world, and I can see we can have a lot of healthy fun with food in years to come. Next he'll be teaching me to change the motor oil myself. I don't know if I'll ever be ready for that.

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*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.*

**Barbara and Gil Hans** from Holy Trinity in **Des Moines** report that two groups provided meals for the Children and Family Urban Ministries Supper Club which is feeding up to 180 people as more are becoming jobless and homeless. As the numbers of diners are increasing they find they have to be more creative in finding ways to feed so many economically. On Thanksgiving they collected items for the Emergency Food Pantry. In addition one of the groups sponsored an alternative gift market and donated the proceeds to feed the hungry.

**Kelly and Chris Sarotte**, CFM leaders from **Chandler, Ariz.**, report their group is really active as "Doers of the Word." This group is sending monthly care packages filled with baked goods, black socks, pictures, cards and letters from their

children, phone cards, and prayers to seminarians.

They also sent 20 care boxes containing DVD's, batteries, baby wipes and other items to the troops in Iraq. In December they celebrated a "Birthday Party for Baby Jesus," gathering for a cookout at a park and bringing new baby items to donate to a local home for unwed mothers. They held a garage sale in January. The proceeds went to Aid To Women Medical Clinic, a pro-life medical clinic for those without insurance.

**Father Donald Conroy** celebrated his fortieth anniversary of ordination on December 16 with other members of his ordination class from North American College, with a Mass at Holy Name Cathedral in **Chicago**. He was ordained in St. Peter's in **Rome** on December 16, 1964.

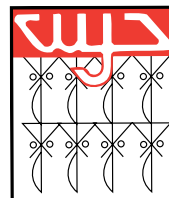
**Nick and Theresa Millich** are starting a CFM group at St. Petronille in **Glen Ellyn, Ill.**

**Matt and Sharon Farinholt**, CFMers from Sacred Heart Parish in **Winchester, Va.**, participated in a weekend interview with three other families for ABC Primetime Live. At the time of publication it was unclear when the air date for the program would occur. The Farinholt's are the parents of seven, ranging in age from 18 to under one year. They homeschool. ABC also filmed in their home for several days in preparation for the interview weekend.

International CFM chaplain **Msgr. Charles Vella** celebrated the 50<sup>th</sup> anniversary of his ordination to the priesthood with a Mass of thanksgiving December 8 in his home village of **Sliema, Malta**.

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