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Christian Family Movement

Marriage Columnists to speak about Mentoring

Successful couples usually are surrounded by couples who encourage them in their marital commitment. It's something that they often do unconsciously. At the CFM National Marriage and Family Life conference this summer

couples who have guided them during their marriage—the ones who, as Andrew says "have shown us the way and given us a reason to believe." They will also lead participants to identify those who have supported them and those



Andrew and Terri Lyke

Andrew and Terri Lyke will explore the ways couples can be more aware of how they mentor and are mentored by other married couples around them. Their presentation is called "God-Couples: Sacramental Marriage in Community."

whom they have supported through the difficulties and joys of life. And lastly, the Lykes will focus on those "protégé" couples who come into one's life—the young couples who need encouragement and gain it from watching married couples who are faithful to their commitment and demonstrate it to the community.

"God-couples is a term I use to look at this relationship of couple to couple mentoring that goes on in any healthy marriage," Andrew said. The Lykes' presentation will help the participants to identify the

Andrew promises the presentation will be multimedia, taking

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Presidents' Perspective

by Peter and Jane Buchbauer

A National Pastoral Initiative on Marriage

One of the true blessings of our work with CFM and family ministry has been our participation as Lay Advisors to the United States Conference of Catholic Bishops' Committee on Marriage and Family Life. This Committee has spearheaded an effort of monumental significance for marriage and family life here in the United States. At the urging of our Committee Chair, **Bishop J. Kevin Boland of Savannah, Ga.**, the USCCB has pledged to undertake a National Pastoral Initiative on Marriage.

As Bishop Boland told his brother bishops, meeting in Washington, D.C. last November, "The debate about "same-sex marriage" has demonstrated that most Americans understand and support marriage as the lifelong union of a man and a woman. However, many struggle to connect this ideal with what they encounter in life. What can we offer to them?"

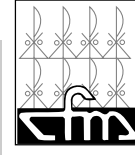
It is a fact that people still turn to their churches and faith communities to help them prepare for, grow, be sustained and healed in a marital relationship. The Catholic Church can respond to the problems as well as the possibilities presented by the current state of marriage. We do this from our doctrinal, spiritual, historical tradition, our pastoral practice, and especially from the witness and experience of married persons themselves."

To this end, planning is underway for a multi-year, broadly-based collaborative effort to strengthen marriage as a human institution and as a sacramental reality.

The Bishops promise that the Initiative

- ◆ "will make a pastoral letter its centerpiece, emphasizing the bishops' teaching and pastoring responsibilities.
- ◆ "will deal with contemporary concerns about marriage from a foundation in Catholic doctrine and pastoral practice.
- ◆ "will draw from the experience and expertise of many, including engaged and married couples, social scientists, theologians, educators, communications experts, and others.
- ◆ "will address primarily various audiences within the Catholic community, but will also offer a positive message and evangelizing witness to society.
- ◆ "will directly produce and also encourage others to produce resources that help local pastoral ministers to do more effective teaching and pastoral care.

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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



Teach Your Children to Pray

These are some helps for encouraging your children to develop healthy habits of prayer. As you already know, modeling is very important. When your children see you at prayer, that sets a very good example. Prayer is important today not only because of the problems we see in the world but also because we are made for union with God. The first step to meeting the challenges of contemporary life and society is to pray. The first step to becoming our true selves is to pray.

A short morning offering can start the day off right. One of my favorite morning prayers is: "We offer to Thee today all our prayers, works and sufferings in union with the sacrifice of the Mass throughout the world and for the intentions of all the families of the world." That sort of prayer is enough to get your family's day off to a good start. Say it at breakfast or while driving to

Morning Offering

*We offer to Thee today
all our prayers, works
and sufferings
in union with
the sacrifice of the Mass
throughout the world
and for the intentions of
all the families of the world.
Amen.*

work or school.

Talk with your children about how they can ask Jesus to help them throughout the day with their schoolwork and with their friendships. Encourage them to pray for children throughout the world.

Everyone complains of being too busy. There is not enough time to do all the things we want to do. Praying the whole rosary does take time—about fifteen minutes.

My suggestion is to start by praying a decade a day, Monday through Friday, to fit in one rosary a week. As we meditate on the mysteries of the rosary, we also ask Mary to help with our earthly problems. We can put ourselves in the company of Mary and Jesus at each mystery, sharing their thoughts and feelings at the moment we contemplate, and, in turn, sharing our thoughts and concerns with them.



Family Intentions for the Rosary

First Decade

- ◆ Help us to work against injustice.

Second Decade

- ◆ Help us to protect the environment

Third Decade

- ◆ Help the poor and suffering of the world.

Fourth Decade

- ◆ Help us eliminate violence and crime in society.

Fifth Decade

- ◆ Help the church and all the religions of the world work toward peace.

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

Kaitlin Morain, Isabella Murray, and Caliegh O'Neil were among the 35 St. James CFMers who helped rake leaves and clean gutters for elderly parishioners on November 20 in Arlington Heights, IL.

—Pastoral Initiative,
continued from page 2

- ◆ “will seek collaboration within the Bishops Conference and cooperative relationships between the Conference and other groups which share similar concerns for the vitality of marriage.
- ◆ “The Initiative will encourage, to the extent possible and appropriate, projects that would prepare the way for a pastoral letter, that would strengthen and refine its message, and that would implement in specific, more extensive ways what a pastoral letter can address only in general terms.”
www.usccb.org.

How can you be a part of the Initiative?

First, you can pray for its success. Marriage has been under attack for some time, and society and its basic institutions are feeling the effects. Prayer is a great tool to produce fruitful action.



Greg Argano, Lauren Argano, and Lauren Hebson enjoyed St. Lawrence Martyr's (Redondo Beach, Calif.) ice-skating party.

Pray for the enlightenment of those planning the Initiative and preparing the pastoral letter.

Pray for the honest witness of ordinary couples who will share their stories with the bishops in this process. Pray for the academics and theologians that they may be faith-filled servants as they provide their honest appraisals of the state of marriage today and the proper place of sacramental marriage in our society.

Beyond prayer, you can participate in the process. The bishops will engage in listening or consultative sessions with various movements and in various dioceses. They will also employ focus groups to help obtain information. If you hear about such an opportunity in your area, seize the moment and become part of the process.

At press time, we are coordinating such a consultative session with CFM at our Marriage and Family Life Conference in the Chicago area on July 15.

Finally, when the pastoral letter is released, read it. Share it with others. And participate in the activities which will follow it.

Bishop Boland's words to his brother bishops are also a clarion call to each of us. "As leaders of the Catholic Church in the United States, we can help to create a positive climate that places healthy marriages at the heart of strong families, a strong nation, and a strong and holy church. This is a pastoral moment we should seize upon."

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



—continued from page 1

advantage of music and video to bring the message home.

The Lykes have been involved in ministry to marriage since 1978. They have nationally presented keynote addresses, workshops, retreats and seminars on Marriage and Family issues to church, community and business audiences. Terri and Drew are regularly featured columnists for several Catholic diocesan newspapers across the United States. Andrew is Coordinator of Marriage Ministry for the Archdiocese of **Chicago**.

Drew and Terri have been the guiding force behind Marriage Ministry for the African-American Catholic Community of Chicago since 1982. Their team of married couples and clergy has prepared thousands of engaged couples for married life. Terri and Drew have developed Marriage Enrichment and Marriage Preparation programs that they have presented to couples in the Chicago area and other cities.

The Lykes are parishioners at St. Lawrence O'Toole parish in **Matteson, Ill.**, where they serve together as a family in ministry.

Terri and Drew were married in 1975 and are the parents of two adult children.

From the National Chaplain

by Father Don Conroy



An Easter Moment, Courtesy of Uncle Paul

The season of the Resurrection is here! The winter winds are past, and spring rains give way to more gentle and sunny days.

In the mountains of Western Pennsylvania where I live, laurel and rhododendron blossom as cool mountain streams swell from the spring downpours. These signs of renewal and resurrection in nature echo the Easter liturgies. Yet, if we want to see resurrection grace at work, we can also reflect on the events of family life.

One of the things I have noticed at funerals recently—especially family-centered ones—is a deep desire to tell stories of moments of grace. These aren't "great" stories but homey little episodes that sort of sum up a person's place in the family, in the parish and in the hometown. These stories tell how faith came to life within the family and among friends and community.

Recently, I had the privilege of presiding at the funeral of a beloved father and grandfather. After Communion, a nephew told the story of Uncle Paul.

The story began about three decades ago when Uncle Paul came to visit this nephew and his family without much invitation. He had driven some distance in his rust-colored Oldsmobile Toronado and nonchalantly announced that he was happy he had been invited to

move in indefinitely until he recovered from some ailment.

The nephew, John, said that at that time his immediate family was struggling to recover from the staggering effects of a terrible car accident the previous autumn, in which their father had been involved. Nobody was in the mood for an interposing uncle to come for an extended stay. But there Uncle Paul was. As the nephew recounted: "This man came to us as a distant family relative, more a name than a face, locked in his own life-and-death struggle to command his body's digestive system to return to health." But six months later he left having totally turned things around. He had earned the love and gratitude of a family that had "received him out of charity with some real trepidation and doubt."

During that six months, Uncle Paul had somehow managed to touch the lives of each member from the littlest to the oldest. Whether taking the kids swimming, or sharing words of advice to father or mother, or making music and dancing, Uncle Paul turned out to be a sort of angel in disguise.

This family that felt they couldn't take on another problem found, through Uncle Paul, that God's healing grace could touch everyone in their dysfunctional family situation once they opened their arms to the "stranger."

The nephew testified: "When he left us late that October to return to his own life, he left us as a fully functioning family for the first time in a long time. It turned out that his visit was not a burden at all, but instead it was a joy; and we all prospered from it. And while that time was effective healing for all of us, it happened quietly, unobtrusively, patiently, but most of all, lovingly."

This appreciative nephew noted: "Uncle Paul is a testament to the truism that 'love conquers all.' It defeated Dad's panic, Mom's despair, my rage, the kids' unruliness, and the whole family's collective dysfunction."

So family life this spring goes on and is blessed. In spite of the problems families have, if we open our hearts and let others in, God's grace will be there to renew us. However, these blessings often come in ways we don't expect or even wish for. If we accept that God is indeed working something out in our family, we will find that this Easter grace may appear at our doorstep in the most unlikely ways.

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

Personality and Prayer Styles

by Kathleen Miller

These questions are based on the Meyers-Briggs Personality Indicator, but are far too sketchy to determine your personality type.

All of the answers are "good" answers. Odds are good that husbands and wives, parents and children, will have both similarities and differences with one another.

If our personal styles enrich one another by their differences, is it a surprise that within the Christian community there are many prayer styles?

Section 1: *Are you Extravert or Introvert?*

Others would say that when something enters your mind, you usually tend to:

- A. Say it almost immediately.
- B. Think about it before you talk about it.

You enjoy working:

- A. With lots of people around you.
- B. Alone so that there is little interruption.

You tend to:

- A. Jump right in when faced with a new challenge.
- B. Stand back and check out a new situation before you commit.

Section 2: *Are you Sensing or Intuitive?*

When you were taking a test in school, you preferred:

- A. Either a multiple choice or a fill-in-the-blank test.
- B. An essay test.

You like to go through things:

- A. Step by step, beginning with A then going on to B and C.
- B. Using a more global style of reasoning, looking at the whole and then starting where you think best.

When you are talking, others find that you:

- A. Tend to say precisely what you mean.
- B. Tend to say less than what you mean and assume that others can fill in the gaps.

Section 3: *Are you a Thinking or Feeling decision maker?*

Your friend asks you to talk about something. After you have talked you ask why he or she came to talk to you. The friend is likely to say:

- A. "I feel confident talking with you because you always seem so objective and fair about things."
- B. "I feel comfortable talking with you because I knew you would understand what I was feeling."

If your spouse is upset about something, you tend to:

- A. Know that he or she may be responding to something that happened with the kids or at work.
- B. Think he or she is upset with you.

When you are solving a problem, you usually look for:

- A. The formula or set of rules that will make everything fit together.
- B. The solution that will make everyone happy.

Section 4: *Are you a Judging or Perceiving organizer?*

You are given an important assignment that is due in two weeks. You:

- A. Begin to work on the project immediately so that you can pace your work and have the project finished on or before the deadline.
- B. Tend to wait until the deadline is close, then put on a burst of speed to finish.

Some people think you tend to be:

- A. Predictable and a bit inflexible.
- B. Spontaneous and a little flighty.

In terms of organization, you:

- A. Have papers organized in folders.
- B. Have stacks of paper lying all over the floor in your office or den.

Note for each section
whether the majority of your answers are A or B.
Then see if you agree with my

Predictions (and advice) about Prayer Style

Section 1

- A. You are very interested in finding a spirituality that leads to “spiritual growth.”
Keeping a journal, perhaps in the presence of the Blessed Sacrament, might be helpful.
- B. You’ve had some frustration finding a style of prayer that “works” for you.
Silent prayer might be very pleasant—Go before the Blessed Sacrament for a “radiation treatment.”

Section 2

- A. The environment you’re in is important to your prayer life. You value order and are attracted to groups and institutions that are well-organized. Nature inspires you to be grateful to God, and you often pray with your eyes open. You appreciate ritual.
Try listening to Christian music for part of your prayer time. You may find the rosary relaxing, especially as intercessory prayer.
- B. You are attracted to reflection and value insights to daily activity. You may be attracted to poetry or to imaginative scenarios. You often pray with your eyes closed, and you enjoy spontaneous prayer.
Meditative prayer, e.g. the mysteries of the rosary, might be quite stimulating for you.

Section 3

- A. You appreciate an ordered and logical approach to God, beginning with a theological (or even scientific) structure as a basis for a leap of faith.
Studying scripture should be part of your prayer life. The insights of others could be interesting also.
- B. Doctrine and morality are not enough for you. You need to integrate your whole self, including your emotions, into your spiritual life. Insensitivity on the part of religious leaders bothers you a lot.
Belonging to a prayer group, and/or regularly sharing prayer time and scripture with your family, might be very helpful.

Section 4

- A. You appreciate a settled structure of beliefs, as in Catholicism. Once you have made a commitment, you stick to it. You may have difficulty understanding people who take different approaches.
The regular support of people who share your perspective can help you grow in faith, and deliberate contact with people with different points of view can give you insights and concerns to occupy your prayer time. CFM or a Bible Study may be helpful in this regard.
- B. You are open to many paths of spiritual growth, and may have tried quite a few. You may have difficulty both in sinking roots and in appreciating people who are set in their ways.
Having fun with people whose values you admire can help you become grounded in a community of faith. CFM or a Bible Study may be helpful in this regard.



Sometimes, different people appear to be doing the same things but are approaching them from totally different perspectives. Sometimes, we feel inadequate when someone else’s prayer style is different from ours. Fortunately, in God’s eyes, each of us is unique and has a unique relationship with him. The best teacher of prayer is the Holy Spirit. May he speak to your heart and inspire you to answer with prayer.



My primary resource was the book, *Who We Are Is How We Pray* by **Dr. Charles J. Keating** (Twenty-Third Publications, 1987).

Kathleen Miller leads Catholic and ecumenical bible studies and is a freelance writer and speaker. She has edited ACT since 1997. Kathleen and Les have been members of CFM since 1976 and live in **Arlington Heights, IL**. Their children are **Nathan** and **Kel**.





Taking the Time to Make a Difference

by Paul R. Leingang

An unexpected grace

Sometimes it's subtle. Sometimes it is blunt. The sudden surprise of an unexpected grace may come in a blaze of light, or in a moment of reflection in the dark.

A few weeks ago, my wife and I set out on a day-trip from Evansville to Louisville, to visit our son. I was slow and tired in the morning. We left later than we had planned.

Even though I knew a stop along the way would add even more minutes to our travel time, I stopped for a cup of coffee and a quick walk around the car. Awake again, we continued.

A half-hour later, I once again made the decision that coffee and fresh air would be good for me. Once again, we left the highway for a gas station and food shop at an exit ramp.

Once again somewhat refreshed, I returned to the car to discover that one rear tire was completely flat. Although dismayed at the delay, I changed the tire.

The spare was good. The flat tire was ruined. After first moments of complaining to God and anyone else who might listen, about yet another delay in our travel, I came to my reflective senses. If I had not been so sleepy, if I had not slowed our car and left the interstate, the tire would have gone flat at highway speed – and who knows what might have happened then.

An uneasy sleepiness had been an occasion of unexpected grace.

Since that time, I have begun to notice things again from a slightly new perspective. There was the day when once again our morning local newspaper was late. Having our paper be late in the morning is not an infrequent occurrence—but this most recent incidence once again

*We should always
be ready
for the expected
and the unexpected.*

proved to be valuable. I found a recent copy of a national Catholic newspaper, and read that instead. It was a good break in a routine habit—and much more interesting. It was an unexpected grace.

A short while ago, I went to a reunion of classmates. I anticipated seeing some old friends and acquaintances—but one of the highlights of the evening was seeing an old friend that I did not expect to see. Again, a surprise for me, a grace unanticipated.

I know that Jesus teaches us to be ready always. We and all of the maids waiting for the bridal party should always be ready for the expected and the unexpected. We

should be prepared, knowing that the time will come when one person working in the field will be gone while another one will be left.

I'm not a bridesmaid or a fieldworker but the lesson applies to me as well. So I have discovered. It's not just knowing when the moment will come. It's recognizing how the moment is already here.



Take the time to reflect on the moments of unexpected grace in your own life. How were you surprised? Who was affected?

If you have children (or if not, borrow some), ask them to tell you about the sudden experience of goodness they have experienced.

Then make sure that you bear witness to another about the influence of God in your life. Tell another about the grace you have received.

In our busy schedules at work and school and after school and church meetings, in our efforts to do good, in our days of busy-ness and distraction, take the time to make sure your family has time to reflect. All action and no reflection makes for an unappreciated life.

Visit an agency or a service-provider for the needy or the marginalized in your community. Do what you can to offer an hour of relief from the ordinary, or a moment away from daily cares, or a time for a stranger to experience an unexpected moment of grace.

You can 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.

When one of our children gets engaged, we experience both joy and concern. We observe the happy couple's excitement as wedding plans develop, and we hope they are ready. Marriage is risky. No couple can know what the future holds in the way of health, children, finances, or careers. There will be many decisions to make, and the most important one is the decision to love each other and make marriage and family a priority.

In *Good Marriages Don't Just Happen: Keeping Our Relationships Alive While Raising our Ten Sons* (Thomas More, 2000), **Catherine and Joseph Garcia-Prats** describe key choices we make each and every day that are essential to building and sustaining a strong marriage relationship. Marriage is the ultimate adventure, with every day offering new challenges and opportunities to grow both as individuals and as a couple: "The manner in which we approach the challenges and experiences we encounter determines our level of peace and happiness in our marriage." "Many people tell us we are lucky, but we don't believe it is luck that has strengthened our relationship over the years."

Although every couple is different, successful marriages have similar identifying marks. The fact that family life in the United States gives evidence of serious internal collapse ought to alert betrothed couples to the fact that successful marriages need careful and lifelong cultivation. Married couples don't have to be psychologists or medical professionals to tell you that healthy marriage is built on friendship, love, respect, commitment and faith.

One sign of a good marriage is that it makes an impact on others, beginning with our children. Included in the Garcia-Prats' *Good Marriages* is a chapter in which their sons put in their "ten cents:" "When

Your Marriage: The Great Adventure

by Lauri Przybysz



Choosing to Love

taking a look at our parents' marriage, the first thing that comes to mind is love, the essential building block of any relationship. We have come to realize that love is an everyday choice that must be made. It is a conscious choice to make the marriage and family work. It is a conscious choice to make marriage and family a priority. It is a conscious choice to make time for the things that are truly important. Yet all these choices are not as difficult when they are based on love."

The Garcia-Prats boys describe some of the choices their parents made, such as forgoing lucrative career options, and some of the choices they themselves have made as they grew into adulthood, including stepping up to help care for the younger boys and taking on household chores. "When we choose to love our parents, brothers, family, and friends, the other choices are simple." (The Garcia-Prats have also written the best-seller *Good Families Don't Just Happen* and have appeared on **Oprah Winfrey** and other TV shows.)

Reflect on your own marriage and on the marriages you know. If you sense a weakness in certain areas, don't despair. This is the place to begin a new phase of your adventure! In the following reflection on qualities of successful spouses, explore ways you can choose to continue to grow together and love one another.

In successful marriages, spouses...

- ◆ Genuinely enjoy each other's company
- ◆ Laugh a lot together
- ◆ Want their relationship to succeed
- ◆ Work at making it successful
- ◆ Regularly show explicit signs of affection for one another
- ◆ Appreciate and lovingly seek to meet each other's sexual needs
- ◆ Develop a sense of closeness in nonsexual ways as well
- ◆ Like one another as persons
- ◆ Regard marriage as sacred religious commitment
- ◆ Commit themselves to one another for the long haul
- ◆ Share a similar vision of life
- ◆ Share common interests and enthusiasms
- ◆ Take pride in each other's achievements
- ◆ Encourage one another to undertake and sustain important life projects
- ◆ Value the institution of marriage
- ◆ Commit themselves to the public support of marriage in society

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

SPOTLIGHT

Phil Gorman celebrated his 80th birthday with an open house given by wife, **Mary Lou**. Many CFM friends were in attendance. Phil and Mary Lou have been active in CFM at several parishes in **Arlington Heights, Ill.**, and served on the national board in various capacities from 1985 to 1999, retiring as Area 8 representatives. They were honored in 1999 by the Catholic Family Life Ministers of Region 7 (upper Midwest) for 46 years of family ministry.

Holy Family CFM at **Inverness, Ill.**, had a bingo night with residents at St. Joseph Home for the Elderly. **Lisa and Joe Guerrero** and **Curt and Maureen Rosenwinkel** are leaders.

Former national CFM chaplain **Father Sam Palmer** is recuperating from surgery to

remove a kidney. Get well soon, Father Sam!

Gary and Cindy Simmons, CFM leaders at Sacred Heart Parish, **Winchester, Va.**, report that 50 people attended a game night for teens and adults on January 15. They divided into eight teams to play a selection of board games in 20-minute segments. This action was suggested in Chapter 4 of *Homemade Disciples*. **Peter Buchbauer** was timekeeper and judge for the awards. **Herb Sturm** and **Wayne Storer** tied for the Sour Grapes award, and **Tucker Conaboy** was awarded Mr. Congeniality. One of the groups at Sacred Heart is sponsoring an evening of prayer for the parish (a suggested action from Chapter 5). Another will also host a Lenten Supper for the parish with the proceeds going to the Salvation Army.

American Martyrs in **Manhattan Beach, Calif.**, has 16 new member families. **Eric and Kari Mozell** are group leaders.

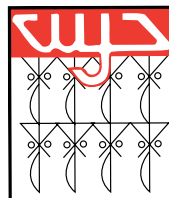
At St. Lawrence Martyr, **Redondo Beach, Calif.**, leaders celebrate the end of the year with a special event for the leadership team. Last year the group went bowling. No word on what the event this year will be. **Mary and John Poprac** and **Denise and Ron Geltz** are leaders.

Tom and Anna Calderon report that their recruiting drive at St. Joan of Arc in **San Ramon, Calif.**, gained them thirteen new families. Two groups will be using *Taking Time to Make a Difference* this spring.

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

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