

My Time, My Treasure: *Where have all the hours gone...*

Hosts for the meeting should have paper and crayons ready. They invite the participants to introduce each other in this manner:

Make a name tag for yourself. Choose a color that represents you. Tear or cut it into a shape that represents you. On it show three things that you really like to do and three things you do not like to do but have to do. Explain your name tag to someone in the group you do not know. Introduce one another to the others in the group.

GATHER AND PRAY

*Blessed are You Lord Our God, Who Daily Gifts us With Time
You who are Lord and Creator
of space and time
yet who lives beyond them,
we praise You and honor You
for the gift of minutes, hours, days
and years.
Each second of life that You give
is precious and profound.
We pause now, so that we not take these gifts for granted,
so that we may remember in a holy way
that all time is holy,
a gift which calls forth
songs of gratitude from our hearts.*

*Blessed are You, Lord our God,
who daily gifts us with time. Amen.*

*Reprinted with permission from
Prayers for the Domestic Church:
A Handbook for Worship in the Home by Edward Hays
Easton, Kansas 60020: Forest of Peace Books, Inc., 1979, 1989*

Scripture reflection (15-20 minute discussion)

There is an appointed time for everything
and a time for every affair under the heavens.
A time to be born, and a time to die;
A time to plant, and a time to uproot the plant.
A time to kill, and a time to heal;
and a time to tear down, and a time to build.
A time to weep, and a time to laugh;
a time to mourn and a time to dance.
A time to scatter stones, and a time to gather them;
a time to embrace, and a time to be far from
embraces.
A time to seek, and a time to lose;
a time to keep, and a time to cast away.
A time to rend, and a time to sew;
a time to be silent, and a time to speak.
A time to love, and a time to hate;
a time of war, and a time of peace.

Ecclesiastes 3: 18

Or take the lilies: they do not spin, they do not weave;
but I tell you, Solomon in all his splendor was not arrayed
like any one of them. If God clothes in such splendor the
grass of the field, which grows today and is thrown on the
fire tomorrow, how much more will he provide for you!

Luke 12:27-28

- What do the two scripture readings tell us about the use of time?
- What do they say about setting up priorities about time?

The basic elements of CFM are OBSERVE, JUDGE, and ACT. The members of the group OBSERVE some aspect of the life around them, JUDGE what they see in the light of Christ's teachings and Christian principles, and agree to ACT as they think necessary. A more detailed explanation of the OBSERVE, JUDGE, and ACT is in "An Outline of a CFM Meeting" found on p. 50.

SOCIAL INQUIRY (60-90 minute discussion)

American family life has experienced a tremendous revolution in the past three decades. Family members have been increasingly drawn out of the home. This movement away from home and hearth has decreased the amount of time available for family time. Many families have been fragmented as individual members have become immersed in work, activities, volunteerism and leisure pursuits.

The result of more opportunities for involvement is that less time is spent together as a family. Ordinary day-to-day activities, which once were shared by family members, have been eliminated or replaced by individual pursuits. Many families find it nearly impossible to gather together even once a day for the evening meal.

The family that puts a high priority on family life takes the time for one another. They may have to juggle schedules and limit their involvement, but they do not let work or activities routinely infringe on family or couple time. Because they spend time together, they develop a strong sense of family, find time to solve their problems, teach their children relational skills, and give emotional support.

From your own personal experience, OBSERVE:

OBSERVES are facts. Often the "facts" are the opinions of others. But the opinions of the group about the facts and the discussion of the facts should be voiced only during the JUDGE section of the meeting.

1. Take 5-10 minutes to complete and reflect on the time chart (see page 11) for yourself. Remember that the chart only requires rough estimates.

2. On what do you spend most time? Least?
3. How much time is spent with your partner and your family?
4. What brings your family together?
5. If you had a free afternoon, how would you MOST LIKE to spend it?

In light of Christ's teachings, JUDGE:

In the JUDGE part of the meeting the group decides by discussion whether the situation observed is in line with what Christ would want. The group should be discussing only the facts observed. Otherwise, the discussion will not be on a practical level.

1. What does the way I use my time indicate about my priorities and values?
2. What would I like to change about my use of time? Why?
3. How do we benefit when we take time to share our experiences with each other?
4. What would Jesus say about the way we use our time?

In light of what has been discussed, ACT:

Remember, the suggested actions are just that, suggestions. Do not feel you must do all those mentioned in the book. It is best if the action comes from the ideas of the members as a result of the discussion, but it is important to do some action.

Choose one or more actions:

1. Plan a special family time together.
2. Make a date with your partner or with one of your children.
3. Eliminate something from your calendar.

My Time Chart

ESTIMATE the Number of Hours Spent during a Typical:

	Work day	Weekend day
Sleeping	<input type="text"/>	<input type="text"/>
Eating/meals	<input type="text"/>	<input type="text"/>
Working on the job	<input type="text"/>	<input type="text"/>
House work/upkeep/repair	<input type="text"/>	<input type="text"/>
Commuting/"Chauffeuring"	<input type="text"/>	<input type="text"/>
Partner time	<input type="text"/>	<input type="text"/>
Family time (recreation)	<input type="text"/>	<input type="text"/>
Parenting/children's activities	<input type="text"/>	<input type="text"/>
Praying and worship	<input type="text"/>	<input type="text"/>
Watching TV/videos	<input type="text"/>	<input type="text"/>
Hobbies/leisure/fitness	<input type="text"/>	<input type="text"/>
Using computer (for recreation)	<input type="text"/>	<input type="text"/>
Using computer (at home for job)	<input type="text"/>	<input type="text"/>
Other	<input type="text"/>	<input type="text"/>

4. Find the time to do something that you want to do.

5. Before you go to bed each day for one full week, analyze how you have used your time for that day. Use the chart provided on the next page. Plan a family meeting to discuss your findings.

6. Develop your own action. Be specific.

Action to be carried out and reported on at next meeting:

Connect:

Share phone numbers (see page 52 of this book).

My Time Chart

Number of Hours Spent:

MON TUE WED THU FRI SAT SUN

Sleeping
Eating/meals
Working on the job
House work (cleaning/upkeep/repair)
Commuting/"Chauffeuring"
Meetings (not related to work)
Partner time
Family time (recreation)
Parenting/children's activities
Praying and worship
Hobbies/leisure/fitness
With friends
Watching TV/videos
Using computer (for recreation)
Using computer (at home for job)
Other

	MON	TUE	WED	THU	FRI	SAT	SUN
Sleeping							
Eating/meals							
Working on the job							
House work (cleaning/upkeep/repair)							
Commuting/"Chauffeuring"							
Meetings (not related to work)							
Partner time							
Family time (recreation)							
Parenting/children's activities							
Praying and worship							
Hobbies/leisure/fitness							
With friends							
Watching TV/videos							
Using computer (for recreation)							
Using computer (at home for job)							
Other							

Preparation for meeting 2:

1. Date _____

Time _____

Place _____

Everyone should take a turn hosting a meeting and leading a meeting. A light dessert with coffee/tea is customary.

2. Turn to meeting 2.

Read the Observes to prepare for the next meeting.

CLOSING PRAYER

THE TIME OF OUR LIVES

*For everything there is a season,
and a time for everything under heaven.
Lord, let us make time for you:
a time for a new year and a time for spring,
a time for Lent and a time for Easter,
a time for summer and a time for school to start,
a time for Thanksgiving and a time for snow.
O Lord, let us take time to celebrate You in these
times of our lives together.*

*Dolores Curran, Family Prayer,
St. Anthony Press, 1983*