

You are invited to a

CHRISTIAN LIFE PROGRAM

For Married Couples

Starting June 5, 2021

ZOOM Meeting ID: 815 6690 1906
Passcode: 325771

Presented by:



Couples For Christ

Scarborough North/Markham, ON
Chapter Community



COUPLES FOR CHRIST

Families in the Holy Spirit
Renewing the Face of the Earth



How did the Couples for Christ begin?

Couples for Christ (CFC) began in 1981 as a Catholic community which developed and implemented a new approach in evangelizing married couples. This method consisted in bringing together a small group of prospective couples in a private home. There they were brought to a living relationship with Jesus Christ and to a renewal of faith by the power of the Holy Spirit through a series of weekly informal discussions of the Gospel in a social setting.

Soon, CFC became a Christian family life renewal program which is offered to parishes and to groups of married couples who wish to live out their Christian life through an active and a supportive relationship with one another.

Through the succeeding years, CFC has blossomed into a worldwide ministry, becoming a major force for the renewal of Christian family life within the Catholic church.

Why is such a ministry necessary?

In accordance to God's plan, the family is created to be the basic unit of society. In our Catholic Christian faith, we believe that the family is sacred and thus is called to become a domestic Church that reflects Christ's redeeming love for all persons.

However, there are many forces at work in our world today that would wittingly or unwittingly destroy the very foundation of the family. CFC serves in the frontline defense of the family by witnessing the Gospel message of Christ's hope and salvation to all who are striving to live out the Gospel values of a truly Christian family in the modern world.

How does Couples for Christ intend to work for Catholic Christian family renewal?

Couples for Christ intends to carry out its work and its mission by focusing on three specific objectives:

A. Individual renewal. The renewal of the whole family begins when the husband and wife renew their Christian commitment before God. As parents live out their Christian values, the children, in turn, are formed to become living witnesses of Christian faith in their own lives.

CFC takes the basic message of Christianity and proclaims it anew so that those who hear it can make a renewed commitment to God in a way which will allow them to receive a fuller experience of the work of the Holy Spirit in their lives.

B. Family renewal. As the family experiences renewal in their commitment to God, they deepen their commitment towards each other in building a Christian family life that is grounded in love for Christ. Gradually, the new life that they find in the Lord filters down to all their relatives and friends.

C. Church renewal. As individual families are renewed, they form a network of equally committed Christian families who not only spiritually nourish one another but also strengthens the faith of the parish community of which they are members.

Who can become members of Couples for Christ?

Any validly married Christian couple can become members of Couples for Christ. CFC is mainly a Catholic organization; but is open for membership to all Christians of other denominations. The couple participants does not need to have strong specific religious and/or spiritual background to become members.

Couples for Christ draws its membership from all sectors of society – young and old, rich and poor, etc. CFC transcends all cultural, economic, educational, social and other distinctions. CFC is equally adaptable to all religious and cultural backgrounds.

How does one become members of Couples for Christ?

Those who wish to become members of Couples for Christ go through a series of seminar which is called a Christian Life Program (CLP). The CLP is made up of 8 sessions. These sessions will be held on Saturday evenings and usually lasts for about 2 hours per session.

What is the nature of the Christian Life Program?

The CLP is an integrated course leading into a renewed understanding of God's call to Christian couples. CLP consists in 8 sessions. These 8 sessions are divided into 3 parts or modules. A module can have 2 or 3 sessions. A session is usually composed of a faith teaching, a faith conversation in groups, and some time for fellowship.

The 8 sessions of the Christian Life Program (CLP) are as follows:

1. God's Love
2. Who is Jesus Christ
3. Repentance and Faith
4. The Christian Ideals: Loving God and Neighbor
5. The Christian Family
6. Empowered by the Holy Spirit
7. Growing in the Holy Spirit
8. Transformation in Christ

The first module (sessions 1,2, &3) presents the absolute basics of Christian life that is taught from an adult perspective.

The second module (sessions 4,5 &6) presents the kind of life that God calls us to. It spells out the personal response involved in receiving Jesus as Lord and Savior. Such a response aids the couple to reorient their lives around Jesus Christ.

The third module (sessions 7, &8) helps the couple commit their lives in a serious way to Jesus. It helps them appropriate for their lives the power of the Holy Spirit. It provides the basis for continuing spiritual growth.

Are there any cost involved?

There are no fees or monetary expenses required of participants to attend. The only investment required from the couples is their time and their openness.

What happens after the Christian Life Program?

After the CLP, those who finish are invited to join Couples for Christ. When they do, they are then made part of a small cell group called a *Household*. The household is composed of about 4 to 6 couples who meet twice a month for encouragement and mutual support in the Christian life, under the direction of the household leader.

Furthermore, once in every month, a *General Assembly* is conducted so that members from several households may come together for praise and worship, fellowship, and solidarity as a greater chapter community.

What is the nature of this household?

The purpose of the household group is to build an environment for the support of the Christian life of couples and to provide a means of encouraging and hastening spiritual growth. It promotes brotherhood, sisterhood, and friendship in the Lord. It helps people overcome obstacles to growth and maturity in their Christian life.

The household meeting is held at the homes of the group members on a rotation basis. A typical meeting would involve some time for prayer, a time for sharing or discussion and finally some time for fellowship. It would normally last about 2 to 2 ½ hours per meeting.

In light of COVID-19 restrictions, household meetings are held via online video conference.

How about Christian formation?

Finishing the CLP is just the beginning of a long process of growth and transformation in Christ. As such, Couples for Christ provides a continuing program of formation which includes Catholic Christian teachings, recollections, and retreats.

What are the benefits in joining Couples for Christ?

CFC offers faith and spirituality formation to married couples. Its role and identity consists of the following:

1. CFC fosters deep spiritual renewal which involves personal conversion that helps one to develop a personal relationship with Jesus Christ and to be sent on a mission by the power of the Holy Spirit.
2. CFC focuses on the couple, with emphasis on husband and wife growing together in their Christian life. CFC's goal is to strengthen and to develop the Domestic Church: which is the Christian family.
3. CFC provides continuing formation and support. It recognizes that programs can only plant seeds for a process of spiritual growth to begin.
4. CFC concentrates on evangelization. It reaches out to Christian couples as a response to the Church's call for lay persons to participate actively in sharing the Church's mission to the build God's kingdom in the modern world.

Where did Couples for Christ start?

CFC started in the Philippines, in June 1981. Today, CFC is present and operates in parishes and dioceses throughout Asia, Australia, Africa, Europe, the Middle East, North America and the West Indies.

Is Couples for Christ recognized by the Catholic Church?

Yes. CFC is a servant and lay arm of the Roman Catholic Church in the work of family renewal and evangelization. In 1996, the Catholic Bishops Conference of the Philippines (CBCP) has granted CFC recognition as a private *Association of the Lay Faithful* in accordance to Canons 321-329 of the Code of Canon Law. And in 2000, the Couples for Christ was granted recognition by the Holy See (Vatican) as a private *International Association of the Lay Faithful of Pontifical Right*. CFC is present in dioceses across all 81 Philippine Provinces and in 163 countries.

What benefits can a parish derive in having CFC?

CFC collaborates with the Parish community in terms of:

1. Marriage faith life renewal. Couples renewed in their commitment to practice their Christian faith strengthen the faith life of their respective families. They become active collaborators in various parish ministries.
2. Lay-clergy collaboration. One of the thrusts of CFC is to help couples become active collaborators in the life of the Church; specifically in their respective parishes. CFC members are expected to support their parish priest and be available for parish service.
3. Evangelization. CFC can be effectively used as part of the strategic evangelization goal of the parish community. One of the charisms of CFC is a strong faith formation program that develops married couples to become more proactive collaborators in their respective parish communities.
4. Solidarity. CFC has been proven to be an effective tool for fostering unity among the other parish groups and organizations. CFC's presence is felt in various archdiocesan and worldwide family apostolate conventions.
5. Preparation for marriage services. One of CFC's major services in the parish is **Pre-marriage Counseling** for people about to get married. CFC employs a personalized couple-to-couple spiritual accompaniment method.
6. Renewal programs for the entire family. CFC has renewal programs that reach out to different members of the family:

CFC Kids for Christ. For children of CFC members from ages 4-11.

CFC Youth for Christ. For children of CFC and non-CFC members from ages 12-21.

CFC Singles for Christ. For single men and women from ages 22-40.

CFC Handmaids of the Lord. For widows, mature single women, divorced women, and single mothers.

CFC Servants of the Lord. For widowers, mature single men, divorced men and single fathers.

7. Evangelization cell groups. CFC is a working model for the Basic Ecclesial Communities (BEC) and can hasten the formation of a strong and vibrant parish community.

CHRISTIAN LIFE PROGRAM 2021

Schedule of Sessions

1. God's Love

Saturday, June 5, 2021. From 7:00 pm – 9:00 pm

2. Who is Jesus Christ

Saturday, June 12, 2021. From 7:00 pm – 9:00 pm

3. Repentance and Faith

Saturday, June 19, 2021. From 7:00 pm – 9:00 pm

4. The Christian Ideals: Loving God and Neighbor

Saturday, June 26, 2021. From 7:00 pm – 9:00 pm

5. The Christian Family

Saturday, July 3, 2021. From 7:00 pm – 9:00 pm

6. Empowered by the Spirit

Saturday, July 10, 2021. From 7:00 pm – 9:00 pm

7. Growing in the Spirit

Saturday, July 17, 2021. From 7:00 pm – 9:00 pm

8. Transformation in Christ

Saturday, July 24, 2021. From 7:00 pm – 9:00 pm

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For more information, please visit our website at:

<https://couplesforchrist.ca/>

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