

church renewal - ministries for all family members in all situations, small children, youth, single young adults, married couples, single mature men and women, grandparents. It also caters for single parents divorced, separated and widowed and is open to spouses who are not Catholic, supports ecumenism and interreligious dialogue.

Entry point into CFC is through a 13 week seminar programme. Thereafter, members receive ongoing support for their Christian journey in peer prayer groups meeting weekly in the homes. Additional formation in the way of teachings, retreats, conferences and social gatherings are continuous.

Contact for Southern Africa : – Greg and Anne Braum 011 793-2560
gbraum@cfcglobalmission.org

Focolare – New Families

“New Families” is a branch of the Focolare Movement founded by Chiara Lubich in 1967. It was born amidst moral, social and economic pressures undermining the very integrity of family life and family values. Thus, through regular meetings and various events it seeks to promote values within the family, between children and parents, and to be open to broken families, abandoned children, the lonely, the elderly and the marginalized.

The New Families “keeps alight the flame of love in the home and sends its warmth out into society so it, too, can become a family.” Thus, it is committed towards the renewal of the family in today’s society, drawing its nourishment from a spirituality of unity. It is spread in 182 nations all over the world, and it counts millions of members.

Contact details: Peter and Hesta Stohr 012 329 1661 email: peterstohr@mweb.co.za

Schoenstatt Family Movement

The Schoenstatt Families are part of the International Schoenstatt Movement and strive to realize the message of the Gospel as families by the way they live and share the values and vision of Christian married life. The spirituality wants to lead people to become 'new people in a new community with an apostolic mindset' with the intention of renewing Church and society with the emphasis on love and freedom. Mary is seen as the woman who embodies this new person.

In the Schoenstatt Movement there are various communities for families. These are 'differentiated according to the intensity of their apostolate and community life' being expressed in various lifestyles including families who commit themselves to living the evangelical counsels within the context of marriage. In South Africa some of these communities have existed since the mid-sixties and have attempted to give witness to 'new lay religious communities' within the context of an apartheid South Africa by living very consciously in solidarity with the oppressed and by working for the New South Africa. South African contact: the Director 083 300 0255.

MARFAM – Marriage and Family Life Renewal Ministry

MARFAM is a family enrichment and renewal ministry. Currently it primarily promotes and provides resource materials and publications for the strengthening of family life and relationships.

Contact: Toni Rowland 011 789 5449 info@marfam.org.za www.marfam.org.za

INFORMATION on: MARRIAGE and FAMILY

**FREE OF
CHARGE
PLEASE TAKE
ONE**

Produced by:

**Family Life Desk –
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SA Catholic Bishops’ Conference**

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MOVEMENTS AND ORGANISATIONS ACTIVE IN THE FAMILY APOSTOLATE

THE FAMILY LIFE DESK OF THE SA CATHOLIC BISHOPS’ CONERENCE

is based in Pretoria. As a part of the Department for Evangelisation its focus is on the evangelization of families and of the wider Church about the role and place of the domestic church. In line with the priorities of the 2000 Pastoral Forum its aims are strengthening of family relationships. This is done in various ways:

1. Awareness raising,
2. Networking with diocesan family life offices and family life movements,
3. Accessing, distribution and provision of resource materials
4. Offering formation in the area of family life.

**Contact: Toni Rowland. 082 552 1275
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MARRIAGE PREPARATION

This is the responsibility of the local diocese and parishes. Parish priests may provide the preparation or refer engaged couples to a variety of available resources. Many dioceses have programmes developed by local priests, couples or counselors. Recognised programmes run in various dioceses are listed below.

Catholic Engaged Encounter. An experiential weekend away. Presentations on their experience are given by two married couples and a priest on subjects such as self-awareness, communication expectations, mutual decision-making, sexuality, family planning and children, money, family background and an understanding of God and the Sacrament of Matrimony. In response, by means of writing and sharing exercises, the engaged couples explore these topics more deeply.

CEE is an international programme and communities operate in South Africa in

Cape Town, Durban and Johannesburg. National contact details. Bruce and Jeanine Forrest 031 266 4583 bforrest@meumannwhite.co.za

Evenings for the Engaged runs for 6-8 weeks in the evenings or on a weekend afternoon in various parishes, regions and dioceses. This programme was introduced in South Africa through Marriage Encounter. The focus is on the relationship of the couple with one another, the society in which they live and with God. This is a recognized programme for the Cape Town diocese but there is no national structure or contact person. Enquire in local diocese.

LUMKO's Marriage Preparation Programme *Preparing for Your Marriage* is part of the *Training for Community Ministries* series. It is a peer ministry programme. Trained team couples provide some input and facilitate the discussion and sharing by the engaged on spiritual and everyday life matters surrounding their future marriage. There are ten sessions. Contact Lumko 011 827 8924. lumko@global.co.za

Mina Nawe is an inculturated programme that has grown out of Evenings for the Engaged. The focus is on the relationship of the couple and includes an understanding of marriage as a sacrament. Although Johannesburg-based the coordinators visit other areas on request and provide training to future presenters. Follow-up and enrichment programmes are held from time to time. Contact Vincent and Gemma Kunene. 011 985 5014.

Prepare-enrich is a non-religious programme using a psychological questionnaire. Prepare is for engaged and Enrich for married couples. It is computer scored and an analysis of the relationship with its strengths and growth areas is provided to trained facilitators to provide feedback and facilitate the couple's own discussion. Contact local FAMSAs offices or Family life Centre, Johannesburg 011 788 5660

Focus is a similar programme developed by the Omaha Catholic Family Life Office in the US and used by some in South Africa.

MARRIAGE ENRICHMENT

Worldwide Marriage Encounter is a community of couples and priests who believe that Matrimony and Holy Orders are wonderful and complementary vocations. Experiential weekends are presented and participants are motivated to take responsibility for what is happening in their lives and to develop or renew the joy in their lives. The primary focus is on improving communication and developing intimacy between husband and wife and the family. God's Plan for marriage is presented as a close, loving, caring interdependent relationship, versus the world's plan, which focuses on independence and autonomy. Ongoing support groups exist and couples are encouraged to become involved in parish life and to work together as a couple to promote the concept of marriage as a vocation. South African coordinators, Theo and Bep van Meygaarden 011 435-6600 and Fr Benno Singer b.vanmeygaarden@absamail.co.za

Equipes de Nossa Senhora - Teams of Our Lady.

The movement was started in France in 1939 as a response to the question by couples "How do we find God together?" It is a movement of mutual help between

spouses and of like-minded couples. A team consists of up to about five or six couples who meet with a priest in each others' homes to share their experiences over a simple meal, to pray together and to deepen their understanding of marriage and family life and to improve the quality of their spiritual life. Many married couples today see their marriage as an equal partnership of two individuals who complement each other in many respects. Their mutual love leads them to seek an ever closer union with each other and with God through sharing their thoughts, their aspirations and the various activities of their lives. They know that, in this way, they can help each other to develop their personalities and aptitudes and to realise their ambitions. They wish to help each other grow closer to God knowing that, love being indivisible, their married love and their love of God are mutually enriching.

English-speaking teams are active in the Durban area and Portuguese-speaking in Johannesburg. South African Contact couple: Serafim and Anna-Maria Nogueira 011 615 7827. anogueira2@wesbank.co.za

Marriage Course – ALPHA

The Marriage Course is a series of eight sessions designed to help any married couple build a healthy marriage that lasts a lifetime. The course provides them with practical tools to strengthen their relationship and it gives them the time and space to discuss any difficult issues. The aim is to help couples break bad habits and create good ones to enable their marriage to grow.

The sessions are run like the Alpha course using a video and the questions provided for discussion. Many couples come on the Marriage Course and then go on to do The Alpha Course or vice versa. Contact: Alpha National Office 011 341 0551

TROUBLED MARRIAGES

Many dioceses and some parishes have counseling resources, some linked directly with the diocese or with the Catholic Women's League or another agency. Psychologists, social workers and volunteer counselors are active too, in private practice or giving of their time and expertise. Enquire in the diocese

Retrouvaille

Retrouvaille is a three-month programme dedicated to the preservation of marriage and is geared to be of assistance to any couples experiencing marital difficulties. It is essentially a "communications" programme helping couples to understand the deep feelings inside each other which often determine the behaviours they exhibit to each other. These feelings often lie dormant and unexpressed leading to misunderstandings of motive and behaviour. The programme is presented in the context of Christian marriage but is open to people of all cultures and faith expressions. Southern African Regional contact team Glen and Cathy Hogg 031 202 4478 Fr Peter Lafferty retdurbs@worldonline.co.za

FAMILY ENRICHMENT

Couples for Christ

A peer-to-peer marriage and family-life renewal ministry. Started in 1981 in Manila, Philippines and now in 130 countries. Provides programmes for personal, family and