

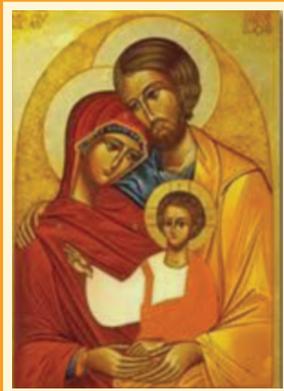
ORIGINS

The movement was founded by Fr Henri Caffarel in 1939 in Paris with a number of married couples who came to him seeking guidance on how they could live out their marriage vocation. Its French name is Equipes Notre Dame called after the name of the parish where it was founded. Flowing from this Our Lady is the patron of the movement and Teams has adopted both the Magnificat, as its special prayer, and the icon below of the Holy Family.

However, Teams is not a Marian movement as such, but primarily dedicated to nurturing Christian marriage under the patronage of Our Lady.

CAN ANYONE JOIN TEAMS?

Teams is for Christian married couples. The movement is there to support Catholic couples, but it is not necessary for either spouse to be a Catholic. Teams is for young and old alike, and for all couples no matter how long they have been married.



**How can
we find
out more?**



Equipes Notre - Dame

**Further information
can be found at:**

Ireland:

www.equipes-notre-dame.ie

UK:

www.teamsgb.org.uk

International:

www.equipes-notre-dame.com



**Equipes Notre - Dame
Teams of Our Lady**



WALKING IN FAITH AS A COUPLE

**A CHRISTIAN MOVEMENT
FOR MARRIED COUPLES**

**Committed to strengthening
their relationship with
each other and with God**

YOUR MARRIAGE

How satisfied are you with your marriage? You may be generally content and getting on well together. But like many couples there may not be the closeness and enjoyment in each other that you desire. You may also be experiencing a similar distance from God and dissatisfaction in the practice of your faith. You may put much of this down to the pressures of modern living and the little time left for growing your relationship with your spouse, the most important person in your life, and with God, the source of your life and your purpose in life. You may become resigned to this and lowering your expectations of both relationships.

But you don't have to. Couples who join our movement are seeking to enrich their relationships with each other and to deepen their relationship with God. We invite you to consider doing likewise.

YOUR RELATIONSHIP

Good communication as you know is essential for a good relationship. Fostering this is a top priority for our movement. Pope Francis urges us to “*Take time, quality time. This means being ready to listen patiently and attentively to everything the other spouse wants to say.... Often the other spouse does not need a solution to his/her problems, but simply to be heard, to feel that someone has acknowledged their pain, their disappointment, their fear, their anger, their hopes and their dreams... The ability to say what one is thinking without offending the other is important*”. (Amoris Laetitia- 137,139)

We constantly support each other in endeavouring to take time to communicate regularly with each other and to ensure that it is of the quality Pope

Francis recommends. This involves in particular setting aside “couple time” each month to listen and be open to each other.

RELATIONSHIP WITH GOD

We consider our relationship with God is central to our lives, but also needs to be constantly nurtured. We encourage couples to deepen their faith by devoting time to reading the Word of God, spending time each day in quiet prayer and finding occasions to pray together as a couple. We place in prayer all our concerns, hopes and dreams before Him, and in turn listen to Him through reflecting on His Word.



Team couples attend a Retreat once a year. This provides the space to focus and reflect on their relationships over the previous year with each other and with God, and to renew and refresh their commitments for a further year.

WHY TEAMS?

You may notice that we use the word ‘endeavour’ in describing our relationships with our spouse and God. That is because it is not only a joy, but also a struggle at times to maintain our commitments, especially amidst the pressures of modern life. We need support especially at the difficult times. In being part of a Team we receive that support. We in turn can be a support to other Team members when they are experiencing difficulties.

WHAT IS A TEAM & A TEAMS MEETING?

A Team consists of four to six couples and a spiritual counsellor, usually a priest. They meet together for one evening a month (excluding July and August) in each other's homes. They come together over a simple meal. They share on their news and concerns, and the highs and lows of their endeavours over the past month. There is a time for prayer and reflection and a discussion that can help inform their faith. The whole meeting takes place in an atmosphere of openness, trust and confidentiality. Over time this creates a strong, supportive group and deep friendships.

WHAT IS THE TEAMS MOVEMENT?

Individual Teams also give and get much support from the wider Teams movement. Teams is a worldwide lay movement approved and encouraged by the Catholic Church. It aims to help couples grow in their love of each other and of Christ. The Teams movement recognises that Christian marriage is a precious gift that needs to be nurtured. There are teams in more than seventy countries throughout the world with more than 100,000 members. Teams has been present in Ireland for over 50 years. Each individual Team is encouraged to participate in the wider movement and attend events organised at local, national and international level.

