

## **CFM COMMUNITY IN THE SPOTLIGHT: PITTSBURGH**

A member of the Pittsburgh CFM group prepared and hosted a Messianic Seder dinner for their CFM group on the last night of Passover.



In February, the Pittsburgh CFM group filled about 80 blessing bags to keep in their cars to distribute to the homeless in their area. This activity was originally planned to do with their children during their New Year's party, but that party got canceled due to so many people being sick at the time.

### **SUGGESTED ITEMS TO PACK**

Quarters for laundromat  
Detergent sheets (3-in-1)  
Bottle of Water  
Baby Wipes/ Wash Cloth  
Hand Sanitizer  
Band-Aids/First-Aid kit  
New Socks/Underwear  
Nail clippers and file  
Beanies/hats/scarves

### **TOILETRIES:**

Toothbrush with cover/ case  
Toothpaste  
Floss/Mouthwash  
Soap/body wash  
Deodorant/Lotion  
Shampoo/conditioner  
Comb/Razor  
Personal hygiene / make-up items (for women)  
Sunscreen/Lip balm  
Tissue/Cotton swabs

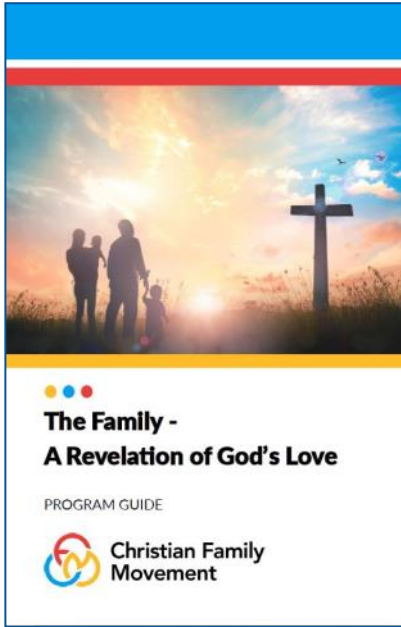
### **NON-PERISHABLE FOODS:**

Instant Oatmeal packs  
Granola /Energy Bars  
Tuna/cracker packs  
Trail mix/Raisins/Peanuts  
Fruit cup/ applesauce cup (+spoon)  
Gum/hard candy  
Hot Cocoa/Spiced Cider Mixes  
On-the-go coffee mixes  
Tea packets  
Beef jerky sticks

### **EXTRAS:**

Notes of encouragement  
Prayer cards  
List of local resources  
Prepaid phone card  
Grocery store gift card  
Stamps, envelopes, pen  
Camping set of fork, knife, spoon  
Flashlight





## Coming Soon! CFM Program Guide 2022

**Start planning for the fall!**

The 2022-2023 program guide has 8 meetings intended to deepen your appreciation of the roles that you and your family are called to carry out as active members of God's family. CFM is centered around raising

disciples of Christ and using our families as conduits of God's love for His people.

Now is the time to start inviting people to join you for summer activities and then participate in the Social Inquiries this fall. CFM is a movement of families transforming the world at home, at church, and in society, by demonstrating love and energy that attracts others to Christ. CFM aims to stir up the domestic church to truly be heralds of the Good News. Let that welcoming invitation begin with you!

As we journey together through the pages of this book, we will explore the ways in which God's love is revealed to the world through families, both through the holy family of Nazareth and through our own families. We trust that you will be inspired and called to action by the meeting themes found in this guide. We pray that your family can deepen its relationship with God by ultimately surrendering to His divine plan and following his guidance throughout your lives.

### A Sneak Peak In This Program Guide



Art: Flor Larios

"In becoming a child born into a human family, the Incarnation speaks to us of how God chose to experience human life from the very beginning so that he could not only be close to us, but so that he could save us."

— **Bishop Robert D. Gruss**



## Marriage Moments and Parenting Pointers by Susan Vogt

June 5: Pentecost: "If you love me..." (John 14:15) Jesus says these words to his disciples (his family) on Pentecost. But spouses often say this to each other also — "If you love me, you would..." Don't turn your love into a bargain. Give it freely to each other and keep your word.

What sacrifice has your marriage called you to make for your beloved, i.e., moving, putting your career on hold, changing an annoying habit? How can you die (just a little) to your own needs today to give life to your spouse or children? Do it generously, not begrudgingly.

### HAPPY FATHER'S DAY TO ALL DADS!

"Taking the 5 loaves & the 2 fish...Jesus said the blessing...& gave them to the crowd. They all ate." (Luke 9:16) Hopefully your family says a blessing before eating. "Communion" happens not only in Church but when you eat together. Try saying something kind to the "communion of saints" sitting at your table.

What clutters your home? Maybe you have many mementos of happy trips together. Maybe you have some tools, toys, clothes that are not being used. This week, ask your family to take a half day or hour to identify some clutter in a room or a drawer? Do something positive with it. Give it away, recycle it, or if it's really useless, dispose of it responsibly.

For more ideas and tools for becoming better marriage partners and parents, please visit [www.SusanVogt.net](http://www.SusanVogt.net).

### Getting to Know You:

#### Fr. Louis Golomari, CFM National Chaplain

I am Fr. Louis Golamari, ordained on April 7, 1997 for the Archdiocese of Hyderabad, India. As a priest I worked in India as an Associate Pastor, Pastor, Principal of schools and colleges.

At the Archdiocesan level, I worked as Chancellor, Episcopal vicar, Dean and Treasurer of Education Board. In 2014 Our Lady of Wayside Parish in Arlington Heights, Chicago made my dream of being at the service of Universal Church come true. CFM was a big part of my life and ministry at Wayside, leading me to be the Spiritual Director of CFM. Since August 2018, I'm working as Administrator of St. Jude the Apostle Parish, Oshkosh, WI in Green Bay Diocese. Echoing the words of Mother Teresa, I humbly say, "I am just a pencil in the hand of God".

