



Teams of Our Lady

INTERNATIONAL CATHOLIC MOVEMENT
FOR CHRISTIAN MARRIED COUPLES

JOIN TEAMS OF OUR LADY

One of the best ways to enrich your married spirituality and grow in your walk with Jesus Christ is to join a Team, where you'll meet with others to build friendships, study and pray.

WHO ARE TEAMS FOR?

This movement is specifically tailored for Catholic couples of any age.

- As Catholic married couples, we are to travel our spiritual journey together.
- It gives you practical steps and direction to your life as a couple and the means to discover the richness of the marriage sacrament
- Teams is a movement belonging to the Catholic Church and believe in the ideal of Christian marriage.

WHAT DO TEAM MEMBERS DO?

A Team becomes a close community. In Teams of Our Lady couples inspire one another through their living examples of faith, and share with one another their struggles, successes, as well as failures on their personal spiritual journey. Couples grow in communication and spirituality through life in a team.

WHAT IS A TEAM?

A Team is made up of 5-7 couples with a spiritual counselor, who meet once a month in each other's homes. They build lifelong friendships that are crucial in their walk with Jesus. They encourage each other to bear witness to Christian values in their social and working lives. Their meetings provide a confidential place to help each other with sound advice and spiritual support.



THE TEAM MEETING

The couples meet with a simple meal and fellowship. They celebrate each other's happiness and support each other's low times. They share scripture study, prayer, as well as discussions about married life, family dynamics and faith topics. They support and encourage each other to follow the Endeavours and witness to each other with confidential advice and prayer.



TEAMS OF OUR LADY

- Strengthening your marriage
- Meeting life-long friends
- Growing spiritually as a couple
- Faith-filled community
- Spiritual support and a source of joy



teamsfourlady.ca

“Teams has brought us closer to God in every aspect of our lives. The graces and blessings have enriched our lives. We have also met so many wonderful couples with similar minds, goals, values and desires for their lives and sacramental marriages. We are truly blessed!”



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Teams of Our Lady is an international Catholic movement to enrich marriage spirituality

In Rome, January 20, 2003, St. Pope John Paul II met with 130 couples and 25 Spiritual Counsellors from all over the world in a private audience.



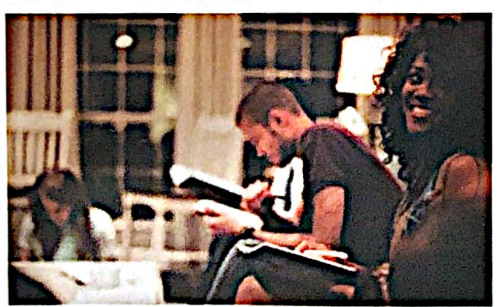
“Your movement has developed its own pedagogy, based on the “concrete points of effort” which help you as a couple to grow together in holiness. I encourage you to live them carefully and perseveringly in order to love in truth.

“I invite you especially to develop personal, marital and family prayer—without which “a Christian risks being lost”, as Fr Caffarel used to say. Far from turning them away from their action in the world, genuine prayer sanctifies the couple and their family, opens the heart to the love of God and of the brothers.

“Dear friends, I thank God for the fruitfulness of your movement throughout the world, encouraging you to witness untiringly and explicitly to the beauty of human love, marriage and the family.

— St. Pope John Paul II, Jan 20, 2003

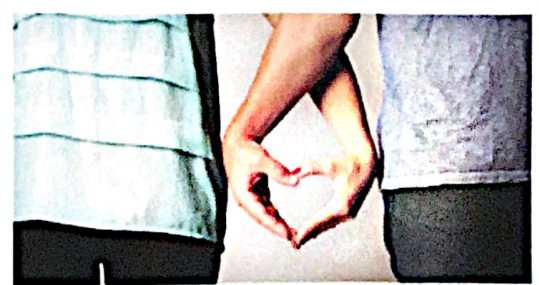
WHEN DID TEAMS BEGIN?



Teams started in Paris in 1938, when four young recently married couples approached Fr Caffarel. As committed Christians, they wanted to live their newfound love in the light of their faith. Fr. Caffarel's reply was “Let us journey together”. From this beginning, Teams has grown into an International movement in 80 countries and over 130,000 members (as of 2014). Teams of our Lady is officially recognized by the Catholic Church as a lay institute under the Pontifical Council for the Laity.

“Marriage is a way to holiness”

— Fr. Henri Caffarel
Founder of Teams of Our Lady



LEARN MORE ABOUT TEAMS

Visit the website, teamsofourlady.ca and contact us to attend an upcoming information session for interested couples.



Teams of Our Lady
Region Canada