CANA Welcome

PARTICIPANTS' BOOKLET FOR PERSONAL NOTES

EDITOR'S NOTE

By joining the CANA Welcome program you have entered the world of CANA. A warm welcome! We hope this program will be a way of spending joyful time together as a couple and with others, and so strengthen your love and see it grow.

It's a real joy to realise that love grows and matures over time!

It's a real joy to believe that the best of life for the couple isn't something already past, but something ahead!

It's a real joy to discover day by day that our differences as man and woman aren't obstacles, but complement one another fundamentally!

And yet this joy can sometimes wear down and lose its shine - by routine, by the daily pressures of lifes, by those times when we close ourselves off, or by volatile moods… And you're right to be taking care of your couple; we believe that CANA Welcome will be a help in that!

This "personal notebook" is designed to accompany you over the year. You can use it to note down important practical details, but especially to keep track of how your thinking progresses and bears fruit, and of what you want to remember from each evening. It's your log-book, and we hope it will be a helpful companion.

Enjoy your year together in CANA Welcome!

The CANA Team

SPECIMEN

CANA AND THE CHEMIN NEUF COMMUNITY

The Chemin Neuf Community is a Roman Catholic Community with an ecumenical vocation, which grew out of a prayer group in Lyon, France, in 1973. It is based on the Ignatian spiritual tradition and the charismatic renewal. It currently has several thousand members in over 30 countries, couples, families and celibates, men and women. CANA is one of its missions, and for nearly 40 years it has been accompanying couples and families in nearly 50 countries. One of the programs it offers is the CANA Welcome course.

www.cana.org

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INTRODUCTION TO THE CANA WELCOME YEAR

THE SHARING GROUP

CANA Welcome is a year long program consisting of nine evenings and one week-end. It takes place in sharing groups, made up of three to five couples and a leader couple. CANA Welcome's pedagogy depends to a large extent on the quality of the exchanges within these groups. You will participate in your group and also have an active part to play, since you will not only be encouraged to share about your life together but also to prepare a short talk about a given subject.

WHAT DOES "SHARE" MEAN?

CANA pedagogy depends on the sharing of "personal, interior experience". It's never a matter of just "saying all you have to say". As we review and find words for "what I feel (my joys, my hardships, my fears…)" we are helped to know ourselves better, to grow and to recognise how the Lord has been leading us throughout our lives.

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WHAT ARE YOU COMMITTING YOURSELVES TO?

By joining a CANA Welcome group the couple agrees to:

- be present at a monthly sharing group meeting. Regular attendance of each couple is important for the whole group!
- be present at the annual week-end.
- prepare one or two of the year's talks. No panic need to. There are suggestions for the talk's basic structure in this booklet, and the leader will have additional material available.
- offer service together in the parish: this is a good way to develop relationships.

OUR GROUP THIS YEAR

NAME	CONTACT DETAILS *(Address, telephone no, email)*

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These contact details should stay within the group out of respect for confidentiality.

EVENING 1

WHY TAKE TIME

FOR YOUR COUPLE?

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WHAT STRUCK ME PARTICULARLY IN THIS EVENING'S TALK?

And more generally, in the whole evening? What touched me, or gave food for thought?

OUR FIRST STEPS IN CANA WELCOME THIS YEAR...

What are our expectations for this year, individually and together? What touched me in what my spouse shared? What do I want to remember that's important for him/her - and so also for me?

SPECIMEN

A PLAN TO CARRY OUT

Reserve an evening in three weeks' time, just the two of us (dinner, outing, cinema…), and make it a priority.

EVENING 2

MALE-FEMALE, OUR DIFFERENCES:

MYTH OR REALITY?

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THE MAIN POINTS OF THE TALK

1

DIFFERING IDEAS OF ONESELF

A man's idea of himself is based more on what he knows how to do, a woman's on her relationships.

2

DIFFERENT WAYS OF DOING THINGS

We're different in our ways of getting things done: multitasking for the woman, one thing after another for the man.

3

OUR OWN WAYS OF SOLVING PROBLEMS

The man often confronts his problems alone, the woman finds it easier talking with others.

4

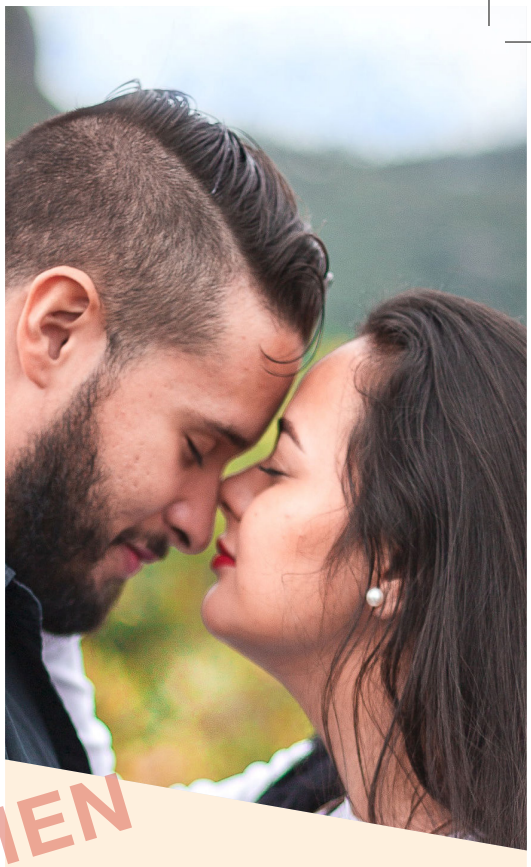
PSYCHOLOGICAL DIFFERENCES

The man tends to be more rational, the woman more emotional.

5

DISSIMILAR NEEDS

The man needs appreciation, the woman needs attentiveness.



SPECIMEN

A PLAN TO CARRY OUT

Make a secret effort to give attention to something, my spouse shared as difficult during our couple time before the next evening.

FOR THE COUPLE-TIME

- Which of these differences do I recognise in us and find difficult to accept?
- Which one helps me to grow and move forward?

AND NOW?

THE CANA WEEK

This year you have discovered CANA and its pedagogy through CANA Welcome. So now, after the course, what would you like your next step to be? Here's a warm welcome to the CANA Week, which is the heart of CANA.

WHAT IS THE CANA WEEK?

The CANA week consists of six days for time together, for asking key questions about life as a couple (dialogue, forgiving, sexuality…), for sharing with other couples, for discovering the way God works in a couple… and for celebrating together. The best present you could ever give each other!

SPECIMEN

TWO POSSIBLE OPTIONS

> "1,2,3… CANA!"

All the grace of CANA in three week-ends which complement one another.

> "The CANA week"

This is the week which has been bearing fruit since 1980! A week where your children are cared for.

To find the dates of the next CANA Weeks and other CANA activities please consult www.cana.org

TESTIMONIES

"It was a decisive moment, a real turning-point. We never thought we needed to improve our relationship (…) but this week was unbelievable." Rita

"As I took the risk of coming to the CANA Week, I saw my marriage come alive again (…) and rediscovered the joy of being with my wife. I started laughing again! (…) And the children enjoyed themselves like anything!" Tom

OUR COUPLE'S PRAYER-KIT

For a good start to the day… For a good start together and for being available for the children later…

1. Set the alarm-clock 20 minutes earlier than usual.
2. In a quiet place, in your room, light a candle.
3. One after another say aloud a "thank you" to the Lord (for the day beginning, for the presence of your spouse, for whatever is in store…)
4. In your Bible, read the following passage:
   a. **First day: St John's Gospel, ch 2, 1 - 11.**
   b. **Second day: St Paul's first letter to the Corinthians, ch 13.**
   c. **Third day: St Matthew's Gospel, ch 5, 2 - 16**
5. Keep a moment of silence to receive the Word you have heard.
6. Commit to the Lord your concerns of the day (a sick relative, a child's exam, an important meeting…)
7. Say the "Our Father" together:

"Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done
on earth as in heaven.
Give us today
our daily bread.
Forgive us our sins,
as we forgive those
who sin against us.
And lead us not into temptation,
but deliver us from evil.
Amen."

SPECIMEN

A PLAN TO CARRY OUT

Do this at least three days in a row. If it's more than three, no panic! Choose another Bible text, or the Church's daily reading…

CANA

for a deeper, stronger love

CANA, AT THE SERVICE OF COUPLES AND FAMILIES

We all dream of a family living harmoniously but it is often very difficult ...

CANA welcomes those who want to deepen their relationship, who are wondering about a future commitment, who wish to be accompanied in their mission as parents, who are going through difficult times such as separation, or who are engaged in a new union after a divorce.

Whether for a one-off meeting, a weekend, a week or a programme of regular encounters with other couples over a year, everyone can rediscover the beauty of marriage and taste the loving presence of God.

CANA is now present in nearly 50 countries.

Chemin Neuf Community

www.cana.org