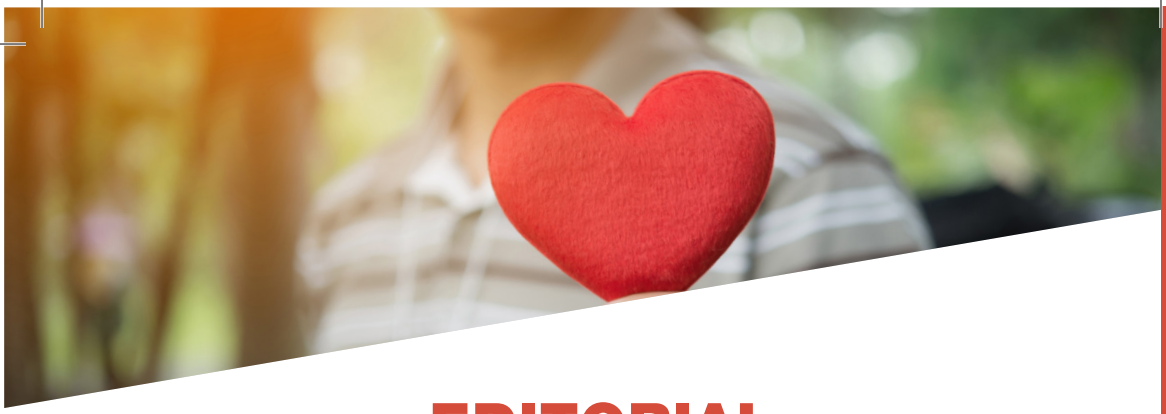
CANA Welcome

LEADER'S GUIDE



EDITORIAL

Dear friends,

If this CANA Welcome guide-book has come into your hands, it's because of your desire to share your joy as a couple and pass it on to other couples. Congratulations!

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

It's a real joy to believe that the best part 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!

SPECIMEN

And yet this joy can sometimes wear down and lose its shine - by routine, by the daily pressures of life, by those times when we close ourselves off, or by volatile moods…

CANA Welcome is a program offered by the Chemin Neuf Community and is the fruit of the CANA mission which for nearly 40 years in nearly 50 countries has sought to accompany couples and families.

This guide is here to help you find your bearings in the CANA Welcome program, and use it profitably for yourselves and for the couples who will be committing themselves this year with you. A "Participant's Booklet" is also available to help each couple reap the benefits of the year ahead.

We hope you both enjoy your year with CANA Welcome!

The CANA team

FOR FURTHER INFORMATION…

> on the Chemin Neuf Community: **www.chemin-neuf.org**

> on the CANA mission: **www.cana.org**

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PRESENTATION OF THE

CANA WELCOME PROGRAM

SPECIMEN

WHAT IS CANA WELCOME?

CANA Welcome is a year's program for couples, consisting of monthly evening meetings and one weekend once in the year (open to the whole family). It is part of the CANA whole pedagogy and can be a first step towards participation in the CANA Week (see p. 38) which represents the heart of what CANA has to offer.

WHAT DOES IT AIM TO DO?

CANA Welcome aims to allow couples to take time together, and also give time to discuss together with other couples the big questions touching all aspects of their lives. This sharing with other couples, in a context of fraternity, is a source of growth for the couple's life together. Since we are Christians, we also believe that CANA Welcome is a place where the Lord can strengthen the couple's life: He is the **Rock** on which to lean, the **Way** we can follow with confidence.

WHO IS IT FOR?

Any couple (man and woman), married or not, close to the Church or not, can participate in CANA Welcome. Although the course is inspired by Christianity, baptism or a theology degree is not required! Experience shows that it is particularly adapted to younger couples (between 25 and 40 years of age) in the throes of their first years of life together - often the most perilous.

WHO ARE THE PROGRAM LEADERS?

CANA Welcome is a program for couples, led by couples. They are not professional marriage counsellors but couples who want to share sincerely with other couples about their joys and their difficulties, to make progress together. The program is usually organised within a parish or local church structure. The priest or the pastor appoints a couple for the responsibility of leadership. Whatever the structure, CANA Welcome can be a place for warm, convivial and true sharing. For some it can be the spiritual soil where Christ transforms and renews the couples' lives.

WHAT ARE THE COUPLES COMMITTING THEMSELVES TO?

- Attending a monthly group meeting and the annual week-end.
- Preparing one or two of the evening presentations, following a given plan.
- Being available, independently of the course itself, to strengthen fraternal ties between the couples and to discover their parish from a new perspective.

WHAT IS THE CONNECTION WITH THE CHEMIN NEUF COMMUNITY?

The CANA team of the Chemin Neuf Community is available to help in setting up CANA Welcome. A training week-end for leaders is held each year, offering the chance to profit from teaching and testimonies, to meet other couples, and best of all, to enjoy a weekend together! The CANA team will send you an invitation for this wonderful moment of sharing and meeting.

CANA HOUSE
Les Pothières
1230, route de Pommiers
69480 Anse

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THOSE WITH RESPONSIBILITY FOR THE PROGRAM

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THE LEAD COUPLE

This couple were either the initiators of the program or have been called to this mission by the parish priest, the parish pastoral team or the pastor. **Some experience of CANA (a week-end or a CANA week) will be an advantage as it will make them familiar with CANA's pedagogy.** During their mission:

- They will be careful to maintain and strengthen links with the parish, the community, and the priest or pastor. Experience has shown that "alone, you go fast, but together, you get further". These links will be a help in accompanying the couples attending the course.
- They will appoint leaders for the sharing groups (when several groups are necessary).
- They could be (or not) responsible for a sharing group themselves, depending on their other commitments and the needs which arise.
- They will oversee the participants' commitments (in particular the service to the parish).
- They will co-ordinate the practicalities of the program (reservation of a hall for the introductory evening, conclusion, the weekend…)
- **They will maintain communication with the CANA mission.**

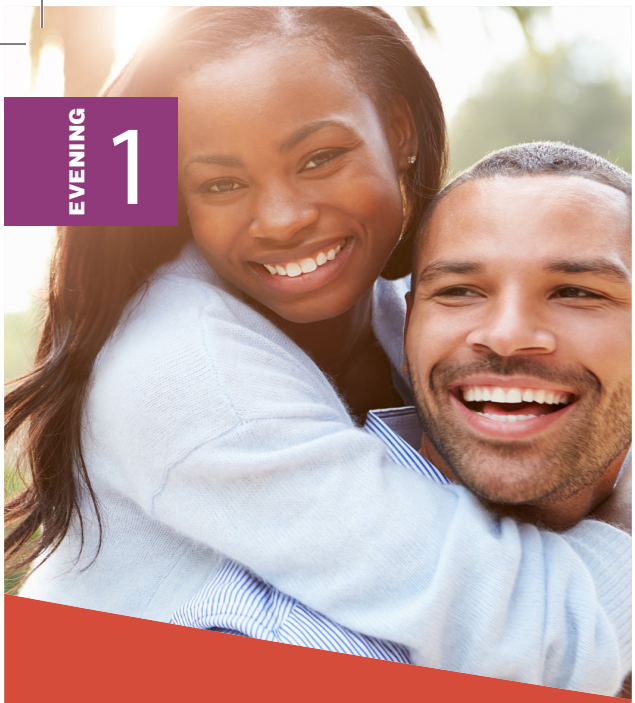
THE COUPLE WITH RESPONSIBILITY FOR A SHARING GROUP

This couple is appointed by those responsible for the whole program. If the course takes place in a parish context it would be right for them to be active parish members.

- They will develop a closeness with the other couples of the group as they meet throughout the year: ask for news, remember them in prayer, suggest "extra" meetings together, such as a meal with the whole family or an evening at the cinema…
- They will be watchful of the climate of fraternity during the meetings.
- They will organise the evenings giving each one their role to play.
- They will take care about the quality of the sharing, that each one is respected, and of the place of prayer during the evening.
- They will try to create the conditions favourable for each couple to discover the Lord's presence in their lives and in their marriage. To encourage progress, at the end of the course, they will recommend the couples in the group to attend a CANA week as a very positive "next step".
- They will make sure that each couple respects their commitments (especially annual week-end and parish service).
- They will meet regularly with the couple responsible for the program, to pray for the participating couples, to get help and advice, and to remain in communion with the whole course.

SPECIMEN

EVENING 1



WHY TAKE TIME

FOR YOUR COUPLE?

MEN

SOME KEY POINTS FOR THE TALK:

1

TALK TO ME ABOUT LOVE!

Love = attraction + feeling + **commitment!**

"*To love is to desire someone else's good*" (St Thomas Aquinas).

2

BECAUSE I, YOU, WE, ARE GROWING!

Not two separate growths, but one growth, **together.**

3

BECAUSE MARRIAGE ISN'T AN ENDPOINT… IT'S A BEGINNING!

4

BECAUSE WHAT IS SAID AND LEFT UNSAID EVERY DAY CAN CAUSE HURT

5

BECAUSE THE WORLD NEEDS COUPLES WHO LOVE ONE ANOTHER

The couple is like the nucleus of an atom around which gravitate children and others… And not the other way round!

You can illustrate your talk by sharing an important decision taken together, or our present ways of staying close to one another, or a moment when I felt that my spouse's love for me was unconditional, or the example of a couple close to us who help us "grow" - and why.

FOR FURTHER STUDY

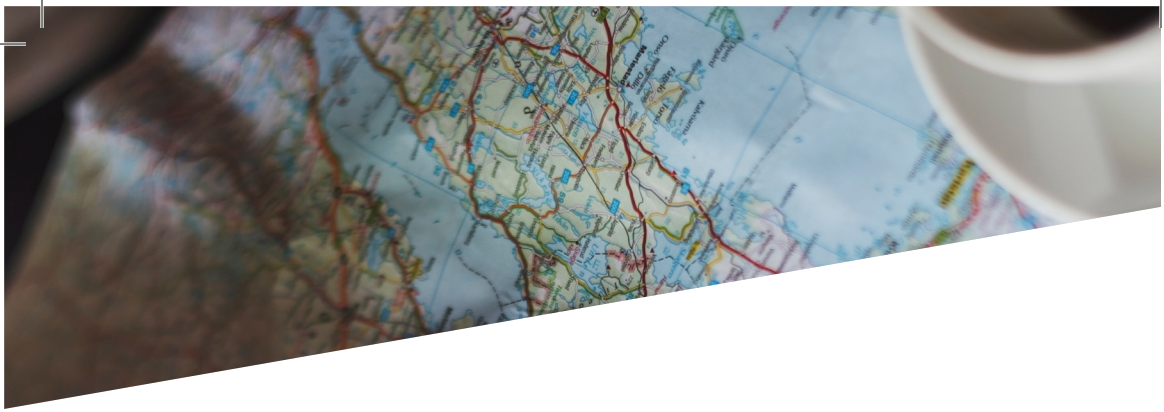
The Marriage Book, Nicky & Sila Lee

QUESTIONS FOR EACH COUPLE AND FOR THE SHARING GROUP

What am I expecting, for myself and for my couple, from our year of Cana Welcome?

What touched me particularly in what my spouse shared? What should I keep in mind which is important for him/her - and so also for me?

SPECIMEN



AND NOW ?

THE CANA WEEK

And now, what's the next step for you and for the couples who have been doing this course with you?Since it is the heart of the CANA world, we believe that the CANA week is a great next step after the CANA Welcome year.

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!

FOR WHOM?

For all couples, married or unmarried, in peace with one another or in difficulty…

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.

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To know more:

www.cana.org

THE WORLD OF CANA

CANA, SERVING THE COUPLE AND THE FAMILY

To start a family and to live harmoniously as a family are dreams we all have, but it's not so easy…

CANA is the place for those who seek to deepen their relationship as a couple, or who are wondering about a future relationship, or who seek to be accompanied in their mission as parents, or who are going through rough times (such as separation), or who are in a new relationship after a divorce.

Whether it's for a one-time rendez-vous, a week-end, a week, or a course lasting a whole year, everyone is invited to rediscover the beauty of marriage and taste the presence of God.

CANA today is present in nearly 50 countries.

SOME SUGGESTIONS

> **Inner healing retreat for couples**
Five days to review our personal and conjugal life-story.

> **CANA Samaria retreat**
For separated or divorced couples in a new relationship.

> **CANA Family**
A week with the family to make love grow between us.

SPECIMEN

CANA

for a
deeper,
stronger
love

SPECIMEN

Chemin Neuf
Community

www.cana.org