



## Teams

a Christian movement  
for married couples

Helping couples to deepen their  
faith and grow closer together

## Their Place In Our Lives & At The Team Meeting



Equipes Notre-Dame  
Teams

# The Endeavours

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## **Prayer Before Sharing**

Lord, Jesus, as we are about to share, we realise all the more that we are members of one another in You.

Help us in quiet thought to be conscious of your mysterious presence among us.

By calling us to the married state, O Lord, You have given us the true meaning of love, that is, to desire and obtain what is best for each other.

Grant that a similar love may unite all the couples in our team.

Grant that charity be neither blind nor artificial.

Help us to be lovingly and sincerely open to one another.

Help us to admit to our mistakes and ask forgiveness of the team whose life is affected by them, so that the pity of others may be aroused and their help enlisted.

Help us also to share our successes in a humble spirit, so that all may rejoice with us, and so that those who doubt may be strengthened, as may also those who suffer and encounter difficulties.

May we as we share, become more aware of our mutual responsibilities and act accordingly.

We ask this in the name of Jesus, Our Lord, Amen.

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- Do we need to continue to work on our Rule of Life at the moment? Is it time to re-evaluate? Are we struggling with it? Could the team help?
- As we reflect on the last retreat, what made the greatest impression on us? What were our feelings at the end of the retreat? Can we still recall the sense of joy and peace we experienced; the sense of being closer to God and each other? If not, is it time to arrange a team retreat?
- Has anyone anything they wish to share about a joy or a difficulty they experienced with the endeavours during the month.

It is not possible to share deeply on all the endeavours each month, however, it is possible to share in depth on one and fairly briefly on each of the others.

## In Conclusion

Through the endeavours we can grow as individuals and couples, we can develop our prayer life, our self knowledge and our ability to communicate. Through sharing at the team meeting we learn to respect others, affirm their worth and accept our differences. We can go some way to being 'Christ like' as we take these attitudes into our everyday lives.

# The Endeavours

## The Role Of The Endeavours

The endeavours are at the very core of Teams, helping us to develop our personal, married and team life.

Whether they are called endeavours, concrete points of effort or opportunities, they are there to use – not as a penance – not as something to master – but as stepping stones on our journey of faith.

They are not tasks to accomplish; we can't list, label and file away a series of actions that we have to do in order to belong to the Teams movement and to give ourselves a clear conscience.

They are a lifelong challenge that keep us moving forward! They help us to open our minds and hearts to new ideas; to listen, to appreciate, to love.

The endeavours call for an effort on the part of the individual and the couple; this effort is not one that is imposed on us, but one that we agree to willingly. However, they are quite demanding and alone we could very easily give up which is why we need to be encouraged in our efforts by others.

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## Sharing On The Endeavours

### The Spirit of Sharing

This sharing we talk about goes on continually throughout the meeting. It begins with sharing our news at the table; it continues as we share our love of God with each other during prayers; it takes on another aspect as we share on a deeper level during the 'pooling' where we don't look for help or advice, just a listening ear; and we find yet another facet as we share on the endeavours and actively welcome help and encouragement.

It's not always easy to admit to our struggles but how can we really come to know one another if we are not honest in our sharing? How can we discover the reassurance, support and inspiration that can come from others who are facing or have faced similar experiences? Sharing with our team, in whom we trust, can strengthen our resolve to persevere in our efforts to come closer to each other as a couple, a family, a team and to God.

### The Practice of Sharing

Each team will share differently on the endeavours simply because each team is unique and at different stages in their development. We could be tempted to say that the team who have been together for many years will share on a deeper level than the team who are relatively new, however, we have found this not to be true in all cases.

There are teams who, even after more than 25 years together, do not share on the endeavours; they simply go through a list saying "yes" they have done it or "no" they haven't. The endeavours may well have become part of the couples way of life after all these years but it is important to come to the meeting prepared to share the joys and growth that has come from them.

It must be remembered that sharing on the endeavours is not confession: some of our endeavours can be very personal and these should not be brought to the meeting in great detail, unless a couple want to share with the team in the knowledge that whatever is said will remain with the couples in the team through the Team's code of confidentiality.

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## How Do We Share On The Endeavours?

It is no accident that the sharing on the endeavours follows the time of prayer at the team meeting. During the prayers we have turned to God and invited Him into our lives and in the atmosphere of His love we are encouraged to be open and honest in our sharing.

We begin by saying the prayer in the back of this booklet which can be followed by a few moments of reflection as we consider each endeavour and how we responded to it during the month.

The R/C with the help of the chaplain, guide and develop the sharing which should be done with sensitivity, careful listening and understanding. There should be no hint of censure or criticism from anyone – each of us are at different stages on our life's journey and we all have a responsibility to inspire and support each other. There are several questions which can encourage the team in their sharing:-

- Has there been a phrase or passage while reading the Word of God this month that has been particularly meaningful? Was it because it helped in a particular situation or did it raise questions or give peace?
- Is there a particular publication that has helped to give thought and understanding of the Word of God?
- Was there any difficulty concerning our personal, couple or family prayer this month? Was it setting aside time or quieting our minds for personal prayer, or has our couple or family relationships discouraged us from praying together?
- Did we draw closer to one another through the sit-down? Were we able to appreciate each others point of view? Were we able to come to any decisions or make some progress in our lives?