

What else does Teams offer?

A Team decides how much more it may do besides the Team meeting. Often couples get together for social activities, especially those with young families. We also aim to make a retreat once a year. Each individual Team is also part of the wider movement and is encouraged to attend events organised at a local, national and even international level!

“We both work and are very busy but our monthly Team meeting is something we really look forward to. We make sure we don't miss it!”

When did Teams start?

The movement began in Paris in 1939. Its French name is Equipes Notre Dame. Our Lady is the patron of the movement and members are encouraged to pray the Magnificat. Today, Teams is an international movement, approved and encouraged by the Catholic Church. There are Teams in more than seventy countries throughout the world and more than 100,000 members.

How can we find out more?

If you would like to know more about the Teams movement please contact:

Further information can also be found at www.TeamsGB.org.uk

“Teams members are just ordinary people who laugh and enjoy a night out, have everyday family troubles and the usual rows.... but who also wish to develop an extra dimension to their lives.”



Equipes Notre Dame

Teams of Our Lady is a registered charity in England.
Reg. No. 1044902

TEAMS



Lifetime Enrichment for Married Couples



Equipes Notre Dame

What is the Teams movement?

Teams is a worldwide lay movement within the Catholic Church that aims to help couples grow in their love of Christ and each other. The Teams movement recognises that Christian marriage is a precious gift that we need to nurture.

“ In Teams we have found an atmosphere where we can develop our faith without feeling pressure from anyone. ”

What is a Team?

A Team consists of four to six marriage couples and a spiritual counsellor, often a priest. We meet together for one evening a month in each other's homes. Over time we become a strong, supportive group.

Why do couples join Teams?

Teams is for ordinary couples who are interested in enriching their marriage and nourishing their faith. We hope to deepen our relationship with God as individuals and as couples through the support of the small, Teams community.

“ We have a lot of fun in our Team and have made real friends. ”

What happens at a Team meeting?

The Team meeting is a regular time for getting together around a simple meal. Each member, as they wish, shares their highs and lows of the past month, their news and concerns. There is a time for prayer and reflection, and a discussion around a study topic. The whole meeting takes place in an atmosphere of openness, trust and confidentiality.

Can anyone join Teams?

Teams is for Christian married couples. The movement aims to support Catholic couples but it is not necessary for either spouse to be Catholic. Teams is for young and old alike, and for all couples no matter how long they have been married.

“ I didn't like the sound of it at first. I'm religious in my own way but I don't go to Mass with my wife. Teams has been something for both of us. ”

Is Teams just monthly meetings?

Not at all. Couples are encouraged to deepen their faith by devoting time to read the Word of God, spending time each day in quiet prayer and finding occasions to pray together as a couple. We are also encouraged to set aside some “couple time” each month to listen and be open to each other and the Holy Spirit.