

What else does Teams offer?

A Team decides how much more it may do besides the monthly meeting. We may get together for social activities. We also aim to make a retreat once a year.

Every Team is part of the wider movement which provides plenty of support and materials to help us. We are encouraged to take part in local, national and international events if we are able



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 international name is Equipes Notre Dame. Mary the Mother of God is the patron of our movement and members are encouraged to pray the Magnificat. Today, there are Teams in more than ninety countries throughout the world with over 150,000 members.

How can we find out more?

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

or email Hello@TeamsGB.org.uk and include saying where you live.

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 and Wales Reg. No. 1044902

TEAMS

A Community of Christian Married Couples



Lifetime Enrichment for Married Couples



Equipes Notre Dame

What is the Teams movement?

Teams is a worldwide lay movement that aims to help couples grow in their love of Christ and each other. We recognise that Christian marriage is a gift that we need to nurture.

Teams is based within the Catholic Church, but we welcome all couples who share our aims.

“ 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 mutual support around a simple meal. Each member, as they wish, shares their highs and lows of the past month, their news and concerns. We have a time of prayer and reflection, and sharing around a study topic. Our meeting takes place in an atmosphere of openness, trust and confidentiality.

Can anyone join Teams?

The Teams movement is for Christian married couples of all ages, no matter how long we have been together and wherever we are on our faith journey.

“ I didn't like the sound of it at first. I'm religious in my own way but I don't go to Church 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.