



Marriage is challenging, whether newlyweds, raising a family, or empty nesters, the call to grow closer together in love is ever present. Yet in today's busy society, with forces and stress that can undermine both marriage and faith, where can couples find the time to connect not only with one another but with Christ?

What is Teams of Our Lady?

Teams is a Catholic movement of "Married Spirituality" which brings together Christian couples united by the Sacrament of Marriage and who wish, together, to deepen the graces of their Sacrament.

Teams of Our Lady was founded by Fr. Henri Caffarel in France in 1947 and has spread to over 7,000 Teams worldwide. Teams came to the United States in 1958 and today over 650 Teams are formed. Teams of Our Lady is recognized as an official lay movement by the Holy See under the Pontifical Council for the Laity.

A Way to Grow

Couples have found a way to meet their needs and desires of growing closer in love and faith through Teams of our Lady. A team is a group of five to seven couples that meet once a month to share, pray, and discuss the blessings and challenges of living a Christian marriage and life. What couples find is support for one another and for their marriage.

Teams couples strive to live out Endeavors, which assist in their spiritual growth as a couple and as an individual. The Endeavors are slowly introduced over the course of many meetings and are easy to incorporate into daily life.

What are the Endeavors?

- 1) Regular reading of the word of God
- 2) A daily period of meditation
- 3) Daily conjugal & family prayer
- 4) A monthly sit-down
- 5) A rule of life
- 6) Yearly retreat

If you're interested in learning more about enriching your marriage through Teams of Our Lady, please contact: Chris and Paulina Campbell at campbell4life2017@gmail.com or 903-288-4634