



# COUPLES FOR CHRIST

Families in the Holy Spirit Renewing the Face of the Earth

March 2, 2009


Dear brothers and sisters in Christ,


Our Lenten journey this year has just begun and once again, our Lord reminds us what it means to be true disciples of Christ, that *“Whoever wishes to be my follower must deny his very self, take up his cross each day, and follow in my steps” (Luke 9:23)*. Traditionally, the Church wisely exhorts her members to actively participate in the 3-fold Lenten practice of prayer, fasting and almsgiving. It’s a way to form us more closely into the image of Christ himself and to enable us to give up certain aspects of our lives that are often obstacles to having a closer relationship with him. Thus, we humbly submit to our Lord’s attempt to prune us as individuals and as a community so that we can be more effectively used by him, for *“He prunes away every barren branch, but the fruitful ones he trims clean to increase their yield” (John 15:2)*.

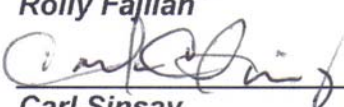
We in CFC express our solidarity with the entire Body of Christ, the Church, through these beautiful Lenten practices, firmly believing that we cannot separate our Faith from our good works especially our obligation to help the needy among us both spiritually and materially. As we move forward in Christ, we must also pray and fast especially for our CFC community that there will be unity of the body so that, as the Lord prayed to the Father *“...they may be one as we are one” (John 17:11)*.


As we prepare ourselves during the Lenten season and look forward to the celebration of the Paschal mystery of our salvation, we also thank the Lord for his gift of CFC and the two-fold mission He has given us to build *the Church of the Home* through our family evangelization efforts and *the Church of the Poor* especially in our work with the poorest of the poor through *Gawad Kalinga*.


*In Christ,*  
**CFC U.S.A. National Council:**

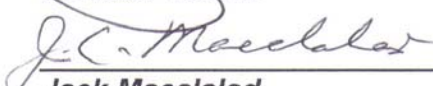
  
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**Rod Bustos**


  
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**Carl Sinsay**

  
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**Joe Duran, National Director**

  
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**Norman Canete**

  
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**Jack Macalalad**

  
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**Eric Villanueva**