

**COUPLES FOR CHRIST  
FOUNDATION FOR FAMILY AND LIFE  
Formation Courses in CFC-FFL**

The Christian life is intended to be a continuing process of spiritual growth. God's call is to holiness and perfection. And in CFC-FFL, we provide an environment where one can be fully supported in living out God's call. As such, CFC-FFL provides continuing formation to members, including many teaching courses.

Following is the pattern of formation in CFC-FFL.

The first year

The first year program of formation in CFC-FFL consists of the following components:

1. Christian Life Seminar (CLS)	9 sessions	2 months
2. Covenant Recollection (CR)	8 talks (4 sessions)	4 months
3. Marriage Enrichment Retreat (MER)	7 talks	1 weekend
4. Evangelization Training (ET)	2 talks	1 half-day

The above is the first-year track. The members of a household formed after the CLS would normally remain together and go through this track. The courses are spaced as follows: 2 months of CLS, then 3 months of follow-up in the household; then CR sessions and household follow-ups over 4 months; then MER and 3 months household follow-up; and finally ET. The whole track, from start of the CLS to end of ET, comprises 12 months, the first year.

Beyond the first year

After the first year, various other courses are offered, as follows:

1. Spiritual Gifts (SpG)	4 talks
2. Foundations for Christian Living (FCL)	12 talks
3. Christian Personal Relationships (CPR)	6 talks
4. Living as a People of God (LPG)	6 talks
5. The Christian and Emotions (CE)	6 talks
6. Fruit of the Holy Spirit (FHS)	6 talks
7. Marriage Enrichment Retreat II (MER 2)	6 talks

SpG is a required course for all members. FCL, CPR and LPG are optional courses for members, but are required for all leaders. The other 3 courses above (CE, FHS, MER 2) are required for unit leaders and up.

MER 2 is a stay-in retreat, while the other courses are normally stay-out. Each of these other courses can be offered in a variety of ways: once a month teaching, once a week teaching, 2 or 3 talks per session over successive days or weeks, or even as a weekend course, whether stay-in or not.

The above courses are given by the different chapters or districts. They may normally offer the different courses once throughout the year. Those taking the courses may think in terms of taking various courses during the year, or stagger their taking of these courses through the years.

Attendance at these courses is not in lieu of attendance at household meetings or prayer assemblies, since after the first year people would no longer necessarily be on the same track of formation, because after the first year they may be freely mixed together in households (i.e., a two-year old member together with a five-year old). Thus the members of the same household may be taking different courses, or not taking them at all since they are optional for some or may already have been taken by some.

### Leaders formation

All members who assume pastoral leadership (i.e., handle people in a household) are given corresponding training. Aside from the CLS Training that is given to the CLS Team prior to the start of a CLS, we have the following:

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|-------------------------------------|----------|
| 1. Household Leaders Training (HLT) | 16 talks |
| 2. Unit Leaders Training (HLT)      | 12 talks |
| 3. Chapter Leaders Training (CLT)   | 9 talks  |

The HLT is given by the different chapters or clusters. An orientation, consisting of the first 4 talks, is given in one session, prior to the household leaders assuming their position. The rest of the HLT (next 12 talks) is normally given in 12 separate monthly sessions. A particular household leader-couple may enter this track at anytime during the year. Thus the whole HLT is completed in one year.

The ULT is also given by the different chapters or clusters. The ULT is normally given in 12 separate monthly sessions, thus completing the whole training course in one year. A particular unit leader-couple may enter the ULT track at anytime during the year.

The CLT is handled by the overall leadership in a particular area or district. The first session is conducted prior to the chapter leaders assuming their responsibility. The next 8 sessions are normally conducted once a month over the next 8 months.

Attendance at HLT, ULT and CLT is a must. Those absent for acceptable reasons must listen to the talk tapes. Continued absences at these sessions, whether for acceptable reasons or not, constitute grounds for removal as leaders.

Summary of formation courses

<b>Course</b>	<b>Members</b>	<b>Household Leaders</b>	<b>Unit Leaders</b>	<b>Chapter Leaders</b>
Christian Life Seminar (CLS)	R	R	R	R
Covenant Recollection (CR)	R	R	R	R
Marriage Enrichment Retreat (MER)	R	R	R	R
Evangelization Training (ET)	R	R	R	R
Spiritual Gifts (SpG)	R	R	R	R
Foundations for Christian Living (FCL)	O	R	R	R
Christian Personal Relationships (CPR)	O	R	R	R
Living as a People of God (LPG)	O	R	R	R
The Christian and Emotions (CE)	O	O	R	R
Fruit of the Holy Spirit (FHS)	O	O	R	R
Marriage Enrichment Retreat II (MER 2)	O	O	R	R
Household Leaders Training (HLT)		R	R	R
Unit Leaders Training (ULT)			R	R
Chapter Leaders Training (CLT)				R

O = Optional  
R = Required

(SG. Dec 22, 2010)