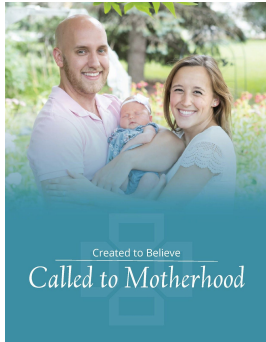


CANA FAMILY INSTITUTE

Strong Catholic Marriages & Families

The Cana Experience



Year 1 Created to Believe: Called to Motherhood

- Discover the depth of who you are as a woman and a mother.
- See how your femininity is a gift to your family and the world.
- Grow in your relationship with Mary, your Blessed Mother, receiving her guidance as you mother your own children.
- Based on Letter to Women, *Redemptoris Mater* (Mother of the Redeemer) and *Mulieris Dignitatem* (The Dignity and Vocation of Women), all by St. John Paul II.



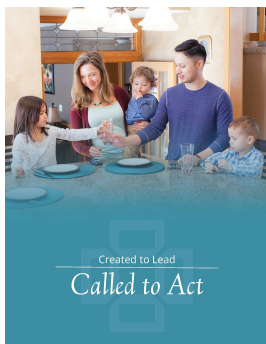
Year 2 Created to Love: Called to Marriage

- Discover the depth and gift of marriage.
- Experience an enriched appreciation for your husband.
- Learn to draw on the grace you received in the sacrament of marriage.
- Learn how your marriage is a gift for you, your spouse, your children and the world.
- Based on the *Familiaris Consortio* (On the Role of the Christian Family in the Modern World) by St. John Paul II.



Year 3 Created to Know: Called to Prayer

- Develop a consistent prayer life with the help of the other moms in your group.
- Go deeper in your relationship with God as you participate in prayer experiences on your own and with your group.
- Learn how to encourage each child's relationship with God at their development level.
- Use practical tips in your home to create an atmosphere of peace, honesty and virtue.
- Based on Part Four: Christian Prayer of the *Catechism of the Catholic Church*.



Year 4 Created to Lead: Called to Act

- Learn more about the important role of the family in evangelization.
- Become even more convinced that your family is called to make a difference in your parish, workplace, community and beyond.
- Participate in spiritual and ministry activities to further strengthen you and your family's confidence in the contribution you are called to make.
- Based on *Christifideles Laici* (The Lay Members of Christ's Faithful People) by St. John Paul II.