

Shown below is a testimonial about Teams of Our Lady written by Kevin Bazazzadeh after attending an ACTS Men's Retreat

Kevin and his wife, Savannah, are in the Houston Sector, Houston TX 06 Team

Good Afternoon Brothers,

I enjoyed seeing all of you Saturday who could attend the ACTS reunion, and I pray for everyone who was unable to attend is well. This email will reiterate some of the points I made Saturday about Teams of Our Lady, or TEAMS.

"Teams of Our Lady is an international lay movement in the Catholic Church, designed to enrich marriage spirituality and make good marriages better." That quote is taken directly from the Teams website, and I couldn't have summed it up better. Savannah (my wife) and I joined Teams back in 2012, and I can honestly say it was one of the best decisions we have made as a married couple.



Here's basically how Teams of Our Lady works: You join a team of 5-7 married couples and meet once a month for a structured meeting. You will share a meal together, pray, read a piece of scripture, then you will have a small reading assignment each month over a book about marriage and God. Based on the reading, you will answer a question or two that you will discuss with your spouse. This gives you the tools and setting to have discussions that may have never come up, and helps to improve communication with your spouse.

To give you an example of how it has impacted my marriage specifically - before joining Teams, my wife and I would always say our prayers separately, or in silence (if we even prayed that day). What we do now is something called conjugal prayer – every night, my wife and I will hold hands and say our prayers out loud. I must say, it is very powerful to hear your spouse praying for you. Additionally, since the ACTS retreat, in wanting to have even more prayer, we have started getting up early before work every day to do the daily readings and pray together. If not for Teams of Our Lady, we wouldn't be at a point where we could do that.

The other thing that is wonderful about the program, is the relationships that you will build with the other married couples. Before joining Teams, we really didn't know any of the other married couples that would end up on our team. To show you how far we have come, two

of those married couples – Greg and Lisa Getty and John and Jamie Hay, are our children's Godparents. We love all of them dearly, and if not for Teams, we most likely wouldn't have them in our lives.

Many other ministries are great for working on our individual faith journey, but a lot of times we aren't working to grow spiritually in our marriage - this movement provides that. Also, please do not think that you too young, or that you are too old for Teams. When Savannah and I joined Teams, Savannah was 27 and I was 28. One of the couples on our team is in their 80's and has been married over 60 years! You are never too old or too young to work on your marriage, especially when you are focusing on God.

If you are interested in getting more information on Teams, please email me and I will get your info to the person who is setting up the next informational session. Emailing me in no way obligates you to join Teams. The informational meetings are designed to give you a better understanding of what joining Teams will be like before you make any commitments. Additionally, it typically takes a couple of months to get a new team started. Much like ACTS, there is a lot of organization and leg work (not on your end though) that must be done for a new team to get started. Keep in mind, if you are interested in joining, a new team likely wouldn't be ready to get started until February of next year at the earliest (so don't worry if you are busy for the next couple of months).

I hope that each of you who are married, now or in the future, will prayerfully consider joining Teams of Our Lady. May God bless each of you.

YBIC,
Kevin Bazazzadeh