



The programme

What is Tandem?

- The Tandem is a project for **young couples**, both married and not married, initiated by **Teams of Our Lady** in France in 1995.
- It offers a journey of Faith and Love
- It is an answer to Pope Francis' Amoris Laetitia invitation:
“.. we are called to accompany young couples in their journey of faith.. .. encourage them to take time for dialogue ... and to meet regularly to speak about their faith”
- Who can join? This Christian course open to young couples, Christian or non-Christian



The Ingredients of Tandem

- The programme is developed within a “team” of:
 - 3/4 young couples
 - a Spiritual counsellor
 - an accompanying couple (15+ years married)
- Each team meets every month for about 1.5 hours.
- One theme per meeting from a booklet presenting 14 current and concrete themes dealing with the couple's daily life
- Material is offered to guide reflections on the theme during the month
- The pace is flexible, progressive and decided by the team
- Not a counselling group but a faith sharing group



The structure of the meeting /1

- Every meeting has a theme
- Some preparatory work is done by each couple together during the month. Reflections on the theme are guided by questions, bible reading and material suggested by the leading couple

Before the meeting starts

- **1st step:** each partner reflects alone on the theme of the month
- **2nd step:** each couple discusses this topic at home.



The structure of the meeting /2

At the meeting:

- We start with the **sharing**, where each couple share highlights of their life during the month
- Then the **theme discussion, where couples share about** the theme of the month and their reflections at home in total freedom.
- **Bible reflection and prayer:** a bible passage is read, followed by a moment of prayer.
- Presentation on following month theme

Preview on the themes

- LISTENING
- HOBBIES
- TIME TO LIVE
- RELIGION AND ME
- THE IN-LAWS
- GOD IN MY LIFE
- SUFFERING AND EVIL
- WELCOMING AND HOSPITALITY
- OUR WORK AND US - MONEY, MASTER OR SERVANT?
- LOVE AND TENDERNESS – PLEASURE OF GIVING AND RECEIVING
- FORGIVENESS WITHIN A COUPLE
- CONFLICT RESOLUTION
- SCREEN TIME
- THE TAKE OFF

The seven Rules of Tandem

1. Trust
2. Preparation
3. Participation
4. Respect of each member's rhythm and personality!
5. Freedom
6. Listening
7. Openness to the Christian approach of the content

Two golden rules to a
Happy Marriage:

1. The wife is
always right.

2, When you
feel she is wrong

read rule number 1 again.



Why Tandem?

- It proposes an approach, inspired by the Christian faith, to build a lasting relationship
- Discover or reconnect with a life of faith. Adult faith needs formation, work and passion!
- **Grow** together with couples **sharing** the same journey in a confidential, open-minded and safe environment. Discover the riches of couple dialogue and also of team sharing
- Be part of a welcoming and amazing Christian movement.



It is time to pedal together!



If you are interested, contact us:
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Q&A