

# The Faithful House Couple Handbook

*Couples Affirming Life and Love*



**CATHOLIC RELIEF SERVICES**

**CRS Ethiopia • Maternal Life International • Maternal Life Uganda**



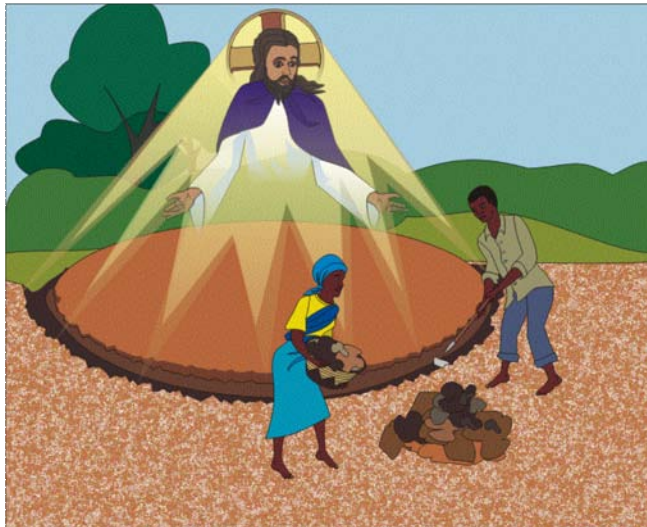
*The Faithful House CALL* Couple Handbook is a picture based summary of *The Faithful House* couple training and formation. By reviewing the pictures and the accompanying text, a couple can be refreshed as to what they learned and experienced in their training. If a couple is having troubles in their marriage, they may “sort through” the house and see where the problem lies. A couple can also use the handbook to share *the Faithful House* message with others.

We hope that you will visit the handbook frequently and continue to build a Faithful House in your marriage and family!



**For further information, please contact:**

**Catholic Relief Services  
228 W. Lexington Street  
Baltimore, Maryland USA  
21201-3413  
E-mail: [info@crs.org](mailto:info@crs.org)**



**1. A FOUNDATION IN GOD:** Unless the Lord builds the house the builder toils in vain.



**2. THE FIRST PILLAR, TRUE LOVE:** To love with the self-giving love of Jesus.



**3. THE SECOND PILLAR, FAITHFULNESS:** To be faithful to your spouse and to give your body only to your spouse.



**4. THE THIRD PILLAR, RESPECT:** To see your spouse as beloved and always treat your spouse with respect and dignity.

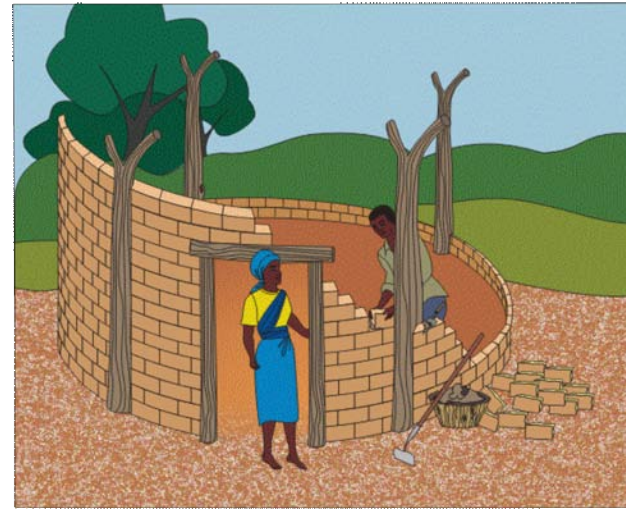




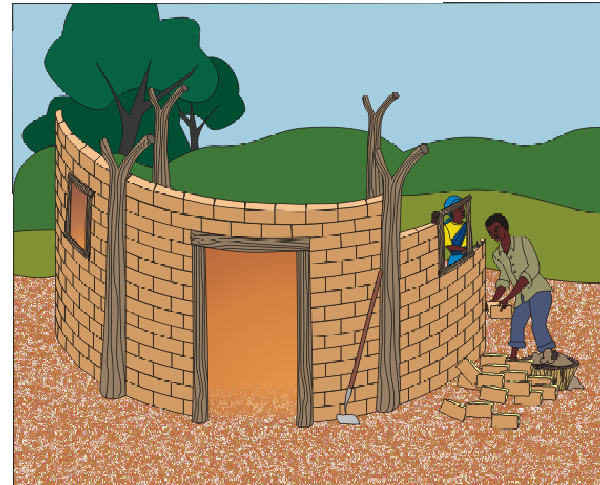
**5. THE FOURTH PILLAR, COMMUNICATION:**  
To give and receive, to share willingly, to listen with love, to not have secrets.



**6. OUR VALUES:** A. God B. Spouse  
C. Children D. Job E. Other



**7. THE DOOR:** “Submit yourself to each other in the spirit of Christ Jesus.” How are we responsible and accountable to one other?



**8. WINDOWS OF LIGHT AND FORGIVENESS:**  
In marriage we all fail at times; be willing to open the windows of light and forgiveness.



**9. THE ROOF:** Consciousness is our deep loving awareness of God and others and our capacity to know, to act and to love.



**10. POSITIVE LIVING:** A “CALL” to acceptance, adherence and moving beyond stigma and discrimination.



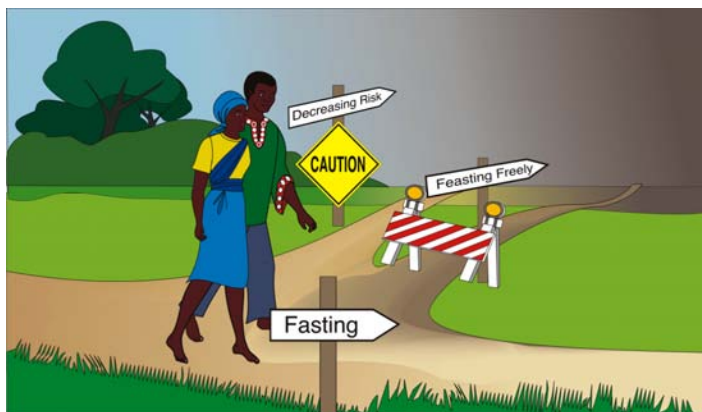
**11. THE MARRIAGE BED:** Let us be with each other in deep loving awareness.



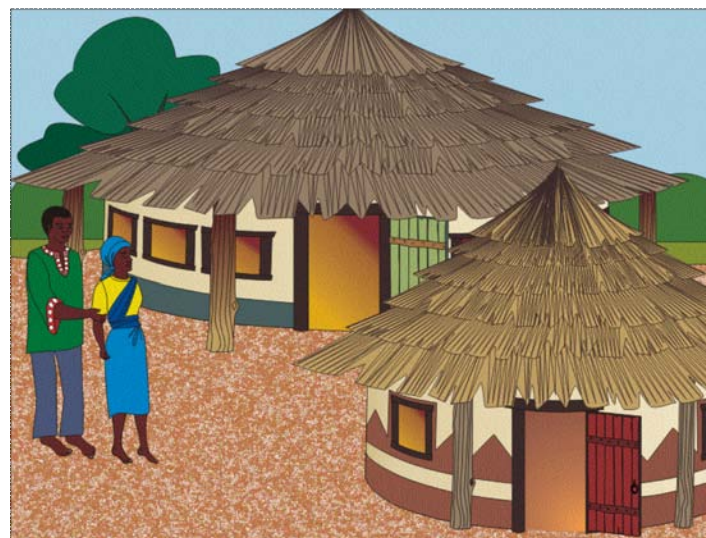
**12. THE MARRIAGE BANQUET:** Invitation, preparation, feasting and gratitude.



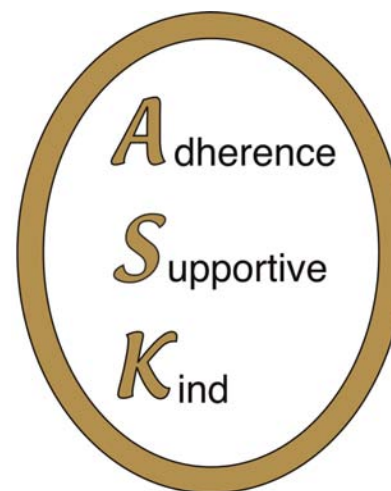
13. THE OPTION OF FASTING.



14. THE ROADS AHEAD: Consult your spiritual guide and health care team.



15. ROOM FOR CHILDREN: Care for the children you have, fast or ASK?



16. A.S.K.: 100 percent Adherence, both spouses Supportive, is the decision Kind?

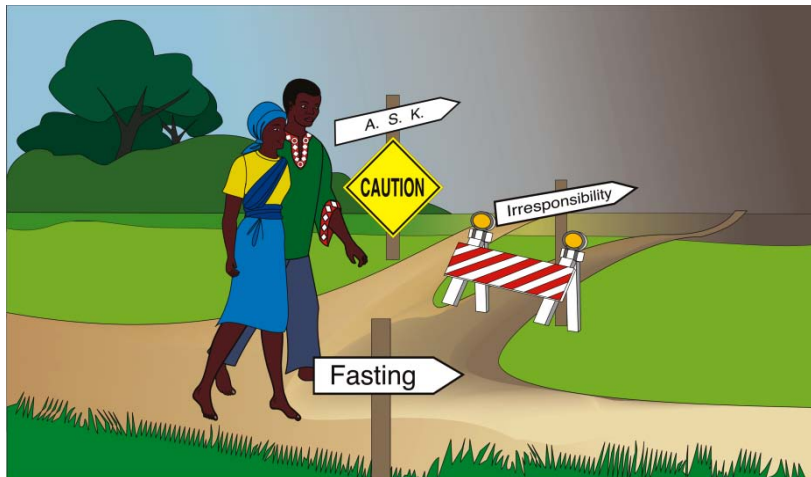




**17. BREASTFEEDING:** Exclusive, be faithful, be adherent.



**19. POSITIVE PARENTING:** Attitude, be present, communicate, development, expectations, forgiveness, God.



**18. THE ROADS AHEAD:** Fast or ASK?



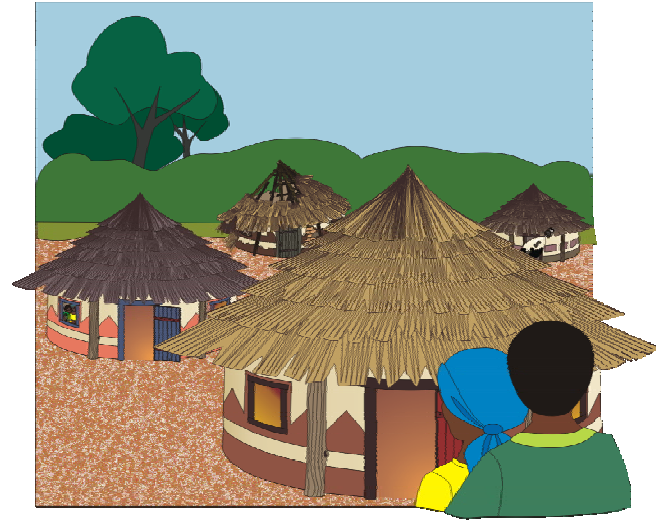
**20. THE NO TOUCH RULE.**



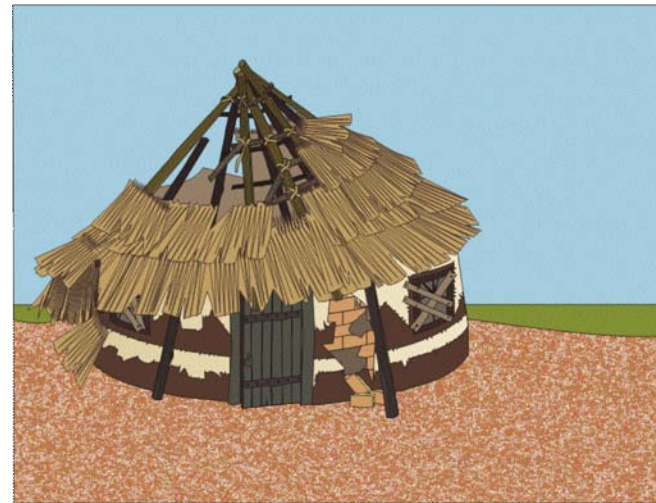
**21. ALWAYS BE CHASTE.**



**22. ALWAYS FAITHFUL: Love unto death.**



**23. CULTURE AND THE HOUSES AROUND US.**



**24. BROKEN HOUSES: Poverty, alcoholism, domestic abuse/violence.**





**25. ECONOMIC EMPOWERMENT.**



**27. A CLOSER LOOK AT OUR VALUES.**



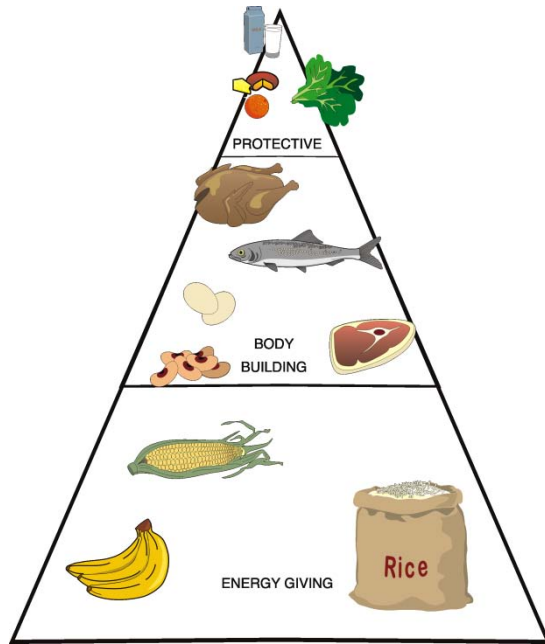
**26. GOD'S HOUSE OF MERCY.**



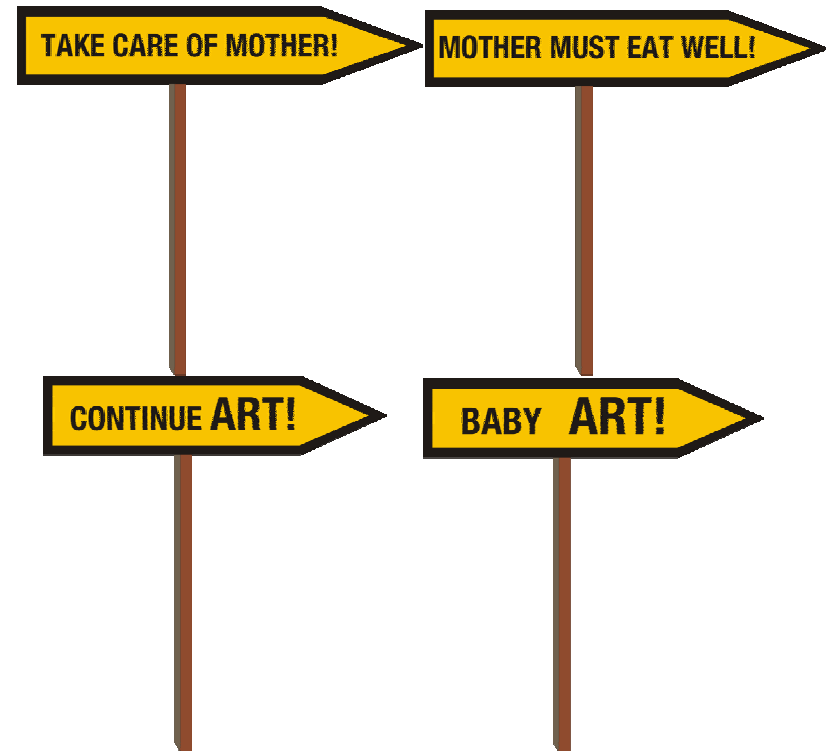
**28. VITAL: Preparing for pregnancy.**



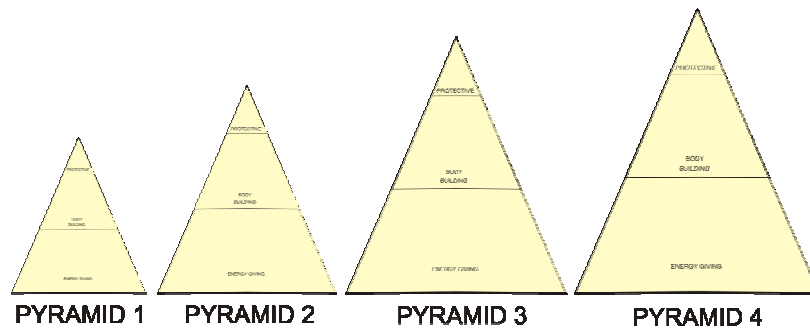
## 29. PREVENTION OF MOTHER TO CHILD TRANSMISSION (PMTCT) GUIDELINES.



**30. HEALTHY FOOD PYRAMID.**



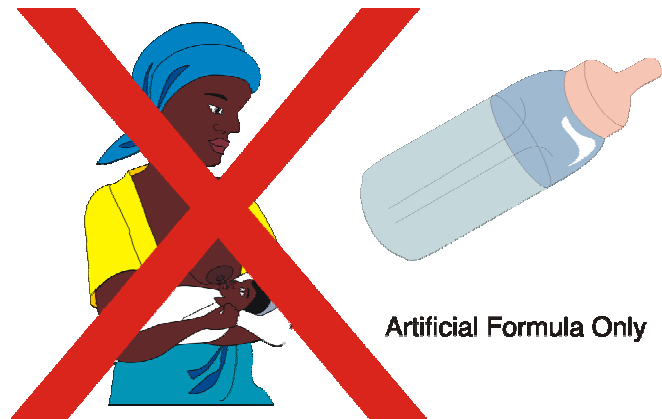
**32. POST- DELIVERY CARE of Mother and INFANT.**



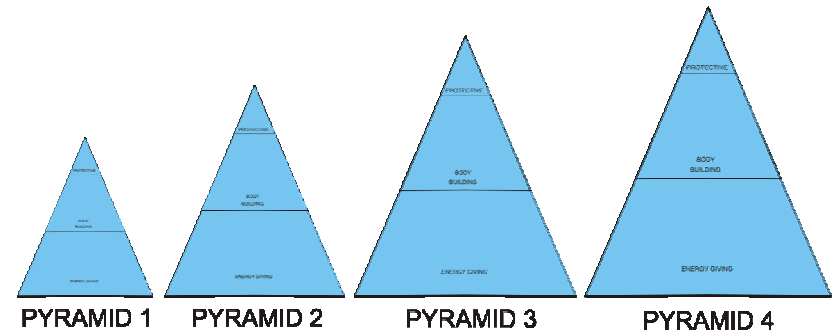
**31. INCREASE CALORIES WITH PREGNANCY, HIV AND ANY ILLNESS.**



**33. EXCLUSIVE BREASTFEEDING.**



**34. EXCLUSIVE ARTIFICIAL FORMULA.**



**35. INCREASE CALORIES WITH BREASTFEEDING, HIV or ILLNESS.**



**36. A RETURN TO THE FAITHFUL HOUSE.**