

Deep Dive Into Team Signals

Headline: FATHERS Team recites team signals at the start of every meeting to help ground us in our purpose and pursuit of being a better Father, Husband, and most importantly Catholic man. It can become a routine to state these signals and this week we dive a little deeper into the significance of their message. They reinforce the FATHERS Team's mission of spiritual growth, accountability, and living out Catholic family values.

Objective: We recite the Team Signals at the beginning of every meeting. Do we recite these words like rote prayer, or do we really think about and internalize what they mean, and what they are saying to us that day? It is time to pause and reflect on these words, and how they really can change our lives and help us step it up.

These signals aren't just nice phrases—they serve as:

- **Spiritual anchors**, reminding members of their commitments
- **Community glue**, reinforcing shared identity
- **Moral compasses**, guiding decision-making in daily family and faith life

Song Suggestion: Gather Us In (Red 743)

Bible and Catechism Readings:

"On my honor, I will do my best to present myself to **God** as one approved, a workman who has no need to be ashamed, rightly handling the word of truth." (**2 Tm 2:15**)

"I will love my **Wife**, as Christ loved the church and gave Himself up for her." (**Eph 5:25**)

"I will not provoke my **Children** to anger, but will bring them up in the discipline and discipleship of the Lord Jesus Christ." (**Eph 6:4**)

"I will receive the Word of God in my **Heart** daily, and will teach it diligently to my children, and shall talk of it when I sit in my house, when I walk by the way, when, I lie down, and when I rise." (**Dt 6:6-7**)

"As for me and my **Household**, we will serve the Lord." (**Josh 24:15**)

"As for me and my **fellow Fathers**, we will consider how to stir up one another to love and good works, not neglecting to meet together, but encouraging one another, and all the more as we see the day drawing near." (**Heb 10:24-25**)

"I can do all these things through **Jesus Christ** who strengthens me." (**Phil 4:13**)

Catechism 1878 - 1880

1878 All men are called to the same end: God himself. There is a certain resemblance between the unity of the divine persons and the fraternity that men are to establish among themselves in truth and love. Love of neighbor is inseparable from love for God.

1879 The human person needs to live in society. Society is not for him an extraneous addition but a requirement of his nature. Through the exchange with others, mutual service and dialogue with his brethren, man develops his potential; he thus responds to his vocation.

1880 A society is a group of persons bound together organically by a principle of unity that goes beyond each one of them. As an assembly that is at once visible and spiritual, a society endures through time: it gathers up the past and prepares for the future. By means of society, each man is established as an "heir" and receives certain "talents" that enrich his identity and whose fruits he must develop.

Saint:

Saint Joseph

- Patron of fathers, families, and the universal Church.
- A model of quiet strength, obedience, and protective love for his family.

Saint Thomas More

- Patron of husbands and fathers who stand for truth.
- Remained faithful to God over political pressure, modeling integrity.

Vignette: –

The house was quiet, except for the hum of the dishwasher and the soft patter of rain outside. Ben stood in the doorway of the basement, the lightbulb dangling on a chain above. It was out again. He sighed. The list of things to fix was long. But the silence in his home was longer—his teenage son hadn't spoken more than a sentence to him in days, and his wife had slept on the far edge of the bed three nights in a row.

Ben rubbed his face and grabbed a flashlight. *"I can do all things through Christ who strengthens me,"* he whispered—not with fire, but like a man clinging to a rope.

Flashback: Two Weeks Earlier at a FATHERS Team Meeting

He sat with six other men in a church basement. One of them had just read the Team Signals.

"I will love my wife, as Christ loved the Church... I will present myself to God... As for me and my fellow Fathers, we will consider how to stir up one another to love and good works..."

They spoke about showing up at home—not with perfect answers but with open hearts.

One dad admitted, *"I haven't prayed with my kids in months because I'm afraid."*

Another said, *"I used to think leadership meant control, but how can I lead when I feel so out of control."*

Ben didn't talk much, but he remembered every word.

Back to the Basement

He unscrewed the old bulb and reached into the toolbox, but it wasn't there. He cursed under his breath. Then he stopped.

"On my honor, I will do my best to present myself to God as one approved, a workman who has no need to be ashamed, rightly handling the word of truth."

He sat down. Not because he was tired, but because he was overwhelmed. He pulled out his phone, opened the group chat with the FATHERS Team, and typed:

"Guys, I snapped at my wife today. Again. Pray for me."

The first reply came in 30 seconds.

Then another.

Then one of them texted:

"God's not done with you. Start small. Ask for forgiveness. Lead with that."

Ben stared at the screen for a long minute.

Then he walked upstairs.

Upstairs

His wife was folding towels. His son was on the couch scrolling his phone. Ben cleared his throat.

"I need to say something," he said. *"I've been distant and angry. I haven't been loving you the way Christ calls me to love. And I'm sorry."*

Silence.

Then:

"Okay," his wife said, slowly. *"Thank you."*

His son looked up. “Dad... you good?”
“No,” Ben said. “But I’m getting there.”

Later That Night

The basement light still wasn’t fixed. But a different light had turned on in the house.
And the next day, Ben said the Team Signals in the car on the way to work.
Alone—but not really.

Reflection

This story shows how the Team Signals are not just words recited at a meeting—but anchors for real-life spiritual growth:

- **“Present myself to God”** – Ben was honest in prayer and vulnerable with his team.
- **“Love my wife as Christ loved the Church”** – He apologized and led with humility.
- **“As for me and my fellow Fathers, we will consider how to stir up one another to love and good works”** – He accepted support from other fathers.
- **“I can do all things through Christ...”** – He admitted weakness and leaned on grace.

Questions for Large and Small Group Discussion:

1. How do you live the key elements of the Team Signals (Children, Wife, God, Church, Community, Jesus) each day?
2. What “signal” is speaking most to you today?
3. What barriers do you have in living the signals?
4. The catechism readings reference “society”. How do you make the “society” that is Father’s Team part of your life?
5. What do the signals say about Humility? Fortitude? Courage?

Resources:

[Team Signals | https://www.fathersteam.org/team-signals/](https://www.fathersteam.org/team-signals/) **FATHERS Team**

Step it up!:

The team signals truly describe the principles by which the FATHERS Team seeks to operate. This includes as a group and for each individual member.

1. I will share my FATHERS Team experience with another guy who is not currently a member.
2. I will vow to consciously focus on 1 of the signals in a big way during this coming week.
 - Set a consistent time for daily prayer (5–10 minutes).
 - Read one Gospel passage this week and reflect on how it speaks to your life.
 - Visit a church alone, even briefly, to be present with God.
 - Speak a word of encouragement to your wife each day.
 - Do one chore without being asked that she dislikes.
 - Initiate prayer with her at least once this week.
 - Spend 30 minutes of uninterrupted time with your kids.
 - Bless your children each night and say, “I’m proud of you. I love you.”
 - Leave a note of love or Scripture in their backpack, lunch, or room.
 - Check in with another teammate midweek and ask how they’re doing.
 - Confess a shortcoming to God, your spouse, a teammate, or your children.
 - Ask someone you trust: “How can I be a better husband/father?”
 - Face one difficult conversation or task relying on Christ’s strength.
 - Volunteer to lead prayer or share at your next team meeting.

Author: Chad Schenker (updated from Steve Frazer)