

Keys to Loving Relationships



This is a marriage enrichment instrument for healthy, loving and growing couples who wish to take some time for themselves and their relationship. It will affirm the strengths in your marriage and help to identify any areas that need attention.

Background

Marriage Preparation is an ongoing process in the Catholic Church. If you were married in the last 10 years you no doubt went through a Marriage Preparation Program in the Church where your wedding took place. This Program helped in preparing you for your life together as husband and wife.

As good as these programs are, they are not the determining factor in whether or not a marriage will work. That is the decision of the married couple.

The Catholic Church attempts to do all that it can to make every marriage successful by preparing each couple for the future. But even with the best preparation, some marriages run into difficulty.

Sometimes married couples need help in understanding how to handle crisis, conflicts, difficulties, problems and challenges. They love each other very much and want to be happy together, but something is just not right. They need assistance in handling tension and challenges in their lives.

Why This Program

Change in our lives is something we all go through. Healthy marriages are those that have been strengthened by change over a lifetime. In a growing relationship a couple experiences many different marriages to each other. The marriage you began on your wedding day, was the start for building new levels of your relationship. Your marriage changes as you as a couple change.

We all deal with change differently. Sometimes change is welcomed, and other times it is frightening. Some feel lost and abandoned, others seek to close off all change. Couples who successfully negotiate the changes in their relationship are able to openly deal with whatever faces them.

We all go through change whether it be a new job, having children, a move, financial concerns, changing social situations or cultural pressures. Marriage and the family is not just a "State" it is a process. A process is a never-ending opportunity to love once again, to forgive once again and to commit to the relationship again...again..and again.

Who Should Attend

This Program is for every married couple who has both strengths and weaknesses in their marriage. The strengths motivate them to seek out and use a marriage enrichment process. This Program is used to affirm and promote growth in a marriage and to give direction and help to married couples who are struggling in their relationship.

Most couples approach a Marriage Enrichment Program with the attitude, "It's OK, for those who need it, but we don't have any real problems."

This Program is not to be used as a 'fixed measure', it is intended to give the couple an idea of what needs to be discussed and what calls for affirmation.

Fulfilling marriages don't just happen, they come when men and women gain the knowledge and skills to develop genuine intimacy.

This Program will help married couples discover important differences between men and women; four crucial things that every marriage needs to be truly intimate: how to use a powerful communication tool for deeper understanding, encouragement and correction: specific ways to overcome anger and hurt feelings. . . and much more.

Cost

There is no monetary cost to attend this Program. The only cost is the time each couple has to commit to help enrich their marriage.

Sessions

There is no set schedule for when the sessions are held. Each couple is given the option to choose the day that would be best for them, keeping in mind that the sessions are held five consecutive weeks on the same day that they choose. There will be a maximum of five couples per session.

Please fill out the registration form, making sure that you have chosen the day that would be best for you and return it to the address on the form.

Thank you!

Days and Time Program is Offered

- Sunday 9:30 - 10:45 a.m.
(During Faith Formation Sessions)
- Monday 7:00 - 9:30 p.m.
(five Mondays in a row)
- Tuesday 7:00 - 9:30 p.m.
(five Tuesdays in a row)
- Wednesday 7:00 - 9:30 p.m.
(five Wednesdays in a row)
- Thursday 7:00 - 9:30 p.m.
(five Thursdays in a row)

Name _____

Address _____

City _____

Phone # _____

State _____

Zip Code _____

Wedding Date _____

Please return to:

Catholic Community of St. Augustine
Family Life Ministry
P.O. Box 447
Jeffersonville, IN 47131-0447
812-282-1669

Time we would prefer to attend:

Sunday Morning _____

Monday evening _____

Wednesday evening _____

Tuesday evening _____

Thursday evening _____