

How is your parish ministering to Marriage?



“The future of humanity passes by way of the family.”

– St. John Paul II

Internet Resources for Marriage from the Catholic Church: Visit

www.foryourmarriage.org Guidance for couples on marriage, weddings, family living, daily marriage tips, “Marriage Rx” on specific challenges couples face, choosing a counselor, married spirituality. **Also in Spanish:** www.PorTuMatrimonio.org

Marriage Enrichment for Couples:

The parish can give couples the nudge they need to get together for a rewarding and enjoyable evening in the company of the one they love best – at little or no cost to the parish! No facilitator required!

- **Christian Family Movement**, www.cfm.org Couples meet in homes to pray together, build friendships, and plan actions to do as couples and with their children – to improve family life and be missionary disciples.
- **Six Date for Catholic Couples**, <http://www.happy-together.net/six-dates-for-catholic-couples/> Help married people maximize their vocation, learn new communication skills, and share their joys with each other and with their peers.
- **Great Dates** Use *10 Great Dates* by Claudia and Jim Arp, a right-out-of-box marriage enrichment program available from www.marriagealive.com. Spanish, Black Couples’ and Second Half of Marriage Couples’ versions are also available.

Pastoral Care:

Retrouvaille (“look again”) for troubled marriages, www.retrouvaille.org Weekend experience with small group follow-up. Email: 3015@retrouvaille.org; Registration Phone: 443-400-7017 •Weekends in DC Area: 1/29/2016, 5/20/2016, 9/2/2016.

The Third Option: Catholic Online or DVD 14-Session Cycle covers a comprehensive set of tools that couples can use in the privacy of their home to develop better understanding, sensitivity and trust while learning more effective speaking and listening skills.

<http://thethirdoption.com>. Also available as a group resource.

Divorced and Separated Support groups – Local

- St. Michael Church, Mt. Airy - Catholic's Divorce Survival Guide 12-week DVD Session/Discussion & Support Group meets Tuesdays. Addresses shock, denial, fear, anger, depression, loneliness, financial issues, custody and visitation, annulment, dating again, marriage, sex, chastity, and singleness. Contact Irene, StMHealingHearts@gmail.com.

- REBUILDING - A 13-week program at St. Bernadette Parish, Severn, MD 21144. Participants can join at any time since each session is standalone. There is a one-time fee of \$15 for materials. For additional information call Susan Yost at 410-969-2782 or email rebuildingsevern@gmail.com.

Help for Sexual Addictions and Pornography:

RECLAIM is a Catholic online program to help individuals struggling with pornography use, masturbation, and other unwanted sexual behaviors to integrate faith and recovery. Resources for clergy. <http://reclaimsexualhealth.com>

Family Violence:

- Include information about domestic violence and local resources in parish bulletins, newsletters and websites. <http://www.usccb.org/issues-and-action/marriage-and-family/marriage/domestic-violence/>
- Place copies of brochures and/or other information, including local telephone numbers for assistance about domestic violence, in the restroom(s) – Download at www.catholicsforfamilypeace.com
- Keep an updated list of resources for abused women and men. This can be a project for the parish pastoral council, social justice committee, or a women's group. Start at www.mnadv.org. Direct people to call the National Domestic Violence Hotline: 800-799-SAFE.
- Suggestions for preaching and teaching about family violence: <http://www.usccb.org/about/laity-marriage-family-life-and-youth/womens-issues/preachint-tips.cfm> for guidance in approaching problematic texts in Scripture.
- Some people do not realize they are being abused, or they lie to protect their spouses. Be careful not to say anything that will bolster her (or his) belief that it is her fault and that she must change her behavior. If you discern immediate danger, help her to call the police, if she is willing. Schedule a full awareness training for your parish staff.

<p>For more ideas being a Marriage-Building Parish, contact Dr. Lauri Przybysz www.FamilyMinistryResources.com 410-544-6238 drsprzy@verizon.net</p>
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Support Marriage -- Be a *Marriage Building* Parish!

Healthy marriages are good for children, families, and society as a whole, but marriage as an institution is struggling. At stake is more than the happiness of any particular couple. Let couples know they are not alone!

52 Ways to Support Marriage in Your Parish:

<http://www.marriageministrymadeeasy.com/hints.html>

Marriage Makes a Difference evangelization group study program, for evangelization teams, adult faith formation groups and couples. Ten topics offer ways to be a “Marriage Building Parish” for everyone. Available from the Christian Family Movement, www.cfm.org, 800-581-9824, director@cfm.org