



CATHOLIC MARRIAGE

IN FIVE STEPS

RETREAT OPTIONS

PRE-CANA

One-or two-day in-person sessions that focus on sharing best practices for growing your relationship with limited time for bride and groom discussion.

ENGAGEMENT ENCOUNTER

One-weekend in-person retreat shares relationship best practices, cultivates bride and groom prayer and builds in time for bride and groom discussion.

MENTOR COHORT

Cohort couples complete online sessions and commit to four 60-90 minute video conferencing meetings. Each cohort is comprised of 3-5 couples and a mentor couple. This online opportunity offers practical tools, gives bride and groom ample time for discussion, and fosters community.

NOVA

One-day retreat shares relationship best practices. It addresses unique challenges and opportunities for those who are blending families or who were previously married and are free to remarry in the Church,

1 MEET WITH YOUR PRIEST

CALL THE PARISH

Timing | At least 6 months before your wedding

- Select the date for your wedding
- Arrange remaining meetings with the priest/deacon.

2 FOCCUS INVENTORY

SCHEDULE WITH YOUR PRIEST OR HIS DELEGATE

Timing | 8-20 weeks before your wedding

- The FOCCUS Inventory is a tool designed to help couples deepen discussion and build unity. More info at www.foccusinc.com.
- Your priest will give you directions to access the FOCCUS Inventory or will connect you with a facilitator who can.
- You can expect to complete the Inventory and schedule a follow-up meeting with your facilitator.

3 ATTEND A RETREAT (CHOOSE ONE)

GROWTH AND CONNECTION

Website | www.eriercd.org/familylifeoffice/prep.html

- Select and attend one of the retreat opportunities 4-6 months prior to your wedding.
- Goal: Offer an experience that allows you to commit more deeply to God and one another in the days preparing for your marriage. Provide practical wisdom, space for growth in prayer, and relationship tools needed for a joyful, successful marriage.

4 LEARN NATURAL FAMILY PLANNING

SCHEDULE INTRODUCTION CLASS WITH INSTRUCTOR

Timing | 8-20 weeks before your wedding

- Natural Family Planning (NFP) is a scientifically supported, Church-approved method of learning about your shared fertility, planning for children, and planning to postpone pregnancy. The CDC recognizes the latest methods of Natural Family Planning as up to 98% effective in postponing pregnancy.
- Learn more about NFP at www.eriercd.org/chastity.html

5 PLAN THE CEREMONY

- Meet with Father to plan your wedding ceremony, including choosing readings, confirming music/decoration plans, and clarifying expectations in light of COVID19 adjustments.