



SEEKING GOD TOGETHER COMPANION RESOURCES SEASON 6 – PREPARING FOR MARRIAGE

- Accompanying/supporting the family's relational life as a place where God dwells
- Parish and school welcoming, accompanying, serving, particularly those on the margins
- Building community as the Body of Christ

Across the dioceses of England & Wales the Catholic Church has a network of **Co-Ordinators for Marriage and Family Life Ministry**

<http://www.catholicfamily.org.uk/diocesan-work/diocesan-family-ministry> And
<http://www.catholicfamily.org.uk/wp-content/uploads/2017/03/FAMILIAS-Membership-Leaflet-2017-1.pdf>

Parish Family Groups support and care for all families – including all generations is a priority. The Family Group Movement seeks to create a true sense of community in fulfilment of Jesus Christ's command for love, friendship, and companionship in the lives of his disciples, and as experienced by the early Christian communities. E.g. Create family groups, and signpost engaged and newly married couples to a family group <http://www.catholicfamily.org.uk/related-work/parish-family-groups>
<https://www.catholicfamily.org.uk/wp-content/uploads/2015/07/Family-Group-Movement-Parish-Toolkit.pdf> (free toolkit for developing family groups in a parish)

GENERAL SUPPORT AND RANGE OF MARRIAGE PREPARATION COURSES

- <http://www.catholicfamily.org.uk/what-we-do/marriage/marriage-preparation> including **Guidelines for the Preparation of Couples for Marriage**, 2016, Rejoice Publications (imprint of Matthew James Publishing Ltd) ISBN 978-1-910265-32-1
- **BOOK: The 5 love languages: The Secret to Love that Lasts**, Gary Chapman, helping meet each other's deep emotional need to feel loved. Northfield Publishing (2010) ISBN-13 978-0-8024-7315-8
- **BOOK: How to Survive Being Married to a Catholic** (booklet) by CSSR (October

31,2009)

- **BOOK: Cherishing Your Wedding**, A guide to help couples prepare for marriage in the Catholic Church by Kerry Urdzik, CTS Living the Sacraments
- **BOOK: YOUCAT CTS** (Part 2, on How We Celebrate the Christian Mysteries, including Sacrament of Marriage) ISBN 978-1-86082-728-0
- **On Line FOCCUS** <https://www.marriagecare.org.uk/how-we-help/marriage-preparation/foccus/> a pre-marriage questionnaire, taken on-line with follow up face to face meeting with a qualified marriage preparation FOCCUS facilitator
- **Marriage Care ‘Preparing Together’** course
<https://www.marriagecare.org.uk/how-we-help/marriage-preparation/preparing-together-catholic-church/>
- **Smart Loving Engaged** preparation for marriage
<https://smartloving.org/engaged/>
- www.ctsbooks.org
- **Support for Inter-church couples preparing for marriage**, and their families
www.interchurhfamilies.org.uk and for advice from experienced couples working in one area of UK, <https://www.loveandcherish.org.uk/>
- **Listening Skills:** for training couple mentors to accompany engaged and newly married couples in the parish, and for a course for couples themselves, accessible DVD ‘Just Listen’ <https://www.acornchristian.org/resources/>

SUPPORT WITH CONCEPTION AND NATURAL FAMILY PLANNING

- <http://www.catholicfamily.org.uk/what-we-do/marriage/family-planning-naturally>
- The Natural Family Planning Teachers’ Association www.nfpta.org.uk
- NHS Family Planning Association information about Natural Family Planning
www.fpa.org.uk/contraception-help/natural-family-planning
- Planning a Family Naturally www.catholicfamily.org.uk/what-we-do/marriage/family-planning-naturally
- www.natural-family-planning.info
- The Billings Method: www.woomb.org/ www.thebillingsovulationmethod.org
- The Creighton Model: www.creightonmodel.com
- Naprotechnology: www.naprotechnology.com
- Websites with more detailed information and/or lists of teachers: Fertility UK
www.fertilityuk.org and <http://lifefertilitycare.co.uk/>
- Couple to Couple League, supporting natural family planning
<http://www.cclgb.org.uk/>

BECOMING A FAMILY: INFORMATION FOR ENGAGED COUPLES ABOUT PARENTING PEER SUPPORT PROGRAMMES

These are friendly, informative and life-enriching experiences equipping new parents with some skills for parenting, as well as building peer support and friendships.

These programmes can be run in parishes and schools, e.g.

- **Family Caring Trust programmes** <http://www.familycaring.co.uk/> Training for facilitators available. Includes Parenting and Sex, Parenting Teenagers, and Parent Assertiveness training.
- **Parenting course resources** <http://themarriagecourses.org/try-parenting/the-parenting-children-course> with DVD for self-run groups
- **Care for the Family parenting** <http://www.careforthefamily.org.uk/courses/parenting-courses-time-out>

SUPPORT FOR MARRIED COUPLES

- **Partners on a journey**, John Gottman, combines Catholic theology with findings from research to inspire and support married couples
- **For your marriage (USCCB) website:** <http://www.foryourmarriage.org/encouragement/>
- **Catholic couple check-up** <https://www.catholiccouplecheckup.com>
- **Cana Week (Chemin Neuf Community)** to strengthen and encourage married relationship <http://www.chemin-neuf.org.uk/en/home/our-programmes/cana-couple-and-families>
- **World Wide Marriage Encounter (UK)** <http://wwwme.org.uk>
- **Teams of our Lady** <http://www.teamsgb.org.uk>
- **Couple Alive – Family Caring Trust** www.familycaring.org.uk
- **Marriage MOT and counselling, Marriage Care** <http://www.marriagecare.org.uk/how-we-help/relationship-counselling>

Accompanying a developing couple and family spirituality, rituals and traditions at home, parish and school nurturing relationship with God in Christ through scripture, teaching, liturgy, sacraments

- **Preparing the Liturgy: “Celebrating Marriage” Preparing the Roman Catholic Wedding Liturgy, A Workbook for Engaged Couples** Paul Covino, Editor, Pastoral Press, ISBN 978-1-56929-075-0
- **The Order of Celebrating Matrimony**, Catholic Truth Society (for the Rite celebrating Matrimony within Mass, without Mass, between a Catholic and

non-Christian, examples of prayer of the faithful, Anniversary Mass, and Convalidation) ISBN 978 1 78469 089 2

- **Order of Blessing an Engaged Couple** in the above Order of Celebrating Matrimony, CTS Code RM21, ISBN 978 1 78469 089 2
- **Blessing of homes** e.g. <https://www.catholicireland.net/the-little-book-of-christian-rituals-in-the-home/>
- **Blessings for all occasions:** The Veritas Book of Blessings for All Occasions ISBN-13: 978-1847305176

SUPPORT FOR COUPLE AND INDIVIDUAL SPOUSE SPIRITUALITY

- **Retreats and Prayer guides** <http://www.retreats.org.uk/spiritualdirection.html>
- **Opportunities for faith-life conversations with other engaged and married couples, and across generations** about real life questions and connecting these with Scripture e.g. *'How did you know he or she was the one for you?'* Resource: **"Counting our Blessings"** <http://www.catholicfamily.org.uk/related-work/counting-our-blessings>
- **I am with You**, Scripture Reflections for Couples, based on the Sunday readings for years A, B and C (3 volumes) by **Two in One Flesh** Marriage Team ISBN978-0-957 1919-1-2 <http://www.twoinoneflesh.org.uk/>
- **Prayer apps and online resources**
 - <http://www.pray-as-you-go.org/home/> daily prayer
 - <http://www.sacredspace.ie/> daily prayer
 - <http://www.theway.org.uk/> spirituality and life articles
 - <http://www.universalis.com/> daily readings and divine office
 - https://www.biblesociety.org.uk/uploads/files/our_work/lectio_divina/year_a_nov_feb.pdf
 - <http://www.soulshpherd.org/2012/07/lectio-divina-guides/>
 - <http://www.liturgyoffice.org.uk/Resources/Scripture/Lectio-Divina.pdf>
 - <http://wccm.org/> for routes into Christian meditation and contemplative prayer
 - <https://www.ocp.org/en-us/artists/1092> Bernadette Farrell music for spirituality
 - <http://www.margaretrizza.com/> inspirational music for prayer/contemplation
- **CAFOD** resources <http://cafod.org.uk/Pray/Prayer-resources>

BECOMING A FAMILY, CELEBRATING SACRED MOMENTS AT HOME, FAMILY PRAYER (some examples)

- **Faithful Families** Traci Smith, ISBN 978-0-827211-22-3 ideas for family everyday life, creating sacred moments at home. Useful gift for newly-weds, and new young families, encouraging ritual/prayer at home, when infants and children come along.
- **family catechesis, prayers with the very young, and baptism preparation, a diocesan example** <http://www.liverpoolcatholic.org.uk/Marriage-and-Family-Life>

CSAS (Catholic Safeguarding Advisory Service) are responsible for driving and supporting improvements in practice; primary role of co-ordination, advice and support in safeguarding children, young people and vulnerable adults

<https://www.csas.uk.net/>

Caritas Social Action Network

<http://www.caritascare.org.uk/> for the many organisations and networks supporting pastoral care and formation of families, offering friendship, worship and celebration

<http://www.faihandlight.org.uk/>

COURSES PROMOTING CHURCH TEACHING ON MARRIAGE AND FAMILY AND THE PASTORAL CARE OF THE FAMILY (some examples):

- **Maryvale Institute course** – forming catechists to teach on marriage & family life
<https://www.maryvale.ac.uk/catechesis-on-marriage-and-family.html>
- **Chaplaincy courses** for pastoral care of families, via schools, hospitals/healthcare, prisons and other specific groups, e.g. Travellers' community at St Mary's University <https://www.stmarys.ac.uk/home.aspx>
- <http://www.brs-ccrs.org.uk/> **Catholic Certificate in Religious Studies**, with modules in Marriage & Family Life ministry