

# In Home Marriage Preparation

The Office of Life of the Diocese of Winona is offering a new opportunity for married couples to assist in preparing engaged couples for the Sacrament of Matrimony.



This form of marriage preparation

(one-on-one) is widely known to be the most effective because of the personal attention that the couple receives. Meeting in the intimacy of a married couple's home encourages a spirit of trust that develops over the weeks and the engaged couple is more likely to share the recurring issues that already create conflict in their relationship.

Although it seeks to equip engaged couples for a lifetime of living and loving together, it has the added benefit of enriching and sustaining those spouses already faithfully living out their sacrament who serve as presenting couples.

## You set the schedule

One of the great benefits of this marriage preparation is that the presenting couple sets the schedule. After the engaged couple

has met with the priest or deacon, he passes on the information to the presenting couple who then schedules the six meeting dates based on a mutual time that works for everyone.

**From the comfort of your own home you can greatly assist engaged couples in their preparation for marriage.**



## Training is included

You might be thinking: "I don't really know that much about marriage... what would we say?" Don't worry! Training is offered by the Diocese for all interested couples and material is provided for you to follow. And, you know a lot more than you might think! Your lived experience and advice will be very beneficial to the engaged couple.

## What topics will we be discussing?

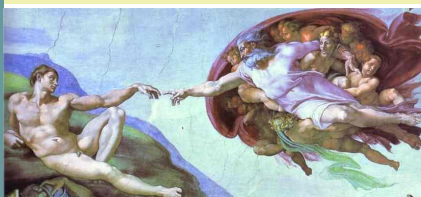
In Home Marriage Preparation is designed to include six two-hour sessions on the following topics: Family of Origin, Marriage Expectations, Communication, Sex and Sexuality, Moral Decision Making and Natural Family Planning, and the Sacrament of Matrimony. All that you need to know will be provided in both the training and the materials that you receive.

## How do we sign up?

First speak with your pastor about your desire to volunteer in this area, then contact the Office of Life to find out when the next training session is available.

## Added benefits...

This form of marriage preparation strengthens your faith community! Often, this mentoring relationship will continue after the marriage and the newly married couple may continue to seek out the presenting couple for their insights to address challenges that occur in the early years of marriage.



## The Office of Life, Marriage & Family

PO Box 588  
Winona, MN 55987-0588  
Phone: (507) 858-1264

E-mail: [pmartin@dow.org](mailto:pmartin@dow.org)  
Web: <http://www.dow.org/Departments/Life-Marriage-Family/Marriage-Preparation>



*Roman Catholic*  
**Diocese of Winona**