

# Saint Josaphat Cathedral Marriage Preparation

February 3-4, 2017 / March 10-11, 2017

## PART 1

### Friday, February 3, 2017

- 6:00 pm Registration – at St. Josaphat Cathedral Auditorium (Basement)
- 6:30 pm *Opening Prayer*  
**Marriage Testimony #1**
- 7:00 pm **Skill #1: Know Yourself** – Who am I? What makes up who I am? What makes me different? What are my personal virtues and vices? What are my personality traits and temperament? Knowing oneself is critical to being able to fully giving oneself in marriage.
- 8:00 pm *Break – 15 minutes*
- 8:15 pm **Skill #2: Know Your Spouse** – Do you know your future spouse? What are the differences in personality? What are the differences in your family backgrounds? What are our expectations for marriage and how do they differ? How do men and women differ? Are there any gender differences that a person needs to be aware of in marriage? The importance of embracing the whole person, with all his/her strengths and weaknesses.
- 9:30 pm *Closing Prayer*

### Saturday, February 4<sup>th</sup>, 2017

- 8:00 am Arrival; Continental Breakfast
- 8:30 am *Morning Prayer (in church)*
- 9:00 am **Skill #3: Know What Marriage Is** – What is the Scriptural understanding of marriage? What was the original plan for marriage? How was it affected by the Fall? How is marriage renewed or restored in the New Testament? What is the Catholic view of marriage? Understanding marriage as a gift from God, a covenant, a communion, a vocation, a school of love, a journey or pilgrimage, a path to holiness, and a sacramental mystery.
- 10:15 am *Morning Break*

10:30 am	<b>Skill #3: Learn to Love</b> – What is love? Identifying four different types of love. Five languages of love: Becoming familiar with the five different ways in which people communicate love. Learning to love is a process that requires personal effort and continual growth.
11:30 am	<b>Marriage Testimony #2</b>
12 noon	<i>Noonday Prayer &amp; Lunch</i>
1:00 pm	<b>Skill # 4: Learn to Communicate</b> – Good communication is an essential skill and for building a great marriage and family; the presentation will provide concrete tools and principles to help couples grow in intimacy.
2:30 pm	<i>Afternoon Coffee Break</i>
3:00 pm	<b>Skill #5: Learn to Forgive</b> – Forgiveness is not an option. It is absolutely essential to every healthy marriage. It is a skill that has to be learned and modelled to others. To accomplish forgiveness, God's help is essential.
3:30 pm	<b>Marriage Testimony #3</b>
4:00 pm	<b>Great Vespers</b>

## PART 2

**Friday, March 10, 2017**

6:00 pm	Registration – St. Josaphat Cathedral Auditorium (Basement)
6:30 pm	<i>Opening Prayer</i> <b>Marriage Testimony #4</b>
7:00 pm	<b>Skill #6: Sex is Holy: Keep It That Way!</b> – Sex is a sacred gift from God, by which husband and wife renew their covenant of love and their “self-gift” to one another, and through which God creates new life; the sacredness of sex within marriage and openness to God and new life; the destructiveness of pornography and adultery; chastity – an important virtue for those who are married, those who are single, and those preparing for marriage.
7:30 pm	<i>Break – 15 minutes</i>
7:45 pm	<b>Skill #6 - Continued – Natural Family Planning</b>
9:30 pm	<i>Closing Prayer</i>

## Saturday, March 11, 2017

8:00 am	Arrival; Continental Breakfast
8:30 am	<i>Morning Prayer (in church)</i>
9:00 am	<b>Skill # 8: Be Good Stewards</b> – Money, possessions and time are precious gifts from God. In the communion of marriage, husband and wife are called to be good stewards of the gifts God has provided.
9:30 am	<b>Skill # 8 – Continued.</b> – Practical advice on money matters; finances and budgeting; saving money; keeping out of debt; buying a new home and mortgages; Tax Free Accounts, RRSP's, RESP's.
10:30 am	<i>Morning Break</i>
10:45 am	<b>The Crowning in Marriage – a Mystagogical Explanation of the Wedding Service.</b> The service, prayer, rites and customs will be explained. If time permits, an explanation of the Divine Liturgy will also be offered.
12 noon	<i>Noonday Prayer &amp; Lunch</i>
1:00 pm	<b>Skill #9: Put God First</b> – Practical ways to nurture faith, spiritual growth, and to build a strong foundation for marriage and family life: the importance of personal and family prayer; the family icon corner; reading Holy Scripture; the Sunday Divine Liturgy; making a good confession; blessings; celebrating feast days, being part of a parish family etc.
2:30 pm	<i>Afternoon Coffee Break</i>
3:00 pm	<b>Skill #10: Be Open to Learn and Grow</b> – We are not alone. There is much to be learned from the experience, advice, counsel and wisdom of others; being open to being parents; basic parenting skills.
3:30 pm	<b>Testimony #5</b>
4:00 pm	<b>Great Vespers</b>