

## YOUR PREPARATION OPTIONS

*All fulfill the diocesan requirement*

### ~ Engaged Couples Weekend

Time and space away from the hectic pace.  
A very popular weekend.

### ~ Marriage Preparation Series

Led by married couples, priest or deacon.

### ~ Sponsor Couple

Several sessions with a married couple from your parish. Flexible scheduling. Arranged through your parish, if offered.

### ~ For those separated by distance

Try Sponsor Couple, marriage prep in your fiancé's diocese or an Engaged Encounter elsewhere. Dates and locations at [engagedencounter.org](http://engagedencounter.org).

### ~ Online Marriage Preparation

Accepted by the diocese if you are unable to attend any of the above programs. Contact the Family Life Office for more information.

### ~ Remarriage Sponsor Couple

Tailored to your unique situation when one or both persons have been married before.

## WHEN TO ATTEND MARRIAGE PREP

The sooner the better but 9 months before your wedding is preferred! Couples who attend shortly after they become engaged have the most to gain. Because we give you time to dialogue with each other after our married team couples share some of their experiences, you will find your own relationship deepening. Plus, you will receive information on planning the wedding ceremony.

## 2020 MARRIAGE PREPARATION SERIES

- **Pre-registration required.** Early registration advised—some series fill up months in advance.
- **Cancellation due to weather:** For classes in all locations, call the Family Life Office at 814-317-2643. A taped message will list cancellations. If you cannot attend a session due to an unexpected situation, contact the Family Life Office for make-up instructions.
- **COST: \$70 per couple** (includes all sessions in a series). **Register by e-mail.** Fee payable at the first session. Make check payable to "Family Life Office". Please come 15 minutes early to the first session for registration purposes.

### January 4 and 18

\*Snow date: Feb. 1

Sat. 9:00 am-12:45 pm

**Cathedral of the Blessed  
Sacrament** Church Hall  
One Cathedral Square  
Altoona

### January 11 and 25

\*Snow date: Feb. 1

Sat. 9:00 am-12:45 pm

**Resurrection** Church Hall  
324 Chestnut St.  
Johnstown

### March 7 and 14

\*Snow date: March 16

Sat. 9:00 am-1:00 pm

**St. Peter** Parish Hall  
433 W. Church St.  
Somerset

### April 21—28—May 5

\*Snow date: May 14

Tues. 7:00-9:30 pm  
**St. John the Evangelist**  
Church Hall  
309 Lotz Ave., Lakemont  
Altoona

### May 6—13—20

Wed. 7:00-9:30 pm

**Our Lady of the Alleghenies**  
Church Hall  
608 Main St.  
Lilly

### June 4—11—18

Thurs. 7:00-9:30 pm

**Our Lady of Victory**  
Activity Center  
820 Westerly Pkwy.  
State College

### Sept. 9—16—23

Wed. 7:00-9:30 pm

**St. Francis of Assisi**  
Activity Center  
134 Barron Ave.  
Johnstown

### Oct. 13—20—27

Tues. 7:00-9:30 pm

**St. John the Evangelist**  
School Auditorium  
116 E. Bishop St.  
Bellefonte

### Advance reservations required and can be made online:

[www.dioceseaj.org](http://www.dioceseaj.org). (Ministries, Marriage Preparation)

Or email information below to: [familylife@dioceseaj.org](mailto:familylife@dioceseaj.org)

- Type "Marriage Prep" in subject line.
- Include: Parish and town where series is held, names, phone, e-mail addresses, Catholic or interfaith marriage, and wedding date.



## ENGAGED COUPLES MARRIAGE PREPARATION WEEKENDS



- Informal presentations by a team which includes married couples.
- Time to plan and talk with your fiancé about your future marriage.
- Fulfills the diocesan marriage preparation requirement.
- Register early; some weekends fill up quickly!

### 2020 DATES

**NO WEEKENDS SCHEDULED IN OUR DIOCESE AT THIS TIME.**

Check the Marriage Preparation webpage for updates at [www.dioceseaj.org](http://www.dioceseaj.org)  
Click on Ministries/Marriage Preparation.

Weekends offered through Catholic Engaged Encounter are acceptable marriage preparation for our diocese. Dates and locations available at [www.engagedencounter.org](http://www.engagedencounter.org).

## Welcome to the Marriage Preparation Process for the Altoona-Johnstown Diocese

**Congratulations** on your decision to marry in the Catholic Church. This sacramental preparation is an invitation to you as a couple to invest time and energy into the important work of preparing for your married life together and to continue your faith journey with God.

Because Christian marriage is a sacrament, we are excited about helping you develop a better understanding of the sacrament while fully respecting persons and beliefs of other religious traditions.

The program will provide resources and practical tools needed to grow a strong and healthy marriage as you gain insight into yourselves as individuals and as a couple.

*"Your wedding lasts a day,  
but your marriage lasts a lifetime."*

This website has excellent information to help you grow in your marriage, not only as newlyweds, but for a lifetime.

**[www.ForYourMarriage.org](http://www.ForYourMarriage.org)**

## THINKING ABOUT NATURAL FAMILY PLANNING

### Heard about this family planning method?

- husband and wife share the responsibility
- no health risks
- costs nothing
- works with your fertility, not against it
- scientifically researched
- can improve your marital communication
- 98-99% success rate

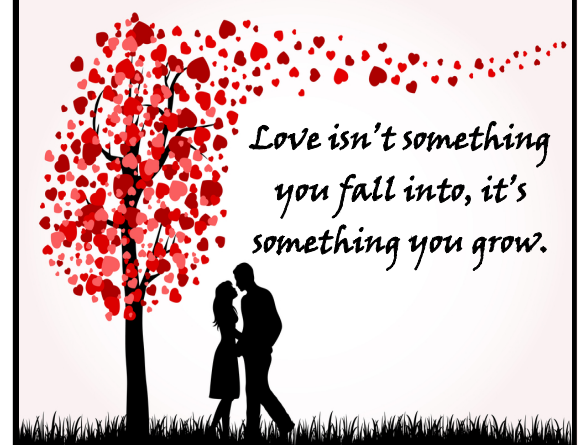
This is **Natural Family Planning** (NFP), an updated, scientific, medically safe, Church approved method. Scientific info: [fertilitycare.org](http://fertilitycare.org). Highest success rates when learned through a qualified instructor.

### Will Natural Family Planning work for our relationship?

Your marriage is the most important relationship you will have. It needs nurturing, commitment, love, and a desire to work together to make it succeed for both of you. Those are the very qualities exercised when a couple uses Natural Family Planning. NFP will enhance your relationship through open, intimate communication, commitment to a common ideal, a deeper respect for each other, creative expression of your love, and a thorough understanding of your sexuality.

For information or instruction, contact Diocesan Family Life Office; (814)-695-5579; [familylife@dioceseaj.org](mailto:familylife@dioceseaj.org). Certified instructors are available in the Altoona-Johnstown diocese.

# Marriage Preparation Schedule 2020



Helping engaged couples  
*grow*  
a strong, faith-filled marriage  
through sacramental preparation.

Sponsored by  
Diocese of Altoona-Johnstown  
Family Life Office