



*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."

YOUR PREPARATION OPTIONS

All fulfill the diocesan requirement

- ~ **Engaged Couples Weekend** (*Information on page 4*)
Time and space away from the hectic pace. A very popular weekend.
- ~ **Marriage Preparation Series** (*Information on next page*)
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 fiance's diocese or an Engaged Encounter elsewhere. Dates and locations at 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.
Contact the Family Life Office.

WHEN TO ATTEND MARRIAGE PREP

The sooner the better but 8 to 12 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.

2019 MARRIAGE PREPARATION SERIES

- **Pre-registration is required.**
Early registration advised—some series fill up months in advance. **Register by e-mail—use form on the next page.**
- **Cancellation due to weather:** For classes in all locations, call the Family Life Office at 814-695-5579. 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). 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.



Sacramental
preparation to help
engaged couples
GROW a strong,
faith-filled
marriage.



2019

January 5 and 19

**Snow date: Feb. 2*
Sat. 9:00 am-12:45 pm
Cathedral of the Blessed
Sacrament Church Hall
One Cathedral Square
Altoona

January 12 and 26

**Snow date: Feb. 2*
Sat. 9:00 am-12:45 pm
Resurrection Church Hall
324 Chestnut St.
Johnstown

March 2 and 9 FULL

**Snow date: March 16*
Sat. 9:00 am-1:00 pm
St. Peter Parish Hall
433 W. Church St.
Somerset

March 13-20-27

**Snow date: April 3*
Wed. 7:00-9:30 pm
St. Rose of Lima School
5514 Roselawn Ave.
Altoona

April 23-30-May 7

**Snow date: May 14*
Tues. 7:00-9:30 pm
St. John the Evangelist
Church Hall
309 Lotz Ave., Lakemont
Altoona

May 1-8-15

Wed. 7:00-9:30 pm
Our Lady of the Alleghenies
Church Hall
608 Main St.
Lilly

June 6-13-20

Thurs. 7:00-9:30 pm
Our Lady of Victory
Activity Center
820 Westerly Pkwy.
State College

Sept. 11-18-25

Wed. 7:00-9:30 pm
St. Francis of Assisi
Activity Center
134 Barron Ave.
Johnstown

Oct. 15-22-29

Tues. 7:00-9:30 pm
St. John the Evangelist
School Auditorium
116 E. Bishop St.
Bellefonte

REGISTRATION FORM

2019 MARRIAGE PREPARATION SERIES

Advance reservations recommended via e-mail. Please copy & paste this form in your email. Send to familylife@dioceseaj.org prior to attending your series. **You will receive an e-mail confirmation of your reservation.**

To register by mail, send this form to: Family Life Office, 2713 W. Chestnut Ave., Altoona, PA 16601.

For questions, call Family Life Office (814) 695-5579.

Series You Will Attend

Program Dates:

Location:

Wedding Date:

Church of Wedding Ceremony:

Were you ever married:

Male Information

Name:

Age:

Religion:

Church:

Occupation:

Cell or Day Phone:

Email Address:

Female Information

Name:

Age:

Religion:

Church:

Occupation:

Cell or Day Phone:

Email Address:

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!

2018/2019 DATES

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

Check the Marriage Preparation webpage for updates at 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.

FOCCUS PRE-MARITAL INVENTORY

The diocese requires that engaged couples take a premarital inventory as part of their marriage preparation process. This inventory is not a test. It is a discussion tool to help you communicate about the areas of your relationship that are strong and those that need work.

A priest, deacon, or someone assigned by him gives instructions on taking this inventory online and schedules a follow up session.

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: www.woomb.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. Certified instructors are available in the Altoona-Johnstown diocese.

This website has excellent information to help continue your faith journey and to grow in relationship with God and each other.

www.ForYourMarriage.org