

## 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. (814) 317-2643

### ~ 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 **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.

## 2022 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 recorded message will list cancellations.
- If you cannot attend a session due to an unexpected situation, contact the Family Life Office for make-up instructions. **Phone First!**
- **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 8 and 22

\*Snow date: Jan. 30

Sat. 9:00 am-12:45 pm

Cathedral of the Blessed

Sacrament Church Hall

One Cathedral Square

Altoona

### April 12—19—26

\*Snow date: TBD

Tues. 7:00-9:30 pm

St. John the Evangelist

Church Hall

309 Lotz Ave., Lakemont

Altoona

### June 2—9—16

Thurs. 7:00-9:30 pm

Our Lady of Victory

Activity Center

820 Westerly Pkwy.

State College

### January 22 and February 5

\*Snow date: TBD

Sat. 9:00 am-12:45 pm

Resurrection Oratory Hall

324 Chestnut St.

Johnstown



### Oct. 11—18—25

Tues. 7:00-9:30 pm

St. John the Evangelist

School Auditorium

116 E. Bishop St.

Bellefonte

### March 12 and 19

\*Snow date: TBD

Sat. 9:00 am-1:00 pm

St. Peter Parish Hall

433 W. Church St.

Somerset

### May 4—11—18

Wed. 7:00-9:30 pm

Our Lady of the Alleghenies

Church Hall

608 Main St.

Lilly



### \*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(e) about your future marriage.
- Fulfills the diocesan marriage preparation requirement.
- Register early; some weekends fill up quickly!

### **2022 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  
Diocese of Altoona-Johnstown



**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)-317-2643; [familylife@dioceseaj.org](mailto:familylife@dioceseaj.org).  
Certified instructors are available in the  
Altoona-Johnstown diocese.



# Marriage Preparation Schedule 2022



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

Sponsored by  
**Diocese of Altoona-Johnstown**



THE ROMAN  
CATHOLIC DIOCESE OF  
**ALTOONA-JOHNSTOWN**