



The Roman Catholic Diocese of Metuchen
Hunterdon – Middlesex – Somerset - Warren

2021 Couples' Guide to Marriage Preparation

Spanish version: pages 8-9

<http://diometuchen.org/marriage-preparation>

Congratulations on your Engagement! We look forward to assisting and supporting you on your journey to the sacrament of Marriage! Following are the established diocesan guidelines and dates for marriage preparation sessions. If you need any further information, please contact us at amarshall@diometuchen.org

Administrative Assistant, Office of Family Life 732-562-1543 amarshall@diometuchen.org

Important: Usually, parishes request that you contact them at least one year before the desired date of the wedding in order to complete all marriage preparation.

Getting started

Contact the parish church where you wish to celebrate the sacrament of Marriage in order to schedule an appointment with the pastoral minister (pastor, parish priest, deacon or lay associate) to begin the marriage preparation process. Often, couples may not reside in the parish where they are planning their celebration, so it will be necessary to determine who will be responsible for guiding you through the preparation process. An initial interview may include: setting a date, completion of necessary canonical paperwork, discussing group marriage preparation options and learning which ecclesial and civil documents are needed.

The number of additional meetings will be at the discretion of the pastoral minister who is responsible for accompanying you during the marriage preparation process. It is recommended that you complete a **FOCCUS (Facilitating Open Couple Communication, Understanding and Study) Pre-Marriage Inventory**. This is a conversation tool designed to help couples learn more about themselves and their unique relationship as they move toward a lifetime commitment. The inventory provides each couple with a personalized profile highlighting areas of strength, as well as areas that may require further discussion.

Group Marriage Preparation Options

Option A: Engaged Encounter Weekend

\$425.00 per couple (**overnight retreat**)
\$225.00 per couple (**2 full day program**)

These overnight weekends are held at Loyola Jesuit Center in Morristown, NJ. For more info: <https://www.loyola.org>

Engaged Encounter

Session Dates 2021
(All Sessions In-Person)

St. Magdalen, Flemington

May 1 & 2
(2 full days) (*Not overnight*)

Loyola Jesuit Ctr. Morristown

October 15 – 17 (overnight)

Engaged Encounter weekends at the Loyola Jesuit Center begin promptly **at 7:30 pm Friday evening and end by 3:00 pm on Sunday afternoon.** NO dinner is provided on Friday night. Saturday and Sunday meals and individual overnight accommodations are included.

The two day Engaged Encounter (no overnight) at St. Magdalen de Pazzi Parish in Flemington, NJ **begins at 8:00 AM Saturday and ends at 10:00 PM. Sunday starts at 8:30 AM to 4:00 PM.** All meals and materials are included.

Register online at: www.diometuchen.org/engaged-encounter-weekend

NOTE: \$50.00 is non-refundable, if there is a cancellation

Option B: God's Plan for Marriage and Pre-Cana *(Must Take Both – In Any Order)*

God's Plan for Marriage Sessions

These sessions are designed to help engaged couples understand and embrace a Catholic vision of married love, with a full catechesis of the Church's view on married love, including teachings from "*Amoris Laetitia*" – the Apostolic Exhortation of Pope Francis. The Presenting Couples make these sessions very interesting and meaningful with their personal stories of living the challenges of married life.

\$50 per couple for those couples (bride and/or groom) **who live within or are getting married in the Diocese of Metuchen.**

\$50 per couple for those couples who **live and are getting married outside the Diocese of Metuchen.**

Where: Virtual Sessions

When: 10:00 AM – 1:00 PM God's Plan only
10:00 AM – 2:00 PM Combined Pre-Cana & God's Plan

Register online at: www.diometuchen.org/gods-plan-for-marriage-session

The Archdiocese of Newark offers God's Plan sessions in Spanish. For more information visit: <https://www.rcan.org/PlandeDiosMatrimonio-Curso>

God's Plan Session Dates 2021

March 13
Virtual Session
Pre-Cana & God's Plan

April 10
Virtual Session
Pre-Cana & God's Plan

May 8
Virtual Session
Pre-Cana & God's Plan

Future Sessions TBD

Pre-Cana Sessions

Pre-Cana sessions offer practical insights and discussion for a successful marriage, and include topics such as communication skills, finances, extended family issues, etc. Session times and fees vary (typically \$75 to \$100). Please contact the individual parish to register.

Must contact the individual parish to register for Pre-Cana Sessions

MARCH -IN PERSON OR VIRTUAL)

WHITEHOUSE STATION, Our Lady of Lourdes

Saturday, March 6 1:00 PM – 6:30 pm
Anthony & Barbara Vergona
908-534-8942
vergona1@comcast.net

(Email registration preferred)

MARCH – IN PERSON SESSION

BOUND BROOK, St. Joseph (SPANISH)

Saturday, March 6 11:00 am – 3:00 pm
Sunday, March 7 12:00 noon – 6:00 pm
Martha Rovitto 732-356-0027 x 15
martha.rovitto@sjcbb.net

Call Tuesdays 6:30–8:30pm. Leave message clearly with name & phone number. Couples must speak Spanish fluently.

MARCH – IN PERSON SESSION

FORDS, Our Lady of Peace

Saturday, March 13
Registration 12:00 Noon. Session begins 1:00 PM
Frank and Gloria DeMarzo 908-419-0340
Glodema@comcast.net
Parish Center – Franklin Ave
(Half a block from Church)
Lunch included. Concludes with 5:15 pm Mass

MARCH – IN PERSON SESSION

PARLIN, St. Bernadette

Sunday, March 14 11:15 am
(Lunch and Mass included)

Jun and Lilybeth Delacosta

[732-491-7238](tel:732-491-7238) sbccprecana@gmail.com

MARCH – TDB IN PERSON OR VIRTUAL

ANNANDALE, Immaculate Conception

Saturday, March 20 9:30 AM
Dan & Claudia Roose
908-304-5221
iccprecana@gmail.com

MARCH – IN PERSON SESSION

PERTH AMBOY, St. John Paul II Parish (POLISH)

Sunday, March 28 12:00 noon – 2:00 pm
Conference held in Polish only. Couples must speak Polish fluently.

Contact Fr. Slawomir Romanowski at the Parish office 732-826-1395
sromanowski@johnpaulsecond.com

APRIL – IN PERSON SESSIONWASHINGTON, St. Joseph

Saturday, April 17 9:30 am – 6:00 pm
 (Includes Lunch and 5:00 pm Mass)
 Jim & Barbara McAloon / 908-689-4560

APRIL – IN PERSON SESSIONTHREE BRIDGES, St. Elizabeth Ann Seton

Saturday, April 17 12:00 noon – 6:00 pm
 Sunday, April 18 12:00 noon – 4:00 pm
 (Saturday session includes Mass and dinner)
 Jackie Ferrari / 908-782-1475 x1110
jferrari@easeton.net (2 days session)

JUNE – IN PERSON SESSIONSFLEMINGTON, St. Magdalen (SPANISH)

Saturday, June 5 7:45 am – 4:30 pm
 Sunday, June 6 7:45 am – 3:00 pm
 Must attend both days. Yamiris Marcano &
 Arturo Colom 787-529-8511 or 908-806-8719
yami.marcano@yahoo.com
 Breakfast, Lunch & Materials included.
 No children allowed. \$100 per couple

JUNE – IN PERSON SESSIONHACKETTSTOWN, Assumption of the Blessed Virgin Mary

Saturday, June 12 10:00 am – 5:00 pm

 (Lunch and Mass included)
 Contact Parish Office 908-852-3320

JULY – VIRTUAL SESSIONAVENEL, St. Andrew the Apostle

Saturday, July 17 9:00 am - 1:00 pm
 George & Kathy D'Addario
 732-636-1442
 Registration Fee \$75.00
 Registration Deadline & Payment Due 7/1/21

AUGUST – VIRTUAL SESSIONSOUTH RIVER, St. Mary of Ostrabrama

Saturday, August 21 11:30 am – 5:00 pm
 Frank & Donna Jones
 732-254-0055
donnajonesdmi@gmail.com

SEPTEMBER – IN PERSON SESSIONWASHINGTON, St. Joseph

Saturday, September 25 9:30 am – 6:00 pm
 (Includes lunch and 5:00pm Mass)
 Jim & Barbara McAloon
 908-689-4560

SEPTEMBER DATE TBD – IN PERSON SESSIONHACKETTSTOWN, Assumption of the Blessed Virgin Mary

September Date TBD 10:00 am – 5:00 pm
 (Lunch and Mass included)
 Parish Office / 908-852-3320

SEPTEMBER OR OCTOBER DATE TBDTHREE BRIDGES, St. Elizabeth Ann Seton

Saturday TBD 12:00– 6:00pm
 Sunday TBD 12:00 – 4:00 pm
 (Saturday session includes Mass and dinner)
 Jackie Ferrari / 908-782-1475 x1110
jferrari@easeton.net (2 days session)

OCTOBER – TBD IN PERSON OR VIRTUALANNANDALE, Immaculate Conception

Saturday, October 2 9:30 AM
 Dan & Claudia Roose
 908-304-5221
iccprecana@gmail.com

OCTOBER – IN PERSON SESSION

FORDS, Our Lady of Peace

Saturday, October 16

Registration 12:00 Noon. Session begins 1:00 PM

Frank & Gloria DeMarzo 908-419-0340

Glodema@comcast.net

Parish Center – Franklin Ave

(Half a block from Church)

Lunch included. Concludes with 5:15pm Mass

OCTOBER – IN PERSON SESSION

PARLIN, St. Bernadette

Sunday, October 17 11:15 am

(Includes Lunch and Mass)

Jun and Lilybeth Delacosta

732-491-7238

sbccprecana@gmail.com

NOVEMBER – IN PERSON SESSION

COLONIA, St. John Vianney

Friday, November 5 7:30 pm

(Held in the Church Upper Meeting Room)

Deacon Tom & Janice Michnewicz

732-574-1651

NOVEMBER – IN PERSON SESSION

BOUND BROOK, St. Joseph (SPANISH)

Saturday, November 6 11:00 am – 3:00 pm

Sunday, November 7 12:00 noon – 6:00pm

Martha Rovitto 732-356-0027 x15

martha.rovitto@sjcbb.net

Call Tuesdays 6:30–8:30pm.

Leave message clearly with name & phone number.

Couples must speak Spanish fluently.

NOVEMBER – IN PERSON SESSION

MONROE TOWNSHIP, Nativity of Our Lord

Saturday, November 13 8:30 am – 5:00 pm

nativityprecana@yahoo.com

NOVEMBER – IN PERSON SESSION

PERTH AMBOY, St. John Paul II Parish (POLISH)

Sunday, November 21 12:00 noon – 2:00 pm

Conference held in Polish only.

Must speak Polish fluently.

Call Fr. Slawomir Romanowski

732-826-1395

sromanowski@johnpaulsecond.com

ALL YEAR – (SPANISH) Pre-Cana Sessions Will Be In Person

NEW BRUNSWICK, Our Lady of Mount Carmel

Last Saturday of the month 3:30 – 5:30 pm

Must attend 2 consecutive Saturday sessions

Contact: Doris Torres - Parish Office 732-846-5873 or dt.carmel@verizon.net

All sessions are in Spanish. Limited to 6 couples per session

**If needed, couples may attend
God's Plan for a Joy-Filled Marriage,
Pre-Cana
or Engaged Encounter sessions
at another Diocese.**

For more information, please contact:

Archdiocese of Newark	(973) 497-4323	www.rcan.org
Diocese of Camden	(856) 583-2904	www.camdendiocese.org
Diocese of Paterson	(973) 377-1004	www.rcdop.org
Diocese of Trenton	(609) 403-7156	www.dioceseoftrenton.org

A NEW OPTION FOR MARRIAGE PREPARATION

Ideally, couples should meet together and in person during the marriage preparation process. However, if a situation arises where this is not possible, an online resource is available:

The cost for these prep sessions is \$195.00

This program has imprimatur and is on the official website of the USCCB:
<https://catholicmarriageprepclass.com/>

Please speak with the pastor/pastoral minister for approval for this course.

Natural Family Planning Course (NFP) – Elective (Highly Recommended)

Couples can use the Natural Family Planning knowledge to achieve, as well as to postpone pregnancy through awareness of natural body signs which indicate fertile and infertile times.

Sympto-Thermal Method

The Sympto-Thermal Method of Natural Family Planning educates a couple in human sexuality and fertility and is based on the observation and interpretation of changes in basal body temperature, cervical mucus and the cervix to determine the fertile and infertile phases of the menstrual cycle. This requires full participation from both partners and both must be completely familiar with the method. Couple participation is one of the strongest benefits and recommendations of the Sympto-Thermal method of NFP.

The program is presented by a trained, experienced married couples in a series of four meetings held once every five weeks for four months. The fee is \$100.00 per couple.

2021 Natural Family Planning Classes

Virtual Sessions Saturdays 10:00 AM	February 6	March 13	April 17	May 22
Virtual Sessions Saturdays 1:00 PM	April 24	May 22	June 26	July 31
Virtual Sessions Sundays 7:00 PM	August 15	September 12	October 10	November 14

Register online at <https://diometuchen.org/natural-family-planning/>

For classes on an appointment basis Monday-Thursday between 9:00 am and 4:00 pm at the St. John Neumann Center in Piscataway, please contact Rosemary Kern at 732-745-8600 ext. 8862

Call 732-562-1543 or email amarshall@diometuchen.org with any questions or concerns

Creighton Model Fertility Care System Method

The Creighton Model Fertility Care System is based upon a couple's knowledge and understanding of their naturally-occurring phases of fertility and in-fertility. It is the only family planning system which has networked family planning with gynecologic and procreative healthcare and health maintenance.

The teachers of the Creighton Model Fertility Care System method are trained allied health professionals. To register contact the Fertility Care Center of Hunterdon County 908-735-9344: Amy Sherlock, FCP; Kathy Golden, FCP; Eva Novak, M.D., NFPMCI, FCPI; Dr. Jean Golden-Tevold, D.O., FCP, CFCMC; drjean@morningstarfhc.com.

*Please note that virtual (on-line classes) are also available through the Couple to Couple League. For more information about future classes or to register log on to: <http://ccli.org/learn>

GUIA DE PAREJAS PARA EL MATRIMONIO

<http://diometuchen.org/marriage-preparation>

¡Felicidades en su compromiso matrimonial!

El matrimonio es una vocación que implica una relación sagrada y duradera, vivida en el marco de la comunidad eclesial y en el más amplio de la familia humana. Para los cristianos bautizados, el matrimonio es un sacramento del amor de Cristo, expresado de la manera en que la pareja vive día a día, con la gracia de Dios, sus votos matrimoniales.

Proceso de Preparación Matrimonial

El proceso preparación matrimonial debe comenzar no bien se hayan comprometido, aun si falta más de un año para la fecha de la boda. Normalmente el proceso debe empezar no menos de un año antes de la fecha deseada para el casamiento. Esto les dará un tiempo suficiente para preparar los detalles de la celebración matrimonial.

Primer Paso: Contactar la Parroquia

Contáctese con la Parroquia. Un miembro del plantel parroquial les ayudara para que se reúnan con el ministro pastoral (usualmente, el sacerdote o diácono de la Parroquia). La fecha de la boda no será registrada en el calendario parroquial hasta que haya tenido dicha reunión.

Segundo Paso: Reunión inicial con el sacerdote o diácono

En la primera reunión, el ministro pastoral le explicará el proceso de preparación matrimonial del que ustedes necesitan participar y les proporcionará información sobre los programas que están disponibles. El ministro pastoral empezará a completar los formularios canónicos necesarios y los asesorará sobre qué documentos son indispensables.

El ministro pastoral les puede solicitar que completen un formulario de inventario prematrimonial—el llamado en inglés F.O.C.C.U.S., que les ayudará a identificar los aspectos positivos y las áreas de su relación que necesitan crecimiento, las áreas de acuerdo y desacuerdo que ustedes pueden tener con el otro.

Tercer Paso: Registrarse para una sesión de formación matrimonial

La Parroquia y la Oficina de la Familia le ofrecen diversos programas de preparación matrimonial en inglés y español. Hay sesiones en español de Preparación Matrimonial y clases de Planificación Natural a su disposición. Estas sesiones se esfuerzan por proveerles un tiempo para reflexionar y discutir aspectos importantes del matrimonio con parejas casadas que están plenamente comprometidas en su vocación matrimonial.

Explicación de F.O.C.C.U.S. Inventario Prematrimonial y Las Sesiones de Formación Matrimonial

F.O.C.C.U.S. Inventario Pre-Matrimonial

Facilitando la comprensión abierta de comunicación de la pareja, F.O.C.C.U.S es una herramienta diseñada para ayudar a las parejas a aprender más sobre sí mismos y su relación interpersonal única. El inventario prematrimonial proporciona a cada pareja un perfil personalizado destacando áreas de Fortaleza, así como las áreas que requieren mayor discusión.

Taller de Preparación Matrimonial

Estas sesiones están diseñadas para ayudar a las parejas comprometidas a comprender y abrazar una visión católica del amor matrimonial y en la construcción de un matrimonio feliz. Estas sesiones proporcionan una catequesis completa de las enseñanzas de la iglesia sobre el matrimonio y el regalo de la sexualidad humana basada en la "Teología del Cuerpo" Del Santo Juan Pablo II. Los temas incluyen: Comunicación, Resolución de conflictos, Problemas de origen de familia, Finanzas y Administración.

Curso de Planificación Familiar Natural (Opcional)

Las parejas pueden utilizar el conocimiento de la Planificación Familiar Natural para lograr, así como para posponer el embarazo a través del conocimiento de los signos naturales del cuerpo que indican tiempos fértiles e infértiles.

Para más información sírvase contactar la:

Oficina de la Familia

732-243-4573

family.life@diometuchen.org

Pague mediante tarjeta de crédito o enviando cheque con el formulario a continuación.