

MARRIAGE PREPARATION PRE-CANA RESOURCES

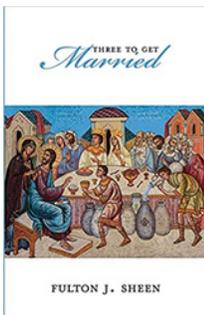


ENGAGEMENT



Navigating Engagement with Peace, Joy, and Gratitude

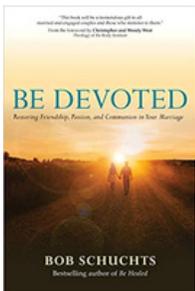
Navigating engagement is difficult and something there isn't much guidance on. This 10-part video series helps women find peace, joy, and gratitude during their time of engagement and covers topics that you will encounter but are rarely addressed.



Three to Get Married by Venerable Fulton J. Sheen

One of the greatest and best-loved spokesmen for the Faith here sets out the Church's beautiful understanding of marriage in his trademark clear and entertaining style. Frankly and charitably, Sheen presents the causes of and solutions to common marital crises, and tells touching real-life stories of people whose lives were transformed through marriage. He emphasizes that our Blessed Lord is at the center of every successful and loving marriage. This is a perfect gift for engaged couples, or for married people as a fruitful occasion for self-examination.

MARRIAGE ENRICHMENT



Be Devoted by Bob Schuchts

Drawing from his popular healing conferences, forty years of marriage, and decades of clinical work as a couple's therapist, bestselling author Bob Schuchts presents his first resource for married and engaged couples and those who desire true love in their relationships: Be Devoted. This highly anticipated guide delivers sound Catholic teaching, rich storytelling, and practical tools for healing, along with psychological insights and expertise to help couples create a relationship that is rich in trust, passion, and unity.



Beloved on Formed.org

In 12 stunning sessions, Beloved uncovers the mystery and the meaning of the sacrament of marriage. What if marriage is more than you think it is? What if God has woven into the very fabric of your humanity a purposeful need and desire that can only be fulfilled in your marriage? Beloved invites all couples to experience firsthand the wonder, mystery, and joy behind that first "I do," whether you said it last year or many years ago.

NATURAL FAMILY PLANNING



NFP List of Providers and Instructors

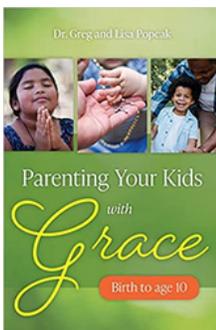
This PDF lists the various methods of Natural Family Planning, along with a brief description of each method, indexes used, and providers and instructors in the area.



Video: Theology of the Body by Fr. Mike Schmitz

God made the world—and you—on purpose. What is that purpose? Well, that’s what St. John Paul II went to great lengths to explain in his Theology of the Body talks, which Fr. Mike sums up beautifully in this video. With profound simplicity, Fr. Mike—inspired by St. John Paul II—shares the fundamental truths of this ingenious vision of humanity and sexuality. Made in God’s image and likeness, you are your body, and you are made for love. What you do with your body matters. You’ll have to watch the video to get the last and most powerful point. It’s amazing.

FAMILY LIFE



Parenting Your Kids with Grace by Dr. Greg & Lisa Popcak

Believe it or not, the Catholic family isn’t primarily a human institution. It’s a divine one. By uniting with the sacramental life of the Church, your common, ordinary, crazy family becomes something sacred, a “domestic church.” Family therapist and parent Gregory Popcak and his wife, Lisa, are back with Parenting Your Kids with Grace. Building on their best-selling book Parenting with Grace, first published twenty years ago, this new volume draws on the same parenting principles and provides up-to-date research to guide parents through each stage of child development from birth to age ten.



For Your Marriage: Family Life and Parenting

“The joy of love experienced by families is also the joy of the Church” (Pope Francis, *Amoris Laetitia*, no. 1). Family life – though not without its challenges – is a great gift! It is in the family that all of us learn what it means to love and be loved, to forgive, and how to maintain relationships over time. The family is called to welcome others, in particular children, and to care for those in need. Content on this site can help families become places of prayer and faith (domestic Churches) and navigate the challenges that come with parenting, extended family relationships, caregiving, and more.