



Marriage Preparation Programs in the Diocese of Trenton

www.dioceseoftrenton.org/precana



Pre-Cana Conferences

Pre-Cana conferences in the Diocese of Trenton are designed to help engaged couples prepare for the everyday challenges of lifelong, sacramental marriage.

Through married couple witness presentations, private couple dialog and group interaction, the Pre-Cana experience helps couples develop better relational skills,

including healthier ways to communicate and resolve conflicts. The spiritual components of the conference strengthen and nourish the faith of participants, enabling them to joyfully embrace their new vocation of marriage.

Pre-Cana classes are offered in selected parishes at various times and locations throughout the year and are open to all couples preparing for Catholic marriage. Couples find participation in Pre-Cana conferences to be a positive, enjoyable and worthwhile experience, and a key component of the overall preparation process which takes place primarily within the parish community. Registration is available at www.dioceseoftrenton.org/precana.

Diocesan Pre-Cana Conferences

In accordance with the *Pastoral Policies and Guidelines for Marriage Preparation for the Catholic Church in New Jersey*, the Department of Youth, Marriage and Family Life offers one-day instructional sessions for engaged couples as a convenient alternative to parish-based Pre-Cana workshops. Diocesan Pre-Cana events are conducted by a highly skilled and professionally trained team of diocesan marriage ministry couples.

In addition to relational skills training in such areas as marital communication, conflict resolution and family finances, the diocesan model of Pre-Cana offers a strong emphasis on the theological foundation for the sacrament of marriage, with segments on: sacramental sexuality, marriage as a

vocational call of service, the home and family as a domestic church, natural family planning and the essentials of what makes marriage a sacrament.

Diocesan Pre-Cana workshops tend to be larger events with as few as twenty and as many as eighty engaged couples in attendance. The format includes presentations on sacramental marriage, witness talks given by team couples on various relational skills and family life, large group activities, and couple exercises and reflection. Small group facilitated discussions are not offered as part of the diocesan format. Engaged couples may register for diocesan Pre-Cana events at www.dioceseoftrenton.org/precana.

Remarriage in the Catholic Church – To Trust Again Remarriage Workshop

Preparing today's couples for Catholic marriage is both challenging and rewarding; perhaps the greatest reward is sharing in each couple's hope that their marriage will last a lifetime. But we know the reality - many Catholic marriages end with the untimely death of a spouse, and many more end in unexpected divorce. The good news is that many Catholics are given a second chance to enter a loving, authentic sacramental marriage. When couples have the desire to enter a remarriage, they may not realize how much work is needed to become whole again, to heal from the loss of a failed marriage or death of their beloved spouse.

Here in the Diocese of Trenton we offer a marriage preparation workshop specifically designed to meet the needs of couples entering remarriage in the Church. While sacramental preparation is meant to take place primarily in the parish, our couples have the unique opportunity to attend a workshop that offers the witness of remarried couples who've been in their shoes, private couple reflection time, the chance to learn from their peers in small group discussions, and a new understanding of sacramental marriage as a holy calling and shared vocation.

To Trust Again remarriage workshops have helped countless couples prepare for happy, healthy remarriage in the Diocese of Trenton since 1996. This tried and true program that has been updated to meet the needs of today's engaged couples.



www.BuildingStrongMarriages.org