



the DIOCESE of EAST ANGLIA

SO GREAT A MYSTERY

Preparing for Marriage in the Catholic Church

Welcome to marriage preparation in the Diocese of East Anglia! This programme is comprised of the sessions in the enclosed book, as well as a Saturday session which includes lunch. The main body of preparation will be conducted over a few weeks in your parish, and the Saturday sessions will be at one of the four venues below – feel free to choose the date/venue which works best for you.

You will be given a certificate of course completion, usually at the Saturday session.

The cost for the whole programme is £50 per couple. If you find this to be a financial hardship, please speak to your parish priest or the person leading the course.

The dates of the 2017 Saturday sessions are as follows:

St Mary's, Ipswich	Feb 18th
St John the Baptist Cathedral, Norwich	Mar 4th
Our Lady Immaculate and St Ethelreda, Newmarket	Mar 18th
St Oswald's, Peterborough	Apr 1st

from 10:30 am - 3pm, lunch included. The schedule for the day is overleaf.

Please register for the course either online or email mflc@rcdea.org.uk – details are on the attached registration form.

SATURDAY SESSION - COMMUNICATION

This session completes the parish-based *So Great a Mystery* marriage preparation programme.

The overall aim of the day is to encourage and facilitate reflection on the different ways we communicate with our future spouse. We will

- consider the differences in the ways men and women tend to communicate
- learn to recognise how we deal with our emotions (both positive and negative) and to be more aware of how our future spouse deals with theirs
- look at ways to communicate effectively
- discuss communication through physical intimacy

Morning Session: 10:30 – 12:30

- Coffee and Welcome
- The ways in which men and women tend to communicate – differences and complementarity
- Understanding yourself and your future spouse
 - how you show love and affection: expressions of love
 - how you show/express frustration and anger: conflict resolution

Lunch: 12:30-1:30 (provided)

Afternoon Session: 1:30 – 3:00

- Intimacy and the gift of sexuality
- Natural Family Planning
 - discussion of the benefits
 - overview of the main methods

Question and Answer session

Talk/meditation by a priest

There will be opportunities for confession throughout the day.

REGISTRATION

Please register for marriage preparation online at: <http://rcdea.org.uk/registration-for-marriage-preparation-2017/>

Or send an email containing the following information to mflc@rcdea.org.uk

Names _____

Contact numbers _____

Parish _____

Date/location of Saturday session you will be attending _____

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Cost of Marriage Preparation - £50 per couple

Please pay either by *cheque*: made out to East Anglia Roman Catholic Trustee (and give to your parish priest for forwarding)

or

by *bank transfer*: East Anglia Roman Catholic Trustee
Natwest, City Branch, Norwich
Sort Code: 60-15-31
Account No: 08741697

Please include the reference 'MFL prep' and your name