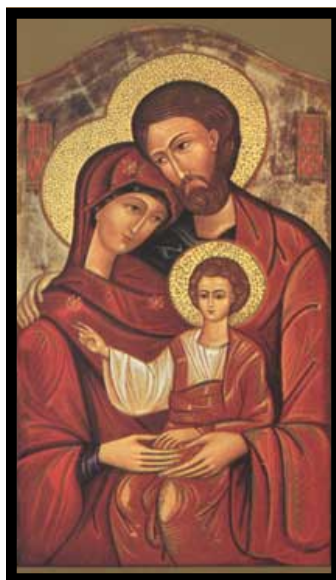




## DIOCESE OF TULSA

### FAMILY LIFE OFFICE



“What God Has Joined...”

## Preparation for Catholic Marriage in the Diocese of Tulsa

Diocese of Tulsa

Family Life Office

P.O. Box 690240

Tulsa, OK 74169-0240

Phone: 918-307-4939

Fax: 918-294-0920

[familylife.office@dioceseoftulsa.org](mailto:familylife.office@dioceseoftulsa.org)

[www.dioceseoftulsa.org](http://www.dioceseoftulsa.org)

## Six Months of Marriage Preparation & Formation

Marriage is a lifelong commitment. Every couple entering this important vocation needs formation and preparation. The Diocese of Tulsa wants to ensure that couples entering marriage receive thorough preparation and hence require the following:

1. An initial interview with your pastor is required at least six months prior to the tentative date of the wedding. An initial meeting of 12 months before your wedding is highly recommended.

2. A Pre-Marital Inventory (FOCCUS or Prepare) is required. This will provide you with a personalized profile of your relationship. Your priest or deacon will review the inventory with you (or ask a trained mentor couples to work with you.) The number of these meetings varies based on need.

3. All couples preparing for marriage are required to attend the diocesan marriage preparation program (Pre-Cana) or a suitable equivalent. These classes are foundational both in terms of understanding what Christian marriage is and how to live it.

You will want to enroll in the marriage preparation program at least 4-6 months before your wedding.

*\*An Engaged Encounter weekend or a parish-*

*based mentor program of similar length and consisting of a similar range of topics may substitute for the diocesan program.*

4. All couples of childbearing years are highly encouraged to take a full Natural Family Planning course. Practicing Natural Family Planning will strengthen your love and commitment and safeguard your marriage from divorce. The divorce rate for

couples that practice NFP is almost non-existent because they are able to communicate daily about the most important aspects of their marriage.

Enroll in NFP classes at least 4-5 months before your wedding date.

5. Begin planning your wedding liturgy any time after you've set a date for your wedding.

6. The completion of the Pre-nuptial Questionnaire, along with proof of your freedom to marry and any request for permission/dispensation should be made no later than one month prior to the wedding date.

7. According to any specific needs you may have, additional resources, such as counseling may be suggested.



## Marriage Preparation (Pre-Cana)

### Part 1

#### **Catholic Faith & Your Marriage**

Following the basic Christian Schema of "Creation, Fall and Redemption," Part 1 provides a reflection on the Word of God as understood by the Church in regard to God's plan for marriage and our need for Christ. It also helps you understand the nature and meaning of the commitment made in the exchange of vows. Presentations include:

- God's Plan for Marriage "In the Beginning"
- Christ Restores God's Plan for Marriage
- What Are You Saying 'I Do' To?

### Part 2

#### **Sacramental Sexuality**

Based on Pope John Paul II's Theology of the Body, Part 2 builds on the foundation of Part 1

and explains the beauty of the Catholic Church's teachings and God's glorious plan for marital love. Presentations include:

- The Joy of Sexual Honesty Before Marriage
- The Joy of Sexual Honesty Within Marriage
- An Introduction to Natural Family Planning



### Part 3

#### **Life Skills for a Joy-Filled Marriage**

This workshop will help you address many critical areas of your relationship together. You will learn specific communication skills to focus your discussions and enhance your overall communication effectiveness. Topics include:

- Communication Skills
- Solving Problems and Disagreements
- Exploring Expectations
- Parenting and the Gift of Children
- Christian Finances
- Interfaith Marriages

### Part 4

#### **Marriage Spirituality**

Growing in your relationship with our Lord and praying together as a couple are essential for a joy-filled, lifelong marriage. Part 4 explores the many facets of marriage spirituality and how to live a rich, exciting, grace-filled marriage centered on God. Presentations include:

- The Importance of Grace
- Spirituality of Stewardship
- Liturgy and your Marriage
- Spiritual Oneness

## Schedule

This class is offered on two Saturdays, 9am - 4:30pm each day. A total of 8 classes are scheduled for the 2009 year.

**Jan. 31 & Feb. 7** 9 am - 4:30 pm

Church of St. Mary and  
Church of the Madalene

**Feb. 21 & 28** 9 am - 4:30 pm

Church of the Madalene

**March 28 & April 4** 9 am - 4:30 pm

Church of the Madalene

**April 18 & 25** 9 am - 4:30 pm

Church of the Madalene

**June 6 & 13** 9 am - 4:30 pm

Church of the Madalene

**August 8 & 15** 9 am - 4:30 pm

Church of the Madalene

**Sept. 12 & 19** 9 am - 4:30 pm

Church of the Madalene

**Oct. 10 & 17** 9 am - 4:30 pm

Church of the Madalene

**All classes at the Church of the Madalene are in the Parish Hall.**

#### **Registration**

Cost: \$75 per couple. This includes materials and workbooks for each class and an accompanying text, lunch, snacks and drinks. The class will begin promptly at the scheduled hour. Please arrive 10 minutes early on the first day to check in. You can register online at [www.dioceseoftulsa.org](http://www.dioceseoftulsa.org) or by calling the Family Life Office at 918-307-4939.

## Natural Family Planning

In the Diocese of Tulsa two different methods of Natural Family Planning are taught:

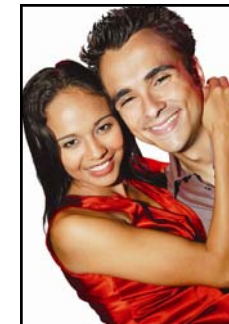
#### **Couple to Couple League (CCL)**

[www.ccli.org](http://www.ccli.org)

Classes are offered once a month for three months (2.5 hours each). For a current schedule and cost call:

Dan or Julianne O'Brien, 918-455-4529 (Tulsa)

MaryBeth Burns, 903-785-2737 (Southeast OK)



#### **Billings Ovulation Method (B.O.M.A)**

[www.boma-usa.org](http://www.boma-usa.org)

New classes begin every other month or at the couple's request. Generally four meetings are required. Cost: \$50, scholarships are available. (This teacher is on leave and will resume teaching during the summer of 2009.)

For the current schedule call the Family Life Office, 918-307-4939.

An online Natural Family Planning class is also available at:

#### **Northwest Family Services**

[www.nwfs.org](http://www.nwfs.org)

Northwest Family Services has been providing quality and effective NFP instruction for 25 years. If you are unable to attend a course in person, taking this online class is the next best thing. The course costs \$90. Go online or call 503-215-6377 for more information.