

## HOW TO ACCESS THE MARRIAGE VIDEO PROGRAM

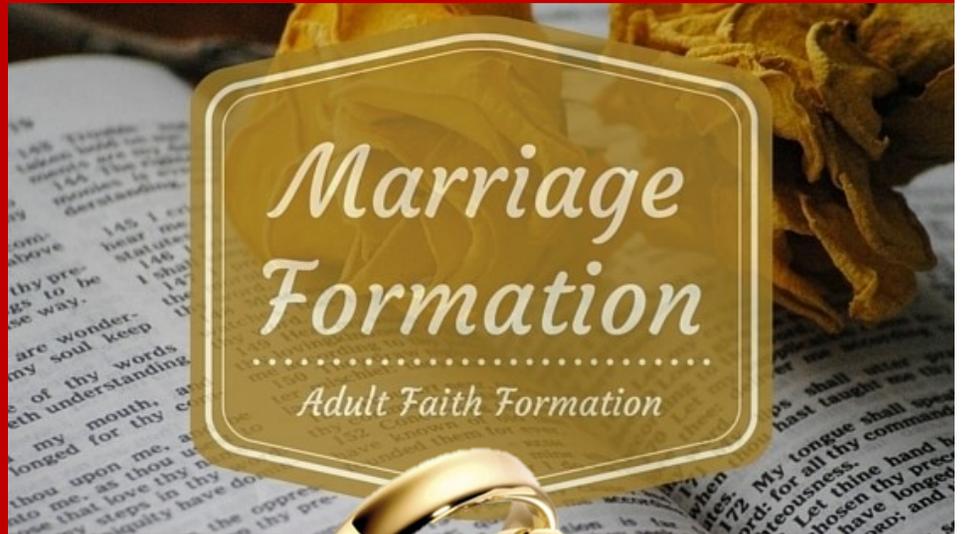
Access to the *Beloved* series of video sessions is FREE and EASY:

1. Go to [www.formed.org](http://www.formed.org).
2. If you have not already created an account there, please click on "Register" to create your FREE account.
3. Enter our Parish Code: **4CZMDN** and your **email address**.
4. Click on "Study", then "Sacramental Preparation", then scroll down to the *Beloved* series. Again, since this is a two-part video program, you will see both sets here.

To access the *Participant Guides* for each video session:

1. To the right of the screen of each video session, you will see "PARTICIPANT MATERIALS". In the drop-down menu, click on "COUPLE PREPARATION GUIDE".
2. Couples are to read through each Guide and answer the questions separately, recording all answers in a journal or notebook. You will share your answers during a scheduled meeting with the Pastoral Assistant for Faith Formation.

*The Proto-Cathedral  
of  
St. James the Greater*



## MARRIAGE ENRICHMENT

On occasion, the **Marriage and Family Institute** of The Proto-Cathedral puts on sessions for the benefit of married and engaged couples. When these occur, we will invite all those couples in our Marriage Preparation program to join us. These sessions will involve lively discussions with other married and engaged couples, to help bring solidarity and friendship among them. These gatherings will also include a potluck meal.



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# MARRIAGE PREPARATION

From the beginning of the required pre-marital investigation interviews, to a couple's wedding day, the Archdiocese of Seattle requires a minimum of (1) a 6-month period of total preparation, which includes a process for determining the couple's readiness for marriage, and for resolving any marriage impediments, should any exist; and (2) 12 hours of marriage preparation that is parish-based.

## I. PRE-MARITAL DOCUMENTATION

To begin the process, we will need:

- To **INTERVIEW** both the Bride and Groom separately, as well as witnesses for each of them, in order to determine their freedom to marry.
- Recently issued **BAPTISMAL CERTIFICATES** (with full notations) from both the Bride and Groom. These copies shall not be more than 6 months old since the date of issue.

## II. MARRIAGE IMPEDIMENTS

If either Bride and/or Groom were previously married, a process—with the aid of a trained **Marriage Advocate** (assigned by our Parish)—must be conducted *prior* to the advancement of the marriage preparation program. Under ideal circumstances, this process could take on average about 12 to 18 months.

## III. PRE-MARITAL ASSESSMENT

In order to aid couples in determining what their strengths and weaknesses are, and to provide an occasion for them to have meaningful and productive conversations, couples will complete a **Marriage Preparation Inventory Questionnaire** via an online form provided by our friends at *Dynamic Catholic*. After completing this online assessment, couples will discuss the results during a scheduled office meeting with the Pastoral Assistant for Faith Formation.

## IV. MENTOR COUPLE ASSIGNMENT

We will locate an experienced and faithful Catholic couple who will walk with the Bride and Groom on their journey toward their wedding day, being a resource for them to share experiences and to answer questions concerning the more practical aspects of marriage and family life. Couples will meet with their Mentor Couple *at least once per month*.

## V. NATURAL FAMILY PLANNING (N.F.P.)

Couples will take an NFP course which includes several methods that identify the fertile and infertile phases of a woman's cycle. N.F.P. is a safe, effective, and healthy alternative to artificial birth control. It reflects the dignity of the human person within the context of marriage & family life, promotes openness to life, and enriches the bond between the spouses. Depending on age, this course *may* not be required.

## VI. CATECHESIS & THEOLOGY OF MARRIAGE

Couples will engage in a comprehensive and authentically-Catholic program of catechesis on the theology of Marriage via a video series produced by the Augustine Institute. As part of the assessment process, couples will be required to answer questions from the *Participant Guides* provided for each video session.

- **BELOVED: Mystery and Meaning in Marriage (4 HOURS)**

SESSION 1: Does Marriage Matter? (34 mins)

SESSION 2: Entering the Story of Marriage (33 mins)

SESSION 3: Love Revealed (36 mins)

SESSION 4: The Total Gift of Self (48 mins)

SESSION 5: A Sacramental Bond (34 mins)

SESSION 6: Real Challenges, Real Love (48 mins)

- **BELOVED: Living Marriage (2 HOURS)**

SESSION 1: Christ at the Center (18 mins)

SESSION 2: A Deeper Unity (18 mins)

SESSION 3: Conflict and Communication (19 mins)

SESSION 4: Building a Thriving Marriage (18 mins)

SESSION 5: Protecting the Bond (20 mins)

SESSION 6: Sexuality and Authentic Love (20 mins)