

Couples who have attended these programmes have said:

"[The course] made me realise that just a simple thing like sitting and talking through things is enough to sort a lot of problems and disagreements"

"Very helpful, made me think about what it takes to make a marriage work."

"I feel it has helped me to speak to my fiancé more about how I feel and speak to her earlier rather than later after an argument over something silly."

"It was a good time to reflect on our relationship and share how much we mean to each other."

"I think we will both be more aware of how we communicate with each other and try to improve ourselves in our relationship."

Volunteers who deliver the programmes have said:

"We always enjoy delivering the Preparing Together course, although it is a demanding day for us. It is good to see couples embarking on married life and share their excitement and hopes for the future. We believe we can offer them something of value and make them think more about what the nature of their commitment to each other is, and why that is important. By being there, we can show them Catholicism in action, caring and reaching out, which many will not have experienced before."

"I encourage Christian communities to recognise the great benefit that they themselves receive from supporting engaged couples as they grow in love."

Pope Francis, The Joy of Love #207

Could you work with engaged couples as a facilitator?

Training and support will be provided by Marriage Care in partnership with the Archdiocesan Family Life Worker

For more details contact either:

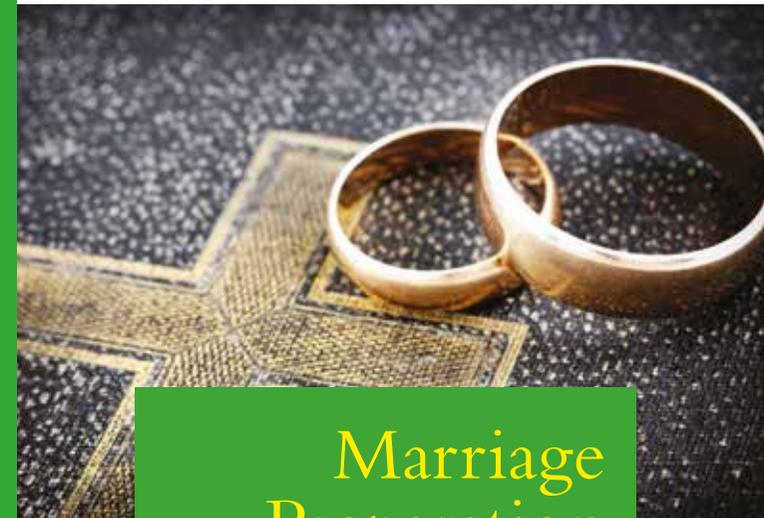
volunteer@marriagecare.org.uk

or in the diocese

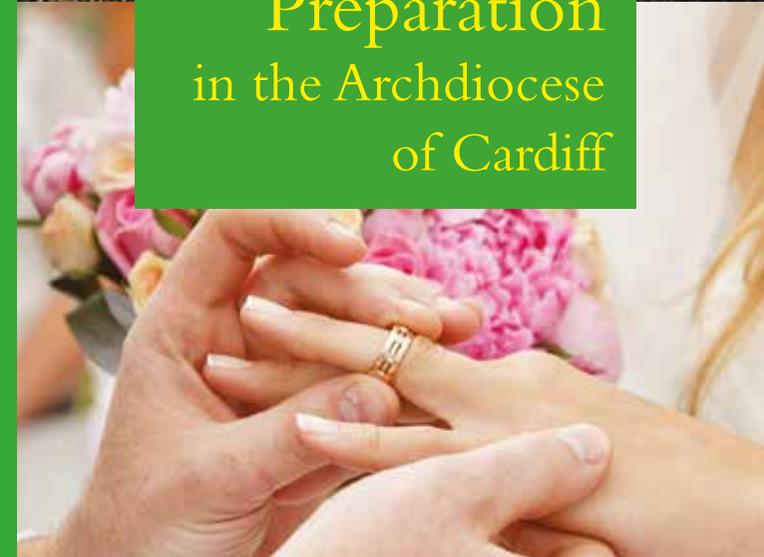
Joanne White
FAMILY LIFE WORKER
Pastoral Resources Centre,
910 Newport Road, Rumney,
Cardiff, CF3 4LL

Tel: (029)20 365964
e-mail: parenting@rcadc.org

RCADC Registered Charity No: 242380
Company: 417528 Registered Charity: 218159



**Marriage
Preparation
in the Archdiocese
of Cardiff**



**Will you consider becoming a
volunteer facilitator of Marriage
Preparation Programmes?**

Preparation Programmes

Two Marriage Care preparation programmes are currently used across the Archdiocese:

Preparing Together, is a one-day workshop for groups of up to 12 couples. It is normally held on a Saturday or Sunday, organised by local Marriage Care centres across the Archdiocese. Enjoyable, revealing and rewarding, couples are encouraged to consider things they may not even be aware they need to think about. All in a safe, supportive environment, where no one is forced to share anything they are uncomfortable with.

FOCCUS® stands for Facilitating Open Couple Communication, Understanding and Study. It is a personalised consultation using a research-based questionnaire and gives couples a good snapshot of how their relationship works. The picture that develops is shaped by their experiences and answers to questions about family life, faith and spirituality, how they communicate and settle differences. It's not a test to pass or fail, as every relationship is unique. But their responses will help in identifying, discussing and working through any issues as they enter this new phase of their relationship.



As a volunteer facilitator you will:

- Become part of the developing network of Marriage Preparation providers within our archdiocese
- Deliver Marriage Care programmes to engaged couples of your deanery
- Help engaged couples discern their readiness for the Sacrament of Marriage
- Deepen your own appreciation of the Sacrament of Matrimony

FAQ&A

What skills do I need?

You need to have an open mind, a listening heart and a willingness to work with couples from all kinds of circumstances and family backgrounds.

How long am I committed for?

We ask each facilitator to agree to an initial three-year period of commitment.

What training is involved?

For Preparing Together, Marriage Care offers

- a short online course followed by
- a 2-day skills-oriented training, and
- a follow-up practice day

After training you will need to co-present at two marriage preparation days to the satisfaction of the team and then will be recognised as a fully-qualified Marriage Preparation Course Facilitator!

FOCCUS® training is shorter, comprising an overnight residential course.

What is the level of commitment?

We expect volunteers to commit to:

- delivering at least two Preparing Together days per year or
- to see at least 3 couples using the FOCCUS programme, if trained.
- attend occasional follow up training/support sessions.

What support can I expect?

Your local Marriage Care Centre in partnership with the Family Life Worker will provide ongoing support.

- Materials and equipment needed to deliver the programmes will be supplied.
- Travel costs and expenses incurred will be reimbursed.

