

## *Taking your first step*

*Congratulations on your engagement! As you are taking your first step on the path of love, St. Paul Marriage Preparation Program is here to assist you on your journey.*

*“Love is indeed ‘ecstasy,’ not in the sense of a moment of intoxication, but rather as a journey, and ongoing exodus out of the closed inward-looking self towards its liberation through self-giving, and thus towards authentic self-discovery and indeed the discovery of God” (Benedict XVI Deus Caritas Est 6).*



**St. Paul Catholic Church**  
8720 Florin Road  
Sacramento, CA 95828

To:

POSTAGE



*St Paul Catholic  
Church*

## **SPRING 2019 MARRIAGE PREPARATION PROGRAM**

8720 Florin Road, Sacramento, CA 95828

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[www.stpaul-florin.org](http://www.stpaul-florin.org)

# Marriage Preparation



The preparation program used in our parish is called UNITAS. It has been implemented in many different locations throughout the country as well as in our own parish and has been a great success. This program provides the couples with:

- Information – to help you succeed in your marriage
- Faith Formation – an essential ingredient for your journey toward sacramental marriage
- Supporting Group – to build connections and grow with our parish

## UNITAS: preparing for Sacramental Marriage

Couples are provided with an excellent workbook and informational materials that are used during the program. They can be used as a reference later in marriage to reinforce lessons learned during the class.

The following is a brief summary of topics that are covered during the six evenings:

- The Marriage Covenant
- Family of Origin and how the behaviors learned as a child from our family of origin affect us throughout our lives
- Values and Conscience
- Communication Skills
- Negotiation and Conflict Resolution
- Intimacy, Sexuality and Natural Family Planning
- Balancing Our Lives Together – how to handle the everyday tasks in marriage
- Spirituality in Marriage – how to live sacramental marriage relationship

### Registration

The registration form is available at the Rectory Office, **or it can be downloaded from our website:**

[www.stpaul-florin.org](http://www.stpaul-florin.org)

Registration needs to be completed by Jan 23, 2019.

- After registered, couple will receive instruction to take an on-line FOCCUS Inventory (Diocese's requirement).

- FOCCUS Inventory: \$15\* per couple that paid by the couple directly to FOCCUS Inc. using credit card. (\* Subject to change by FOCCUS Inc.)
- FOCCUS Inventory discussion will be conducted prior to class session begins.

### Fees (include one workbook per couple)

- Registered parishioner: \$50 per couple
- Non- parishioner: \$80 per couple

### Class Schedule

For 2018 UNITAS Program, the class sessions are scheduled as follow:

- Monday, Jan 28, 2019
- Monday, Feb 4, 2019
- Monday, Feb 11, 2019
- Monday, Feb 18, 2019
- Monday, Feb 24, 2019

Class will be held at St. Paul Church from 7pm to 9:30pm.

**Please note that participants are required to attend all sessions in order to receive the Certificate of Completion.**

Couples also attend an additional Masses thought out the course.

**A separate Natural Family Planning session from a certified instructor may be required.**

If you have conflict with one or more class schedule, please contact the UNITAS coordinator before registering for the course.

UNITAS Coordinator: Paul Pham

For further info or question, please email to: paulpha@gmail.com