



MARRIAGE AS A SACRAMENT

Marriage is a sacrament that takes place in the Church and which also makes the Church by giving rise to a new family community. The love between spouses is an image of the love between Christ and His Church.

HOW TO BOOK

To check course dates and register for our Course or to enrol for SmartLoving Online please visit parracatholic.org/pmp

To speak to a course coordinator, contact **☎ 8838 3460** // **✉ marriage@parracatholic.org**

Cost

Weekend Course – \$250 per couple
SmartLoving Online – \$190 per couple

THE PRE-MARRIAGE PREPARATION
PROGRAMS HAVE BEEN APPROVED BY
THE DIOCESE OF PARRAMATTA

 **DIOCESE of PARRAMATTA**



MET Marriage

This resource is produced by
MET Marriage Diocese of Parramatta

To obtain more copies of
this brochure, please contact

☎ 02 8838 3460

✉ marriage@parracatholic.org

To view other initiatives of the Mission
Enhancement Team (MET Parramatta)
please visit

🌐 parracatholic.org/MET



Pre-Marriage Preparation

A WEDDING TAKES A DAY.
A MARRIAGE LASTS
A LIFETIME.



**MET
Marriage**

WHAT IS PRE-MARRIAGE PREPARATION?

The Diocese of Parramatta offers two marriage preparation programs for couples:

1. Weekend Course
2. SmartLoving Engaged Online

Both preparations are designed to strengthen and enrich your relationship and work on building a rewarding life together.

Both preparations offer couples activities designed to explore your relationship together to:

- Build skills
- Use the difficult times to grow



OUR PRE-MARRIAGE PREPARATION

PRE-MARRIAGE WEEKEND COURSE

Conducted in a group setting with couple only discussion.

Fridays 7pm - 10pm
Sundays 9am - 4:30pm

This course offers sessions on:

- Catholic Marriage
- Family of Origin
- Sound Marital House
- Communication
- Managing Conflict
- Couple Intimacy
- Natural Family Planning

SMARTLOVING ENGAGED ONLINE

Nine multimedia sessions online of approximately 1.5hr sessions

- In addition to the online sessions, engaged couple and married sponsor couple will meet face to face between 4-9 times.
- Once your registration has been received your Sponsor couple will be in contact to organise your face to face meetings 4-9 times by agreement.

