

COST: \$85.00

Register online at www.archden.org/marriage Or

Send this Registration to:

Office of Marriage & Family Life

1300 S Steele Street

Denver, CO 80210

Fax: 303-715-2042

Class Date Choice: _____

His Information:

Full Name: _____

Address: _____

City/State: _____ Zip: _____

Age: _____

Day Phone: _____

Evening Phone: _____

Religion: _____

Email: _____

Her Information:

Full Name: _____

Address: _____

City/State: _____ Zip: _____

Age: _____

Day Phone: _____

Evening Phone: _____

Religion: _____

Email: _____

Wedding Information:

Anticipated Date: _____

Preparing Priest/Deacon: _____

Parish: _____

Please fill in Credit Card information or mail in payment

Visa MasterCard Check Money Order

Name on Card: _____

Credit Card #: _____

Exp. Date: _____ 3 digit # on back: _____

Total Amount: _____

Signature: _____

**Prep Step #1:
Theology Component**

PREP STEP #1: focuses on the Theology of Catholic Marriage & Sexuality.

Option #1: God's Plan for a Joy-Filled Marriage

GOD'S PLAN FOR A JOY-FILLED *Marriage* This dynamic workshop presents the "what's" and "why's" of the Catholic Church's teachings on marriage and sexuality.

One Saturdays: 9 a.m. – 5 p.m.

Location: John Paul II Center, Bonfils Hall – Denver, CO

Dates: July 9 * Oct. 8 * Nov. 5 * Dec. 3

Location: Rm. 125 John Paul II Center (Limited to 30 couples)

Dates: Aug. 13 * Sept. 24

Location: Holy Name, Steamboat Springs, CO

Dates: September 10

OR

Two Thursday Evenings: 6:30 p.m. – 9:30 p.m.

Location: John Paul II Center, Room 125 – Denver, CO

Dates: Aug. 18 & 25 * Sept. 15 & 22 * Oct. 6 & 13

* Nov. 10 & 17

← To Register: See Registration Form on left side of brochure.

Option #2: Fulfills Prep Steps #1 & #3

1. Catholic Marriage Preparation, Inc.

Dedicated building of strong marriages, taught by married couples, based on JPII's Theology of the Body, and the teachings of the Catholic Church. This course is available live, in four evening sessions \$180, or one-on-one online.

• Classes held at St. Thomas More, Centennial:

Tuesdays: 6:00-8:45 pm:

July 19, 26 Aug. 2, 9

Oct. 25 Nov. 1, 8, 15

• Classes held at Holy Family, Denver:

Mondays: 6:00-8:45 pm:

Sep. 12, 19, 26 Oct. 3

For Information Call: 866-425-7193 or

Register on-line at www.catholicmarriageprep.com



2. Saint Frances Cabrini Marriage Builder Weekend:

For Information Call: 303-979-7688 or visit

www.saintfrancescabrini.org

• Upcoming Weekends: August 19-21

3. Marriage Prep Seminar at St. Catherine of Siena:

These seminars explore God's Divine Plan for marriage and how the couple can build a strong foundation for marriage.

•Thursdays, 7-9:30 pm :

August: 4th, 11th, 18th, 25th.

September: 1st, 8th, 15th, 22nd.

November: 3rd, 10th, 17th, 24th

To Register: call 303-455-9090 or email: coleman.colin@gmail.com

4. Church of the Risen Christ Marriage Prep. Wknd Retreat

For Information Call: 303-758-8826 x112 or go to

www.risenchristchurch.org

• Upcoming Weekend: October 14-16

**Prep Step #2:
Natural Family Planning (NFP)**

PREP STEP #2: focuses on training in Natural Family Planning (NFP). Please review the options below and discuss with your marriage prep. minister the option that will be best for you and your needs.

Option #1: The Couple to Couple League

provides NFP certification in the Sympto-Thermal cross check method by completing three group sessions over the course of three months. NFP class schedules, along with registration information, is listed on the back of this brochure.

Option #2: The Creighton Fertility Care System

provides NFP certification via eight private sessions and involves checking one primary indicator of fertility. Couples may also use this method to receive medical treatment for gynecologic health issues and infertility. Please check the back of this brochure for a list of Practitioners in your area and for registration information.

Option #3: FertileView Software by Novuscor

FertileView is a downloadable software program for fertility management. The application tool allows the client to chart their fertility signs while the FertileView program interprets the information. This comprehensive software program is designed to be used by the client to provide specific cycle details that includes ovulation. The program data shapes the boundaries of the client's fertility defining the optimal time to achieve and avoid pregnancy. For further information visit www.cath.novuscor.com. Contact sales@novuscor.com or call 303-858-0488.

Option #4: Natural Family Planning International (NFPI)

NFPI Provides NFP certification in the Sympto-Thermal cross check method by completing three group sessions over the course of three months. NFP class schedules and are listed on the back of this brochure. Register by phone at 303-758-4442 or on-line at www.nfpdenver.org.

Option #5: Northwest Family Services

courses are currently being offered in the Fort Morgan/Eastern area of Colorado. This course is taught through a series of 3 classes and follow-ups. For more info. and to register, contact Carolyn Hochanadel at 970-867-5879. Northwest Family Services offers an Online NFP class for more info. email: service@nwfs.org or call 503-546-6377. Before you sign up for the class you must have your pastor's approval. To sign up, after approval, go to their website: www.nwfs.org/nfp.html.

Why is Natural Family Planning (NFP) a Marriage Prep. requirement?

There are 2 main reasons for the NFP requirement:

- #1 – NFP provides a moral, healthy, and effective alternative to contraception. NFP can also help couples that may struggle with infertility.
- #2 – Practicing NFP is one of the surest ways to safeguard a healthy marriage. In fact, the divorce rate for couples that practice NFP is almost non-existent. There are many reasons for this, but one of the simplest reasons is that NFP creates a context for couples to communicate daily about the most important aspects of their marriage.

I've heard that NFP is not very effective in spacing pregnancies. Is this true?

No...completely false. Many times people (including doctors) confuse NFP with the old "rhythm method". Modern methods of NFP are up to 99% effective in spacing births.

**Prep Step #3:
Life-Skills Component**

PREP STEP #3: focuses on building communication & life skills in your relationship. To begin this step, talk with your priest/deacon about possible options available to you at your parish and to discuss the options listed below.

Option #1: Catholic Engaged Encounter

This is a weekend experience designed to give couples an opportunity to dialogue honestly and intensively about their future life together. Couples should register well in advance of their wedding date.



Retreat Dates and Locations:

(price includes lodging and meals)

- Sept. 16-18, John Paul II Center \$325.00

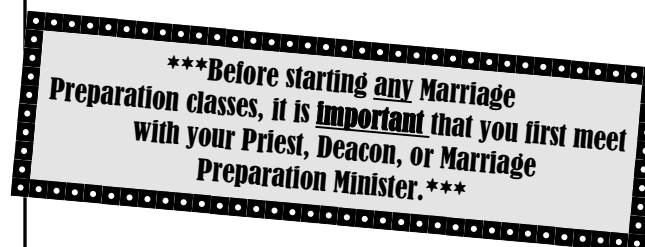
To Register: Contact Mike and Allison Sullivan at 303-433-1186 or denvercee@yahoo.com. You can also print off a registration form at www.denvercee.org

Option #2: FOCCUS Inventory

FOCCUS is a tool designed to help couples learn more about themselves and their unique relationship. It is not a test nor is it meant as a predictor of success or failure in marriage. The FOCCUS inventory can, in most cases, be taken at your parish. After the inventory is complete, the couple then meets with a facilitator to openly review and discuss the results. This fulfills the "Life Skills" portion of marriage preparation only with your pastors approval.

Option #3: Lasting Covenant Program

Couples complete an on-line assessment from home, followed by 4 sessions of Pre-Marital Counseling on the date and time of the couple's choice. Total cost is \$250.00. Designed by St. Raphael Counseling. Contact (720) 675-7796 www.straphaelcounseling.com.



Natural Family Planning (NFP)

Couple to Couple League

Learn Natural Family Planning by attending one of the class series listed below. **Please visit the CCL website to register: www.denver.ccli.org** The entire series of classes, with materials is **\$135.00** (plus shipping and handling).

Our Lady of Loreto Catholic Church, Foxfield
Sunday 2:15 pm
Jun 26th, Aug 7th, Sep 11th
Gregory and Jane Benz

Church of the Risen Christ, Denver
Tuesday 5:30 pm
Jun 28th, Jul 26th, Aug 23rd
John and Theresa Bogumill

Christ the King Parish, Haxtun
Saturday 9:30 am
Aug 6th, Sep 10th, Oct 8th
Timothy and Karen Swan

Immaculate Heart of Mary Church, Northglenn
Saturday 9:30 am
Aug 13th, Sep 10th, Oct 8th
J Peter and Marguerite Gormley

Byers or Roggen
Sunday 2:00 pm
Sep 4th, Oct 2nd, Oct 23rd
Mark and Michelle Linnebur

St. Elizabeth Ann Seton Catholic Church, Ft. Collins
Tuesday 6:30 pm
Sep 13th, Oct 11th, Nov 8th
Tyson and Sharla McGuffin

Sacred Heart of Mary Catholic Church, Boulder
Thursday 7:00 pm
Sep 15th, Oct 20th, Nov 17th
Adrian and Stacey Nagle

Our Lady Of Loreto Catholic Church, Foxfield
Sunday 2:15 pm
Oct 2nd, Nov 6th, Dec 4th
Gregory and Jane Benz

Our Lady of Victory, Limon
Sunday 2:00 pm
Oct 9th, Nov 6th, Nov 27th
Mark and Michelle Linnebur

Immaculate Heart of Mary Catholic Church, Northglenn
Saturday 9:30 am
Nov 12th, Dec 10th, Jan 14th
J Peter and Marguerite Gormley

St. Thomas Aquinas Catholic Center, Boulder
Sunday 2:00 pm
Nov 13th, Dec 11th, Jan 8th
Adrian and Stacey Nagle



Creighton FertilityCare System

Learn the Creighton Model of Natural Family Planning by contacting one of the following Practitioners in your area. The entire series of individual meetings including materials is **\$280.00**. Visit: www.fertilitycaredenver.com

Aurora
Britta Conway, FCP 720-939-2876
accepting clients
Kathleen Morroni, FCP 303-471-1308
accepting clients
Terri Vyner, FCP 720-870-3246
not accepting clients
Joann Washburn, FCPI 720-323-0754
accepting clients

Boulder
Sarah Stillings, FCPI 303-895-1097
accepting clients

Brighton
Jennifer Williams, FCPI 720-837-7195
accepting clients

Broomfield
Desirae Trujillo, FCPI 303-590-8741
accepting clients

Denver
Hayley Foresman, FCPI 720-352-3541
accepting clients
Christina Coughlan-Watson, FCP 720-232-4478
accepting clients

Englewood
Amanda Soto, FCPI 720-998-2009
accepting clients ~ (Bilingual-Spanish)

Highlands Ranch
Caitlin Burnett, FCP 303-791-9393
accepting clients
Teresa Clark, FCPI 720-205-4521
accepting clients
Carrie Keating, FCP 303-471-8624
not accepting clients

Littleton
Linda Hannon, CFPCP 303-933-3339
accepting clients

Parker
Olivia Demsko, FCP 303-997-4599
accepting clients
Ann Walker, FCP 719-649-3223
accepting clients

Natural Family Planning (NFP)

Fertile View Software by Novuscor

Learning the FertileView Software method by attending a virtual training class (1.5 to 2 hours) that is scheduled at couples convenience. One-time fee of **\$150.00**. For more information please visit: www.cath.novuscor.com.

Natural Family Planning International

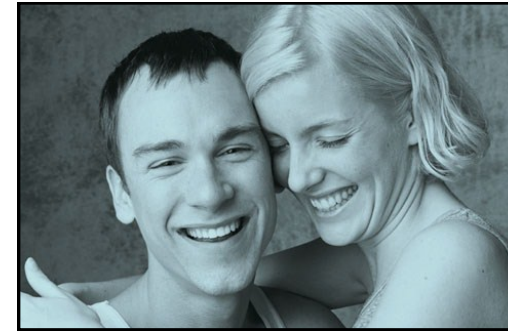
Learn Natural Family Planning by attending one of the class series below. Register by phone, **303-758-4442** or on-line at www.nfpdenver.org. The entire series of classes with materials is **\$120.00**.

2011 Class Dates (3 classes per session)

Location: St. Anthony Central Hospital

Time: 6:30-8:45 pm

- Tuesday, Jul 26, Aug 23, Sep 27
- Wednesday, Aug 17, Sep 20, Oct 19
- Tuesday, Oct 25, Nov 22, Dec 27
- Wednesday, Nov 16, Dec 21, Jan 18



For More Information

For further information on the marriage preparation process in the Archdiocese of Denver, please visit our website at: www.archden.org/marriage or Contact the Office of Marriage and Family Life at 303-715-3259.

Para mas información sobre el proceso de preparación para el matrimonio en la Arquidiócesis de Denver por favor visite nuestra página Web: www.archden.org/marriage

o contacte la Oficina de Matrimonio y Vida Familiar al 303-715-3259 (si no habla ingles llame al 303-715-3247)

Schedule for
Prep Steps #1, 2 and 3

Marriage PREPARATION



July – December, 2011

REVISED June 1, 2011



HELPING BUILD
HOLY FAMILIES