

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: _____

Yes! We would like to receive your newsletter!!

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. (Choose from Option #1 or #2 below)

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 am – 5 pm

Location: John Paul II Center, Denver

Dates: Jan. 7 * Feb. 4 * Mar. 3 * Apr. 28 * May 12

Location: Our Lady of Peace, Dillon CO

Date: June 23

OR

Two Thursday Evenings: 6:30 pm – 9:30 pm

Location: John Paul II Center, Denver

Dates: Jan. 19 & 26 * Feb. 16 & 23 * Mar. 15 & 22 * Apr. 12 & 19
May 10 & 17 * June 7 & 14 * July 12 & 19

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

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

1. **Catholic Marriage Preparation, Inc.**

Dedicated to building strong marriages, taught by married couples, based on JPPI'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, \$165.

• Classes held at Holy Family, Denver:

Mondays: 6:00-8:45 pm:

Jan. 16, 23, 30 & Feb. 6

Apr. 9, 16, 23, 30

June 11, 18, 25 & July 2

• Classes held at St. Thomas More, Centennial:

Tuesdays: 6:00-8:45 pm:

Feb. 21, 28 & Mar. 6, 13

May 8, 15, 22, 29

July 24, 31 & Aug. 7, 14

For Information Call: 866-425-7193 or

Register on-line at www.catholicmarriageprep.com

2. **Saint Frances Cabrini Marriage Builder Weekend:**

For Information Call: 303-953-7766 or visit www.sfeparish.org

• *Upcoming Weekends:* Feb. 3-5 or May 18-20

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 :*

January: 5, 12, 19, 26

February: 2, 9, 16, 23

March: 1, 8, 15, 22

June: 7, 14, 21, 28

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

• *Upcoming Weekend:* Apr. 20-22



Prep Step #2: Natural Family Planning (NFP)

PREP STEP #2: focuses on training you 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: Northwest Family Services

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.

Looking for an NFP Instructor or Class? See backside!

*****Before starting any Marriage Preparation classes, it is important that you first meet with your Priest, Deacon, or Marriage Preparation Minister.*****

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 intensely about their future life together. Couples should register well in advance of their wedding date.



Retreat Dates and Locations:

(price includes lodging and meals)

• **Feb. 17-19, John Paul II Center \$325.00**

• **May 4-6, John Paul II Center \$325.00**

To Register: Contact Mike and Allison Sullivan at 303-433-1186 or denvercee@yahoo.com (*preferred method*). 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 to predict 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 in-depth, psychological and spiritual relationship assessment online. Followed by 4 sessions of pre-marital counseling with a Masters or Doctoral level therapist to interpret the results. Total cost is \$250. Please contact St. Raphael Counseling at 720-675-7796 or www.straphaelcounseling.com to get started!

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
Sundays 2:15 pm
Jan. 8, Feb. 5, Mar. 4
Gregory and Jane Benz

Corpus Christi Parish Hall, Colorado Springs
Wednesdays 7:04 pm
Jan. 11, Feb. 8, Mar. 14
Charles and Christine McIntyre

St. Mary Church — Parish Center, Greeley
Thursdays 6:15 pm
Jan. 19, Feb. 16, Mar. 15
Daniel and Amy James

St. Mark Catholic Church, Westminster
Sundays 3:00 pm
Jan. 22, Feb. 19, Mar. 18
Gregory and Tania Berg

St. Joseph's Catholic Church, Ft. Collins
Saturdays 9:00 am
Jan. 28, Feb. 25, Mar. 24
Andrew and Wendy Rankin

All Souls Catholic Church, Englewood
Sundays 1:00 pm
Feb. 19, Mar. 25, Apr. 15
David and Jennifer Anselmi

St. Michael the Archangel Catholic Church, Aurora
Saturdays 1:00 pm
Mar. 10, Apr. 14, May 12
Jason and Audrey Sewald

St. Thomas Aquinas Catholic Center, Boulder
Sundays 2:00 pm
Apr. 15, May 20, June 17
Stacey and Adrian Nagle

St. Mark Catholic Church, Westminster
Sundays 3:00 pm
May 20, June 10, July 15
Tania and Gregory Benz

All Souls Catholic Church, Englewood
Sundays 1:00 pm
May 27, June 10, July 15
David and Jennifer Anselmi

To see more classes, go to: www.denver.ccli.org

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

Joann Washburn, FCP 720-323-0754

accepting clients

Boulder

Sarah Stillings, FCPI 303-895-1097

accepting clients

Brighton

Jennifer Williams, FCP 720-837-7195

accepting clients

Broomfield

Desirae Trujillo, FCP 303-590-8741

not accepting clients

Denver

Hayley Foresman, FCPI 720-352-3541

accepting clients

Christina Coughlan, FCP 720-232-4478

not accepting clients

Englewood

No available practitioners at this time.

Highlands Ranch

Caitlin Burnett, FCP 303-791-9393

accepting clients

Teresa Clark, FCPI 720-205-4521

not accepting clients

Carrie Keating, FCP 303-471-8624

not accepting clients

Littleton

Linda Hannon, FCP 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)

FertileView 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.

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



January—July, 2012

