

# Guardian Angels Catholic Community

## Covenant Couples Program



The Guardian Angels Covenant Couples Program is a comprehensive preparation program for engaged couples wishing to enter into the Sacrament of Marriage. The length of the program (six-evenings) allows the engaged couples the time to seriously discuss and consider the skills and values needed for a successful marriage. Upon completion the couples will have had solid formation that will help them grow in their relationship with God and one another.

The Covenant Couples Program examines six essential areas that help the participants build a solid foundation for a future that will be lived in a covenantal relationship. Those areas include the following:

### *Sacrament and Spirituality:*

The topic on sacrament and spirituality explores the Church's teaching about the marriage covenant. In addition to the theological implications for marriage, this topic also examines the practical ways couples can live out their marriage covenant in the spirit of Jesus Christ.

### *Communication:*

Communication is key for all relationships. In the session on communication, couples will learn the importance of open and honest communication, non-verbal communication, and conflict resolution.

### *Finance:*

Financial responsibility is a vital component of a strong marriage. In the Finance session, couples will learn the importance of budgeting and financial planning, as well as draw from the valuable insights and experience of the sponsor couples.

### *Intimacy:*

The session will explore the important part that intimacy plays in a loving relationship. In this session the couples will also learn what the Churches teaches about Natural Family Planning (NFP).

### *Family:*

The topic on family is central to any marriage preparation program. Here the couples will discuss the myriad of issues concerning their newly formed family as well as children and extended family.

### *Liturgy:*

In the liturgy topic the engaged couples will examine the wedding liturgy. The couple will walk away with a better understanding of the essential elements of Catholic worship, and how it applies to their wedding.

Engaged couples participating in the program are expected to attend all sessions. If for various reasons (illness or work schedules) a couple is unable to attend a certain week, they are expected to make-up the session by coming at least an hour early the next session. They are met by their sponsor couple who plays a video-tape of the presentation, administers the 10/10 handouts, and discusses the topic with the engaged couple.

*"May the Peace of Christ live always in your hearts and in your home."*

*(Taken from the Nuptial Blessing)*

# Components of the Covenant Couples Program

## *Sponsor Couple:*

A major component of the program is the involvement of married couples who serve as sponsors for the engaged couples. Upon registration, each engaged couple is assigned a sponsor couple to mentor them over the next six weeks. The sponsor couple that is assigned to them not only serves as a mentor, but also conducts the wedding rehearsal prior to the wedding and is present on the actual wedding day to help organize the wedding party (order of procession), serve as sacristans, and ultimately assist the presider in whatever capacity he may see fit.

## *Meal:*

Each session (except week six) has a meal built into it. Since the Covenant Couples Program is held on Sunday evenings, meals will be provided. In addition to its practical importance, the meal also has a sociological purpose. Breaking bread is a good way for the engaged couples to get to know their sponsor couples on a more intimate basis. It also allows them to meet and talk with other engaged couples who are experiencing some of the same questions and concerns about the marriage covenant.

## *Presentations:*

There will be a short presentation that will accompany each session. In the presentations, the presenter will cover some essential elements of each topic. The order of the other presentations can vary depending on availability of presenters. In general, the presentations are about 20 to 25 minutes in length. Due to content, some presentations are longer than others.

## *10/10 Handouts:*

The 10/10 handouts are tools to help the couple seriously reflect about a given topic. Each person is given a 10/10 sheet and is then asked to answer the questions on the handout as openly and honestly as they can. Each person does this for 10 minutes. After the first 10 minutes is up, and each person has had a chance to answer the questions, the couple is then brought back together to compare and discuss their answers. They do this for another 10 minutes (hence the title 10/10).

## *Small Group:*

The small group sessions, facilitated by a sponsor couple, provide the engaged couples an opportunity to discuss a given topic in a more intimate setting. The small group sessions are held every week after the presentations and the 10/10s. Having the sessions at the end of the afternoon allows the couples time to think about the topic so that they can readily enter into a discussion. Depending on the size of the program, the small groups will average around three to four engaged couples per group. The small groups allow time for the engaged couples to talk about how the topic relates to their impending marriage as well as listen to the insights of a sponsor couple who can bring their experience of married life to the discussion.

## *Prayer and Prayer Services:*

The Covenant Couples Program includes some form of prayer at every session. The first night of the program begins with an opening prayer service in the church. The last night of the program ends with a *Solemn Engagement Ceremony*. For the *Solemn Engagement Ceremony*, the engaged couples are asked to bring their wedding rings to have them blessed. Family and friends are invited to participate in the ceremony and to a short reception which concludes the program.

## *Dates/Time:*

The sessions of the Covenant Couples Program are held on Sunday afternoons. The time for the sessions runs from 1:00pm until 4:00pm. While the program doesn't start until 1:00pm each afternoon we do ask that the couples arrive around 12:45pm so that we can begin on time. The Sunday dates for the Covenant Couples Winter Program in 2019 are as follows: *February 17, February 24, March 3, March 10, March 17, and March 24.*

The Covenant Couples Program will be held at *Guardian Angels Catholic Church* in Clawson. Guardian Angels is located on the north side of 14 Mile Rd, just west of Rochester Rd. The address is 581 East Fourteen Mile Rd, Clawson, MI 48017. Phone: 248-588-1222; Parish Website: [guardiana.com](http://guardiana.com)

# Covenant Couples Registration Form

Please return registration form and \$150.00 fee to the address below. Please note that the registration fee is \$150 per couple, **NOT per person**. Checks should be made out to Guardian Angels Parish.

**Guardian Angels Parish  
Attn: Mr. Steven M. Petty  
581 East Fourteen Mile Rd  
Clawson, MI 48017**

**Bride's Information:**

(Please Print)

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<b>Last Name</b>	<b>First</b>	<b>Middle</b>	<b>Parish</b>	
<b>Address</b>			<b>City</b>	<b>Zip</b>
<b>Cell Phone</b>		<b>Email Address</b>		

**Groom's Information:**

(Please Print)

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<b>Last Name</b>	<b>First</b>	<b>Middle</b>	<b>Parish</b>	
<b>Address</b>			<b>City</b>	<b>Zip</b>
<b>Cell Phone</b>		<b>Email Address</b>		