



Dear Couple,

Congratulations on your decision to get married. It's a big decision and we at the Marriage Preparation Office wish you every blessing for the happy day and for your married life together.

To help you prepare for the marriage preparation course, we thought it might help to understand how we plan these courses.

Outcome research indicates that marriage preparation courses work best when they take place over a series of weeks, so that you have time to talk over the topic covered that week. As one couple wrote in their evaluation, "Discussion topics were very interesting – we continued the discussion at home."

We know that giving up the time for the course is a challenge, but one that we believe you will find worthwhile. Obviously, your relationship has developed well, otherwise you wouldn't be planning to get married. Think of the course as an enrichment program, as another couple wrote "Truth be told, I went into this program somewhat sceptical of what I would actually learn. My doubts were wrong. This marriage course has allowed me to understand all the important aspects of marriage and be a better partner."

We try to make the course very practical and help you deepen your already good relationship. As yet another couple wrote, "It has brought us closer together throughout the process. We have experienced our communication improve over the past few weeks. I think this has to do in part with the course and our willingness to put what we've learned into practice."

While our course is deeply rooted in our Catholic faith and understanding of marriage, one person wrote that it "helped me review my beliefs as a Catholic", many of our participants are not Catholic. One man wrote of his experience, "It was surprisingly inclusive (I am not catholic) and I did not feel uncomfortable at all.

- I am born [a non-Christian faith], this is not part of our religion
- All religious / cultures should take this course
- It is excellent"

When the course is over, you will have access to on-going support as you begin your married life together. Keep in mind what one couple wrote, "We've realized that conflict is normal + it's ok to seek out guidance and help." Our Agency will continue to support you in your marriage and family life into the future.

Wishing you every blessing,

The Marriage Preparation Team