

Marriage Enrichment Presentations

Family Life Office and the Deacons' Task Force on Marriage

The following are various marriage enrichment presentations that are available to parishes and clusters through the Family Life Office and Deacons' Task Force on Marriage. To book one of these offerings or for additional information, please contact Matt Selby at 563-556-2580, ext. 233 or m.selby@dbqarch.org.

Five Love Languages – Deacon Tom and Kris Lang or Deacon Mark and Rosann Sandersfeld
This presentation will help open pathways to better communication and understanding with an informative, yet light and entertaining, discussion. Discover what many have used to significantly enhance their most important relationships with spouses, children, teenagers, parents, friends, and God. (90 Minutes)

Living a Scripture-Based Marriage – Deacon Mark and Rosann Sandersfeld
This presentation highlights the book *Embracing God's Plan for Marriage* by Mark and Melanie Hart. Everything we need to know about our marriage is in the Bible. From creation to our salvation, God has a plan for marriage. Through Scripture and personal examples, see how God is speaking to you, and how you can apply this treasure to your marriage. (90 Minutes)

The Second Half: Challenges of the Empty Nest – Deacon Vic and Nancy DeSloover
This presentation considers the many elements that make a marriage more loving and fulfilling as two people grow older. In a mature relationship, spouses recognize and appreciate the good in their marriage, not only in the past, but right here and now. A mature couple is in a unique position to eliminate frustrations as they are drawn ever closer. Intimacy finds a new dimension – a dimension that moves beyond the physical encounter and joins them in spirit as well as body. Spousal discussion starters are included. (90 Minutes)

Internet Images: Protecting Your Children from Pornography - Deacon Phil and Julie Paladino
Our children are growing up in a digital world. Technology is part of their lives. 73% of children are exposed to pornography before age 18. Parents are the link in the chain when it comes to protecting their children. This informational meeting will provide guidance for parents to equip themselves for ongoing conversations about pornography with their children. (90 Minutes)

God's Mission for Marriage & Ours: Ephesians 5:21-33 – Deacon Stan and Charlotte Upah
What does submission mean and how are both husbands and wives called to live out God's mission for marriage in their own marriages and promote and witness strong marriages to others? This presentation is intended to promote beginning marriage enrichment and date night programs in parishes. (90 Minutes)

The Hinge – Deacon Stan and Charlotte Upah
What tools should fill the marriage toolbox? God designed marriage and family life and gave us the tools to build our homes to withstand the storms. What are the tools to build a marriage and how do we live out that design? (90 Minutes)

Make Marriage Great (or Marriage the Great Unknown) – Deacon Stan and Charlotte Upah
Has marriage become countercultural? This talk focuses on how our culture affects marriage and how we as married couples can effectively fight societal attacks on marriage. (90 Minutes)

Lead Me – Deacon Stan and Charlotte Upah
Our personal witness story as to how God has led us in our marriage and what we've learned as marriage mentors. God works if we ask, and if we listen when he answers. How to forgive, heal, and move forward in marriage. (90 Minutes)

The Servant Spouse – Deacon Stan and Charlotte Upah
This talk explores how marriage reflects Jesus' service in our service to each other. Includes an exercise into what our spouses need to fulfill their innermost desires. (90 Minutes)

Small Steps, Big Rewards – Deacon Stan and Charlotte Upah
This event includes conversations with couples married 20-50+ years as to what has made their marriages great/er. It may be done in an interactive format or as a panel discussion. (90 Minutes)

Couple Prayer - Deacon Stan and Charlotte Upah
Prayer is essential to a strong marriage but praying together as a couple can be a challenge. This is a practical session with tips for implementing and learning how to pray together. (90 Minutes)

Communication, Communication, Communication – Deacon Stan and Charlotte Upah
Healthy communication is key to daily living in marriage. This talk includes practical tips for communicating both the important and not so important needs of a marriage, along with tips for when to use social media and when to keep it private and personal. (90 Minutes)

Marriage and the Family at the Heart of the Bible – Matt Selby
The Bible is bookended with weddings—the marriage of Adam and Eve at the beginning of Genesis and the Wedding Feast of the Lamb described in the book of Revelation. In this talk learn how marriage is woven throughout the narrative of the Bible to illustrate a primary analogy for our relationship with the Lord. (90 Minutes)

The Joy of Love: Pope Francis and the Mission of the Family – Matt Selby
In 2016 Pope Francis issued the Apostolic Exhortation “The Joy of Love” (*Amoris Laetitia*) as a follow-up to the Synod on the Family. Learn what he shares with the church in this most recent papal document on marriage and family life. (90 Minutes)

Faith, Family, and Finances – Matt Selby
Money can cause strain on marriages for many reasons. Whatever the issue, differences in managing finances can easily become a big bone of contention in marriage, putting the spouses at odds with one another. Learn about how our faith sheds light on how to manage money in marriage in this talk. (90 Minutes)

Theology of the Body: Discovering God's Design for Love and Sexuality – Matt Selby
Our society is obsessed with sex, yet confused about its purpose. God created our bodies with an intricate design that includes our sexuality. Pope St. John Paul II gave a beautiful gift to the Church in his Theology of the Body, explaining God's design for human sexuality. Discover it in this talk. (90 Minutes)

“An Introduction to Natural Family Planning” – Matt Selby

Natural Family Planning (NFP) is the general title for the scientific, natural and moral methods of family planning that can help married couples either achieve or postpone pregnancies.

NFP methods are based on the observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle. This talk will introduce couples to what NFP is and how it supports God's design for married love by respecting the love-giving (unitive) and life-giving (procreative) nature of the conjugal act. (90 minutes)

Your Marriage: The Great Adventure – Deacon Gary and Kay Aitchison

Every marriage deserves Prime Time. Couples are challenged to keep love alive by making their marriage their top priority. 101 exciting ideas that will add zip, zest, and vitality to your relationship! (90 Minutes)

Grandparenting: The Grand Adventure – Deacon Gary and Kay Aitchison

This presentation highlights the unique role of grandparents in the family dynamic. The presenters speak with humor and insight as they explore the role of grandparenting and provide lively suggestions and ideas to better help grandparents connect with their grandchildren. (90 Minutes)

The Gift of Marriage – Jeff and Janet Francois

This presentation opens couples eyes and rekindles the feelings of a newlywed. It is designed to follow a weekend Mass with a light meal or potluck, but may be adapted. (30 Minutes)

Love Never Ends – Jeff and Janet Francois