



ABOUT THIS DOCUMENT

Within this document, you will find many different online resources, programs, books, podcasts and counseling services in English and Spanish to aid you in enriching your marriage. You will find a variety of resources for married couples in different stages of their life. This document is also a useful resource for the MPF, in the follow up with the then engaged/now married couple.

The document is arranged according to topics of interest. Click on a topic in the index to be taken to that section. Click on "BACK TO INDEX" to return to the index.

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IN PERSON RETREAT/WORKSHOP EXPERIENCES

Marriage Encounter Jefferson City

Description: This marriage enrichment weekend retreat is designed to give couples the opportunity to examine their life together- the reasons to rejoice and the areas of improvement. It is not specifically designed for marriages that are "in trouble" but would still be a beneficial way to reconnect. Attending an all-inclusive Marriage Encounter weekend gives the couple the chance to get away together and put aside the stress and cares of work and household. The website also has a newsletter couples can sign up to receive and other helpful resources under the resources tab. Available in English only.

Website: <https://www.jeffcityme.com/>

Retrouaille

Description: This weekend retreat is designed for marriages that are in trouble, struggling and facing difficult challenges. The retreat experience is supported by a series of follow-up sessions to help keep the couple on track. The website has a search to look for locations and dates that are available. The webpage offers information in English, Spanish, French, Portuguese, Italian, and Korean but all retreats in Missouri are in English. Click on the USA flag that says "English" next to it to change the language.

Website: <https://www.helpourmarriage.org/>



NEWLYWEDS

For Your Marriage: Married Life: Newlyweds

Description: The content here will help newlyweds grow closer together, navigate challenges that are common in the first few years of marriage, and grow more confident in their vocation to share God's love with all those around them. Available in English & Spanish.

Websites:

English: <https://www.foryourmarriage.org/married-life/newly-weds-building-the-foundation/>

Spanish: <https://www.portumatrimonio.org/vida-de-casados/recien-casados/>

Ministry to the Newly Married (Agapé Catholic Ministries):

Description: This is a five-year parish program for newly married couples. Its goal is to foster the development of relationship skills, broaden their understanding of each other and of the living out of the sacrament of marriage. Newlyweds meet every 3 months with their mentoring couples to discuss and share on four defined topics each year, engaging with a new mentoring couple each year.

Websites: <https://www.agapecatholicministries.com/ministry-to-the-newly-married>

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MARRIED LIFE IN GENERAL

Prepare/Enrich

Description: This blog website covers many different topics like conflict, connection, family & friends, parenting, resilience, and more. They have an email subscription available that sends weekly tips & tools. The blog is available in English only

Website: <https://www.prepare-enrich.com/blog/>

Fierce Marriage

Description: This website offers podcasts and printed media to enrich and build healthy, Christ-centered marriages at all stages. With titles like: Healthier Sex Life After having kids, 8 ways to affair-proof your Marriage, The 3 P's That Can Poison Your Marriage, Crafting a Family Vision/Mission, and much more. Available in English only.

Website: <https://fiercemarriage.com/>

National Marriage Week USA:

Description: National Marriage Week USA (every Feb 7- 14) is a movement to increase marriage education all across the United States. This website lists some of their favorite tools for strengthening your marriage.

Website: <https://www.nationalmarriageweekusa.org/resources-for-couples>



For Your Marriage:

Description: Marriage is a vocation to holiness. From their first days as husband and wife through their golden years, married couples have the awesome task of witnessing to God's faithful love to each other, their children, and society. No couple does this perfectly, and everyone needs help when love feels strained and the going gets tough. All marriages can grow in knowledge, faith, joy, and love. Whether you are just starting out in marriage or have fifty years under your belt, the advice, real life stories, and Church teaching here can help strengthen and bless your marriage. This website has multiple articles and links to books to help couples through all stages of their marriage. Go to the general website directly below or click the specific links next to each subsection. Available in English & Spanish.

Websites:

- **For Your Marriage: Married Life home page:**
English: <https://www.foryourmarriage.org/married-life/>
Spanish: <https://www.portumatrimonio.org/vida-de-casados/>
- **Newlyweds:**
English: <https://www.foryourmarriage.org/married-life/newly-weds-building-the-foundation/>
Spanish: <https://www.portumatrimonio.org/vida-de-casados/recien-casados/>
- **Sexuality & Conjugal Love:**
English: <https://www.foryourmarriage.org/married-life/sexuality-conjugal-love/>
Spanish: <https://www.portumatrimonio.org/vida-de-casados/sexualidad-y-amor-conyugal/>
- **Enriching your marriage:**
English: <https://www.foryourmarriage.org/married-life/enriching-your-marriage/>
Spanish: <https://www.portumatrimonio.org/vida-de-casados/enriqueciendo-tu-matrimonio/>
- **Overcoming Adversity:**
English: <https://www.foryourmarriage.org/married-life/overcoming-adversity/>
Spanish: <https://www.portumatrimonio.org/vida-de-casados/superarando-la-adversidad/>
- **The Later Years:**
English: <https://www.foryourmarriage.org/married-life/the-later-years/>
Spanish: <https://www.portumatrimonio.org/vida-de-casados/matrimonio-de-muchos-anos/>

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The Catholic Communication Cure (Agapé Catholic Ministries):

Description: Restore communication. Prevent future crises. Develop strong relational bonds and enjoy your life connected with the ones you love. If there is communication trouble in your life, marriage or family, we invite you to put The Communication Cure to use. The Communication Cure, by providing a therapeutic communication experience in your own home, will become immediately effective. There is no book, complicated teaching or "How To" program. The Communication Cure is an easy-to-use interactive resource that simply leads you through complete conversations on relevant topics with the people that matter most to you.

Websites: <https://www.agapecatholicministries.com/152-the-catholic-communication-cure>



Marriage: Unique For a Reason

Description: This website is an initiative of the USCCB. The website home page has many resources beside the podcast. Made for Love is a Catholic podcast from the USCCB asking the important questions about the call to love. Whether we're interviewing guests or chatting about pop culture, we're learning some new aspect of what God made us for. The podcast has over 95 episodes and adds another about once every two weeks. Unfortunately, the podcast is only available in English.

Websites:

- **Marriage: Unique for a Reason Home Page:**
English: <https://www.marriageuniqueforareason.org/>
Spanish: <https://www.marriageuniqueforareason.org/espanol/>
- **Made For Love Podcast:** <https://www.marriageuniqueforareason.org/madeforlove/>

SEXUALITY

For Your Marriage: Married Life: Sexuality

Description: In this website, you'll find an in-depth look at married love and intimacy, together with practical advice in living marriage well. Available in English & Spanish.

Websites:

English: <https://www.foryourmarriage.org/married-life/sexuality-conjugal-love/>
Spanish: <https://www.portumatrimonio.org/vida-de-casados/sexualidad-y-amor-conyugal/>

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NATURAL FAMILY PLANNING (NFP)

Diocese of Jefferson City NFP Webpage

Description: 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. The diocesan website explains Natural Family Planning (NFP) and gives couples access to information and links for three NFP methods (a sympto-thermal method taught by the Couples to Couples League, the Creighton Model FertilityCare™ System, and the Billings Ovulation Method promoted by Family of the Americas) and connects them with instructors. The website is bilingual in English and Spanish.

Bilingual Website: <https://diojeffcity.org/natural-family-planning/>

For Your Marriage: Real Couples Share What It's Like Practicing NFP

Description: This website offers articles, videos and links for further reading to share NFP practicing couples' real life experiences.

Website: <https://www.foryourmarriage.org/real-couples-share-what-its-like-practicing-nfp/>

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FAMILY LIFE & PARENTING

For Your Marriage: Family Life & Parenting

Description: Content in this section can help families become places of prayer and faith (domestic Churches) and navigate the challenges that come with parenting, extended family relationships, caregiving, and more. This website has multiple articles and links to books to help couples through those challenges. Go to the general website directly below or click the specific links next to each subsection. Available in English & Spanish.

Websites:

- **For Your Marriage: Family Life & Parenting Home page:**
English: <https://www.foryourmarriage.org/family-life-parenting/>
Spanish: <https://www.portumatrimonio.org/vida-familiar-y-crianza-de-los-hijos/>
- **The Domestic Church:**
English: <https://www.foryourmarriage.org/family-life-parenting/living-the-domestic-church/>
Spanish: <https://www.portumatrimonio.org/vida-familiar-y-crianza-de-los-hijos/la-iglesia-domestica/>
- **Welcoming Children:**
English: <https://www.foryourmarriage.org/family-life-parenting/welcoming-children/>
Spanish: <https://www.portumatrimonio.org/vida-familiar-y-crianza-de-los-hijos/dando-la-bienvenida-a-los-hijos-hijas/>
- **Parenting:**
English: <https://www.foryourmarriage.org/family-life-parenting/parenting/>
Spanish: <https://www.portumatrimonio.org/vida-familiar-y-crianza-de-los-hijos/paternidad-maternidad/>
- **Family Dynamics:**
English: <https://www.foryourmarriage.org/family-life-parenting/extended-family-dynamics/>
Spanish: <https://www.portumatrimonio.org/vida-familiar-y-crianza-de-los-hijos/dinamicas-familiares/>
- **Care Giving:**
English: <https://www.foryourmarriage.org/family-life-parenting/caregiving/>
Spanish: <https://www.portumatrimonio.org/vida-familiar-y-crianza-de-los-hijos/cuidando-a-la-familia/>

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Our Not Quite Holy Family by Mark Hart, Melanie Hart

Description: The authors have four children and they realize that despite all the advice they've doled out over the years, there's no single formula for having a happy, holy family. In this book, the Harts offer candid, sincere, and down-to-earth wisdom from their time in the trenches of parenting.

Website for book review: <https://www.catholicnewsagency.com/column/54267/book-review-our-not-quite-holy-family>



***BeDADitudes: 8 Ways to Be an Awesome Dad* by Gregory K. Popcak**

Description: The Beatitudes can be viewed as a practical guide to understanding the love of God and applying that love to being a better father. This book uniquely focuses on the Beatitudes and fatherhood. The author helps you stop focusing on yourself and instead focus on God, learning how to be the father God wants you to be by becoming a servant leader in your home.

Website for book review: <https://www.foryourmarriage.org/the-bedaditudes-8-ways-to-be-an-awesome-dad/>

Parenting Resources from FORMED.ORG

Description: This website requires a personal or parish subscription. It has thousands of videos, programs, books, and audio available that align with the values of the Catholic faith to support a healthy Catholic lifestyle. Available in English & Spanish.

Specific Parenting Resources:

- **Parenting for Purity (Jason Evert)**
- **Into the Breach**
- **Be not Afraid Family Hour**
- **Pass it on (video program for parents)**
- **And more...**

Website: <https://formed.org>

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FINANCES & RETIREMENT

Compass Catholic Ministries Website (Resources, Podcast and Financial Spreadsheets & More)

Description: The website lists an abundance of resources, including but not limited to studies & courses, books, articles, a podcast, money coaching, newsletters, a money app and over a dozen free financial spreadsheets to aid in the management of day-to-day finances and the development of healthy financial habits. Many of their resources are available in English and Spanish.

Website: <https://compasscatholic.org/>

Podcast link: <https://compasscatholic.podbean.com/>

Spreadsheets links: <https://compasscatholic.org/financial-spreadsheets/>

***Faith Finances: A Guide to Mastering the Three Biblical Principles of Financial Success in Eight Steps* book and couple's workbook by Thomas E. Zordani**

Description: Zordani explains a systematic approach mixing biblical principles with proven secular techniques to improve your financial situation in his book. The book offers readers the knowledge to change their finances and experience spiritual renewal.

Website for book review: <https://www.goodreads.com/book/show/19404839-faith-finances>



Overcoming Worries About Money - A Catholic Perspective by Gregory S. Jeffrey

Description: The author has degrees in both business and theology that gives him a special point of view to help the reader identify what shapes their attitude toward anxiety regarding finances. He offers a new look at the familiar Bible stories, reflection questions at the end of each chapter and many more valuable insights and advice surrounding finances from a Catholic's unique perspective.

Website for book review: <https://www.foryourmarriage.org/blogs/why-enough-is-never-enough-overcoming-worries-about-money-a-catholic-perspective/>

Suzy Orman's Website and Women & Money Podcast

Description: Suze Orman is a financial author, television show host, international motivational speaker, and longtime financial adviser. On Orman's website, you can find her financial books, tools, and free advice, including information about real estate, retirement, buying a car, and almost any other financial topic that you may need. Although the podcast is called Women & Money, it boasts that it is for "everyone smart enough to listen."

Website: <http://www.suzeorman.com/>

Podcast link: <http://www.suzeorman.com/podcast>

Catholic Financial Life

Description: Catholic Financial Life is the second largest Catholic not-for-profit financial services organization in the United States. The website offers some free resources for couples at various stages of their lives' journey together.

Website: <https://www.catholicfinanciallife.org/tools>

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OVERCOMING ADVERSITY

For Your Marriage: Married Life: Overcoming Adversity

Description: The web page offers many articles to help married couples face the trials and tribulations this life throws at us. Advice, encouragement and real-life stories are also shared within these articles.

Websites:

English: <https://www.foryourmarriage.org/married-life/overcoming-adversity/>

Spanish: <https://www.portumatrimonio.org/vida-de-casados/superarando-la-adversidad/>

Restore: Catholic Marriage Resource

Description: Restore is an online, self-led marriage resource that gives you and your spouse the opportunity and the tools necessary to heal and restore your relationship. It is meant to help couples struggling with communication, conflict, disillusionment, etc. There is also an affair recovery class meant for couples who are in the initial stages after a discovery or admission of infidelity. The program continues to expand its areas of aid. Available in English only.

Website: <https://www.restorecatholicmarriage.com/>



COUNSELING

Catholic Charities of Central and Northern Missouri

Description: Professional therapy is one way to work through stress and anxiety, and the therapists in Catholic Charities Counseling Services provide the insight and support needed to manage life problems in a more productive way. Services provided: Individual and Family Counseling, School-based Counseling, Hope: the emotional support chatbot, and Clínica para la Familia (Family Clinic & Spanish counseling resources)

Contact Information:

1015 Edmonds St
Jefferson City, MO 65109
573-635-7719

Websites:

English: <https://cccnmo.diojeffcity.org/counseling-services/>
Spanish: <https://cccnmo.diojeffcity.org/clinica-para-la-familia/>
Hope Chatbot: <https://cccnmo.diojeffcity.org/hope-emotional-support-chatbot/>

The Counselor is In

Description: Online counseling with Dan Spadaro. He has worked with families, couples, young people, clergy and seminarians over the past 25 years. He has a MA in Clinical Counseling and is trained in the integrated family therapy model, addiction and more. English only.

Website: <https://www.catholicmarriageprep.com/counselor/the-counselor-is-in>

Grace Counseling, LLC

Description: This agency provides individual, couples and family counseling for children-adults ages 3 - 99+. Treatment specialization includes themes such as therapy for depression and anxiety, family counseling, Play Therapy, parenting support, school issues, grief counseling, eating disorders, work and career counseling, stress management, addiction & recovery, conflict resolution, PTSD, military services, DBT and telehealth counseling. English only.

Contact Information:

718 W. McCarty St.
Jefferson City, MO 65101
573-644-6128

Website: <https://www.gracecounselingllc.com/>

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AGING

For Your Marriage: Married Life: The Later Years

Description: Here you'll find book suggestions for couples in their later years, as well as advice for transitioning to an empty nest after actively raising children for many years. Available in English & Spanish.

Websites:

English: <https://www.foryourmarriage.org/married-life/the-later-years/>

Spanish: <https://www.portumatrimonio.org/vida-de-casados/matrimonio-de-muchos-anos/>

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ILLNESS OF A SPOUSE

Let Me Sow Light: Living with a Depressed Spouse by Amy Viets & Bernadette Stankard

Description: The authors write from their personal experiences of living with husbands who suffer from depression. They also share other spouses' experiences and offer an entire chapter devoted to reviewing avenues of support.

Website of book review: <https://www.foryourmarriage.org/blogs/let-me-sow-light-living-with-a-depressed-spouse/>

For Your Marriage: Illness

Description: This website links to an article that gives you a plethora of suggestions of facing this time of trial with your spouse. There are also further links to the author's blog and other articles and books regarding the illness of a spouse.

Website: <https://www.foryourmarriage.org/illness/>

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LOSS OF A SPOUSE & GRIEF

***Dealing with the Loss of a Loved One* by Father Eamon Tobin**

Description: This article offers suggestions for coping with grief, negotiating the challenges of it, important things to remember, helpful measures to help you help, and recognition of the signs of healing.

Website: <https://www.ascensioncatholic.net/Dealing-with-the-Loss-of-a-Loved-One>

***It Is Well: Life in the Storm* by Chris Faddis**

Description: This book is a memoir of the trials, tribulations & grace filled moments of a husband and going through the illness & eventually the loss of his wife, Angela. When Angela, was diagnosed with Stage IV Colon Cancer during an emergency room visit on Easter Sunday, 2011, her response not only surprised her husband, but it has also inspired people around the world. "Jesus still rose, so we will trust."

Website of book review: <https://www.foryourmarriage.org/blogs/it-is-well-life-in-the-storm/>

***Grieving With Grace: A Woman's Perspective* by Dolores Leckey**

Description: This book is the author's journey following her husband's death. It is not only about grieving, but also about their marriage and about change & new life from a woman's point of view.

Website of book review: <https://www.foryourmarriage.org/blogs/grieving-with-grace/>

Grieving with Great Hope video series on FORMED.ORG

Description: Grieving with Great Hope is a grief support program and a healing ministry developed by John and Sandy O'Shaughnessy; they are the co-founders of Good Mourning Ministry, a Catholic Bereavement Apostolate. The Formed.org website requires a personal or parish subscription. It has

thousands of videos, programs, books, and audio available that align with the values of the Catholic faith to support a healthy Catholic lifestyle. Many videos and resources are available in English & Spanish.

Website: <https://watch.formed.org/grieving-with-great-hope>

Grief Centering Resources

Description: This website offers links to books, articles, and an online magazine subscription to aid those dealing with bereavement. In response to the need for support by families and caregivers while facing their grief experience Centering developed many new resources. Today we have over 500 grief resources for children and adults. Centering continues to provide educational resources and bookstore for caregivers and families. There are many topics such as the death of a spouse, the death of a child, the loss of miscarriage, and children's grieving to name just a few. Many resources are available in English and Spanish.

Website: <https://centering.org/>

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