



CATHOLIC
DIOCESE OF
JEFFERSON CITY

Marriage Ministries

Alphonse J. Schwartze

MEMORIAL
CATHOLIC CENTER

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PRE-CANA PROGRAM AND TEAM

WHAT IS PRE-CANA?

This Pre-Canva program is one of the options for the second component in the Marriage Preparation Policy for the Diocese of Jefferson City. Thus, this program has been integrated into an overall marriage preparation process. It focuses its attention on and complements the topics that will not be covered as well by the other components of the marriage preparation process established by the diocese.

The Pre-Canva program is one full day, beginning at 9:00 a.m. until about 4:30 p.m. It involves married couples, clergy, and other individuals presenting topics that encourage engaged couples to open a dialogue with each other and to address things that should and need to be discussed before getting married.

The primary goal of the program is to convey the theology, spirituality, and Church's teaching on marriage and family life, as well as some important and practical aspects that will help couples create healthy and strong marriages.

TALKS AND CONTENT

Talk 1: Theology of Marriage (*by a priest*)

- Marriage rite
- Sacrament
- Covenant
- Vocation
- Theology of the Body

Talk 2: Communication and Conflict Resolution Skills

- Effective communication and understanding
- Forgiveness and reconciliation

Talk 3: Relationship and Family Life Integration

- Family origin
- Family values
- Careers
- Parenting

Talk 4: Marriage and Money (Finances)

- Faith and finances
- Financial unity
- Spending plan and budgeting
- Good stewardship and generosity

Talk 5: Marital Spirituality

- Spirituality and prayer (personal and as a couple)
- Faith practice (at home, through the sacraments, elsewhere)

QUALIFICATIONS FOR POTENTIAL PRE-CANA PRESENTERS

- Minimum of 30 years old.
 - Active, practicing, faithful Catholic couples sacramentally married in the Church for at least 5 years; or
 - Active, practicing, faithful Christian individual professionals with a specialization in counseling, finances or another field related to the topics at hand.
- Willing and able to give witness to the practical realities of living a sacramental marriage.
- Have appropriate disposition to and sufficient understanding of Church's teaching on marriage.
- Comfortable presenting to groups of 15 to 30 engaged couples.
- Open to sharing their marital experience with others in an appropriate and prudent manner.
- Have good communication, interpersonal, and social skills
- Have the knowledge and experience to convey the material to engaged couples and answer their questions.
- Can maintain confidentiality and inspire trust.
- Open to collaboration in the diocesan marriage preparation process as outlined in the *Marriage Preparation Policy*.
- See this as a way to respond to God's call to share our gifts and to contribute to the evangelizing mission of the Church.

TIME COMMITMENT OF PRE-CANA PRESENTERS

- Time to become acquainted with the marriage preparation process outlined in the diocesan *Marriage Preparation Policy*.

- Time to study and prepare the material to be presented and to insert their personal experiences as part of their presentation.
- Time to practice their presentation sufficiently so as not to be seen as reading it.
- Time to periodically review and update the material for relevance, sacramentality, timeliness, etc.
- Time to meet once a year as a presenter group to share insights and recommendations for improvements to the presentations/program.
- Time to commit 2 hours to giving their presentations 2 to 4 times a year.
 - Presenters will be rotated. This will depend on the number of presenters available.
 - The presentations will take place in Jefferson City or Columbia.
 - Mileage will be reimbursed.
- Presenters are asked to commit to two years at a time. They and the team coordinator together will evaluate their participation and desire to continue.

We are recruiting presenters for the Pre-Cana teams in English and Spanish.

If you have any questions or are interested in being part of the Pre-Cana Team, contact:

- ❖ **English: Deacon Steve Kliethermes at sjhmk337@centurylink.net or (573) 690-3700**
- ❖ **Spanish: Deacon Enrique Castro at ecastro@diojeffcity.org or (573)680-3650**