

Saint Josaphat Cathedral Marriage Preparation Weekend February 5-7, 2016

Friday, February 5th, 2016

- 4:30 pm to 6:30 pm Pyrohy Supper at St. Josaphat Parish Hall, “Verkhovyna,” 9637 108 Avenue (across the street from St. Josaphat’s Cathedral).
- 6:00 pm Registration – at St. Josaphat Auditorium
- 6:30 pm Opening Prayer
Marriage Testimony #1
- 7:00 pm **Skill #1: Know Yourself** – Who am I? What makes up who I am? What makes me different? What are my personal virtues and vices? What are my personality traits and temperament? Knowing oneself is critical to being able to fully giving oneself in marriage.
- 8:00 pm Break – 15 minutes
- 8:15 pm **Skill #2: Know Your Spouse** – Do you know your future spouse? What are the differences in personality? What are the differences in your family backgrounds? What are our expectations for marriage and how do they differ? Becoming familiar with gender differences and the five different ways in which people communicate love.
- 9:15 pm Skits
- 9:30 pm Closing Prayer

Saturday, February 6th, 2016

- 7:30 am Arrival; Continental Breakfast
- 8:00 am Morning Prayer
- 8:15 am **Skill #3: Learn to Love** – What is love? Identifying four different types of love. Learning to love is a process that requires personal effort and continual growth.
- 9:15 am **Skill #4: Learn to Forgive** – Forgiveness is not an option. It is absolutely essential to every healthy marriage. It is a skill that has to be learned and modelled to others. To accomplish forgiveness, God’s help is essential.

10:00 am	<i>Morning Break</i>
10:15 am	Skill #5: Know What Marriage Is – Understanding marriage as a gift from God, a covenant, a communion, a vocation, a school of love, a journey or pilgrimage, a path to holiness, and a sacramental mystery.
11:30 am	Marriage Testimony #2
12 noon	Noon Prayer & Lunch
1:00 pm	Skill #6: Sex is Holy: Keep It That Way! – Sex is a sacred gift from God, by which husband and wife renew their covenant of love and their “self-gift” to one another, and through which God creates new life.
3:00 pm	<i>Afternoon Break</i>
3:30 pm	Skill # 7: Learn to Communicate – Good communication is an essential skill and for building a great marriage and family; the presentation will provide concrete tools and principles to help couples grow in intimacy.
4:30 pm	Marriage Testimony #3
5:00-7:00 pm	Dinner
7:00 pm	Movie Night (Optional)

Sunday, February 7th, 2016

8:30 am	Opportunity for Confession
9:30 am	Divine Liturgy (English) – at the Cathedral
11:00 am	Brunch – at St. Josaphat Parish Hall
11:30 am	Skill # 8: Be Good Stewards – Money, possessions and time are precious gifts from God. In the communion of marriage, husband and wife are called to be good stewards of the gifts God has provided.
1:00 pm	Skill #9: Put God First – Practical ways to nurture faith, spiritual growth, and to build a strong foundation for marriage and family life.
2:00 pm	<i>Break</i>
2:30 pm	Skill #10: Learn From Others – We are not alone. There is much to be learned from the experience, advice, counsel and wisdom of others.
3:30 pm	Marriage Testimony #4
4:00 pm	Closing Comments & Prayer