

Mentoring Couple handout-

The Mentor couples' most important roles:

- Is the Sharing of themselves; the open, honest, trusting, genuine sharing of the mentor couple as real people with their highs and lows, successes and failures, struggles etc., and how they've worked through these? This is what helps the young couples realize the reality of marriage and that highs and lows are normal and not a sign of a failing marriage.

Mentor Couples Guidelines:

- The commitment to be a mentor couple can be made one year at a time.
- Mentors do not need to be perfect or feel they have to know everything; it's all about sharing their experiences.
- ` Mentors can choose what they will be speaking on.
- Listen sympathetically to the newlyweds; share your own relevant experience; but do not tell them what to do. Mentors are only to share experiences not counsel. If you are specifically asked for advice or suggestions be sure to stay in your comfort zone and to be in agreement with your spouse sharing only your personal experience. They're not looking for theory or 'teaching'; they want to hear about the lived experience of marriage.
- Mentors are not counselors; they are only to share their experiences.
- Mentors may mentor couples one on one if the occasion occurs or a newlywed couple asks.
- In the discussion meetings both mentors and NMC are to refrain from comments on each other's relationship (unless affirming), from giving advice and from suggestions on relationship improvements. The discussion meetings are not the occasion for fixing one another problems. If critical issues arise refer couples to the presiding priest in your parish.

Suggested Topics to cover with Newly Married couples:

- Establishing roles and responsibilities
- Seasons of marriage
- Adjusting expectations
- Adjusting to your spouse's personal habits
- Sharing of house hold responsibilities
- Celebration of holidays
- Creation of family traditions
- Dealing with old friends who are single and new friends who are couples
- Making a discipline plan for children and the importance of being on the same page.
- Any discussion topic provided under topic discussion tab.

Matthews 19:6 "So then, they are no longer two but one flesh. Therefore what God has joined together, let no man separate"