



Diocese of Trenton

Core Requirements for Pre-Cana Workshops

1. Pre-Cana Workshops can be presented in a one or two-day workshop, or a series of meetings. Workshops must be at least 6 hours in total; though a more extensive program of at least 8 hours is preferred.
2. The program format should be based on the recommendations in each section of the “Before I Do” Leader’s Guide, for group settings.
3. Each workshop must cover all six sections: **1) Building Your Marriage on a Sound Foundation; 2) The Two Will Become One; 3) Establishing Emotional and Sexual Intimacy; 4) A New Family Circle; 5) Dealing with Conflict; 6) Facing Change and Keeping Your Foundation Intact.**
4. When presenting each of the six sections, the workshop must include at least two of the following items in each section:
 - **Witness Talk** (15-20 minute maximum time)
 - **Couple Exercise and Couple Reflection** (Exercises in “Before I Do” Couple’s Workbook, 10-15 minutes to complete exercises individually, 10-15 minute couple reflection time)
 - **Small Group Discussion** with Team Facilitators (15 minutes)
 - **Case Study** with table discussion and large group sharing
5. While couple exercises and reflection time should be given highest priority, Pre-Cana teams should try to include small group discussions in each section whenever possible.
6. The following topics must be covered somewhere in a witness talk in each workshop:
 - a. The Sacrament of Marriage/Vocation of Marriage
 - b. Communication/Conflict Resolution
 - c. Marital Love and Sexual Intimacy
 - d. Family Life
 - e. Responsible Parenthood and Natural Family Planning (may use the NFP DVD in place of couple witness talk)
7. Team couples should plan to participate in each Pre-Cana workshop in its entirety
8. Each workshop session should begin and end with prayer
9. Engaged Couples should be encouraged to use their “Before I Do” workbook as a resource for later, and to work on exercises/activities at home that are not covered in the workshop.
10. Team couples should take a few moments to have the entire group at each Pre-Cana conference go through the contents of their folders, to call attention to the various brochures and articles included for their information.
11. All new witness talks must be presented to the other Pre-Cana team couples for feedback (workshopped) prior to being presented to engaged couples.