

2021 PRE-CANA VISION

Pre-Cana retreats are coming back...and they will look different than ever before! Our plan takes into account the pandemic, utilizes our beautiful new materials, and also empowers our volunteers to truly offer a more intimate, local retreat experience.

Below is a bird's eye view of our plan to establish these small-group Pre-Cana retreats around the Diocese. Our hope is that each deanery will have at least one (if not more!) Pre-Cana teams.



PRE-CANA TEAM RECRUITING

Pastors will recruit volunteer couples for their Pre-Cana team and share their contact information with the Marriage Formation Coordinator who will then place them on a regional team. A Pre-Cana team will consist of two couples, each giving one talk and hosting half of the retreat (a three hour commitment). Once the retreat is scheduled, a priest will be invited to be part of the retreat, giving a talk on the wedding vows, exposing the Blessed Sacrament, and hearing Confessions.



VOLUNTEER TRAINING

The Marriage Formation Coordinator will meet with new volunteers three times over Zoom to go over a framework for marriage formation ministry, details of the retreat schedule, logistics, and their prepared talks. Once trained, the team will work with the Marriage Formation Coordinator to determine a date and location for the retreat. The Marriage Formation Coordinator will attend these the retreats occasionally for support and to assure consistency in quality and Church teaching.



COUPLE REGISTRATION

Pre-Cana days will be scheduled on a rolling basis throughout the year based on volunteers' schedules. Attendance will be capped based on the number of couples that can safely be present while maintaining social distancing. The Marriage and Family Life Office will handle all registration, payments, communication with couples, and the Pre-Cana certificates.



PRE-CAUTIONS DUE TO COVID-19

Social distance will be maintained, with only one couple seated at each table. Couples will be asked to wear masks and use hand sanitizer that is made available. Volunteers will also be required to wear masks unless speaking in front of the group. Food will be boxed or individually wrapped. Before the event, each couple will sign a waiver provided by the Diocese that states that they understand the risks involved with a live event and will not hold the diocese responsible for outcomes due to coronavirus.



RETREAT CONTENT

The new retreat is six hours long, including lunch, Confessions, Adoration, and talks. The most essential topics have been chosen for this setting: the theology of marriage, the vows, an introduction to a spirituality of marriage, and openness to life through an introduction to the practice of Natural Family Planning. We will be utilizing Dr. Perry Cahall's new book, *Living the Mystery of Marriage*.



OVERVIEW OF THE RETREAT SCHEDULE:

SAMPLE SCHEDULE

- 11:00 Welcome and Marriage Love Story
- 11:30 Lunch and Marriage Wishlist Activity
- 12:00 God's Design for Marriage Video and Group Discussion
- 1:30 Group Activity and Break
- 2:00 The Vows Talk and Couple Discussion
- 3:00 Life-Giving Love Talk, NFP Video, and Couple Discussion
- 4:00 Adoration with Confessions
- 4:30 Marriage Mission Statement Activity
- 5:00 Couple Prayer: "Be the Light!"