



**The Roman Catholic Diocese of Metuchen**  
*Hunterdon – Middlesex – Somerset - Warren*

**2020 Couples' Guide to Marriage Preparation**

Spanish version: pages 8-10

<http://diometuchen.org/marriage-prep>

*Congratulations on your Engagement! We look forward to assisting and supporting you on your journey to the sacrament of Marriage! Following are the established diocesan guidelines and dates for marriage preparation sessions. If you need any further information, please contact us at [family.life@diometuchen.org](mailto:family.life@diometuchen.org)*

Administrative Assistant, Office of Family Life 732-562-1543 [amarshall@diometuchen.org](mailto:amarshall@diometuchen.org)

**Important:** Usually, parishes request that you contact them at least one year before the desired date of the wedding in order to complete all marriage preparation.

## Getting started

Contact the parish church where you wish to celebrate the sacrament of Marriage in order to schedule an appointment with the pastoral minister (pastor, parish priest, deacon or lay associate) to begin the marriage preparation process. Often, couples may not reside in the parish where they are planning their celebration, so it will be necessary to determine who will be responsible for guiding you through the preparation process. An initial interview may include: setting a date, completion of necessary canonical paperwork, discussing group marriage preparation options and learning which ecclesial and civil documents are needed.

The number of additional meetings will be at the discretion of the pastoral minister who is responsible for accompanying you during the marriage preparation process. It is recommended that you complete a **FOCCUS (Facilitating Open Couple Communication, Understanding and Study) Pre-Marriage Inventory**. This is a conversation tool designed to help couples learn more about themselves and their unique relationship as they move toward a lifetime commitment. The inventory provides each couple with a personalized profile highlighting areas of strength, as well as areas that may require further discussion.

## Group Marriage Preparation Options

### Option A: Engaged Encounter Weekend

\$425.00 per couple (**overnight retreat**)  
\$225.00 per couple (**2 full day program**)

**These overnight weekends** are held at Loyola Jesuit Center in Morristown, NJ. For more info: <https://www.loyola.org>

### **Engaged Encounter**

Session Dates 2020

Loyola Jesuit Ctr. Morristown

**March 6 – 8**  
**(overnight)**

St. Magdalen, Flemington  
**August 15 & 16 (2 full days)**  
**(Not overnight)**

Loyola Jesuit Ctr. Morristown  
**September 11 - 13**  
**(overnight)**

**Engaged Encounter** weekends at the Loyola Jesuit Center begin promptly **at 7:30 pm Friday evening and end by 3:00 pm on Sunday afternoon.** NO dinner is provided on Friday night. Saturday and Sunday meals and individual overnight accommodations are included.

**The two day Engaged Encounter (no overnight)** at St. Magdalen de Pazzi Parish in Flemington, NJ **begins at 8:00 AM Saturday and ends at 10:00 PM. Sunday starts at 8:30 AM to 4:00 PM.** All meals and materials are included.

**Register online at:** [www.diometuchen.org/engaged-encounter-weekend](http://www.diometuchen.org/engaged-encounter-weekend)

NOTE: \$50.00 is non-refundable, if there is a cancellation

**Option B: God's Plan for Marriage and Pre-Cana** (*Must Take Both – In Any Order*)

### God's Plan for Marriage Sessions

These sessions are designed to help engaged couples understand and embrace a Catholic vision of married love, with a full catechesis of the Church's view on married love, including teachings from "*Amoris Laetitia*" – the Apostolic Exhortation of Pope Francis. The Presenting Couples make these sessions very interesting and meaningful with their personal stories of living the challenges of married life.

**\$50** per couple for those couples (bride and/or groom) **who live within or are getting married in the Diocese of Metuchen.**

**\$50** per couple for those couples who **live and are getting married outside the Diocese of Metuchen.**

Where: Virtual Sessions

When: 10:00 AM – 1:00 PM

**Register online at:** [www.diometuchen.org/gods-plan-for-marriage-session](http://www.diometuchen.org/gods-plan-for-marriage-session)

#### God's Plan Session Dates 2020

June 27  
Virtual Session

July 11 Virtual Session  
Combined w/Pre-Cana

September 12  
Virtual Session

October 17  
Virtual Session

November 14  
Virtual Session

### Pre-Cana Sessions

Pre-Cana sessions offer practical insights and discussion for a successful marriage, and include topics such as communication skills, finances, extended family issues, etc. Session times and fees vary (typically \$75 to \$100). Please contact the individual parish to register (see NEXT PAGE).

**Must contact the individual parish to register.**

**JANUARY**

SOMERSET, St. Matthias

Saturday, January 18 8:00 am – 5:00 pm  
Parish Office 732-828-1400  
Vinnie Natale [vnatale@stmatthias.net](mailto:vnatale@stmatthias.net)  
Please call before Nov 30, 2019 session fills quickly

**MARCH**

COLONIA, St. John Vianney

Friday, March 6 7:30 pm  
**(Held in the Church Upper Meeting Room)**  
Deacon Tom & Janice Michnewicz  
732-574-1651

**MARCH**

BOUND BROOK, St. Joseph (SPANISH)

Saturday, March 7 12:00 pm – 6:00 pm  
Sunday, March 8 12:00 noon – 6:00 pm  
Martha Rovitto 732-356-0027 x 15  
[martha.rovitto@sjcbb.net](mailto:martha.rovitto@sjcbb.net)

Call Tue, Wed, Thu, 6:30–8:30pm. Leave message clearly with name & phone number. Couples must speak Spanish fluently.

**MARCH**

FORDS, Our Lady of Peace

Saturday, March 14  
12:00 noon – 5:15 pm Mass  
Frank and Gloria DeMarzo 908-419-0340  
[Glodema@comcast.net](mailto:Glodema@comcast.net)  
Registration begins at 12:00pm at  
Parish Center – Franklin Ave in Edison  
Lunch included. Concludes with 5:15pm Mass

**MARCH**

ANNANDALE, Immaculate Conception

Saturday, March 21 9:30 AM  
Dan & Claudia Roose  
908-304-5221  
[iccprecana@gmail.com](mailto:iccprecana@gmail.com)

**FEBRUARY**

AVENEL, St. Andrew the Apostle

Saturday, February 8 9:00 am – 5:00 pm  
(Lunch & Mass included)  
George & Kathy D'Addario / 732-636-1442

**MARCH (FULLY BOOKED – CLOSED)**

WHITEHOUSE STATION, Our Lady of Lourdes

Saturday, March 7 12 noon – 6:30 pm  
(Lunch and 5:30pm Mass included)  
Anthony & Barbara Vergona / 908-534-8942  
[vergona1@comcast.net](mailto:vergona1@comcast.net)  
(Email registration preferred)

**MARCH (FULLY BOOKED – CLOSED)**

NEW BRUNSWICK, Parish of the Visitation

St. Mary of Mt. Virgin

Sunday, March 8 10:00 am – 4:00 pm  
Mass, breakfast, lunch and snacks included.  
Parish Office 732-545-5090  
[parishofthevisitation@gmail.com](mailto:parishofthevisitation@gmail.com)

**MARCH**

PARLIN, St. Bernadette

Sunday, March 15 11:15 am  
(Lunch and Mass included)  
Jun and Lilybeth Delacosta  
732-491-7238  
[sbccprecana@gmail.com](mailto:sbccprecana@gmail.com)

**MARCH**

LAMBERTVILLE, St. John the Evangelist

Saturday, March 28 / 11:00 am - 6:00 pm  
Peter & Barbara Ashton / 609-397-2461  
(Please email with a phone number. We will return the phone call to register)  
[barbarawhiteashton@gmail.com](mailto:barbarawhiteashton@gmail.com)

**MARCH**PERTH AMBOY, St. John Paul II Parish (POLISH)

Sunday, March 29 12:00 noon – 2:00 pm  
 Conference held in Polish only. Couples must speak Polish fluently.

Contact Fr. Slawomir Romanowski at the Parish office 732-826-1395  
[sromanowski@johnpaulsecond.com](mailto:sromanowski@johnpaulsecond.com)

**APRIL**THREE BRIDGES, St. Elizabeth Ann Seton

Saturday, April 18 12:00 noon – 8:30 pm  
 Sunday, April 19 12:00 noon – 4:00 pm  
 (Saturday session includes Mass and dinner)  
 Jackie Ferrari / 908-782-1475 x1110  
[jferrari@easeton.net](mailto:jferrari@easeton.net) (2 days session)

**May – SESSION CANCELLED**SOMERSET, St. Matthias

Saturday, May 30 8:00 am – 5:00 pm  
 Parish Office 732-828-1400  
 Vinnie Natale [vnatale@stmatthias.net](mailto:vnatale@stmatthias.net)  
 Please call before March 30, 2020 session fills quickly

**JUNE**PERTH AMBOY, Our Lady of Fatima (SPANISH)

Friday, June 12 6:00 pm – 10:00 pm  
 Saturday, June 13 6:00 pm – 10:00 pm  
 Parish Office 732 442-6634 (M–F 9am–4pm)

Must speak Spanish fluently. Pre-registration and payment required. This is a 2-day session program. Couples must attend both sessions (basement)  
 No children allowed.

**JUNE – SESSION CANCELLED**KENDALL PARK, St. Augustine of Canterbury

Saturday, June 20 3:00 pm – 9:00 pm  
 (Class includes 5:00 PM Mass and dinner)  
 Ray & Cara Holzer / 908-581-9878

**AUGUST**SOUTH RIVER, St. Mary of Ostrabrama

Saturday, August 22 11:30 am – 5:00 pm  
 (Lunch and Mass included)  
 Frank & Donna Jones / 732-254-0055  
[donnajonesdmj@gmail.com](mailto:donnajonesdmj@gmail.com)

**APRIL- SESSION CANCELLED**RARITAN, St Ann

Date to be determined 7:00 pm – 10:00 pm  
 Date to be determined 12:00 noon – 4:00 pm  
 (Class includes Mass)

Tom & Nanette Brown  
[nbrown3338@gmail.com](mailto:nbrown3338@gmail.com)

**APRIL**WASHINGTON, St. Joseph

Saturday, April 25 9:30 am – 6:00 pm  
 (Includes Lunch and 5:00 pm Mass )  
 Jim & Barbara McAloon / 908-689-4560

**JUNE**FLEMINGTON, St. Magdalen (SPANISH)

Saturday, June 6 7:45 am – 4:30 pm  
 Sunday, June 7 7:45 am – 3:00 pm  
 Must attend both days. Yamiris Marcano & Arturo Colom 787-529-8511 or 908-806-8719  
[yami.marcano@yahoo.com](mailto:yami.marcano@yahoo.com)

**JUNE – VIRTUAL SESSION**HACKETTSTOWN, Assumption of the Blessed Virgin Mary

Saturday, June 13 10:00 am – 5:00 pm  
 (Lunch and Mass included)  
 Contact Parish Office 908-852-3320

**JULY – SESSION CANCELLED**AVENEL, St. Andrew the Apostle

Saturday, July 18 9:00 am - 5:00 pm  
 (Lunch & Mass included)  
 George & Kathy D'Addario 732-636-1442

**SEPTEMBER**WASHINGTON, St. Joseph

Saturday, September 19 9:30 am – 6:00 pm  
 (Includes lunch and 5:00pm Mass)  
 Jim & Barbara McAloon / 908-689-4560

**SEPTEMBER**THREE BRIDGES, St. Elizabeth Ann Seton

Saturday, September 26 12:00– 8:30pm  
 Sunday, September 27 12:00 – 4:00 pm  
 (Saturday session includes Mass and dinner)  
 Jackie Ferrari / 908-782-1475 x1110  
[jferrari@easeton.net](mailto:jferrari@easeton.net) (2 days session)

**OCTOBER**LAMBERTVILLE, St. John the Evangelist

Saturday, October 3 11:00 am – 6:00 pm  
 Peter and Barbara Ashton / 609-397-2461  
 (Please email with a phone number. We will  
 return the phone call to register)  
[barbarawhiteashton@gmail.com](mailto:barbarawhiteashton@gmail.com)

**OCTOBER**FORDS, Our Lady of Peace

Saturday, October 17 12:00 – 5:15 pm  
 Frank & Gloria DeMarzo 908-419-0340  
[Glodema@comcast.net](mailto:Glodema@comcast.net)  
 Parish Center – Franklin Ave in Edison.  
 Lunch included. Concludes with 5:15pm Mass

**NOVEMBER**COLONIA, St. John Vianney

Friday, November 6 7:30 pm  
 (Held in the Church Upper Meeting Room)  
 Deacon Tom & Janice Michnewicz  
 732-574-1651

**NOVEMBER-SESSION CANCELLED**RARITAN, St. Ann

~~Date to be determined 7:00 pm – 10:00 pm  
 Date to be determined 12:00 noon – 4:00 pm  
 (Mass Included). Tom & Nanette Brown  
[nbrown3338@gmail.com](mailto:nbrown3338@gmail.com)~~

**NOVEMBER**MONROE TOWNSHIP, Nativity of Our Lord

Saturday, November 14 8:30 am – 5:00 pm  
[nativityprecana@yahoo.com](mailto:nativityprecana@yahoo.com)

**OCTOBER**ANNANDALE, Immaculate Conception

Saturday, October 3 9:30 AM  
 Dan & Claudia Roose  
 908-304-5221  
[iccprecana@gmail.com](mailto:iccprecana@gmail.com)

**OCTOBER**HACKETTSTOWN, Assumption of the Blessed Virgin Mary

Saturday, Oct 17 10:00 am – 5:00 pm  
 (Lunch and Mass included)  
 Parish Office / 908-852-3320

**OCTOBER**PARLIN, St. Bernadette

Sunday, October 20 11:15 am  
 (Includes Lunch and Mass)  
 Jun and Lilybeth Delacosta 732-491-7238  
[sbccprecana@gmail.com](mailto:sbccprecana@gmail.com)

**NOVEMBER**BOUND BROOK, St. Joseph (SPANISH)

Saturday, November 7 12:00 noon – 6:00pm  
 Sunday, November 8 12:00 noon – 6:00pm  
 Martha Rovitto 732-356-0027 x15  
[martha.rovitto@sjcbb.net](mailto:martha.rovitto@sjcbb.net)  
 Call Tue-Wed-Thu 6:30–8:30pm. Leave message clearly  
 with name & phone number. Couples must speak Spanish  
 fluently.

**NOVEMBER**PERTH AMBOY, St. John Paul II Parish (POLISH)

Sunday, November 22 12:00 noon – 2:00 pm  
 Conference held in Polish only. Must speak  
 Polish fluently. Contact Fr. Slawomir  
 Romanowski 732-826-1395  
[sromanowski@johnpaulsecond.com](mailto:sromanowski@johnpaulsecond.com)

**NOVEMBER**METUCHEN, Cathedral of St. Francis of Assisi

Held at St. John Neumann Center, Piscataway

Sunday, November 22 1:00 pm – 6:00 pm  
 Jamie & Pam Schleck  
[schleckfamily@gmail.com](mailto:schleckfamily@gmail.com)

## **ALL YEAR – (SPANISH)**

NEW BRUNSWICK, Our Lady of Mount Carmel

Last Saturday of the month 3:30 – 5:30 pm

Must attend 2 consecutive Saturday sessions

Parish Office 732-846-5873

[mtcarmel@verizon.net](mailto:mtcarmel@verizon.net)

**If needed, couples may attend a God’s Plan for a Joy-Filled Marriage, Pre-Cana or Engaged Encounter sessions at another Diocese. For more info, please contact:**

Archdiocese of Newark	(973) 497-4323	<a href="http://www.rcan.org">www.rcan.org</a>
Diocese of Camden	(856) 583-2904	<a href="http://www.camdendiocese.org">www.camdendiocese.org</a>
Diocese of Paterson	(973) 377-1004	<a href="http://www.rcdop.org">www.rcdop.org</a>
Diocese of Trenton	(609) 403-7156	<a href="http://www.dioceseoftrenton.org">www.dioceseoftrenton.org</a>

### **A NEW OPTION FOR MARRIAGE PREPARATION**

Ideally, couples should meet together and in person during the marriage preparation process. However, if a situation arises where this is not possible, an online resource is available:

The cost for these prep sessions is \$195.00

This program has imprimatur and is on the official website of the USCCB:  
<https://catholicmarriageprepclass.com/>

Please speak with the pastor/pastoral minister for approval for this course.

## Natural Family Planning Course (NFP) – Elective (Highly Recommended)

Couples can use the Natural Family Planning knowledge to achieve, as well as to postpone pregnancy through awareness of natural body signs which indicate fertile and infertile times.

### *Sympto-Thermal Method*

The Sympto-Thermal Method of Natural Family Planning educates a couple in human sexuality and fertility and is based on the observation and interpretation of changes in basal body temperature, cervical mucus and the cervix to determine the fertile and infertile phases of the menstrual cycle. This requires full participation from both partners and both must be completely familiar with the method. Couple participation is one of the strongest benefits and recommendations of the Sympto-Thermal method of NFP.

The program is presented by a trained, experienced married couples in a series of four meetings held once every five weeks for four months. The fee is \$100.00 per couple.

### 2020 Natural Family Planning Classes

St. John Neumann Ctr.   Piscataway   Saturdays   10:00 Am	<b>2/8</b>	<b>3/14</b>	<b>4/18</b>	<b>5/23</b>
Presenter's Home   Branchburg   Thursdays   7:00 PM	<b>4/23</b>	<b>5/21</b>	<b>6/18</b>	<b>7/16</b>
St. Magdalen de Pazzi   Flemington   Sundays   7:00 PM VIRTUAL SESSIONS	<b>8/16</b>	<b>9/13</b>	<b>10/11</b>	<b>11/8</b>

**Register** online at <https://diometuchen.org/natural-family-planning/>

For classes on an appointment basis Monday-Thursday between 9:00 am and 4:00 pm at the St. John Neumann Center in Piscataway, please contact Rosemary Kern at 732-745-8600 ext. 8862

Call 732-562-1543 or email [amarshall@diometuchen.org](mailto:amarshall@diometuchen.org) with any questions or concerns

### Creighton Model Fertility Care System Method

The Creighton Model Fertility Care System is based upon a couple's knowledge and understanding of their naturally-occurring phases of fertility and in-fertility. It is the only family planning system which has networked family planning with gynecologic and procreative healthcare and health maintenance.

The teachers of the Creighton Model Fertility Care System method are trained allied health professionals. To register contact the Fertility Care Center of Hunterdon County 908-735-9344: Amy Sherlock, FCP; Kathy Golden, FCP; Eva Novak, M.D., NFPMCI, FCPI; Dr. Jean Golden-Tevold, D.O., FCP, CFCMC; [drjean@morningstarfhc.com](mailto:drjean@morningstarfhc.com).

\*Please note that virtual (on-line classes) are also available through the Couple to Couple League. For more information about future classes or to register log on to: <http://ccli.org/learn>

## 2020 GUIA DE PAREJAS PARA EL MATRIMONIO

<http://diometuchen.org/marriage-prep>

¡Felicidades en su compromiso matrimonial!

El matrimonio es una vocación que implica una relación sagrada y duradera, vivida en el marco de la comunidad eclesial y en el más amplio de la familia humana. Para los cristianos bautizados, el matrimonio es un sacramento del amor de Cristo, expresado de la manera en que la pareja vive día a día, con la gracia de Dios, sus votos matrimoniales.

### Proceso de Preparación Matrimonial

El proceso preparación matrimonial debe comenzar no bien se hayan comprometido, aun si falta más de un año para la fecha de la boda. Normalmente el proceso debe empezar no menos de un año antes de la fecha deseada para el casamiento. Esto les dará un tiempo suficiente para preparar los detalles de la celebración matrimonial.

#### **Primer Paso:** Contactar la Parroquia

Contáctese con la Parroquia. Un miembro del plantel parroquial les ayudara para que se reúnan con el ministro pastoral (usualmente, el sacerdote o diácono de la Parroquia). La fecha de la boda no será registrada en el calendario parroquial hasta que haya tenido dicha reunión.

#### **Segundo Paso:** Reunión inicial con el sacerdote o diácono

En la primera reunión, el ministro pastoral le explicará el proceso de preparación matrimonial del que ustedes necesitan participar y les proporcionará información sobre los programas que están disponibles. El ministro pastoral empezará a completar los formularios canónicos necesarios y los asesorará sobre qué documentos son indispensables.

El ministro pastoral les puede solicitar que completen un formulario de inventario prematrimonial—el llamado en inglés F.O.C.C.U.S., que les ayudará a identificar los aspectos positivos y las áreas de su relación que necesitan crecimiento, las áreas de acuerdo y desacuerdo que ustedes pueden tener con el otro.

#### **Tercer Paso:** Registrarse para una sesión de formación matrimonial

La Parroquia y la Oficina de la Familia le ofrecen diversos programas de preparación matrimonial en inglés y español. Hay sesiones en español de Preparación Matrimonial y clases de Planificación Natural a su disposición. Estas sesiones se esfuerzan por proveerles un tiempo para reflexionar y discutir aspectos importantes del matrimonio con parejas casadas que están plenamente comprometidas en su vocación matrimonial.



# **Explicación de F.O.C.C.U.S. Inventario Prematrimonial y Las Sesiones de Formación Matrimonial**

## **F.O.C.C.U.S. Inventario Pre-Matrimonial**

Facilitando la comprensión abierta de comunicación de la pareja, F.O.C.C.U.S es una herramienta diseñada para ayudar a las parejas a aprender más sobre sí mismos y su relación interpersonal única. El inventario prematrimonial proporciona a cada pareja un perfil personalizado destacando áreas de Fortaleza, así como las áreas que requieren mayor discusión.

## **Taller de Preparación Matrimonial**

Estas sesiones están diseñadas para ayudar a las parejas comprometidas a comprender y abrazar una visión católica del amor matrimonial y en la construcción de un matrimonio feliz. Estas sesiones proporcionan una catequesis completa de las enseñanzas de la iglesia sobre el matrimonio y el regalo de la sexualidad humana basada en la "Teología del Cuerpo" Del Santo Juan Pablo II. Los temas incluyen: Comunicación, Resolución de conflictos, Problemas de origen de familia, Finanzas y Administración.

## **Curso de Planificación Familiar Natural (Opcional)**

Las parejas pueden utilizar el conocimiento de la Planificación Familiar Natural para lograr, así como para posponer el embarazo a través del conocimiento de los signos naturales del cuerpo que indican tiempos fértiles e infértiles.

Para más información sírvase contactar la:

Oficina de la Familia

732-243-4573

[family.life@diometuchen.org](mailto:family.life@diometuchen.org)

*Pague mediante tarjeta de crédito o enviando cheque con el formulario a continuación.*

# Curso de Preparación Matrimonial

## FORMULARIO DE INSCRIPCIÓN

Por favor registrenos para la sesión del Plan de Dios para el Matrimonio

Fecha: 1ª. Opción \_\_\_\_\_

Fecha: 2ª. Opción \_\_\_\_\_

Lugar: \_\_\_\_\_

### EL

Nombre	
Dirección	
Ciudad, Estado, Código	
Teléfono de día	
Teléfono de noche	
Dirección electrónica/Email	
Edad	
Religión	

### ELLA

Nombre	
Dirección	
Ciudad, Estado, Código	
Teléfono de día	
Teléfono de noche	
Dirección electrónica/Email	
Edad	
Religión	
Fecha y lugar de la boda	

Costo de Registración: **\$75.00**

Pago con tarjeta de crédito llamando al 732.243.4573  
o mediante cheque a favor de:

**Diocese of Metuchen**

Family Life Office, PO Box 191, Metuchen, NJ 08840

*Su registración será confirmada mediante correo electrónico.*