

Marriage Enrichment Presentations

Archdiocese of Dubuque Marriage and Family Life Office

Marriage and the Family at the Heart of the Bible – Matt Selby

The Bible is bookended with weddings—the marriage of Adam and Eve at the beginning of Genesis and the Wedding Feast of the Lamb described in the book of Revelation. In this talk learn how marriage is woven throughout the narrative of the Bible to illustrate a primary analogy for our relationship with the Lord.

The Joy of Love: Pope Francis and the Mission of the Family – Matt Selby

In 2016 Pope Francis issued the Apostolic Exhortation “The Joy of Love” (*Amoris Laetitia*) as a follow-up to the Synod on the Family. Learn what he shares with the church in this most recent papal document on marriage and family life.

Theology of the Body: Discovering God’s Design for Love and Sexuality – Matt Selby

Our society is obsessed with sex, yet confused about its purpose. God created our bodies with an intricate design that includes our sexuality. Pope St. John Paul II gave a beautiful gift to the Church in his Theology of the Body, explaining God’s design for human sexuality. Discover it in this talk.

“An Introduction to Natural Family Planning” – Matt Selby

Natural Family Planning (NFP) is the general title for the scientific, natural and moral methods of family planning that can help married couples either achieve or postpone pregnancies. NFP methods are based on the observation of the naturally occurring signs and symptoms of the fertile and infertile phases of a woman's menstrual cycle. This talk will introduce couples to what NFP is and how it supports God’s design for married love by respecting the love-giving (unitive) and life-giving (procreative) nature of the conjugal act.

Five Love Languages – Deacon Tom and Kris Lang or Deacon Mark and Rosann Sandersfeld

This presentation will help open pathways to better communication and understanding with an informative, yet light and entertaining, discussion. Discover what many have used to significantly enhance their most important relationships with spouses, children, teenagers, parents, friends, and God.

Living a Scripture-Based Marriage – Deacon Mark and Rosann Sandersfeld

This presentation highlights the book *Embracing God’s Plan for Marriage* by Mark and Melanie Hart. Everything we need to know about our marriage is in the Bible. From creation to our salvation, God has a plan for marriage. Through Scripture and personal examples, see how God is speaking to you, and how you can apply this treasure to your marriage.

Internet Images: Protecting Your Children from Pornography – Deacon Phil and Julie Paladino

Our children are growing up in a digital world. Technology is part of their lives. 73% of children are exposed to pornography before age 18. Parents are the link in the chain when it comes to protecting their children. This informational meeting will provide guidance for parents to equip themselves for ongoing conversations about pornography with their children.

The Second Half: Challenges of the Empty Nest – Deacon Vic and Nancy DeSloover

This presentation considers the many elements that make a marriage more loving and fulfilling as two people grow older. In a mature relationship, spouses recognize and appreciate the good in their marriage, not only in the past, but right here and now. A mature couple is in a unique position to eliminate frustrations as they are drawn ever closer. Intimacy finds a new dimension – a dimension that moves beyond the physical encounter and joins them in spirit as well as body. Spousal discussion starters are included.

God's Mission for Marriage & Ours: Ephesians 5:21-33 – Deacon Stan and Charlotte Upah

What does submission mean and how are both husbands and wives called to live out God's mission for marriage in their own marriages and promote and witness strong marriages to others? This presentation is intended to promote parish marriage enrichment and date night programs.

The Hinge – Deacon Stan and Charlotte Upah

What tools should fill the marriage toolbox? God designed marriage and family life and gave us the tools to build our homes to withstand the storms. What are the tools to build a marriage and how do we live out that design?

Make Marriage Great (or Marriage the Great Unknown) – Deacon Stan and Charlotte Upah

Has marriage become countercultural? This talk focuses on how our culture affects marriage and how we as married couples can effectively fight societal attacks on marriage.

Lead Me – Deacon Stan and Charlotte Upah

Our personal witness story as to how God has led us in our marriage and what we've learned as marriage mentors. God works if we ask, and if we listen when he answers. How to forgive, heal, and move forward in marriage.

The Servant Spouse – Deacon Stan and Charlotte Upah

This talk explores how marriage reflects Jesus' service in our service to each other. Includes an exercise into what our spouses need to fulfill their innermost desires.

Small Steps, Big Rewards – Deacon Stan and Charlotte Upah

This event includes conversations with couples married 20-50+ years as to what has made their marriages great/er. It may be done in an interactive format or as a panel discussion.

Couple Prayer – Deacon Stan and Charlotte Upah

Prayer is essential to a strong marriage but praying together as a couple can be a challenge. This is a practical session with tips for implementing and learning how to pray together.

Communication, Communication, Communication – Deacon Stan and Charlotte Upah

Healthy communication is key to daily living in marriage. This talk includes practical tips for communicating both the important and not so important needs of a marriage, along with tips for when to use social media and when to keep it private and personal.

To request one of these presentations, please contact Matt Selby, Director of the Marriage and Family Life Office, at 563-556-2580, ext. 233 or m.selby@dbqarch.org.