

## Recommended Marriage Enrichment Resources

### **Programs:**

#### ***United in Love—United in Christ***

*United in Love—United in Christ* is a six session marriage enrichment series that explores God's plan and promise for spouses especially through the teachings of St. John Paul II's *Theology of the Body*. The program was created by Jason and Elise Angelette of the Faith and Marriage apostolate. They are joined in presenting the video content by multiple witness couples. Materials include DVDs, couple's guides, a leader guide, and a parish guide. The materials are only available in English. Learn more at [www.faithandmarriage.org/uil/](http://www.faithandmarriage.org/uil/).

#### ***Beloved: Finding Happiness in Marriage***

Created by the Augustine Institute, *Beloved* is a 12-session video series that explores the true meaning of marriage and how to live it out together. Each session includes video content presented by well-known Catholic authors and speakers. Workbooks for couples and leader guides are available that are specific to marriage enrichment. The program is also available online with a subscription to FORMED.org. The program is available in English and Spanish. Learn more at [www.lighthousecatholicmedia.org/beloved/parish](http://www.lighthousecatholicmedia.org/beloved/parish).

#### ***The Choice Wine: 7 Steps to a Superabundant Marriage***

*The Choice Wine* was created by *Paradisus Dei* and is presented by their founder, Steve Bollman. Integrating the latest findings from modern science with the timeless teaching of the faith and the wisdom of the saints, *The Choice Wine* helps couples experience authentic marital happiness. The program is presented in nine sessions using video content and a corresponding book for couples. This program can be used by a couple on their own, in a small group, or in a larger group setting. Learn more at [www.paradisusdei.org/the-choice-wine](http://www.paradisusdei.org/the-choice-wine).

#### ***Marriage Enrichment Programs by John and Teri Bosio***

Authors and speakers John and Teri Bosio have created three marriage enrichments programs that work well for parish date nights and small groups of married couples: *Six Dates for Catholic Couples*, *The Beatitudes: A Couples' Path to Greater Joy*, and *The Virtues: Prudence, Justice, Fortitude, Temperance*. Each program includes videos and materials for participants and leader guides and resources. Currently, the materials are only available in English. Learn more at [www.happy-together.net](http://www.happy-together.net).

#### ***An Introduction to the Theology of the Body: Discovering God's Glorious Plan For Your Life***

Drawing upon Pope John Paul II's *Theology of the Body*, Christopher West shares God's original plan for marriage and sexuality and how an understanding of this plan gives profound meaning to all our lives in these eight video sessions produced by Ascension Press. Learn more at [www.ascensionpress.com/collections/an-introduction-to-the-theology-of-the-body](http://www.ascensionpress.com/collections/an-introduction-to-the-theology-of-the-body).

#### ***Worldwide Marriage Encounter***

Marriage Encounter Weekends are a special time for a married couple to get away from all distractions and focus on their relationship. A series of presentations are made by the presenting team, including 3 married couples and 1 priest. Communication tools are taught on the weekend helping couples connect in healthy, constructive ways on areas that can deepen their intimacy and communication. Learn more and find weekends here: [www.iowa-wwme.org](http://www.iowa-wwme.org).

## **Books:**

*A Catechism for Family Life: Insights from Catholic Teaching on Love, Marriage, Sex, and Parenting*  
by Sarah Bartel and John S. Grabowski

*Embracing God's Plan for Marriage: A Scripture Study for Couples*  
by Mark & Melanie Hart

*For Better...Forever: A Catholic Guide to Lifelong Marriage (Revised And Expanded)*  
by Greg and Lisa Popcak

*Forever: A Catholic Devotional for Your Marriage*  
by Jackie Francois Angel and Bobby Angel

*Habits for a Healthy Marriage: A Handbook for Catholic Couples*  
By Richard P. Fitzgibbons, M.D.

*Just Married: The Catholic Guide to Surviving and Thriving in the First Five Years of Marriage*  
by Greg and Lisa Popcak

*Praying for (and with) Your Spouse: The Way to Deeper Love*  
by Greg and Lisa Popcak

## **Online Resources:**

- Marriage: Unique for a Reason (USCCB) – [www.marriageuniqueforareason.org/](http://www.marriageuniqueforareason.org/)
- For Your Marriage (USCCB) – [www.foryourmarriage.org](http://www.foryourmarriage.org)
- Por Tu Matrimonio (USCCB) – [www.portumatrimonio.org/](http://www.portumatrimonio.org/)
- Archdiocese Pinterest Page – [www.pinterest.com/dbqarch](http://www.pinterest.com/dbqarch)
- Archdiocese Natural Family Planning Site – [www.dbqarch.org/nfp](http://www.dbqarch.org/nfp)
- Archdiocese Family Matters Newsletter – [www.dbqarch.org/family-matters-newsletter](http://www.dbqarch.org/family-matters-newsletter)

For questions, contact Matt Selby, Director of Marriage and Family Life, at [m.selby@dbqarch.org](mailto:m.selby@dbqarch.org) or 563-556-2580, ext. 233.  
To inquire about checking out resources, contact the Education Resource Center at 563-556-2580, ext. 210 or ext. 214.

