



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

**2017 Couples' Guide to Marriage Preparation**

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

*Congratulations on your Prospective Marriage!*

Please follow the steps below to prepare for your marriage and for your wedding in your Catholic Parish.

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**Step 1** – Meet with your parish priest, deacon or pastoral minister to begin the marriage preparation process which includes filling out the necessary canonical forms and learning what Church & civil documents are needed.

**Step 2** – Meet with your parish priest, deacon or pastoral minister a 2<sup>nd</sup> time to take and complete the premarital inventory - F.O.C.C.U.S. which is a tool designed to help couples learn more about themselves and their unique relationship. This pre-marital inventory provides each couple with a personalized profile highlighting areas of strength as well as areas that may require further discussion.

**Step 3** – Register for Marriage Formation Sessions: Both God's Plan and Pre-Cana or Engaged Encounter

(2 Options available – **Choose Option A (God's Plan and Pre-Cana sessions) or Option B (Engaged Encounter)**)

**Option A** – Register for God's Plan for Marriage & Pre-Cana (**Must Take Both - In No Particular Order**)

Register for **God's Plan for Marriage Sessions** (Part of Option A)

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.

\$75 per couple for those couples (bride and/or groom) who live within or are getting married in the Diocese of Metuchen.

\$100 per couple for those couples who live and are getting married outside the Diocese of Metuchen.

Held at Diocesan Center in Piscataway from 8:30 AM – 1:00 PM

Please register online for God's Plan: [www.diometuchen.org/Gods-Plan](http://www.diometuchen.org/Gods-Plan)

If you are unable to register for God's Plan online please call 732-562-1990 ext. 1543

**God's Plan  
Session Dates 2017**

January 14  
March 11  
April 22  
May 13  
June 3  
June 24 (TBD)  
July 15  
September 16  
October 21  
November 11

Register for **Pre-Cana Sessions** (Part of Option A)

These sessions offer practical insights and assistance in building a successful marriage.

\$75 per couple and held at the various participating parishes below, please contact them:

<p><b>JANUARY</b> <u>SOMERSET, St. Matthias</u></p> <p>Saturday, January 21 / 8:00 am – 5:00 pm Parish Office 732-828-1400 / Vinnie Natale Call Tuesday – Friday, 9:00 am – 4:00 pm This session fills quickly. Please do not call after November 30th</p>	<p><b>FEBRUARY</b> <u>AVENEL, St. Andrew the Apostle</u></p> <p>Saturday, February 4 / 9:00 am – 5:00 pm (Mass included) George &amp; Kathy D'Addario / 732-636-1442</p>
<p><b>MARCH</b> <u>COLONIA, St. John Vianney</u></p> <p>Friday, March 3 / 7:30 pm (Held in the Church Upper Meeting Room) Deacon Tom &amp; Janice Michnewicz 732-574-1651</p>	<p><b>MARCH</b> <u>WHITEHOUSE STATION, Our Lady of Lourdes</u></p> <p>Saturday, March 4 / 12 noon – 6:30 pm (Lunch and 5:30pm Mass included) Anthony &amp; Barbara Vergona / 908-534-8942 <a href="mailto:vergona@embarqmail.com">vergona@embarqmail.com</a> (Email registration preferred)</p>
<p><b>MARCH</b> <u>BOUND BROOK, St. Joseph (SPANISH)</u></p> <p>Saturday, March 4 / 12:00 pm – 6:00 pm Sunday, March 5 / 12:00 noon – 6:00 pm Martha Rovitto 732-356-0027 x 6 <a href="mailto:martha.rovitto@sjcbb.net">martha.rovitto@sjcbb.net</a></p> <p>Call Tuesday, Wed. Thursday, 6:30 – 8:30 pm. Leave message with name &amp; phone number. Couples must speak Spanish fluently.</p>	<p><b>MARCH</b> <u>FORDS, Our Lady of Peace</u></p> <p>Saturday, March 11 / 1:00 – 5:00 pm Edward &amp; Jeannie Delaney / 732-225-3898 <a href="mailto:isdnj@yahoo.com">isdnj@yahoo.com</a> Registration begins at 12:30pm, Parish Center. Lunch included. Concludes with 5:15pm Mass )</p>
<p><b>MARCH</b> <u>NEW BRUNSWICK, Parish of the Visitation St. Mary of Mt. Virgin</u></p> <p>Sunday, March 12 / 10:00 am – 4:00 pm Mass, breakfast, lunch and snacks included. Parish Office 732-545-5090 <a href="mailto:parishofthevisitation@gmail.com">parishofthevisitation@gmail.com</a></p>	<p><b>MARCH</b> <u>PARLIN, St. Bernadette</u></p> <p>Sunday, March 19 / 11:15 am (Lunch and Mass included) Larry &amp; Mary Lou Butts / 732-251-6582</p>
<p><b>APRIL</b> <u>LAMBERTVILLE, St. John the Evangelist</u></p> <p>Saturday, April 1<sup>st</sup> / 11:00 am - 6:00 pm Peter &amp; Barbara Ashton / 609-397-2461 (Calls Monday through Friday, 4:00–9:00 pm) <a href="mailto:barbarawhiteashton@gmail.com">barbarawhiteashton@gmail.com</a></p>	<p><b>APRIL</b> <u>ANNANDALE, Immaculate Conception</u></p> <p>Saturday, April 1<sup>st</sup> / 9:15 am – 6:30 pm (Lunch &amp; Mass included) Roger &amp; Marybeth Garceau 908-236-7721 / <a href="mailto:mrgarceau@gmail.com">mrgarceau@gmail.com</a></p>

<p><b>APRIL</b>  <u>RARITAN, St Ann</u></p> <p>Friday, March 31/ 7:00 pm – 10:00 pm  Sunday, April 2/ 12:00 noon – 4:00 pm  (Class includes Mass)  Tom &amp; Nanette Brown  <a href="mailto:nbrown3338@gmail.com">nbrown3338@gmail.com</a></p>	<p><b>APRIL</b>  <u>THREE BRIDGES, St. Elizabeth Ann Seton</u></p> <p>Saturday, April 22 / 12:00 noon – 6:00 pm  Sunday, April 23 / 1:00 pm – 4:00 pm  (Saturday session includes Mass and dinner)  Jackie Ferrari / 908-782-1475 x10  <a href="mailto:jferrari@easeton.net">jferrari@easeton.net</a></p>
<p><b>APRIL</b>  <u>WASHINGTON, St. Joseph</u></p> <p>Saturday, April 22 / 9:30 am – 6:00 pm  (Lunch and 5:00 pm Mass included)  Jim &amp; Barbara McAloon / 908-689-4560</p>	<p><b>APRIL</b>  <u>PERTH AMBOY, St. John Paul II Parish (POLISH)</u></p> <p>Sunday, April 30 / 12:00 noon – 2:00 pm  Conference held in Polish only – couples must speak Polish fluently.  Contact Gabriella Swistak at Parish Office  732-826-1395 / <a href="mailto:office@johnpaulsecond.com">office@johnpaulsecond.com</a></p>
<p><b>MAY</b>  <u>ASSUMPTION OF THE BLESSED VIRGIN MARY</u></p> <p>Saturday, May 13 / 10:00 am – 5:00 pm  (Lunch and Mass included)  Contact Parish Office 908-852-3320</p>	<p><b>JUNE</b>  <u>SOMERSET, St. Matthias</u></p> <p>Saturday, June 3 / 8:00 am – 5:00 pm  Parish Office / 732-828-1400 / Vinnie Natale  Call Tuesday–Friday 9:00 am &amp; 4:00 pm  This session fills quickly. Please do not call after March 30</p>
<p><b>JUNE</b>  <u>PERTH AMBOY, Our Lady of Fatima (SPANISH)</u></p> <p>Friday, June 9 / 6:00 pm – 10:00 pm  Saturday, June 10 / 6:00 pm – 10:00 pm  Parish Office / 732 442-6634  (Monday – Friday, 9:00am – 4:00pm)</p> <p>Couples must speak Spanish fluently. Pre-registration and payment required. This is a 2-day session program. Couples must attend both sessions. No children allowed.</p>	<p><b>JUNE</b>  <u>KENDALL PARK, St. Augustine of Canterbury</u></p> <p>Saturday, June 24 / 3:00 pm – 9:00 pm  (Class includes Mass)  John &amp; Patty Burke / 732-355-0562</p>
<p><b>JULY</b>  <u>AVENEL, St. Andrew the Apostle</u></p> <p>Saturday, July 22 / 9:00 am - 5:00 pm  (Mass included)  George &amp; Kathy D'Addario 732- 636-1442</p>	<p><b>AUGUST</b>  <u>SOUTH RIVER, St. Mary of Ostrabrama</u></p> <p>Saturday, August 19 / 11:45 am – 5:00 pm  Frank &amp; Donna Jones / 732-254-0055  (Includes lunch and Mass)</p>
<p><b>SEPTEMBER</b>  <u>ASSUMPTION OF THE BLESSED VIRGIN MARY</u></p> <p>Saturday, September 23/ 10:00 am – 5:00 pm  (Lunch and Mass included)  Parish Office / 908-852-3320</p>	<p><b>SEPTEMBER</b>  <u>THREE BRIDGES, St. Elizabeth Ann Seton</u></p> <p>Saturday, September 23 /12:00 noon – 6:00pm  Sunday, September 24 / 1:00 – 4:00 pm  (Saturday session includes Mass and dinner)  Jackie Ferrari / 908-782-1475 x10  <a href="mailto:jferrari@easeton.net">jferrari@easeton.net</a></p>

**SEPTEMBER**ANNANDALE, Immaculate Conception

Saturday, September 30 / 9:15 am – 6:30 pm  
 (Lunch & Mass included)  
 Roger & Marybeth Garceau  
 908-236-7721 / [mrgarceau@gmail.com](mailto:mrgarceau@gmail.com)

**OCTOBER**WASHINGTON, St. Joseph

Saturday, October 14 / 9:30 am – 6:00 pm  
 (Includes lunch and 5:00pm Mass)  
 Jim & Barbara McAloon / 908-689-4560

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

Sunday, October 15 / 12:00 noon – 2:00 pm  
 Conference held in Polish only – couples must speak Polish fluently.  
 Contact Gabriella Swistak at Parish Office  
 732-826-1395 / [office@johnpaulsecond.com](mailto:office@johnpaulsecond.com)

**NOVEMBER**COLONIA, St. John Vianney

Friday, November 3 / 7:30 pm  
 (Held in the Church Upper Meeting Room)  
 Deacon Tom & Janice Michnewicz  
 732-574-1651

**NOVEMBER**RARITAN, St. Ann

Friday, November 10 / 7:00 pm – 10:00 pm  
 Sunday, November 12 / 12:00 noon – 4:00 pm  
 (Mass included)  
 Tom & Nanette Brown [nbrown3338@gmail.com](mailto:nbrown3338@gmail.com)

**NOVEMBER**METUCHEN, Cathedral of St. Francis of Assisi  
Held at St. John Neumann Center, Piscataway

Sunday, November 19 / 1:00 pm – 6:00 pm  
 Jamie & Pam Schleck [schleckfamily@gmail.com](mailto:schleckfamily@gmail.com)

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

Saturday, October 14 / 11:00 am – 6:00 pm  
 Peter and Barbara Ashton / 609-397-2461  
 (Calls Monday through Friday, 4:00–9:00 pm)  
[barbarawhiteashton@gmail.com](mailto:barbarawhiteashton@gmail.com)

**OCTOBER**PARLIN, St. Bernadette

Sunday, October 15 / 11:15 am  
 (Includes Lunch and Mass)  
 Larry & Mary Lou Butts / 732-251-6582

**OCTOBER**FORDS, Our Lady of Peace

Saturday, October 21 / 1:00 – 5:00 pm  
 Edward & Jeannie Delaney / 732-225-3898  
[isdnj@yahoo.com](mailto:isdnj@yahoo.com)  
 Registration starts at 12:30pm, Parish Center.  
 Lunch included. Concludes with 5:15pm Mass

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

Saturday, November 4 / 12:00 noon – 6:00pm  
 Sunday, November 5 / 12:00 noon – 6:00pm  
 Martha Rovitto 732-356-0027 x 6  
[martha.rovitto@sjcbb.net](mailto:martha.rovitto@sjcbb.net)  
 Call Tuesday, Wed. Thursday 6:30 – 8:30 pm  
 Leave message with name & phone number  
 Couples must speak Spanish fluently.

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

Saturday, November 18 / 8:30 am – 5:00 pm  
[nativityprecana@yahoo.com](mailto:nativityprecana@yahoo.com)

**ALL YEAR – (SPANISH)**NEW BRUNSWICK, Our Lady of Mount Carmen

Last Saturday of the month 3:30 – 5:30 pm  
 Must attend 2 sessions  
 Parish Office 732-846-5873

**Option B - Register for Engaged Encounter Weekend**

\$425.00 per couple (**overnight**)

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

These weekends are held at Loyola House of Retreats in Morristown, NJ with 30 acres of beautiful gardens.

All weekends begin promptly at 8:00 AM Saturday morning with registration and close by 4:00 PM Sunday afternoon.

Meals and individual overnight accommodations are included.

The two day program begins at 8:00 AM Saturday with registration and ends at 3:30 PM on Sunday. All meals and materials are included.

To register online for Engaged Encounter Weekend visit: [www.diometuchen.org/Engaged-Encounter](http://www.diometuchen.org/Engaged-Encounter)

To register by mail print registration form and mail with your check or call: 732-562-1990 ext. 1705

**Engaged Encounter  
Session Dates 2017**

*Spring*

St. Magdalen, Flemington

**March 18-19 (2 day)**

*Summer*

Loyola Jesuit Ctr. Morristown

**July 7-9 (overnight)**

*Fall*

Loyola Jesuit Ctr. Morristown

**August 25-27 (overnight)**

**\*\*\* A NEW OPTION FOR MARRIAGE PREPARATION \*\*\***

The ideal is that the couples be present physically for the marriage prep sessions.

Can an exception be made for couples who face practical problems of separation by distance (e.g. Military) and scheduling conflicts?

Such couples may have recourse to an online Catholic marriage preparation program, **with the permission of their Pastor.**

The cost for these prep sessions is \$195.00

This program has imprimatur and is on the official website of the USCCB:  
[catholicmarriageprepclass.com](http://catholicmarriageprepclass.com)

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

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 couple in a series of four meetings held once every five weeks for four months. The fee is \$100.00 per couple.

### **2017 Natural Family Planning Classes**

Presenter's Home / Branchburg / Fridays / 7:30 PM	<b>5/12</b>	<b>6/9</b>	<b>7/7</b>	<b>8/4</b>
St. John Neumann Ctr. / Piscataway / Tuesdays / 6:00 PM	<b>3/14</b>	<b>4/11</b>	<b>5/16</b>	<b>6/20</b>
St. Magdalen de Pazzi / Flemington /Thursdays /7:00 PM	<b>7/13</b>	<b>8/17</b>	<b>9/14</b>	<b>10/12</b>

To Register please call The Family Life Office 732-562-1990 ext. 1705

### 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>

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**Step 4** – After FOCCUS, God's Plan & Pre-Cana, or Engaged Encounter have been completed, meet with your priest, deacon or pastoral minister to discuss the wedding liturgy, civil documents and the final details of the marriage preparation process and any other matters related to your wedding.

*May you have a grace filled married life.*

### **For More Information Contact**

The Family Life Office 732-562-1990 x1705 or 4573

[mfonseca@diometuchen.org](mailto:mfonseca@diometuchen.org) or [amatos@diometuchen.org](mailto:amatos@diometuchen.org)

The Respect Life Office 732-562-1990 x1543 / [amarshall@diometuchen.org](mailto:amarshall@diometuchen.org)

## **2017 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.

### El 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) 562-1990 x 1705 • Fax (732) 562-1018

## **TALLERES DE PREPARACION MATRIMONIAL**

### **Sesiones 2017**

Sábado, 25 de marzo de 2017  
St. Magdalen of Pazzi Church, Flemington, NJ

Sábado, 14 de octubre de 2017  
St. John Neumann Center, Piscataway, NJ  
8:30 am – 4:30 pm

Por favor contactar la Oficina de la Familia 732-562-1990 x1705  
o enviar el formulario a continuación con su pago.



# Curso de Preparación Matrimonial

## FORMULARIO DE INSCRIPCIÓN

Por favor regístrenos para la sesión de Pre-Cana y 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	
Edad	
Religión	

### ELLA

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

Costo de Registración: **\$75.00**

Por favor haga su cheque a nombre de:

**Diocese of Metuchen**

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

Su registración será confirmada mediante correo electrónico.