

MARRIAGE AND FAMILY LIFE



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Working with single people, couples and families at all stages of their lives we aim to:

- Develop consistent marriage preparation across the diocese
- Offer training and support to those working as bereavement befrienders
- Support individuals / families in their prayer lives, using the 'Home is a Holy Place' initiative
- Support initiatives that strengthen the parish as a community - grandparents / family groups / Mothers' prayer groups

MFL 1a An introduction to Marriage Preparation

6-8 hours

Intended for: Marriage preparation providers.

A course designed to support parish/deanery teams as they develop their own marriage preparation courses in line with diocesan guidelines. This will cover all aspects needed to adequately prepare couples ranging from spiritual, sacramental and relationship issues.

MFL 1b Marriage Preparation Review

2 hours

Intended for: Marriage preparation providers.

A revisiting of issues and the opportunity to refresh parish courses in line with the new guidelines.

MFL 1c Marriage Enrichment

4 hours

Intended for: Marriage Supporters.

This course introduces a new initiative based on the provision of support for married couples at parish level. It is designed to look at ways to support married couples in the early stages of their marriage, focusing on enriching their married lives and supporting them in their difficulties. We will also explore ways to encourage parish participation.

MFL 1d Marriage Preparation Day of Reflection Full
day

Intended for: All marriage preparation providers.

A diocesan day which includes specific input, and some opportunity for personal development and reflection. A different theme is chosen as the focus each year.

MFL/AF 2a Family Spirituality & Baptism 2 hours

Intended for: Baptism catechists.

Exploring how their courses can support young parents in creating an atmosphere of prayer and helping young children to recognise and experience God.

It recognises that parents will be acknowledging within the baptismal rite their role and responsibility and encourages them to fully explore what this means.

MFL/AF 2b Family Spirituality & First Holy Communion 2 hours

Intended for: First Communion catechists.

Exploring how catechists can develop the sense that home is a holy place because: "God is present there as love, His presence graces all creation and because relationships within the family reflect God's relationship with us" (*Home is a Holy Place 2008*). It recognises that parents are the first and primary educators of their children and they have a responsibility to pass on their faith.

MFL/AF 2c Family Spirituality & Confirmation 2 hours

Intended for: Confirmation catechists.

Examine how their programme can incorporate the understanding of marriage as a vocation and the sense of commitment through discussions on healthy relationships and the Church's teaching.

MFL 3a Grandparents Groups: Introductory session 2 hours

Intended for: For those interested in forming a group.

Offers an introduction to the mission and benefits of forming a grandparents' group within the parish. An initial talk can be given designed to enthuse and inspire, followed by a starter session for those who wish to form a group.

MFL 3b Grandparents' Days of Reflection Full
day

Intended for: All grandparents.

An annual day designed to bring people together to develop relationships and to have input on a variety of themes.

MFL 3c Grandparents' Retreat Full
day

Intended for: All grandparents and their children/grandchildren.

An annual day designed to bring people together to develop relationships and to have input on a variety of themes. Also, to spend time with family and to celebrate Mass together.

MFL 4a Bereavement: Introduction to parish-based support 1 hour

Intended for: Parish team.

An introductory session on the benefits of the bereavement ministry with guidance as to how this can be established.

MFL 4b Bereavement support training Introductory session
& 4 full days

Intended for: Those recommended by their parish priest.

A certificated course led by a fully trained Cruse councillor. The course covers the skills and concepts required to support people at this difficult time and provide insights into ways this support can be maintained through parish life. Please see page 30 for dates.

MFL 4c Bereavement Day of Reflection Full day

Intended for: All involved in this work.

An annual diocesan day including input from a presenter, the opportunity for personal development and time for reflection. The event is given a different theme each year.

MFL 4d Bereavement support leadership enrichment 2 hours

Intended for: Parish bereavement group coordinators.

An opportunity to provide basic supervision and support for those who lead this ministry in their parish. Ideally to build clusters of groups who may be able to help in personal one to one support out of their own parish.

MFL 5a Family Groups: An introduction 1 hour

Intended for: Parish team.

An introduction to the concept of family groups and their benefit within parish life.

MFL 5b Family Groups: Forming and maintaining groups 2 hours

Intended for: Those interested in establishing parish family groups.

This session explores the setting up of family groups. It covers their aims, activities and structures.

MFL 5c Family Groups Day of Reflection Full day

Intended for: Those currently involved in family groups.

An annual diocesan day including input from a presenter, with an opportunity for personal development and time for reflection. A different theme is the focus each year.
