



ONLINE, ON-DEMAND  
CATHOLIC PRE-CANA &  
NATURAL FAMILY PLANNING

Official Program Guide

[THEMARRIAGEGROUP.COM](http://THEMARRIAGEGROUP.COM)

# GUIDE OVERVIEW

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# FOR MINISTRY LEADERS

*The Marriage Group* is a member of the  
**Catholic Family Life Association.**

Our courses are promoted by the  
**United States Conference of Catholic Bishops** and  
the **Bishops' Conference of England and Wales** and  
accepted by dioceses and parishes worldwide.

With **over 50,000 couples** served around the world,  
The Marriage Group is the original online, on-  
demand Catholic marriage prep course and the  
leading provider of Pre-Cana and Natural Family  
Planning courses since 2009.

In this booklet, you will discover how our programs  
will benefit your ministry in a powerful way.



LIVING OUR FAITH IN LOVE™

# WHAT IS IT?

*Living Our Faith in Love* is an 8-hour Catholic Marriage Preparation program delivered online and on-demand.



## HIS AND HER DISCUSSION GUIDES

Downloadable guides compliment the video segments and help couples have healthy conversations throughout the course experience.



## CAPTIONING IN ENGLISH AND SPANISH

Whether individuals are deaf, hard of hearing, or have English as a second language, our course is fully captioned in both languages to make it more accessible.



## COMPLETE ACCESS FOR A FULL YEAR

Couples can take their time and have focused conversations about their relationship. They'll have access to the course for a full year, so they can revisit for a refresher on the topics of their choice.



## CERTIFICATE OF COMPLETION

Couples will receive an official certificate of completion immediately after they complete the course. It's available to download, print, or email for their parish and personal records.

# LET'S TALK ABOUT HOW YOU BENEFIT!

OUR PROGRAMS HELP YOU **DO MORE WITH LESS**

## WHY OUR PROGRAM IS IDEAL FOR YOUR MINISTRY

### TECH SUPPORT

We handle all tech support for our courses. If a couple is having trouble registering, logging in, with playing videos, or anything else, they can email or call us, and we will make sure their problem is solved.

### SERVE MORE COUPLES

Our courses allow your parish or diocese to say YES to couples who are unable to attend live programs. Whether they are separated by distance, have chaotic schedules, are uncomfortable in group settings, or many other situations, say, **“YES! We have a solution for you!”**

## HOW MUCH WILL THIS COST OUR DIOCESE OR PARISH?

**Good news!** With our courses, there is **no cost** to your diocese or parish.



# LET'S TALK ABOUT HOW TODAY'S COUPLES BENEFIT

## CHALLENGING SCHEDULES

Many couples today are juggling crazy schedules. Work, school, personal commitments, and other factors can make it difficult — even impossible — to attend a traditional classroom-style event. This online Pre-Cana is available on-demand, ready when they are: anytime, anywhere.

## SEPARATED BY DISTANCE

This program is delivered online, so couples can experience it from different countries and time zones. Couples often use Skype or other video chat platforms for face-to-face, live interaction as they work through the course. Other couples work through the course at different times.

## LIMITED ALTERNATIVES

The Church commonly offers marriage prep classes, or Pre-Cana courses, as “gathered events” with many couples together at the same time and place. While these can be great experiences, couples may not find an available date that fits their needs.

## MILITARY COUPLES

Our program accommodates couples in the military. It removes distance and scheduling barriers, so military couples can experience comprehensive preparation for the Sacrament of Marriage.

# INCLUDED PRE-CANA TOPICS

This Online Pre-Cana Course Covers All “Must-Have Conversations”  
Outlined by the United States Conference of Catholic Bishops.



## BALANCING VALUES, CAREERS, AND PRACTICAL ISSUES

Many couples get married before discussing, let alone experiencing, the effect that practical issues will have on their relationship. Couples that have been building their relationship for a long time often say, “We’re practically married already.” or “Nothing’s going to change.” The facts are, “No, they aren’t.” and, “Yes, it will.”



## FINANCES

Financial matters are among the top reasons for marital trouble and the increasing number of divorces in America, now hovering around 50%. Each day presents many decisions related to finances, and couples often have differences of opinion about spending that can lead to arguments and resentment. This video session presents important talking points for engaged couples to discuss and practical advice to implement.



## HEALTHY SEXUALITY AND INTIMACY

A healthy, loving sex life is among the most important factors to a happy, lasting marriage. Oftentimes, relationship issues related to sex are actually the result of poor communication between husband and wife.

In this segment, couples will benefit from professional advice and conversation-starters. By talking through these sensitive topics during their engagement, they will undoubtedly position their marriage for a lifetime of healthy, exciting, and fulfilling intimacy.

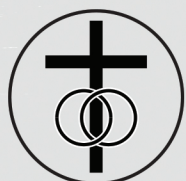
# INCLUDED PRE-CANA TOPICS

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## COMMUNICATION SKILLS AND CONFLICT RESOLUTION

Relationships are all about communication. Happy, healthy marriages require frequent and honest communication between husband and wife. This life skill is among the most important, requiring a commitment to keep learning more effective ways to relate to one another.



## THEOLOGY AND SPIRITUALITY OF MARRIAGE

A marriage within the Catholic Church leads to a deeper meaning of marriage itself. The covenant formed on the wedding day is not merely between two human beings. The greater significance of observing this holy union is the bond that is formed between man, woman, and God.

But what happens after the thrill and excitement of that day begins to wear off?

This four-part series helps couples explore what it means to uphold the commitment of a Catholic marriage — as their unified life begins — by developing a *Family Spirituality*. Presented in a profound yet approachable method, these video segments help spark meaningful discussions between engaged couples.

It also speaks to individuals who may not be Catholic, allowing the opportunity for those who *are* Catholic to share the beauty of their faith with their future husband or wife.

As life *together* unfolds with all of its ups and downs, couples are encouraged to remember and reflect upon Christ, the solid foundation in which their marriage will be rooted and grounded.



# INCLUDED PRE-CANA TOPICS

This Online Pre-Cana Course Covers All “Must-Have Conversations”  
Outlined by the United States Conference of Catholic Bishops.



## FAMILY OF ORIGIN

Couples will soon be married to their life-partner... and that person's parents, siblings, family traditions, and expectations! Whether they maintain a close relationship with their family or not, they will soon discover how their fiancé(e) has been influenced and shaped as a person and a spouse by their family of origin.



## NATURAL FAMILY PLANNING

For some couples, having children is the last thing on their minds as they plan for marriage. Other couples may be planning to start a family right away. Some might even look to artificial contraception methods to prevent or avoid pregnancy. When couples opt for artificial methods, they often overlook the harmful effect those methods can have on their relationship and their spirituality.

However, it is important to talk about parenthood at this stage. By learning one another's expectations for having children, couples will grow in their understanding of each other as potential parents.

This overview and witness to NFP explores the following:

*The Catholic Church's teaching of marriage and procreation*

*Why artificial methods of contraception are harmful to marriage, physical well-being, and the family spirituality*

We also understand that not all individuals are able to have children and how devastating that can be. The procreative aspect of marriage also includes an openness to life — something often referred to as “spiritual fertility.” This means there are other ways that the love a husband and wife share can be fruitful: volunteering, adoption, edifying the community, and serving the Church.

# WAYS TO USE THE COURSE

How you fit into the process of our online, on-demand marriage preparation class.

## SELF-LED

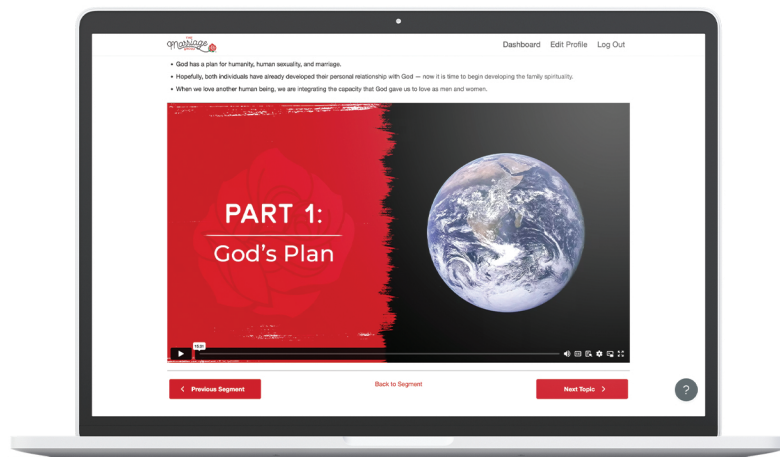
*Engaged Couples Working Through The Program On Their Own Time*



*Living Our Faith in Love* has multiple self-led elements. The packet downloaded at the beginning includes “His and Hers” discussion guides that encourage meaningful conversations and reflection throughout the experience of marriage preparation.

A series of video presentations is delivered online, each followed by a reflection exercise, or quiz. For accountability, they can’t move forward in the course until all the questions are answered correctly. These reflection exercises are intended to ensure that couples gain thorough understanding of the topic.

Once all of the topics have been completed, a “Print Your Certificate” button will appear and their certificate will be available as a PDF file.



# WAYS TO USE THE COURSE

How you fit into the process of our online, on-demand marriage preparation class.

## MENTOR-LED

### *Engaged Couples Working With A Facilitator, Clergy, or Sponsor Couple*

The engaged couple has an initial meeting (live or remote) with their facilitator(s) that will accompany them through the preparation process. In this initial meeting, they review the course contents included in ***Living Our Faith in Love*** and agree on a schedule to work through it.

For example, everyone agrees to reconvene every Sunday evening for 4-6 weeks. In between each meeting, the engaged couple works through a couple segments of the course. This way, when they reconvene with their facilitator(s), they come to the table already having processed the course content. They watched videos, completed exercises, and filled out His & Hers Discussion Guides.



**This method sets everyone up for a true ministry of accompaniment in an efficient manner that respects the time being volunteered by facilitators. Prior to each weekly meeting, the engaged couple already put in the work of learning on their own time, allowing facilitators to serve as mentors, not teachers.**



### LEADERS GUIDE

This Leaders Guide can be filled out on your computer or you may choose to print them to write on.

As you work with engaged couples, make sure to study this guide thoroughly before meeting in order to ensure that the most impactful conversations take place.

Remember: there are no "right or wrong" answers for the opinion-based questions, and each conversation you have with engaged couples should be edifying, unifying and helpful.

*Iron is sharpened by iron; one person sharpens another. - Proverbs 27:17*

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# NATURAL FAMILY PLANNING: NFP LIFE™



*NFP Life* is a six-part online, on-demand program introducing the beauty, the science, and the Catholic theology that reinforces the good news of Natural Family Planning.

## A REFRESHING TAKE ON NFP

This program will teach couples how to customize their experience with the methods of NFP.

Whether they are looking to achieve pregnancy, postpone pregnancy, or improve their overall health, we cover all of this and more.

Couples will also learn about what the Catholic church teaches about spousal love, God's design for human sexuality, and what it means to **remain open to life**. Our program is unique with the presentation of medical and scientific research paired with the foundational teachings of *Humanae Vitae* and *Theology of the Body*.



# WHAT'S COVERED IN NFP LIFE™



## OVERVIEW & WITNESS

Couples will learn about NFP through our presenter's personal testimony and experience in the medical field, and they will learn how to observe and track the natural signals of the female body.



## EXPERIENCE & BENEFITS

What will couples experience by practicing NFP? All aspects of a couple's life together are covered: spiritual, physical, emotional, mental, and medical well-being.



## HEALTH & WELLNESS

This program provides insight into the positive effects that NFP has versus the negative effects artificial contraception has on overall health, the marriage, and the family spirituality.

**AND SO MUCH MORE**  
Check it out for yourself here!





## NATURAL FAMILY PLANNING

*Presented by Subject Matter Experts*

Kyle and Danielle Koestner have been married since 2005 and have six children. They both serve on the Boards for both BOMA USA and FEMM Health. Kyle is an engineer with over 25 years experience in the automotive industry.

Dr. Danielle Koestner is a Family Medicine OB physician who did full-scope family medicine with deliveries for 10 years in an underserved community. She works with the FEMM Health Medical Education Team along with the Billings Ovulation Team.

Danielle recently participated in the USCCB's NFP Summit and was a featured speaker at the United Nations regarding the science of Fertility Awareness Based Methods (another name for Natural Family Planning).

SCAN THIS OR CODE TO LEARN MORE  
ABOUT KYLE AND DANIELLE KOESTNER



# CATÓLICA MATRIMONIAL PREPARACIÓN

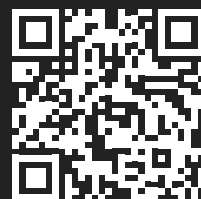


Introducing a complete Pre-Cana course for Spanish-speaking couples!

**PERFECT FOR ENGAGED COUPLES  
& COUPLES SEEKING CONVALIDATION**

Modern Platform • Includes Intro to Natural Family Planning • Certificate of Completion  
8 Hours to Complete • Approachable, Relevant Content • Course Delivered in Spanish

**FIND OUT MORE HERE:**



[CursosCatolica.AdvancedMinistries.com](https://CursosCatolica.AdvancedMinistries.com)



*Allow us to introduce you to*

# CLAUDIO MORA

Director of Catholic Programs

& Featured Presenter in  
*Living Our Faith in Love*  
Pre-Cana Topic:

*Theology and Spirituality of Marriage*

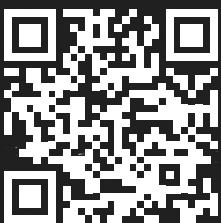
Claudio Mora is a devoted Catholic leader. Having earned his Ministry Degree from Oblate School of Theology, his Master of Religious Education from Felician University, and his Bachelor of Religious Education from Cloverdale College, Claudio has a passion for deepening his faith and understanding of Catholic theology.

Claudio has served the Church in various leadership roles, including years serving as the Director of Family Life at the Diocese of Dallas, Texas. In this role, he forged a strong working relationship with The Marriage Group, integrating our online courses into the programs recommended to parishes throughout the diocese.

He has also served as the Executive Director of Cultural Diversity and Outreach at the Archdiocese of Washington, DC.

In 2019, Claudio joined The Marriage Group as our Director of Catholic Programs. He continues today in the role of oversight, planning, and authorship of course content.

Claudio also serves as Director of Hispanic Ministry at the Diocese of Austin.



**SCAN HERE TO READ  
CLAUDIO'S ARTICLES**



# TESTIMONIALS

## Why Ministry Leaders Trust Us

**FR. ERIC HARRIS**

*Saint Raphael Parish, Bay Village, Diocese of Cleveland*

“The Marriage Group provides excellent resources for couples preparing for the Sacrament of Marriage. In particular, *Living Our Faith in Love* provides the couple with **quality content that facilitates deeper conversations** among the couples and with the preparing minister.

It was clear to me that the **couples who participated in the Living Our Faith in Love program were deeply affected by the content**. So too, they very openly/warmly shared with me how grateful they were to be given the opportunity to reflect on their relationship and reflect on what God desires for their marriage.”

## Why Couples Love Us

**HELEN & PATRICK**

*Maine*

“**10/10** - this Pre-Cana course was amazing! It gave us the **flexibility** to complete sessions at night after work, at our own pace. We also felt very **comfortable having deep conversations** as we did not have anyone else around while completing this program. This gave us the **ability to speak unfiltered.**”

**KATHLEEN & BRANDON**

*West Virginia*

“We both felt we were able to **find our strengths and weaknesses before going into our marriage because of this course**. It helped to point out, but also educate, on incredibly important pillars for marriage that **I did not even know as a cradle Catholic**. The guides truly helped us to work through the topics individually and together, so it was more of an active learning experience instead of passively listening to the videos.”

# LET'S CONNECT!

We have covered a lot of ground in this guide.

If you have any questions we've not addressed in this booklet, we'd love to connect with you!



Call us at 810.957.1550



Email us at [hello@themarriagegroup.com](mailto:hello@themarriagegroup.com)



Find us online at [TheMarriageGroup.com](https://TheMarriageGroup.com)

Scan this QR code to receive free resources and advice from ministry leaders to strengthen and enrich marriage and family life within your parish!



