

VISION

Marriage Formation in the Diocese of Saskatoon seeks to provide practical tools to raise topics for meaningful discussion and invite engaged couples into the life of a faith community. Through radical hospitality and the witness of Catholic married couples, engaged couples will be supported in the journey to becoming life-long disciples together, united in Christ.



THEMES

FAMILY OF ORIGIN

COMMUNICATION & CONFLICT RESOLUTION

STEWARDSHIP & FINANCE

SEXUALITY & FAMILY PLANNING

SPIRITUALITY & PRAYER

SACRAMENT OF MARRIAGE

LEARNING OUTCOMES

DURING THE SESSIONS, PARTICIPANTS WILL HAVE THE OPPORTUNITY TO:

FAMILY OF ORIGIN

- explore the family that they grew up in to identify communication styles, conflict resolution
- reflect on how childhood experiences may impact marriage
- identify any negative influences that may require additional attention (including addictions, abuse, pornography)
- discuss what values, habits, attitudes and idiosyncrasies that each partner brings to the marriage from the family of origin and reflect on how they will interact
- compare expectations of marriage and explore goals



- define communication and discuss the various elements of communication
- develop strategies to good communication
- recognize different styles of communication related to gender and personality
- consider how conflict can be an opportunity for growth in maturity
- understand forgiveness, offered and received as a grace from God to help us experience his mercy

COMMUNICATION

LEARNING OUTCOMES

DURING THE SESSIONS, PARTICIPANTS WILL HAVE THE OPPORTUNITY TO:

STEWARDSHIP & FINANCE

- discuss values and attitudes towards money and possessions
- discuss money through the lens of the Catholic faith
- learn about practical tools and areas to consider such as budgeting, saving, major long-term purchases, credit, debt, insurance and wills
- understanding stewardship as a way of life



- understand the Church teaching about human sexuality
- understand marriage as an image of Trinitarian love
- understand the basics of Natural Family Planning
- develop an understanding of the marriage vows as free, total, faithful and fruitful
- consider the procreative and unitive elements of the sexual union
- have open and honest dialogue about real life challenges like pregnancy, nursing, illness, infertility, miscarriage, stillbirth

SEXUALITY & FAMILY PLANNING

LEARNING OUTCOMES

DURING THE SESSIONS, PARTICIPANTS WILL HAVE THE OPPORTUNITY TO:

SPIRITUALITY & PRAYER

- discuss the personal faith journey of each partner
- hear the proclamation of the Kerygma
- learn to pray together as a couple
- experience prayer as a community
- discuss living in a marriage as a Catholic couple
- discuss raising children in a Catholic home



- understand what a sacrament means in the context of marriage
- gain a deeper understanding of the blessed Trinity
- consider the manner in which the Sacrament of Matrimony signifies the union of Christ and the Church (CCC 1661)

SACRAMENT OF MARRIAGE