

## **MARRIAGE PREPARATION**

Getting married and staying married is one of the greatest challenges facing adults today. A number of studies suggest that quality marriage preparation improves marital stability by up to 30%. Marriage preparation is therefore a requirement for couples intending to marry in the Catholic Church.

The Archdiocese of St Andrews & Edinburgh asks couples to complete a course of preparation that is supportive and relevant to this important stage in their lives. As well as the required preparation and the meetings to complete the necessary documents with a priest or deacon who will witness the marriage, couples also have the opportunity to take part in the Archdiocesan Marriage Preparation programme. The content of the programme sets out to enhance the couple's mutual understanding of each other and their relationship, especially how they communicate and resolve conflict. They will discuss how they see their future together and look at ways they can build a lasting and fulfilling relationship. Another part of the programme explores the Church's teaching on marriage and Christian married life in a relaxed and informal environment with trained facilitators and other engaged couples.

Our aim is to create for the couples, a special experience of the church community, to celebrate with them and to offer our loving support for their marriage and their future together.

