

Sacramental Marriage Prep – Church of The Holy Family – May 2019

1) What were your initial thoughts about attending a 7 - week Sacramental Marriage Preparation?

We were keen to attend the course, and had heard positive feedback about other pre-marriage courses, but not the SmartLoving course. We were therefore not quite sure what to expect, but we were generally looking forward to it.

2) What you have found helpful & / challenging about the programme so far?

We found the 'Stop, Reflect, Connect' exercise particularly useful. It helps avoid any petty disagreements which could otherwise turn into arguments. It also helped understand whether the other person is coming, which often meant shared values.

The 'Sex: Sacred Embrace' session was a little challenging as it is quite hard to broach the subject with others you don't know very well. However, we think it was very well delivered and treated delicately.

It can also be challenging to recall and identify certain emotions and to go over certain memories. However, we were given a good amount of time to think and reflect during the sessions, which made it easier.

3) What would you say to another Engaged Couple getting married next year (whether they are cohabiting or not).

We would strongly recommend the course and would advise that they really try hard to set aside at each 30 mins per week to review and discuss that week's session. It really is a case of putting the effort in to get what you want out of it.

4) How long have you been together, when are you getting married and who is your Parish Priest?

We have been together just over four years, and are getting married 28th March 2020. Our Parish Priest is Father Daniel at St Edmund's Catholic Church, Horndean.

5) Where are you getting married?

We are getting married in Cookstown, County Tyrone, Ireland (Niall's home parish).

6) I am Non CatholicI am Catholic.....

Charlotte = non-Catholic

Niall = Catholic

7) Any other comments – you may leave your name or simply your initials

We really appreciated the time and effort put into making the course as enriching and enjoyable as possible. All the mentors were brilliant in their delivery and we loved that they were able to give us an real insight into what makes a Catholic marriage. Thank you to everyone involved!

Thank you and God bless you.