Positive

A uniquely pro-active approach that helps the engaged couple gain confidence and control over their future.

Comfortable

The warmth of a home setting is the best place for couples to learn

Personal

Each engaged couple has the undivided attention of an experienced Mentor couple

Flexible

The engaged couple and their mentor adjust their schedules with each other.

Relevant

Engaged couples have the opportunity to address their unique relationship and what is going on between them in their day-to-day life.

Practical

Experiential skill building and insights into relationships combine with opportunities to put into practice what will help the relationship grow.

Preparing to Live in Love is a powerful application of Pope John Paul II's *Theology of the Body.*

A PARISH PROGRAM OF CATHOLIC MARRIAGE PREPARATION

The mystery and the wonder of sexual love is fleshed out in the lives and authentic witness of a mentor couple sincerely striving to live a sacramental marriage.

PMRC

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Southeastern , PA 19399-2304

contact us

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877-201-2142

www.livinginlove.org

Preparing to live in Love

Pastoral and Matrimonial Renewal Center

Preparing to live in *Love*

Combines the benefits of a personal mentor with a life-changing, seven week, experiential curriculum

Integrates the latest scientific research with John Paul II's Theology of the Body

Teaches practical life skills, principles, and strategies with a uniquely positive, proactive mindset

Provides a married couple's joyful witness to life-long sacramental love

"Clear insights, *practical life skills*, and a compelling vision of the truth that we can live in love for a lifetime."

Topics

A MISSION TO LOVE
an invitation to approach marriage as a pro-active mission to live in love; an affirmation of the gifts of masculinity and femininity as resources to help the couple embrace a life of other-centered generosity

SMART LOVING
discovering how to love the way the other wants to be loved while freeing the couple from the limitations of expectations formed primarily in their families of origin

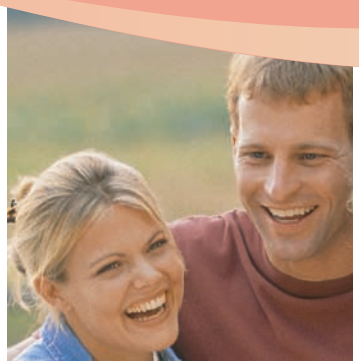
COMMUNICATING FOR INTIMACY
learning how to build intimacy and trust while avoiding misunderstanding through feeling level communication and empathetic listening

SEX AS SACRED BODY LANGUAGE
explores love making as the ultimate body language of our wedding vows; witnesses to the total gift of self inherent in Natural Family Planning and its positive impact on relationship

SACRAMENT OF MATRIMONY
illuminating the call of the church to live a deeply sexual, passionate, and intimate relationship as a sign of Christ's love for the Church supported by prayer and the community of the faithful

FORGIVENESS AND HEALING
principles, processes, and practices for growing closer through forgiveness and healing along with strategies to combat emotional injuries from outside the relationship

BECOMING A COUPLE
developing couple values and strategies for couple decision making while planning for a lifetime of intentionally growing in love



Mentoring the Engaged

is universally accepted as the best possible approach to preparing couples to marry. This program combines the benfits of a personal mentor with the insights and skills of a complete marriage education course resulting in the ideal adult learning experience

Parish based mentoring

builds relationshps within the parish community that continue after the wedding. The engaged are literally hugged into the church and gain a resource to return to as they succeed or struggle through the early years of adjusting to married life.

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