

# Resources

## For Couples

### MARRIAGE PREPARATION

*For couples where both of the individuals are marrying for the first time:*

**“When Families Marry”** this program is for engaged couples who are marrying for the first time. It is offered as a weekend program four times a year. There are five sessions covering finances, communication, nitty-gritty issues (like in-laws, dual career, parenting, jealousy, etc.) sexuality, and spirituality. Dates for 2011-2012 are:

December 9-10, 2011  
February 17-18, 2012  
June 1-2, 2012  
September 7-8 2012  
December 7-8, 2012

The Office of Family Ministry is also available to train couples in their parishes to be Lead Couples. It really is wonderful for parishes to be able to offer the couples they will be marrying the marriage education program right there in the parish. This ministry serves as a marriage enrichment for the Lead Couples. If you are aware of couples in your parish who have been married at least ten years and would like to be trained for this ministry contact Jennifer Eidt at the Office of Family Ministry, 601-326-3713

**“Engaged Encounter”** is another program for engaged couples. This weekend retreat is presented by a team of a junior couple, a senior couple and a priest. Dates for 2011-2012 are:

November 4-6, 2011

January 27-29, 2012  
May 18-20, 2012  
July 13-15, 2012  
October 26-28, 2012

For more information contact Ben and Toni Tripp at  
601-672-4527 or ccee\_jacksonms@yahoo.com.

*Preparation for subsequent marriages:*

**“A Redeeming State”** this program is for couples where one or both have been married before and are remarrying. It deals with step parenting, and blended family issues. These dates are held at Catholic Charities on Saturday from 9am -5pm. “In A Redeeming State” can also be done with Valerie, the Clinical Director of Solomon and the facilitator of the quarterly Saturday class, one on one during office hours. Some couples prefer the ability to do this during business hours over the course of two sessions. Please contact Jennifer Eidt at 601-326-3713 to schedule.

Dates for 2011-2012 are:

January 28, 2012  
May 19, 2012  
July 28, 2012  
October 13, 2012

It is possible to train Lead Couples in each parish for this program as well.

**“REFOCCUS”** is a marriage enrichment program offered for couples who are seeking convalidation, that is they were married outside the church and would like their marriage blessed. There are five sessions: marriage as a process, intimacy, communication, compatibility, and commitment. This program also serves as a wonderful marriage enrichment. If you can promote this program in your parish and have three or more couples interested in participating, we will offer the program in your parish.

## **MARRIAGE ENRICHMENT**

**“REFOCCUS”** is a marriage enrichment program that helps couples recognize areas of strength in their relationship as well as areas that may need more communication and resolution. We offer this program in a workshop one-day format. It is five sessions, with a break for lunch, we start at 9:00 a.m. and

end with a closing prayer at 4:30 or 5:00 p.m. This program has been offered in several parishes with great results. It has also been offered on two evenings if that format is more convenient for the couples in your parish.

### **Four Weeks of Marriage Enrichment**

Four evening programs to enrich your marriage. Based on the work of renowned couples' psychologist John Gottman and presented by therapists trained at the Gottman Institute. This series of classes will teach couples how to protect their marriages from conflict and how to insure positive feelings and emotional connection.

Session I: How to create and sustain a foundation of friendship in your marriage.

Session II: How to maintain positive feelings and prevent emotional disengagement.

Session III: How to regulate conflict in your marriage.

Session IV: How to create shared meaning.

Each session is 90 minutes long and will include discussion and exercises for the couple that will help to enrich and strengthen their relationships.

If you would like to offer an evening marriage enrichment for couples in your parish, contact Jennifer Eidt to discuss possible topics and formats.

### **Marriage Encounter**

The emphasis of World Wide Marriage Encounter (WWME), a marriage enrichment program is on communication between husband and wife who spend a weekend together away from the distractions and tensions of everyday life to concentrate on each other. It is considered the first marriage enrichment program offered to married couples and originated in Barcelona, Spain in 1952 by a Catholic priest. Unfortunately the Jackson Diocese has not had Marriage Encounter in many years. We have always included surrounding diocese scheduled WWME weekends. This year due to lacking of presenting couples in those dioceses, dates have not been set. We have been assured by these dioceses that when/if dates are scheduled for the 2011/2012 year, we will be notified. We will update this guide as well as send an email to each parish. We have included the contact information though for the surrounding areas.

Contacts:

New Orleans area- Gary and Marcia Daigle at [gemgd@bellsouth.net](mailto:gemgd@bellsouth.net) or call 1-888-469-3735 or Cathy Francis at 1-504-861-6243

Baton Rouge area- Jason and Stacey Verret at 1-225-752-5084

Alabama- Steve and Janetta Huffman at [areacoordinators@wwmwalabama.org](mailto:areacoordinators@wwmwalabama.org) or [slovesj@bellsouth.net](mailto:slovesj@bellsouth.net) or by calling 1-256-882-2430

### **Retrouvaille**

This is a weekend programs for couples experiencing difficulties in their marriages. Retrouvaille means “rediscovery” and through a series of presentations

couples are helped to heal some painful issues of the past and begin the work of rediscovering their love for each other. This program is not offered in the Jackson diocese but we have listed below the contact information for this program in neighboring states. The national website is [www.retrouvaille.org](http://www.retrouvaille.org).

Arkansas : Quentin and Jo Lauer at 1-501-835-7537 or [catslauer@aol.com](mailto:catslauer@aol.com) February 10-12 2012 and September 14-16, 2012 at the St. Johns Center in Little Rock Arkansas

Alabama- Ted and Iris Bjorn at 1-205-339-3976 or [bjornit@aol.com](mailto:bjornit@aol.com)

Baton Rouge- Terry and Tara Messenger at 1-225-272-9111

New Orleans- Mike and Judy Diedling at 1-985-641-3802 or 1-504-861-6243 or [mcdiedling@bellsouth.net](mailto:mcdiedling@bellsouth.net)

Lafayette – Bill and Andi Says at 1-337-873-3981 or [asays58@hotmail.com](mailto:asays58@hotmail.com)

Nashville- James and Judith Johnston at 1-615-274-6272 or [jjjohnston2@yahoo.com](mailto:jjjohnston2@yahoo.com)

## For Parents

If you have a group of parents who would be interested in attending one of these parenting programs you can contact Jennifer Eidt to set up a time to offer the program in your parish. If you are a very small parish perhaps you could join with a neighboring parish or perhaps a program could be offered at the Deanery level.

## PARENTING PROGRAMS

### 1-2-3 Magic -Effective Discipline for children 2-12

1-2-3 Magic addresses the difficult task of child discipline. This time-tested program provides easy to follow steps for disciplining children aged 2-12 without yelling, arguing or spanking. The parent will also learn when and how silence can speak louder than words. The program can be done over the course of a few meetings (daytime or evening sessions) within the parish. There is a book to accompany the presentation.

If you are interested in bringing any of the above parenting programs to your parish or deanery, please call Jennifer Eidt at the Office of Family Ministry, 601-326-3713

## For Families

Once again, if you have a group of families (four or more) who would be willing to commit to attending all the sessions, contact Jennifer Eidt to schedule the program in your parish.

### **Building Family Spirituality**

This is a one to two-hour presentation that discusses the holiness of family. It is often offered in parishes in either the Advent or Lenten seasons with specific ideas, and suggestions for families on activities appropriate to the season that build family spirituality.

### **Strengthening Step-families**

This five-week program is designed to help step or blended-families negotiate the sometimes difficult task of building a new family structure after divorce and remarriage. Step-families face complex developmental tasks that are different than those facing nuclear families. This would be an excellent way to minister to blended-families in your parish.

### **Keeping Your Kids Catholic**

This is a talk taken from the book by the same name written by Bert Ghezzi. There are suggestions for rooting children in their Catholic faith, for keeping teenagers involved in the church, for making our homes more faith-filled and others.

### **Grief Support at the parish level**

If you have families in need of grief support, please contact Jennifer Eidt to discuss the possibility of forming a support group to assist families and individuals through the grief process.

### **Divorce Support at the parish level**

The Office of Family Ministry has resources to help individuals with support to navigate through the divorce experience. The Office of Family Ministry is also able to assist individuals within their parish set up a Divorce support group.

### **Natural Family Planning**

Natural Family Planning is a way of living married life that respects the love-giving and life-giving nature of sexual intercourse in marriage. It uses scientific

information to recognize the fertile time in the wife's cycle when pregnancy is possible. It enables couples to plan the size of their families and to live out the Church's teaching on conjugal love and responsible parenthood. There is information and resources (including introductory videos) about NFP available through the Office of Family Ministry. In addition, there are NFP teachers in the Jackson area, McComb, Starkville, and Natchez who are available to teach couples how to use this method of family planning.

Members of the NFP Advisory Board are available to come and assist with NFP education by providing introductory talks, or as part of your parish-based marriage preparation programs, in RCIA, or in Youth Ministry. The Office of Family Ministry is also able to partner with a parish to assist in the support anyone who might be interested in being trained to teach NFP. If you have couples in your parish who might be interested please ask them to contact Jennifer Eidt. There are several educational videos available through the Office of Family Ministry that offer introductory information on NFP and are available in Spanish also.

Diocesan Educators:

Karen McFadyen- [fouryen@gmail.com](mailto:fouryen@gmail.com)  
662-320-9504

Linda McGrath- [mcgrath004@bellsouth.net](mailto:mcgrath004@bellsouth.net)  
662-324-3944

Debbie Tubertini- [debbie.tubertini@hotmail.com](mailto:debbie.tubertini@hotmail.com)  
601-607-3073

### **Teen Sexuality/Chastity Programs**

The NFP programs have a series that could be offered to teens that includes teaching on human sexuality, with a focus on the values of abstinence. There are so many negative messages that teens receive from our culture about sexuality, this program would offer parents the chance to have their teens receive the Catholic teaching on sexuality. In the recent research published by Barbara Markey and by the NCCB on cohabitation, education of teens needs to be one focus as we address this issue.

## Special Events

World Marriage Day \*\*\* February 12, 2012

Once a year our diocese honors couples who have been living out the vocation of marriage. We ask each parish to surface the names and addresses of all the couples in their parish celebrating 25, 50, 60 or more years of marriage. These couples are then sent an invitation to attend a special mass in their honor that is celebrated by the Bishop at St. Peter Cathedral. There is a reception immediately following for couples and their families. ***IT IS IMPORTANT FOR YOU TO SEND US YOUR LIST OF NAMES AND ADDRESSES OF THOSE CELEBRATING THESE SPECIAL ANNIVERSARIES BY DECEMBER 30, 2011***

## COUNSELING

Individual, Marriage and Family Counseling is available through the Solomon Counseling Center. Please see the brochure we have included in this packet for more information. If you have questions about a referral you are making please call Valerie McClellan at 601-326-3761 or Pam Mc Farland at 601-326-3719

## Special Issues

The Office of Family Ministry has a variety of materials on hand that address some difficult issues such as child sexual abuse and domestic violence. It is the responsibility of each community of faith to look at these difficult social issues and open a dialogue.

It is an important means of ministering to those persons within our parishes who may be experiencing these difficult circumstances in their own lives.

**“Trust Shouldn’t Betray: A Call for Action Against Child Sexual Abuse”** This is a 45 minute video that addresses the issue of child sexual abuse. It flows out of the U.S. Catholic Bishops pastoral letter on child sexual abuse: **“Walk in the Light: A Pastoral Response to Child Sexual Abuse.”** The video comes with materials and copies of the pastoral to facilitate group discussion in the parishes.

**“Love Shouldn’t Hurt: A Call for Action Against Domestic Violence”** This 27 minute video addresses the problem of domestic violence. It flows out of the Bishops pastoral on domestic violence, **“When I Call for Help.”** Again there are materials, discussion questions, and copies of the pastoral to accompany the video.

**“Broken Vows: Religious Perspectives on Domestic Violence”** This is a more in-depth video presentation on the subject of domestic violence. It is a two-part series, Part I focuses on various aspects of the problems and situations of battered women. Part II discusses possible clergy and congregation responses to these problems. Additional materials.

**“Always our Children”** This is a pastoral message to parents of homosexual children with suggestions for parents and pastoral ministers. This pastoral is a source of comfort to parents offering words of faith, hope and love at a time when they are trying to cope with the discovery of homosexuality in their adolescent or adult child.

**“When Your Parent Needs You-A Guide to Positive Growth When Caring for Aging Parents”** Caring for an aging parent is all-encompassing experience that affects every aspect of our lives. **“When Your Parent Needs You”** focuses on the positive aspects of caregiving and on what caregivers can obtain from their experience.

**“Journey Through The Shadows-Hope For Healing After Someone You Love Has Committed Suicide”** Suicide is an earth-shattering experience . . . the suddenness, the inability to explain why our loved one chose to end his or her life. What did we do or not do? So much pain and sorrow . . . how can we survive? **“Journey Through The Shadows”** offers ways to help survive your grief after someone you love has committed suicide and shows you that you are not alone and that you can make it through this life-changing experience.

**“Light Amongst the Shadows-How to Help Those You Care for When Suicide Occurs”** Suicide has become an epidemic in our world today. In the United States every 15 minutes a suicide occurs, and the families of those who commit suicide need our support and compassion. It is easy to cast judgement and to look the other way until it happens in your life. Many of us either do not know how to show we care or are afraid to show it.

**“Light Amongst the Shadows”** discusses why suicide is difficult to talk about and teaches how to help and what to say and do when a suicide occurs.

**“Raising Children of Divorce-A Practical Help to Parent”** The divorce of one’s parents is a traumatic event in a child’s life. The biggest concern for almost all divorcing parents is how their children will hurt by the breakup and what they should do to help their children. To parents and adults who work with children, **“Raising Children of Divorce”** will give concrete ways to help children through divorce.

**“Shattered Dreams-Healing After Divorce”** All those who have experienced the pain of divorce, regardless of their age or gender, have suffered a loss. Whether the wounds of divorce are new or old, divorced men and women can find emotional and spiritual healing after divorce. In **“Shattered Dreams”** you will meet men and women who have suffered the pain of divorce, have walked through recovery process, and have found healing and hope in life again.

**“Beyond Regret-Entering Into Healing and Wholeness After An Abortion”** Few women and men walk away from the experience of abortion without some emotional impact. Unresolved feelings of guilt, shame and grief may not surface until months, often years, after an abortion. In **“Beyond Regret”** you will find women and men who have lived with the pain of abortion and have found healing and wholeness.

**“A Place Prepared-Helping Children Understand Death and Heaven”** For children, death seems unreal and at a distance-until it comes close: a grandparent, a father, a mother, a sibling, or a pet dies. Suddenly death becomes real and immediate and children have questions about what has happened: what does to die mean? **“A Place Prepared”** will help you talk with children about death and heaven, and help you prepare them for the inevitable losses that they will experience throughout their lives.