

# Office of Marriage and Family Life



**Serving You and Your Parish**



# ABOUT US

## OFFICE OF MARRIAGE & FAMILY LIFE



- *Count on our prayers.*
- *Tell us how we can help.*
- *Call for more information.*

## OUR MISSION STATEMENT

The Office of Marriage & Family Life supports parishes, agencies, and other apostolates in their mission to enrich the domestic Church by sharing the Catholic faith with the lay faithful and their families. Our mission, based on faith, hope, and love, is guided by the Holy Spirit; nourished by Christ in the Eucharist; and grounded in the universal call to holiness.

## ADDRESS

Cardinal Rigali Center  
20 Archbishop May Drive  
St. Louis, MO 63119-5738

**WEBSITE** [archstl.org/marriage-family-life](http://archstl.org/marriage-family-life)

**FACEBOOK** Like Us on Facebook  
[facebook.com/laityandfamilylife](https://www.facebook.com/laityandfamilylife)

**TWITTER** [twitter.com/stlcatholicfam](https://twitter.com/stlcatholicfam)

# STAFF



Marriage Ministry  
Coordinator  
**PAUL J. DUKER, SR.**



Marriage Prep  
Hospitality Facilitator  
**MICHELLE WOLK**



Spiritual  
Advisor  
**REV. JAMES EDWARDS**



Administrative  
Assistant  
**LISA ALBRECHT**

# MARRIAGE PREPARATION MINISTRY

## MARRIAGE PREPARATION

The Archdiocese provides classes using the *Joy-Filled Marriage* program to help couples prepare for their marriage. The classes provide a deep dive into the beautiful Sacrament of Marriage, Theology of the Body, life skills, and the essential practice of couple's daily prayer. [archstl.org/marriage-family-life/for-marriage/marriage-prep](http://archstl.org/marriage-family-life/for-marriage/marriage-prep)

## MARRIAGE PREPARATION PARISH MENTOR TRAINING

Training on the *Joy-Filled Marriage* preparation program for parish mentors is available upon request. For parishes who use the *Witness-to-Love* program, a parish day retreat presented by the Office of Marriage and Family Life is offered.

## REMARRIAGE

Referrals to a Catholic counselor to provide special remarriage preparation is available upon request.



### SEEKING Marriage Preparation Facilitator Couples

TRAINING & \$600 STIPEND PROVIDED

Contact Paul Duker  
paulduker@archstl.org  
314.792.7178



Contact: Paul J. Duker [PaulDuker@archstl.org](mailto:PaulDuker@archstl.org)/314.792.7178

# MARRIAGE PREPARATION RESOURCES

*Joy-Filled Marriage*  
Marriage Preparation

Program by Ascension Press

[ascensionpress.com/collections/joy-filled-marriage](http://ascensionpress.com/collections/joy-filled-marriage)



*Witness to Love*

Marriage Preparation

Program by Witness to Love

[witnessstolove.org](http://witnessstolove.org)



*The 21 Undeniable Secrets of Marriage*

by Dr. Allen Hunt

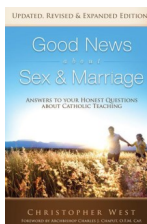
[dynamiccatholic.com/the-21-undeniable-secrets-of-marriage-free-copy](http://dynamiccatholic.com/the-21-undeniable-secrets-of-marriage-free-copy)



*Good News About Sex & Marriage*

by Christopher West

[franciscanmedia.org](http://franciscanmedia.org)



*Men, Women, and the Mystery of Love*

CD by Dr. Edward Sri

[lighthousecatholicmedia.org](http://lighthousecatholicmedia.org)



*7 Reasons Why...Living Together is NOT a Good Idea*

[omf.stcdio.org](http://omf.stcdio.org) (Under Marriage Preparation Resources, click Brochures and then Cohabitation)



*St. Louis Review* – 3 months free subscription

[archstl.org/st-louis-review](http://archstl.org/st-louis-review)



# MARRIAGE PREPARATION RESOURCES

*What are the Benefits of Natural Family Planning?*

[archstl.org/natural-family-planning/methods/benefits-of-nfp](http://archstl.org/natural-family-planning/methods/benefits-of-nfp)



*What's the Big Difference Between Natural Family Planning and contraception?*

[chastity.com/qa/whats-the-big-difference-between-nfp-and-contraception/](http://chastity.com/qa/whats-the-big-difference-between-nfp-and-contraception/)



*Green Sex: The Case for Natural Family Planning* CD by Jason Evert

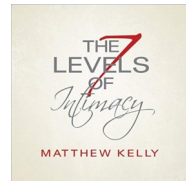
[lighthousecatholicmedia.org](http://lighthousecatholicmedia.org)



*The 7 Levels of Intimacy*

CD by Matthew Kelly

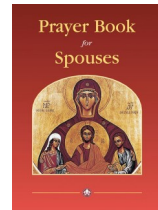
[dynamiccatholic.com/the-seven-levels-of-intimacy-cd-free-copy](http://dynamiccatholic.com/the-seven-levels-of-intimacy-cd-free-copy)



*Prayer Book for Spouses* (booklet)

By Catholic Truth Society

[lighthousecatholicmedia.org](http://lighthousecatholicmedia.org)



*Married Love and the Gift of Life*

Brochure from the USCCB

[usccb.org](http://usccb.org) (Can download a free copy – just google: **usccb married love and the gift of life**)



## FAMILY LIFE MINISTRY

### PARISH MARRIAGE ENRICHMENT SUPPORT

We offer help, support, and training to couples who seek to begin Marriage Enrichment Ministries in their parishes. We recommend marriage retreats and speakers on marriage and parenting. When the need arises, call on our office for a list of Catholic Marriage counselors. We also help publicize Marriage Enrichment events throughout the Archdiocese.

**Contact: Paul J. Duker, Sr.**  
**[PaulDuker@archstl.org](mailto:PaulDuker@archstl.org) 314.792.7178**

### HOW TO PRAY AS A COUPLE WORKSHOPS

A powerful way to strengthen the bonds of marriage is to pray as a couple. Workshops are available to help teach couples a variety of ways to pray together—from spontaneous, to written, and scriptural meditation.

**Contact: Paul J. Duker, Sr.**  
**[PaulDuker@archstl.org](mailto:PaulDuker@archstl.org) 314.792.7178**

### ANNUAL SILVER AND GOLD WEDDING JUBILEE MASS

Mass celebrated each fall honoring couples celebrating their 25<sup>th</sup>, 50<sup>th</sup>, or 50-plus anniversary.

**Contact: Lisa Albrecht**  
**[LisaAlbrecht@archstl.org](mailto:LisaAlbrecht@archstl.org) 314.792.7171**



## FAMILY LIFE MINISTRY

### BEREAVEMENT MINISTRY

We support parishes by training facilitators of *Seasons of Hope* Support Groups. We provide further Q&A support and formation for the trained facilitators. We help publicize support groups and sample programs for parishes to review.

### DIVORCED/SEPARATED MINISTRY

We support parishes by training facilitators of *Surviving Divorce* Support Groups; we provide further Q&A support and formation for the trained facilitators; we help publicize support groups, and sample programs for parishes to review. For more information about *Surviving Divorce*, please go to [ascensionpress.com](http://ascensionpress.com).

### PARISH FAMILY LIFE SUPPORT

We provide ongoing collaboration with parishes to increase vibrancy and outreach.

**Contact: Lisa Albrecht**

**[LisaAlbrecht@archstl.org](mailto:LisaAlbrecht@archstl.org) 314.792.7171**

# FAMILY LIFE RESOURCES

## MARRIAGE ENRICHMENT

*Beloved*

[augustineinstitute.org](http://augustineinstitute.org)



*The Choice Wine*

[paradisusdei.org/the-choice-wine/](http://paradisusdei.org/the-choice-wine/)



*Worldwide Marriage Encounter*

[wwme.org](http://wwme.org)



*Retrouvaille*

[helpourmarriage.org](http://helpourmarriage.org)



## MOTHERHOOD

*Momnipotent*

[momnipotentstudy.com](http://momnipotentstudy.com)



The Office of Marriage & Family Life supports mothers within parishes/deaneries who would like to begin a group for young mothers.

## FAMILY LIFE RESOURCES cont.

### SAME-SEX ATTRACTION

*Invited to Courageous Love (DVDs)*

[couragerc.org/product/invited-to-courageous-love/](http://couragerc.org/product/invited-to-courageous-love/)



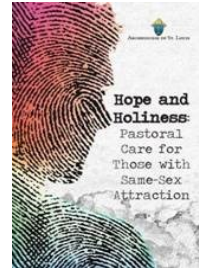
*Desire of the Everlasting Hills  
(Full One-Hour Movie)*

[everlastinghills.org](http://everlastinghills.org)



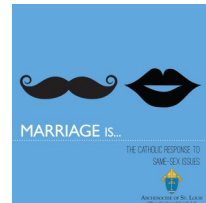
*Hope and Holiness: Pastoral Care for Those  
with Same-Sex Attraction*

This booklet assists people to apply the teachings and care of the Church to very specific pastoral situations of same-sex attraction.



*Marriage is...*

This booklet contains the Catholic response to same-sex issues.



### ANTI-PORNOGRAPHY

*RECLAIM God's Plan for Sexual Health* offers a science-based, Catholic Online Recovery

Program and other resources for those who desire to reclaim God's plan for their lives and the lives of loved ones impacted by pornography or other unhealthy sexual behaviors. [reclaimsexualhealth.com](http://reclaimsexualhealth.com)

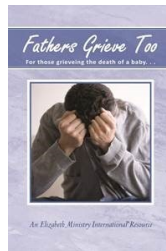
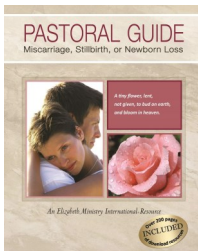


# FAMILY LIFE RESOURCES cont.

## BEREAVEMENT

*Seasons of Hope*—This is a versatile program that can be used for various types of grief, along with other resources.

[avemariapress.com](http://avemariapress.com)



*Pastoral Guide*—Miscarriage, Stillbirth, or Newborn Loss

*Fathers Grieve Too*—For those grieving the death of a baby

*Mothers In Mourning*—For those grieving the death of a baby

The above resources are for those grieving a loss through miscarriage, stillbirth, or newborn death.

[elizabethministry.org](http://elizabethministry.org)

## GRANDPARENTS



Call our office for information on how to establish a Catholic Grandparents Association group in your parish/deanery.

[catholicgrandparentsassociation.org/category/3usa/](http://catholicgrandparentsassociation.org/category/3usa/)

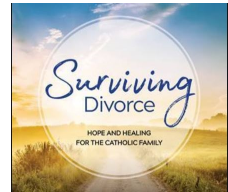
# FAMILY LIFE RESOURCES cont.

## SEPARATED/DIVORCED

### *Surviving Divorce*

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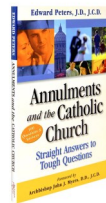
[ascensionpress.com](http://ascensionpress.com)



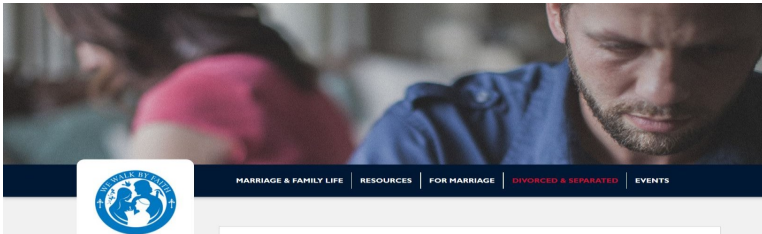
### *Annulments and the Catholic Church: Straight Answers to Tough Questions*

By Edward Peters, J.D., J.C.D.

[ascensionpress.com](http://ascensionpress.com)



## VISIT OUR DIVORCED & SEPARATED WEBPAGE



[archstl.org/marriage-family-life/divorced-separated](http://archstl.org/marriage-family-life/divorced-separated)

### *Videos on Annulments & Additional Resources*

On our above webpage you can view short videos on annulments— The first video is a general introduction to annulments, and the second video briefly answers a few of the most common questions people have about the annulment process. Also, you will find additional resources.

# OTHER RESOURCES

## NEWSLETTERS



*Disciples' Dispatch* – Monthly e-newsletter

*Never Alone* – Quarterly e-newsletter for Separated and Divorced Catholics

**Contact: Lisa Albrecht**

**[LisaAlbrecht@archstl.org](mailto:LisaAlbrecht@archstl.org) 314.792.7171**

## ARCHDIOCESAN WEBSITE



MARRIAGE & FAMILY LIFE | RESOURCES | FOR MARRIAGE | DIVORCED & SEPARATED | EVENTS

For more information on the enclosed topics, visit the above website at [archstl.org/marriage-family-life](http://archstl.org/marriage-family-life).





ARCHDIOCESE OF ST. LOUIS  
Office of Marriage and Family Life

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CATHOLIC  
APPEAL

BUILD MY CHURCH