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

FACEBOOK Like Us on Facebook facebook.com/laityandfamilylife

TWITTER 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

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.
MARRIAGE PREPARATION RESOURCES

Joy-Filled Marriage
Marriage Preparation Program by Ascension Press
ascensionpress.com/collections/joy-filled-marriage

Witness to Love
Marriage Preparation Program by Witness to Love
witnesstolove.org

The 21 Undeniable Secrets of Marriage
by Dr. Allen Hunt
dynamiccatholic.com/the-21-undeniable-secrets-of-marriage-free-copy

Good News About Sex & Marriage
by Christopher West
franciscanmedia.org

Men, Women, and the Mystery of Love
CD by Dr. Edward Sri
lighthousecatholicmedia.org

7 Reasons Why...Living Together is NOT a Good Idea
omf.stcdio.org (Under Marriage Preparation Resources, click Brochures and then Cohabitation)

St. Louis Review— 3 months free subscription
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

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

The 7 Levels of Intimacy
CD by Matthew Kelly
dynamiccatholic.com/the-seven-levels-of-intimacy-cd-free-copy

Prayer Book for Spouses (booklet)
By Catholic Truth Society
lighthousecatholicmedia.org

Married Love and the Gift of Life
Brochure from the USCCB
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  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  314.792.7178

ANNUAL SILVER AND GOLD WEDDING JUBILEE MASS

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

Contact: Lisa Albrecht  
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.

PARISH FAMILY LIFE SUPPORT
We provide ongoing collaboration with parishes to increase vibrancy and outreach.

Contact: Lisa Albrecht
LisaAlbrecht@archstl.org  314.792.7171
FAMILY LIFE RESOURCES

MARRIAGE ENRICHMENT

Beloved
augustineinstitute.org

The Choice Wine
paradisusdei.org/the-choice-wine/

Worldwide Marriage Encounter
wwme.org

Retrouvaille
helpourmarriage.org

MOTHERHOOD

Momnipotent
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/

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

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

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

**Grandparents**

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

catholicgrandparentstassociation.org/category/3usa/
FAMILY LIFE RESOURCES cont.

SEPARATED/DIVORCED

Surviving Divorce
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.
ascensionpress.com

Annulments and the Catholic Church: Straight Answers to Tough Questions
By Edward Peters, J.D., J.C.D.
ascensionpress.com

VISIT OUR DIVORCED & SEPARATED WEBPAGE

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  314.792.7171

ARCHDIOCESAN WEBSITE

For more information on the enclosed topics, visit the above website at archstl.org/marriage-family-life.