

# Office of Family Life Programs and Services

2011-2012

## ARCHDIOCESE OF DUBUQUE

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*“The relationships within the family bring an affinity of feelings, affections and interests, arising above all from the members’ respect for one another. The family is a privileged community called to achieve a “sharing of thought and common deliberation by the spouses as well as their eager cooperation as parents in the children’s upbringing.”*

Catechism of the Catholic Church, no. 2206



## MINISTRY OUTREACH

The Office of Family Life offers support and training to parishes and individuals interested in this ministry. We invite you to volunteer for any of these ministries or to offer suggestions to our office.

## E-NEWSLETTER

The Office of Family Life publishes an e-newsletter bi-monthly. Topics are marriage and family life. It is sent to all who are interested in family and marriage topics. To subscribe, contact our office.

## FAMILY LIFE AND MARRIAGE COMMITTEE

The committee gives input and implements ways to promote the spiritual dimension in relationships to engaged and married couples, and families; promotes the healing dimension to those experiencing broken relationships and provides ongoing faith formation and spiritual growth to all adults in their life passages and issues.

Our mission statement:

The Family Life and Marriage Committee seeks to provide a pastoral and spiritual ministry to families and adults in their different stages and dimensions of family life. We act in accordance with the mission of Christ Jesus and the Christian Catholic Church in promoting the good of the human family based on love.”

FOR YOUR  
MARRIAGE

[www.foryourmarriage.org](http://www.foryourmarriage.org) Wherever you may be— dating, engaged, newlywed, in a mature marriage, or empty nesters—your relationship can benefit from a little expert advice. It’s too big a puzzle to put together from scratch. Don’t go it alone. This is a wonderful website for couples. It is updated regularly, so visit it often. It provides a variety of information on a wide range of topics. Let your friends know about it too!

*A powerful process for couples to broaden insights into their relationship and marriage.*



## ENGAGED ENCOUNTER MARRIAGE PREPARATION

An opportunity to concentrate on building a couple relationship, the weekend offers engaged couples a chance to get a head start on a successful marriage through the process of sharing topics vital to marital happiness. Friday 7:30pm – Sunday 3:00pm.

<u>American Martyrs Retreat House, Cedar Falls</u>	<u>Shalom Retreat Center, Dubuque</u>
Nov. 18-20, 2011	May 18-20, 2012
January 6-8, 2012	June 8-10, 2012
March 9-11, 2012	Nov. 16-18, 2012
April 13-15, 2012	February 17-19, 2012

Cost per couple: \$230 at American Martyrs Retreat House, \$240 at Shalom Retreat Center. An additional \$25 is required if registration is received less than 10 days prior to the event. Registration forms available from your pastor or online at [www.dbqarch.org/FamilyLife](http://www.dbqarch.org/FamilyLife).

## PRE-CANA MARRIAGE PREPARATION

A marriage preparation program that highlights areas important to a marriage, such as communication, sexuality, finances and more.

2011	Sep 10, Dubuque	Feb 17-18, Dyersville
	Sep 17-18, Cedar Rapids	Feb 19, Ossian
	Oct 1, Mason City	Feb 24-25, Ames
	Oct 14-15, Cedar Falls	Feb 25, Mason City
	Nov 5, Dubuque	Mar 17, Lansing
	Nov 12-13, Cedar Rapids	Apr 14, Dubuque
2012	Jan 27-28, Cedar Falls	Apr 14-15, Cedar Rapids
	Jan 27-28, Ames	Apr 27-28, Ames
	Jan 29, New Hampton	Apr 28, Mason City
	Feb 11, Dubuque	May 11, Dubuque
	Feb 11-12, Cedar Rapids	Jun 9-10, Cedar Rapids

Cost per couple: \$45 in advance, payable to Pre-Cana. Refer to the website, [www.dbqarch.org/FamilyLife](http://www.dbqarch.org/FamilyLife), or see the brochure for more information. Please do not send them to the Family Life Office. Note: Dubuque includes lunch, cost is \$55.

## M.A.T.T. REMARRIAGE PREPARATION PROGRAM

(Marrying and Trusting Together) For engaged couples entering a marriage where one or both have been married before.

Sep. 24, 2011 (revised)	May 12, 2012
Nov 5, 2011	Sep 15, 2012
Feb 11, 2012	Nov 3, 2012

Cost per couple: \$75 (\$90 if registration is received less than 10 days prior to the event.) Registration forms available from your pastor or online, [www.dbqarch.org/FamilyLife](http://www.dbqarch.org/FamilyLife). Held at American Martyrs Retreat House, Cedar Falls.

## SPONSOR COUPLE

is a parish-based marriage preparation program using Fr. Robert Ruhnke's book *For Better and For Ever* (2003 edition). An engaged couple meets with a sponsor couple who is trained to assist them in preparing for marriage by helping the couple reflect upon the realities of married life.

A training day is scheduled for March 20, 2012, at St. Stephen in Cedar Falls, 6-9:00 p.m. The fee of \$60.00 per couple includes materials. Facilitators are Deacon Len and Gail Froyen.

## FOCCUS

(Facilitating Open Couple Communication, Understanding & Study) is a pre-marital inventory that provides individualized couple feedback on topic areas important to marriage. A two-part training program (both nights are required) is scheduled from 6-9:00 p.m. on October 11 & 25, 2011 at St. Patrick, Cedar Falls. The fee of \$100.00 per person or \$150.00 per couple includes materials.

## F.A.C.E.T.

is an innovative, educational learning tool for couples preparing for marriage, which will help them gain insight into one another and their relationship. A facilitator training session is scheduled for February 6, 2012 at St. Pius X, Cedar Rapids. Register with the Family Life Office.



# FAMILY ENRICHMENT OPPORTUNITIES...

**FAMILY LIFE SUNDAY** is on the Feast of the Holy Family of Jesus, Mary and Joseph. Family life and marriage are commemorated on this feast day, recognizing the shared love in the domestic church. During the liturgy, each parish is to focus on the Christian ideals in families. The feast is celebrated this year on January 1, 2012 and December 30, 2012.

## MARRIAGE ENCOUNTER

Designed to help married couples communicate more intimately with one another in order to deepen and enrich their relationship.

### Worldwide Marriage Encounter

October 7-9, 2011 Ankeny  
2012 TBA

Register at [www.iowa-wwme.org](http://www.iowa-wwme.org)

Contacts:

- Marsha & Roger Luensman at 563-927-4352
- Sue & John Fink at [pat4@aol.com](mailto:pat4@aol.com) or 641-753-6953

### National Marriage Encounter

Contact Fr. Phil Schmitt  
319-895-0404

[DBQSCHMITT@arch.pvt.k12.ia.us](mailto:DBQSCHMITT@arch.pvt.k12.ia.us)



**MARRIAGE RETORNO** means turning toward God as a couple. The goal of Marriage Retorno is to provide an atmosphere in which the couple can open themselves both as individuals and as a couple to a dialogue with God through scripture. Contact Rick or Deb Giarusso at 319-277-8170 or Fr. Mel Hemann, 319-266-3889.

## CATHOLIC CHARITIES COUNSELING PROGRAM

Often, major problems can be avoided by early intervention, by finding new ways of dealing with daily problems before they become a crisis. Individual counseling is available, as well as marriage and family counseling. For further information or for an appointment, contact one of the following sites:

Ames, 515-296-2759                      Dubuque, 563-588-0558, 556-2580  
Cedar Rapids, 319-364-7121        Mason City, 641-424-9683  
Decorah, 563-382-9631                Waterloo, 319-272-2080

Also check the website: [www.charitiesdbq.com](http://www.charitiesdbq.com) or [www.arch.pvt.k12.ia.us](http://www.arch.pvt.k12.ia.us).

**NATURAL FAMILY PLANNING & FERTILITY CARE** is a morally acceptable and natural way to responsibly plan the size of your family and strengthen your marriage.

For Creighton Model information go to [www.fertilitycare.org](http://www.fertilitycare.org) or to inquire about local classes, contact Kirsten Lilegard at 563-581-0504 or Megan Gan at 303-903-9938 or [gan.megan@gmail.com](mailto:gan.megan@gmail.com), or you can contact the Family Life Office for more information.

## PARENTING PROGRAM

If you would like a customized parenting program for your parish, contact the Family Life Director, Linda Manternach.

## MINISTRY OF MOTHERS SHARINGS (M.O.M.S.)

The M.O.M.S. eight week process awakens in women an awareness of their inner sacred self and teaches them new ways to inspire and affirm each other, their spouses, and children. Contact the Family Life Office for further information.



## FAMILIES THAT ARE HURTING...



### BEGINNING EXPERIENCE (BE)

Hope for a new beginning, this weekend event is designed to help separated, divorced and widowed persons emerge from the darkness of grief into the light of a new beginning.

“There aren’t enough words to express how I have grown from this weekend”, stated a recent participant. Cost is \$175.

November 18-20, 2011 or March 16-18, 2012

Held at Shalom Retreat Center, Dubuque. Contact Sara at 563-556-6501, [sar18096@aol.com](mailto:sar18096@aol.com) or Linda at 563-255-2764.

### BEREAVEMENT SUPPORT GROUPS

Would you like to begin this ministry in your parish or cluster? Contact the Family Life Office for more information.

## OTHER SERVICES...

### PARISH NURSES

“Care for the Sick, Healing for the Community”

It’s so much more than just praying for someone after surgery and helping them heal faster. It’s about helping communities heal themselves. Call the Family Life Office for information on starting health care ministry in your parish or cluster.



Save the date...

“The Joy of Caring” Nurses Conference,  
August 12, 2011, Clarke University  
S. Joyce Rupp is keynote speaker, call for more info.

### LIVING THE MISSION: Discerning Charisms

Would you like to establish discernment teams and help parishioners understand their spiritual gifts? Contact the Office of Family Life for more information.

**PARISH LIFE COMMITTEES** Our office can provide training for your committee. Contact Linda Manternach for more information.

**CHRISTIAN FAMILY MOVEMENT or CFM** The mission is to promote a Christian-centered marriage and family life, help individuals and their families live the faith in daily life and to be of service to others. CFM action groups meet monthly in homes to share their faith in daily life. Contact: Gary & Kay Aitchison, 3312 Ross Road, Ames IA 50014, 515-296-2966.

**FAITH IN ACTION** A spiritual support group for those with same-sex attraction who are interested in living in accord with the teachings of the Catholic Church. Affiliated with the national “COURAGE” organization. Contact Fr. Jerry Kopacek, 319-233-8060, [DBQ210@arch.pvt.k12.ia.us](mailto:DBQ210@arch.pvt.k12.ia.us).

## DIVORCE & BEYOND

Support Group Facilitation Training

If your parish, cluster or deanery would like to begin an outreach support to people who have experienced the pain of divorce, this is a great opportunity. Divorce & Beyond is a ten-session process to help people through their loss and pain. Training for facilitators, \$60:

September 15, 2011 at St. Pius X, Cedar Rapids or  
January 12, 2012 at St. Patrick, Cedar Falls

Both evenings from 6:30-9:30 p.m.

## SUPPORT GROUPS

A listing of local support groups can be found on our Family Life website. If you know of any group that would like to be listed, contact our office.

### “Sit With Me” (Set of two CDs), \$10

#### Rosary for the Sick, Homebound and Dying



A recording of Archbishop Jerome Hanus with several deacons and their wives and parish nurses. This one of a kind CD set provides a needed resource for those who journey with the homebound, sick,

and dying. It’s a beautiful recitation of the Rosary that includes all 20 mysteries. Pray the Joyful, Sorrowful, Glorious, & Luminous Mysteries and experience meditative and scriptural reflections focused on bringing comfort and grace. The order form can be found at [www.dbqarch.org/familylife](http://www.dbqarch.org/familylife).

## OTHER FAMILY LIFE OFFICES

### Davenport Diocese

Ila Mae Hanisch, Director  
641-791-3435, 563-324-1911

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Barbara Butterworth, Assistant  
563-324-1911

[butterworth@davenportdiocese.org](mailto:butterworth@davenportdiocese.org)

### Des Moines Diocese

Deacon Dennis Luft  
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Sarah Luft  
[sluft@dmdiocese.org](mailto:sluft@dmdiocese.org)

515-237-5056

### Sioux City Diocese

Sean Martin, Director  
Karmen Bower, Assistant Director  
712-255-7933

[faithform@scediocese.org](mailto:faithform@scediocese.org)