



THE BASILICA OF SAINT MARY

Founded 1795 - Alexandria, Virginia

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Additional Resources for Marriage Preparation

Booking Appointments

Please use the following link to schedule marriage preparation appointments:

<https://calendly.com/jsearby/60-minutes>

Please note that due to many evening activities throughout the week and weekend my meeting hours for marriage prep are during business hours during the week. Thank you for understanding and making it work.

Appointments will be face to face and generally will consist of:

1. Our first meeting, getting to know you and general necessary paperwork and "vision casting"
2. Reviewing the FOCCUS
3. Planning the Mass/Ceremony and picking the readings, discussion of the details and meaning of the Mass and ceremony.

For greater formation I recommend:

While not required, if you are looking for greater formation I would recommend thinking, praying and discussing about these different talks, articles and questions.

Podcasts:

Listen to these talks from my podcast- Holiness for the Working Day: We will discuss in subsequent meetings A journal kept by both of you will help to keep on track of thoughts and your deeper reflection on the materials.. These talks make up the bulk of the marriage prep program. I also hope you will have many questions. This is imperative that you listen to these:

1. **The Sacrament of Matrimony** ([Spotify](#), [Apple](#))
2. **Marriage as a Vocation** ([Spotify](#), [Apple](#))

3. **Marriage and Sexuality** ([Spotify](#), [Apple](#))
4. **The Awesome Power of A Holy Family** ([Spotify](#), [Apple](#))
5. **Flourishing Marriages and Thriving Families Class 1** ([Spotify](#), [Apple](#))
6. **Flourishing Marriages and Thriving Families Class 2** ([Spotify](#), [Apple](#))
7. **Flourishing Marriages and Thriving Families Class 3** ([Spotify](#), [Apple](#))
8. **Flourishing Marriages and Thriving Families Class 4** ([Spotify](#), [Apple](#))
9. **Flourishing Marriages and Thriving Families Class 5** ([Spotify](#), [Apple](#))
10. **Flourishing Marriages and Thriving Families Class 6** ([Spotify](#), [Apple](#))
11. **Flourishing Marriages and Thriving Families Class 7** ([Spotify](#), [Apple](#))
12. **Pinocchio & The Adventure of Marriage** ([Spotify](#), [Apple](#))

Videos:

["Better Together"](#) series

- A series of videos broken up into 5-minute segments with insight on everything from communication and expectations to prayer and intimacy in marriage from a Catholic perspective. PDF study guide with discussion questions available for free online and for purchase in print.

"Beloved" series: www.formed.org (register for free at <https://stmaryoldtown.org/formed>)

- A series of 30-minute videos discussing the "why" of what the Church believes [i.e. theology of the human person and marriage] which includes a video panel discussion on key marriage skills.

Date night:

I find these helpful to have a good date night once a month both as an engaged couple and after your marriage. It helps with intentional living of the marriage.

1. What were the things I was most proud of & passionate about in last month? What brought me joy, passion, purpose, energy and fulfillment?
2. What has been most difficult, frustrating, draining, discouraging?
3. What is a craving, desire or dream that's been on the forefront of my mind?

<https://stmaryoldtown.org/prepare-to-serve-a-marriage-formation-program/>

4. How can we pray for each other this month?
5. What are the projects that God wants me to do?
6. How am I physically? Remembering that it is about progress and not perfection.
7. Am I using technology or is technology using me?
8. What is my single greatest pain-point in my profession right now?
9. What friendships are filling me with passion, which are not?
10. What is something in life that frustrated me that I didn't open up about at the time?
11. Have I done what I set out to do last month? When I was derailed how did I respond?
12. What are my Resolutions and goals for the coming month? Determine how we will help each other.
13. Set another time to meet and talk about it all.

Once Married:

1. How are we doing financially?
2. How is our sex life?
3. What do each of our children need from us this month?
4. Are there any unresolved pains or undiscussed, unconfessed sins we should discuss?