



PREPARE TO SERVE

Seminar Schedule | 2025-26

FOLLOW ME: LIVING THE GOSPEL IN MARRIAGE

October 4, 2025
February 7, 2026

November 8, 2025
March 7, 2026

December 6, 2025
April 11, 2026

January 10, 2026
May 2, 2026



SATURDAYS



10:15 AM-12:00 PM



LYCEUM AUDITORIUM

313 Duke Street
Alexandria, VA 22314



+301-658-6389

Basia Syski

+703-836-4100

Mariane Staron

COVENANT & COMMUNION: GOD'S VISION FOR MARRIAGE

September 27, 2025

February 21, 2026

SPEAKING THE TRUTH IN LOVE: COMMUNICATION AND CULTURE IN CATHOLIC MARRIAGE

December 20, 2025

May 16, 2026

LOVE THAT HEALS: EMOTIONAL GROWTH, FORGIVENESS, AND MATURITY IN MARRIAGE

Jan 24, 2026

June 20, 2026

BODY & SOUL: EMBRACING GOD'S DESIGN FOR LOVE AND LIFE

October 25, 2025
March 28, 2026

MONEY, MISSION, AND MARRIAGE: FINANCIAL FREEDOM AS A PATH TO UNITY AND PEACE

November 22, 2025
April 25, 2026

Tentative Bonus Seminar Saturdays:

October 11, 2025: Psychology, Communication, Theology of Marriage

March 14, 2026: NFP, Financial Planning, Communication





PREPARE TO SERVE

Sample Timeline | Meetings + Seminars

MONTH ONE

Initial meeting with
assigned priest

"Follow Me" Seminar

MONTH TWO

Seminar Two

Mentor Meeting #1

MONTH THREE

Seminar Three

Priest meeting #2

MONTH FOUR

Seminar Four

MONTH FIVE

Seminar Five

Mentor Meeting #2

MONTH SIX

Seminar Six

Final Priest Meeting

The first two requirements for all couples are to meet with their assigned priest and attend the "Follow Me" seminar.

All other meetings and seminars can be scheduled according to the couple's availability.

**REGISTER FOR SEMINARS
AND REQUEST YOUR
MENTOR COUPLE
ON OUR WEBSITE!**



Questions?

Contact Basia Syski at
bsyski@stmaryoldtown.org or
Mariane Staron at
mstaron@stmaryoldtown.org.

