



Course Outline

Meet the retreat presenters here: witnessstolove.org/bemore

Theology Lessons

- **Theology Lesson 1: Belong- God's Image and Likeness and Being in Relationship (18 min.)-** When we are connected to each other, we grow as persons, as a couple and in community with other couples. Take the time to discover the art of relationship and cultivate a true sense of belonging. Remember that God is calling you, not to do more, but to be more. **Ryan and Mary Rose Verret** are the founders of Witness to Love Marriage Renewal Ministry and reside in the Diocese of Lafayette, LA.
- **Theology Lesson 2: Believe- The Grace of the Sacrament (35 min.)-** The Sacrament of Marriage is a supernatural calling by God for couples to strive to live holy, permanent, fruitful and life long marriages. The role of husband and wife in a marriage is to help one another on this pilgrimage through life to get to heaven. **Father Ben Tran** is a priest of the Diocese of Orange, CA.
- **Theology Lesson 3: Become- The Church's Moral Teaching (29 min.)-** Our Christian faith is meant to change us. We are called to become holier and happier. To guide us in this growth process, the Church proposes specific teachings about how we are to live. **Alex and Sarah Schimpf** explore the challenges of the Church's moral teachings, as well as how living them out is aimed at happiness. Dr. Alex Schimpf serves as Director of Marriage and Family Life Ministry for the Archdiocese of Oklahoma City, OK.
- **Theology Lesson 4: Beatitude- Living as a Catholic Family (32min.)-** At the end of your wedding ceremony, a blessing will be prayed over you that serves as a roadmap for the rest of your life together as a family. **Jeff and Daniela Mazzone** speak on how the love you share as spouses, rooted in Christ, will flow into your family life, your friendships, and the world. Jeff is a mental health counselor, and Daniela is the VP for Content and Leadership Formation for Witness to Love Marriage Renewal Ministry. They reside in the Diocese of Arlington, VA.
- **Theology Lesson 5: Be Light- What is Domestic Church and How to Live it? (30min.)-** What you are about to embark upon, this new kind of relationship, is considered a vocation and a sacrament. A vocation, because it is something you are called to, something God made you for; and a sacrament because this relationship will become a sign of something deeper than even yourselves. You were born for a time such as this and the grace of the sacrament is real! Go change the world. **Richard Budd** is the Director of Marriage and Family Life Ministry for the Diocese of Lansing, MI.



- **Theology Lesson 6: Be Healed- Perfect Love Drives out Fear: Marriage Advice for Adult Children of Divorce or Separation (28 min.)-** Life-Giving Wounds is a Catholic ministry led by adult children of divorce or separation with the mission of helping adult children of divorce or separation find deep spiritual healing. **Dan and Bethany Meola** share how trusting in God’s abundant love and mercy, helps people from broken families transform through Christ their life-draining wounds into life-giving resources of faith, hope, love, and joy. Dr. Daniel and Bethany Meola are the founders of Life-Giving Wounds and reside in Bowie, MD.

Life Skills Lessons

- **Life Skills Lesson 1: Self Knowledge (30 min.)-** **Tony and Liz Cotrupi** cover the topic of Self Knowledge, including: giving of yourself to someone in marriage; the need to become more self aware to be able to live out your vows; ways to appreciate similarities and differences to grow in intimacy. We are a combination of nature, nurture, and true self. Liz is the Director of Family Life for the Archdiocese of Boston, MA.
- **Life Skills Lesson 2: Communication in Marriage (24min)-**How a husband and wife communicate with each other (verbally & non-verbally) is critical in marriage. Positive communication can benefit a couple in many ways including strengthening their relationship, aiding in decision making, and fostering intimacy. **Craig & Stephanie Rapp** share an overview of what they have learned about communication in their marriage and offer their top five tips for couples to communicate effectively. Stephanie served as the Director of Marriage & Family Life for the Diocese of Columbus, OH.
- **Life Skills Lesson 3: Grace and Conflict (42 min.)-** **Dr. Bob Schuchts** is the founder of the John Paul II Healing Center, where he and his team provide healing and equipping conferences for married couples, clergy, religious and lay leaders. Bob has been serving married couples for the past 40 years, as a marital therapist and conference speaker. Bob Schuchts (Ph. D.) is the founder of the John Paul II Healing Center. *This video is an interview with Dr. Schuchts, Ryan and Mary Rose Verret and is audio only.*
- **Life Skills Lesson 4: Finances (26 min.)-** Finances are a normal and natural challenge in a marriage. **Deacon Eric and Linda Paige** explore how we use the gifts God has given us through the lens of the four Cardinal Virtues, habits that help us make good decisions- Prudence, Justice, Fortitude and Temperance. Deacon Eric directs the Marriage, Family Life and Formation Department for the Archdiocese of Seattle, WA.
- **Life Skills Lesson 5: Marriage and Sexuality: What is the Church Doing in the Bedroom? (28min.)-** This talk explores the teachings of John Paul II and Theology of the Body—focusing on the human person and the importance of our bodies in communicating. **Dr. Kerry and Peter Pound** delve into the language of sexual intercourse, the “wedding vows made flesh”. After establishing this groundwork, they examine Humanae Vitae and its impact. Finally, they discuss the biology of fertility awareness techniques as well as their effectiveness and benefits. Kerry Pound, MD is a Certified Medical Consultant for Creighton Fertility and resides in Boston, MA.

- **Life Skills Lesson 6: Parenting Expectations (29 min.)-** Deacon Eric and Linda Paige reflect on the 5 Joyful Mysteries of the Rosary as a way to dive into the topic of parenting and see what God has planned for us in the life of a parent. We have an opportunity to grow in our love for God as we learn to love one another and our children. Deacon Eric directs the Marriage, Family Life and Formation Department for the Archdiocese of Seattle, WA.
- **Life Skills Lesson 7: The Temperaments (17 min.)-** Together, Art and Laraine Bennett have co-authored five books: The Temperament God Gave You, The Temperament God Gave Your Spouse, The Temperament God Gave Your Kids, The Emotions God Gave You, and Tuned In: The Power of Pressing Pause and Listening. Laraine also wrote A Year of Grace: 365 Reflections for Caregivers. Art Bennett is the President and Chief Executive Officer (CEO) of Catholic Charities in the Diocese of Arlington, VA and Laraine Bennett is the Communications Manager for the National Council of Catholic Women.
- **Life Skills Lesson 8: Interfaith and Ecumenical Marriages (13 min.)-** John and Lauren Prust delve into navigating the challenges and blessings of an ecumenical or interfaith marriage. They are active in marriage preparation and young family ministries at their home parish in California. John directs the Diocesan Family Life Office in San Diego, CA
- **Final Survey-** Please make sure that couples complete the final survey at the end of the course in the app, as this serves as their “Certificate of Completion” and offers WTL and your parish or diocese valuable feedback!

