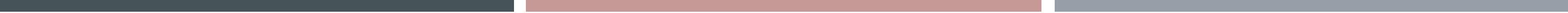




# MARRIAGE AND MARRIAGE PREPARATION

DEACON TRAINING HINSLEY HALL  
2022

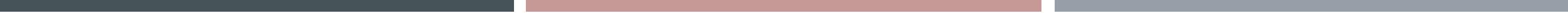


## THERE'S ALWAYS TRAUMA IN THE ROOM

Had I the heavens' embroidered cloths,  
Enwrought with golden and silver light,  
The blue and the dim and the dark cloths  
Of night and light and the half-light,  
I would spread the cloths under your feet:  
But I, being poor, have only my dreams;  
I have spread my dreams under your feet;  
Tread softly because you tread on my dreams.

WB Yeats

Happy families are all alike; **every unhappy family is unhappy in its own way.**



Many people leave childhood without ever having felt unconditional love. This affects their ability to be trusting and open with others.

A poor relationship with one's parents and siblings, if left unhealed, can re-emerge and hurt a marriage

Amoris Laetitia 240

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## The 10 Commandments

1. You shall have no other Gods before me.
2. Thou shalt not make unto thee any graven images.
3. Thou shalt not take the name of the Lord thy God in vain.
4. Remember the Sabbath day and keep it Holy.
5. Honour your father and mother.
6. Thou shalt not kill.
7. Thou shalt not commit adultery.
8. Thou shalt not steal.
9. Thou shalt not bear false witness.
10. You shall not covet.

---

## What does the Catechism say about suicide?

Suicide contradicts the natural inclination of the human being to preserve and perpetuate his life. It is gravely contrary to the just love of self. It likewise offends love of neighbour because it unjustly breaks the ties of solidarity with family, nation, and other human societies to which we continue to have obligations. Suicide is contrary to love for the living God (CCC 2281).

. . . Grave psychological disturbances, anguish, or grave fear of hardship, suffering, or torture can diminish the responsibility of the one committing suicide (CCC 2282).

---

# Marriage in the UK 2022

You can get married or form a civil partnership in England or Wales if you're:

- 16 or over
- not already married or in a civil partnership
- not closely related

---

## Marriage in the UK 2022

Same sex couples can convert a civil partnership into a marriage in England or Wales.

---

# Marriage in the UK 2022

There are different rules if you want to get married or form a civil partnership:

- [in Scotland](#)
- [in Northern Ireland](#)
- [abroad](#)

---

# Marriage in the UK 2022

## **If you're under 18**

You need permission from your parents or guardians to get married or form a civil partnership in England or Wales.

# Marriage in the UK 2022

## **If you or your partner are from outside the UK**

You must apply for a visa to get married or form a civil partnership in the UK if you:

- are not a British or Irish citizen
- do not have indefinite leave to remain in the UK
- do not have settled or pre-settled status under the [EU Settlement Scheme](#)
- did not apply to the EU Settlement Scheme on or before 30 June 2021

The visa or permit you need depends on where your partner is from and whether you want to live in the UK after your ceremony.

You can apply for:

- [a marriage visitor visa](#) - if you're not going to live in the UK and will stay less than 6 months
- [a family visa](#) - to live permanently in the UK if your partner is a British citizen, settled in the UK, has refugee status or humanitarian protection in the UK
- [a family permit](#) - to join your family member from the EU, EEA or Switzerland in the UK

## **If you do not have a marriage visitor visa or family visa**

You can still give notice of your intention to get married or form a civil partnership but the immigration authorities at the Home Office will be told.

The Home Office might:

- ask questions about you and your relationship - if this happens you may need to wait up to 70 days before getting married or forming a civil partnership
- decide not to approve your notice - if this happens you cannot get married or form a civil partnership in the UK

---

# Marriage in the UK 2022

**Give Notice:** You must decide where to have your marriage or civil partnership ceremony before ‘giving notice’ (at least 29 days before your ceremony)

To give notice, you’ll sign a legal statement at your local register office saying you intend to get married or form a civil partnership. This must include details of the final venue for your ceremony.

You must hold your ceremony within 12 months of ‘giving notice’.

---

# Marriage in the UK 2022

## **Choose the type of ceremony**

You can choose to have either a religious ceremony or a civil ceremony if you're getting married.

If you're forming a civil partnership you cannot have a religious ceremony.

---

# Marriage in the UK 2022

## Religious ceremonies

A religious wedding can take place at any registered religious building.

Same-sex couples can get married in a religious building if it has been registered for the marriage of same-sex couples. *You cannot get married in an Anglican church as a same-sex couple.*

An authorised person, such as a religious minister, must attend the ceremony and sign the 'marriage schedule' or 'marriage document'. Check with the venue if there is an authorised person. If not, you'll need to book a registrar. This costs £86.

---

# Marriage in the UK 2022

## Civil ceremonies

You can have a civil ceremony at:

- a register office
- any [venue approved by the local council](#), for example a stately home or hotel

You must have at least 2 witnesses at the ceremony.

A registrar must carry out, or be present at, your ceremony. You can book a registrar yourself or the venue may do this for you.

The cost of a registrar is:

- £46 at a register office
- £86 at a registered religious building

Costs may be different at other approved premises.

---

# Marriage in the UK 2022

## **What can happen at the ceremony**

You must exchange vows if you're getting married. Discuss any other wording you want with the person carrying out the ceremony.

You do not need to exchange vows for a civil partnership, but you can if you'd like to.

Civil ceremonies can include readings, songs or music, but must not include anything that's religious (for example hymns or readings from the Bible or the Torah). You can get a religious blessing of your marriage after a civil ceremony.

If you're getting married, you and your partner sign the marriage schedule or marriage document at the ceremony. You can each include up to 4 parents on the form (for example mothers, fathers or step-parents).

---

# Marriage in the UK 2022

## **Marriage Certificate**

If you're getting married, you and your partner sign the marriage schedule or marriage document at the ceremony. You can each include up to 4 parents on the form (for example mothers, fathers or step-parents).

## **After a marriage ceremony**

Your signed marriage schedule or document is sent to your local register office where it's added to the marriage register. After that, you can get your marriage certificate.

[Contact your local register office](#) to find out how to get your marriage certificate and how long it will take.

---

# Marriage in the Catholic Church

Is one of the two **Sacraments of Service** ('at the Service of Communion' CCC 1534): **Holy Orders and Matrimony**

Both are 'directed towards the salvation of others'.

If these sacraments also contribute to personal salvation, it is 'through service to others that they do so.'

Those already consecrated by Baptism and confirmation for the common priesthood of all the faithful, by the sacrament of matrimony 'are fortified and...consecrated for the duties and dignity of their state'

---

# Marriage in the Catholic Church

"The matrimonial covenant, by which a man and a woman establish between themselves a partnership of the whole of life, is by its nature ordered toward the good of the spouses and the procreation and education of offspring; this covenant between baptized persons has been raised by Christ the Lord to the dignity of a sacrament." (CCC 1601)

---

# Marriage in the Catholic Church

A valid Catholic marriage results from four elements:

- (1) the spouses are free to marry
- (2) they freely exchange their consent
- (3) in consenting to marry, they have the intention to marry for life, to be faithful to one another and be open to children
- (4) their consent is given in the presence of two witnesses and before a properly authorized Church minister.

---

# Marriage in the Catholic Church

In the Latin Church, it is ordinarily understood that the spouses, as ministers of Christ's grace, mutually confer upon each other the sacrament of Matrimony by expressing their consent before the Church. (CCC 1623)

---

# Marriage in the Catholic Church

The Catholic Church teaches that family is ‘an intimate community of life and love’; it is the first natural society into which children are born and grow.

---

# Marriage in the Catholic Church

Healthy marriage and family life make a unique contribution to the wellbeing of the individuals themselves, to the life of the Church, and as a force for good in society as a whole. (From [Catholic Church in England and Wales](#))

---

# Marriage in the Catholic Church

As the principle place of interpersonal relationships, it is in the family that children learn their first and most important lessons, in practical wisdom, virtue, social responsibility and solidarity (From [Catholic Church in England and Wales](#))

---

# Marriage in the Catholic Church

Family and community share responsibility for preparing couples for marriage and walking with them on their lifelong project of commitment to love and care for each other, in a fruitful relationship until death. (From [Catholic Church in England and Wales](#))

---

# Marriage in the Catholic Church

The church therefore offers preparation for marriage, and opportunities for sustaining and deepening the couple's relationship, as well as providing appropriate counselling, support and signposting for families when things go wrong. (From [Catholic Church in England and Wales](#))

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# Marriage in the Catholic Church

The Guidelines propose a 'journey' for the couple in steps and stages, involving the parish community (particularly other couples and families) From [Catholic Church in England and Wales](#))

---

# Marriage in the Catholic Church

The process described in the Guidelines appreciates the need for preparation in both the religious and relational aspects of marriage, equipping a couple with the knowledge and skills to build a faithful, lifelong and fruitful relationship. (From [Catholic Church in England and Wales](#))

---

# Marriage in the Catholic Church

Responsible parenthood will often involve planning when to have children, God willing, and the Catholic Church believes that this should not be by means of contraception that places a barrier between the partners, or that suppresses the healthy working of the body to make the act infertile. (From [Catholic Church in England and Wales](#))



# Preparing for marriage

In what ways are people these days prepared for marriage?

What are the necessary 'ingredients' for good marriage preparation?

---

# Marriage: what (a few) women want:

Companionship

Love

Communication & Understanding

Trust and honesty

Commitment that we are making to each other

Happiness & fun

Compromise

Shared experiences



# Marriage: what (a few) men want:

Family

Partnership

Trust

Laughter

Loyalty

Patience

---

# Marriage Preparation: what (a few) people feared:

- Talking publicly
- Not sure what to expect
- Being judged
- Its being a long day
- We don't get enough time
- Arduous
- Not being prepared for the modules
- We don't get enough time, like today, just us to take time together without others
- Not knowing what to expect
- That I may not be able to understand all British accents

---

# Marriage Preparation: what (a few) people hoped for:

- To feel more prepared for marriage
- Chance to talk
- Happy family
- Long happy marriage
- To get to know my fiancé better
- Learn something
- Chance to talk
- Happy marriage
- Healthy children
- Starting a happy family together
- To be fully prepared for marriage
- Long time together

---

## Marriage Preparation: What is the point?

“The complexity of today’s society and the challenges faced by the family require a greater effort on the part of the whole Christian community in preparing those who are about to be married....In this regard the Synod Fathers agreed on the need to involve the *entire community* more extensively by stressing the witness of families themselves and by grounding marriage preparation in the process of Christian initiation by bringing out the connection between marriage, baptism and the other sacraments” Pope Francis, *Amoris Laetitia* #206 (*my emphasis*)

---

# Marriage Preparation

“Christian marriage preparation can be described as a journey of faith, which does not end with the celebration of marriage but continues throughout family life. Therefore, our perspective does not close with marriage as an act, at the moment of celebration, but as a permanent state.” (Pontifical Council for the Family, Preparation for the Sacrament of Marriage)

---

# Marriage Preparation: What is the point?

“Cortical maturation is complete somewhere in the early 30s. Consequently, the transition to adulthood presents unique risks.”

*from A Dynamic-Maturational Model of Attachment*

Patricia M. Crittenden ANZJFT Volume 27 Number 2 2006 pp. 105–115



The catechumenal method is divided into three major phases: remote preparation, which embraces childhood and youth ministry; an intermediate reception phase; and, the actual catechumenal phase, which in turn includes three distinct stages – a first stage of proximate preparation, which lasts longer but varies in length; a second stage of final preparation, which is more brief; and, a third stage of accompaniment during the first years of married life, which concludes with the couple's inclusion in the ordinary family ministry of their parish and diocese/eparchy.

---

## MARRIAGE CATECHUMENATE

The catechumenal approach offers a personalized pastoral accompaniment based above all on the testimony of the accompaniment team and other married couples involved in the programme. It seeks to lead every couple to a serious personal discernment, so that the celebration of marriage and married life are the fruit of a conscious decision, which is freely and joyfully embraced, and not simply the passive acceptance of a cultural tradition or social formality

---

77. This is an opportune time to offer a true “marriage mystagogy”. The term “mystagogy” means an “introduction to the mystery”; in other words, it is a particular type of catechesis dating back to the early centuries of Christianity which the pastors of the Church addressed to the newly baptized in order to help them understand the mystery that took place in the Baptism they had received at the solemn Easter Vigil.<sup>75</sup> Mystagogical catechesis was often punctuated by rhetorical questions, such as “Do you know what you have received?” and “Do you know what the Lord has done in you?” ... By saying ‘I do’, they embark on a journey that requires them to overcome all obstacles standing in the way of their reaching the goal. The nuptial blessing that they receive is a grace and an incentive for this journey



They can only benefit from sitting down and talking to one another about how, concretely, they plan to achieve their goal.” (Amoris Laetitia, 218).

---

They can only benefit from sitting down and talking to one another about how, concretely, they plan to achieve their goal.” (Amoris Laetitia, 218).

**Before you get married,** discuss bills, parenting styles, credit, debt, how to deal with family, what belief will be installed in your children, childhood traumas, sexual expectations, **partner expectations**, financial expectations, family health history, bucket list, dream home, career, and education, political view and whatever else comes in mind.

**Love is not enough.**

---

## MARRIAGE CATECHUMENATE: MAKE IT YOUR OWN

The “pastoral guidelines” offered here, though not intended to be exhaustive, seek to provide an aid and stimulus for dioceses/eparchies and parishes in developing their own “catechumenal pathways for married life”, according to the indications of the Holy Father Francis.

# WHEN THINGS GO WRONG: WHY SO DOWNCAST?



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“It is all the more essential that couples be helped during the first years of their married life to enrich and deepen their conscious and free decision to have, hold and love one another for life. Often the engagement period is not long enough, the decision is precipitated for various reasons and, what is even more problematic, the couple themselves are insufficiently mature. As a result, the newly married couple need to complete a process that should have taken place during their engagement.” (Amoris laetitia, 217).

# MARRIAGE CATECHUMENATE: WHEN THINGS ARE DIFFICULT

Meetings (“group”) with various couples to “illuminate” moments of crisis



Meetings with each individual couple may be followed by group meetings, during which one of the accompanying couples could be invited to share their experience and the crisis moments they have faced, highlighting the “new ways to happiness” they have learned in the difficulties and trials of marriage.



The sessions may also include a brief teaching moment composed of a reading and commentary of appropriately-chosen parts of *Amoris Laetitia*, or excerpts from the writings of saintly spouses who have overcome times of marital trial.



The purpose of these group meetings is to highlight that “crisis moments” – when accepted, understood, lived together, and assisted by the Lord’s help – can prove to be moments of grace and growth for the couple. Ultimately, crises are not “anomalies” but “normal” parts of married life

---

# Marriage Preparation: First contact (or, front line)

## Request for Catholic marriage Scenarios

1. Anna and Bob (married in a registry office)
2. Carol and Daniel (living together)
3. Elisa and Frank (divorced)
4. Gianna and Henry (students on their first serious relationship)

---

# Marriage Preparation: Dear brothers...

In 2017 Pope Francis addressed priests on their role in the front line of marriage and marriage preparation. This is what he said:

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## Marriage Preparation: Dear brothers...

\*Following the Synods on the Family (2014/5) the discussions and proposals we shared were integrated in an organic way into *Amoris Laetitia (The Joy of Love)*

\*It is good that you study this as it is mostly you who will be applying it in your daily contact with families

---

## Marriage Preparation: Dear brothers...

In most cases you are the first people to be approached...

- by young people desiring... the Sacrament of Matrimony
- By married couples... in crisis as a result of serious relationship problems
- In some cases, they ask for information on beginning a process of nullity.

---

## Marriage Preparation: Dear brothers...

No one better than you knows and is in touch with the reality of the social fabric of the territory, and experiences the various complexities: unions celebrated in Christ, de facto unions, civil unions, failed unions, happy and unhappy families and young people



---

MARRIAGE  
PREPARATION: DEAR  
BROTHERS...

With each person and in each situation, you are called to be travelling companions who can offer *witness* and *support*

---

## Marriage Preparation: Dear brothers...

May your primary concern be *to bear witness* to

- the grace of the Sacrament of Matrimony
- the primordial good of the family, vital cell of the Church and of Society
- by announcing that marriage between a man and a woman is a symbol of the spousal union between Christ and the Church.

---

# Marriage Preparation: mystagogy

“marriage between a man and a woman is a symbol of the spousal union between Christ and the Church.”

---

## Marriage Preparation: Dear brothers...

Such witness is put into practice concretely when you:

- ✓ prepare engaged couples for marriage, making them aware of the profound meaning of the step which they are about to take
- ✓ when you journey with young couples with attentiveness, helping them experience the divine strength and the beauty of their marriage through light and shadow, through joyful and difficult times.

---

## Marriage Preparation: Dear brothers...

But I ask myself,

how many of these young people who attend pre-marriage courses understand what “matrimony” means, the symbol of Christ’s union with the Church?

“Yes, yes” — they say ‘yes’, but do they understand this?

Do they believe this?

---

# Marriage Preparation: Dear brothers...

I am convinced that there is a need for a true catechumenate for the Sacrament of Matrimony, not just two or three meetings and then proceed.

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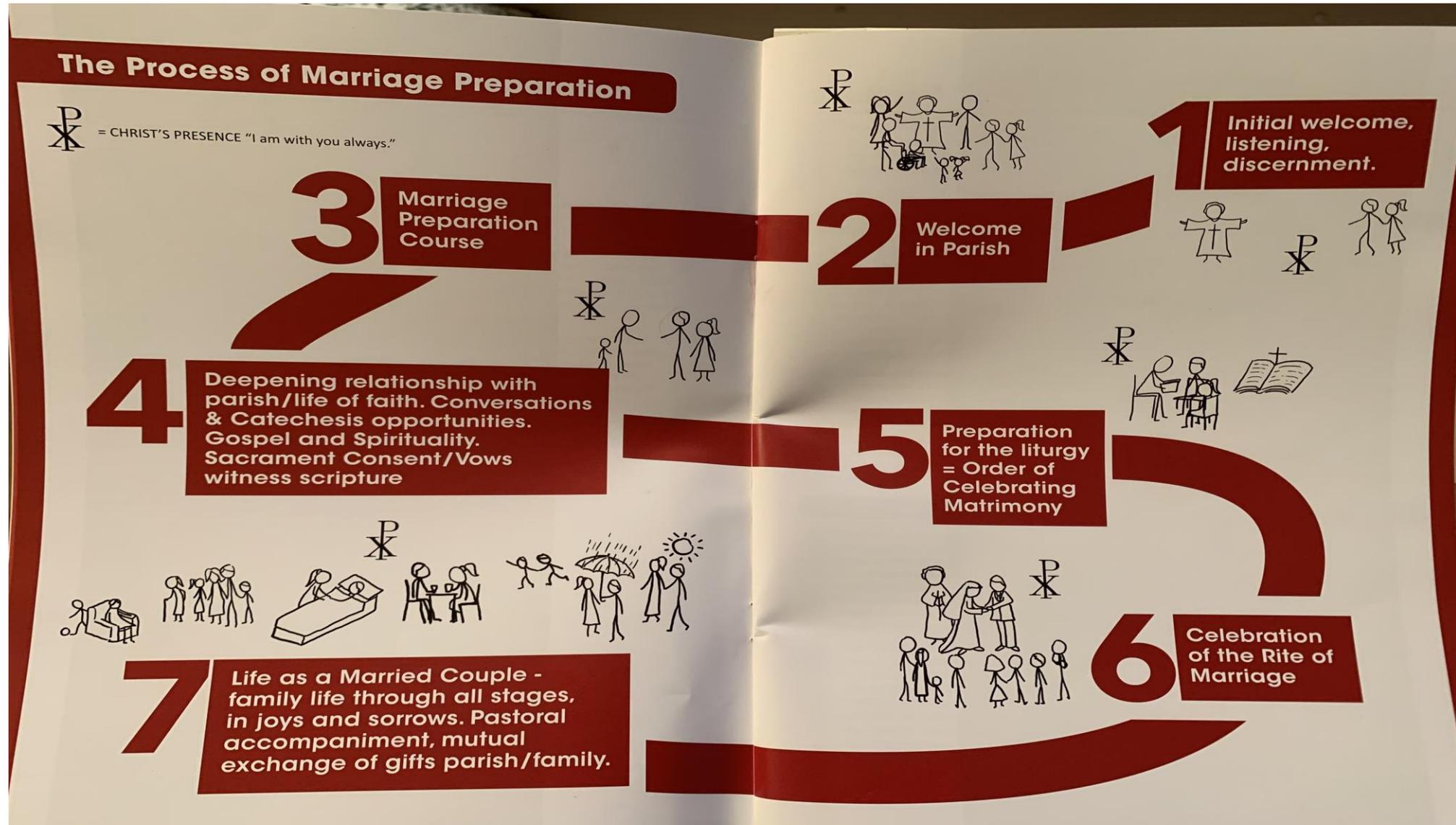
# Marriage Catechumenate

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**Before you get married,**  
discuss bills, parenting styles, credit,  
debt, how to deal with family, what  
belief will be installed in your children,  
childhood traumas, sexual  
expectations, **partner expectations,**  
financial expectations, family health  
history, bucket list, dream home,  
career, and education, political view  
and whatever else comes in mind.

**Love is not enough.**

# Marriage Preparation: What should it look like?



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# Marriage Preparation: What needs to be included?

June 2022 Pope Francis said that he wants us (the Catholic Church) to fundamentally reorient ourselves on marriage formation as a “catechumenal itinerary toward life.”

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# Marriage Preparation: What needs to be included?

On June 15 2022, the Dicastery for Laity, Family, and Life published a booklet called [“Catechumenal Itineraries for Married Life,”](#) which suggests three stages of Catholic marriage formation.

...

The idea of a marriage catechumenate, the document said, is analogous to the preparation for baptism in the early Church: “a faith formation and accompaniment in the acquisition of a Christian lifestyle, specifically aimed at couples.”

---

# Marriage Catechumenate?

Traditionally we have seen preparation for marriage as having three broad and distinct stages:

1. Remote
2. Proximate
3. Immediate

---

# Marriage Catechumenate?

The new catechumenate for married life suggested by the Dicastery for Laity, Family and Life builds on this:

1. Proximate
2. The months before the wedding
3. First 2-3 years of married life

---

# Marriage Preparation: What needs to be included?

“ faith formation and accompaniment in the acquisition of a Christian lifestyle, specifically aimed at couples”



## MARRIAGE CATECHUMENATE

the Church must go beyond a type of formation which is solely intellectual, theoretical, and general (i.e. religious literacy) when engaging with those who intend to marry. We need to walk with them along a path that leads to an encounter with Christ, or to deepen this relationship, and assist them in making an authentic discernment of their own vocation to marriage, both on a personal and interpersonal level

---

## WHAT'S NEEDED AND WHAT'S NOT NEEDED

- Attractive and helpful information to help them live
- Quality more important than quantity
- A journey in faith
- Deserves the same care as preparation for holy orders
- Supported by the whole catholic community
- Don't need to be taught the whole catechism
- The wedding is not the end but a beginning (or a stage on the journey)



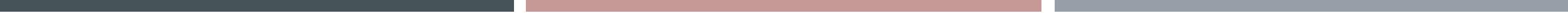
## LOST IN TRANSLATION?

“It is not good that the man should be alone;  
I will make a help meet for him.” (*Genesis 2:18*)

---

## ‘IF YOU CANNOT FORGIVE DO NOT MARRY’

- Suffering is the point of marriage
- In laws are not as important as you imagine
- The wider Catholic community is more important than you imagine
- Your are being ‘sent forth’



## 'UNEVENLY YOKED'?

- Non Catholic
- Abrahamic faiths
- Other faiths
- Alternative/new age faiths
- Wicca/paganism



## BARRIERS AND/OR THRESHOLDS?

- Cohabitation
- Binding and other rituals
- Civil marriage
- Civil partnership
- Blessings



# Marriage Preparation: Resources

[Catholic Church England & Wales \(CBCEW\)](#)

[Order of Celebrating Matrimony](#)

[Principles for Excellence in Relationship Education](#)

[Relationships in the 21<sup>st</sup> Century](#)

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# Marriage Preparation: Resources

Marriage Care ([marriagecare.org.uk](http://marriagecare.org.uk))

is the largest single provider of marriage preparation services for couples marrying in the Catholic Church in England and Wales.

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# Marriage Preparation: Marriage Care

Marriage Care has developed materials to help Catholic churches to celebrate the joys of marriage. Use these templates below to celebrate marriage in your own parish and commemorate the love and commitment of all couples, both those who have been recently married and those who have lived a lifetime together. If you wish to celebrate marriage with an Anglican service, visit the [Church of England](#) website.

- [Suggested items to include in a Marriage Mass](#)
- [Some ideas for social media and other publicity for your marriage mass](#)
- [Template for an order of service](#)
- [Suggested Marriage Mass Timeline](#)

---

# Marriage Preparation: Being who you are

**Make your relationships resolution today and reap the benefits for your health and wellbeing:**

**Give time:** Put more time aside to connect with friends and family.

**Be present:** It can be tempting to check your phone, Facebook messages or even work emails when with family and friends. Try to be present in the moment and be there for your loved ones, and switch out of work mode whenever possible.

**Listen:** Actively listen to what others are saying in a non-judgemental way and concentrate on their needs in that moment.

**Be listened to:** Share how you are feeling, honestly, and allow yourself to be listened to and supported.

**Recognise unhealthy relationships:** Being around positive people can make us happier; however, our wellbeing can be negatively affected by harmful relationships, leaving us unhappy. Recognising this can help us move forward and find solutions to issues.

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## Marriage Preparation: Remote

The Harvard Centre for Early Childhood Development research demonstrates that it is only by witnessing and experiencing these relationships that children and young people identify and practise healthy and reliable relationships in their own lives.

---

# Marriage Preparation: A reason to refuse an annulment?

On Tuesday, September 8, 2015, Pope Francis issued two Apostolic Letters *motu proprio* (*motu proprio* means “on one’s own initiative”) outlining changes to the declaration of nullity process, commonly called annulment, which will take effect on December 8, 2015, the start of the Jubilee of Mercy:

[Mitis Iudex Dominus Iesus](#), addressed procedures in the Code of Canon Law in the Latin Catholic Church.

[Mitis et Misericors Iesus](#), addressed procedures in the Code of Canons of the Eastern Churches.

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## Motu Proprio 2015: teaching does not change; mercy

the reforms do not change the Church's teaching on the indissolubility of marriage, meaning that marriage lasts until death. Nor do they change the Church's teaching on not permitting those who have civilly remarried after divorce to receive the Eucharist. Instead, the reforms made by Pope Francis seek to make the declaration of nullity process, which is used to determine whether in fact a valid marriage existed in order to determine whether a person is free to marry in the Catholic Church, more accessible, more efficient, and less expensive or even free. Pope Francis had indicated earlier in a [meeting with canon lawyers](#) his desire to streamline the declaration of nullity process, saying, "Some procedures are so long and so burdensome, they don't favour justice, and people give up" (Nov. 5, 2014).

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## Motu Proprio 2015

***MITIS IUDEX DOMINUS IESUS*** Gentle Judge Lord Jesus

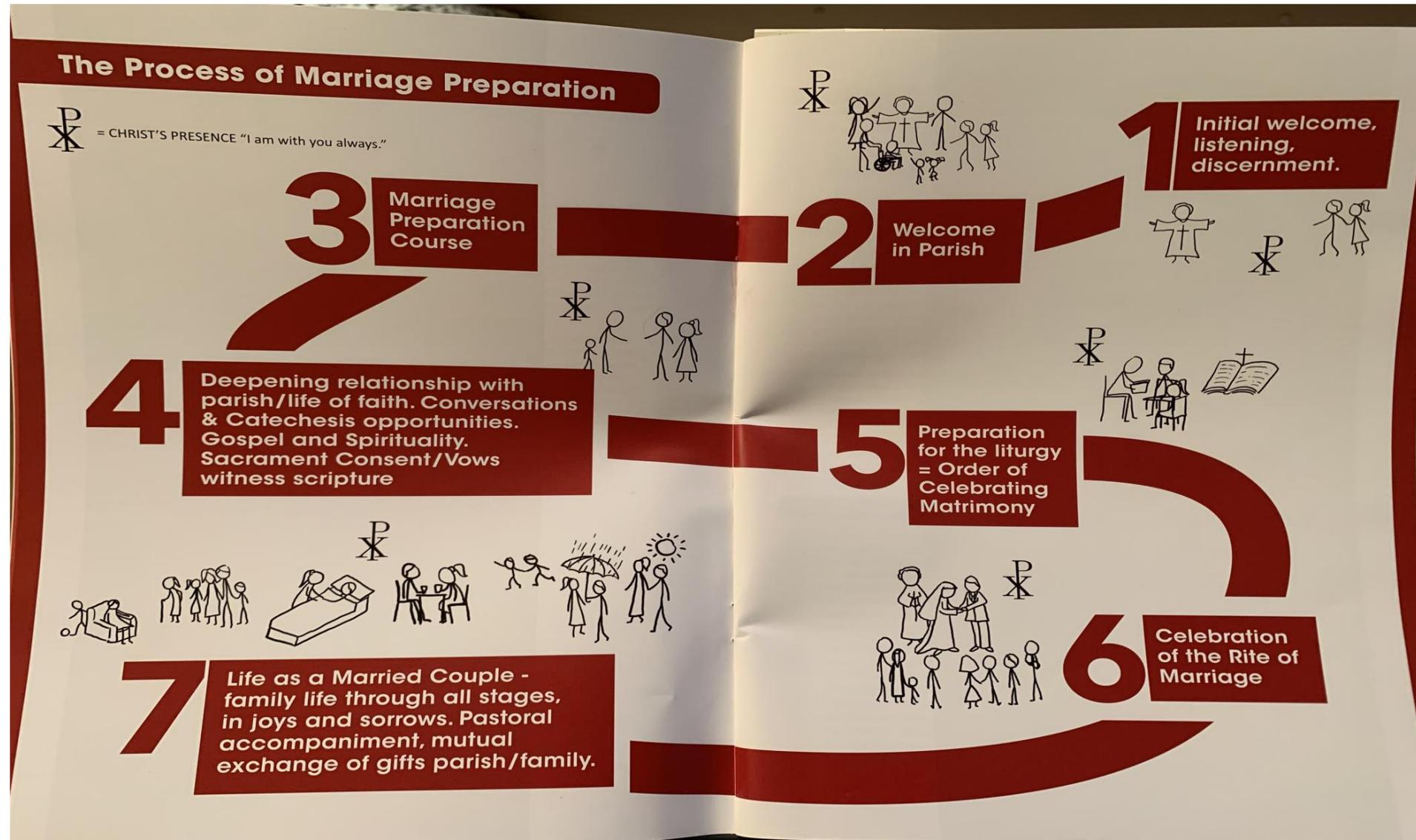
The Gentle Judge, our Lord Jesus, the Shepherd of our Souls, entrusted to the Apostle Peter and to his successors the power of the keys to carry out the work of truth and justice in the Church; this supreme and universal power of binding and loosing here on earth asserts, strengthens and protects the power of Pastors of particular Churches, by virtue of which they have the sacred right and duty before the Lord to enact judgment toward those entrusted to their care.



# Catholic Marriage Preparation Guidelines

## CBCEW 2016

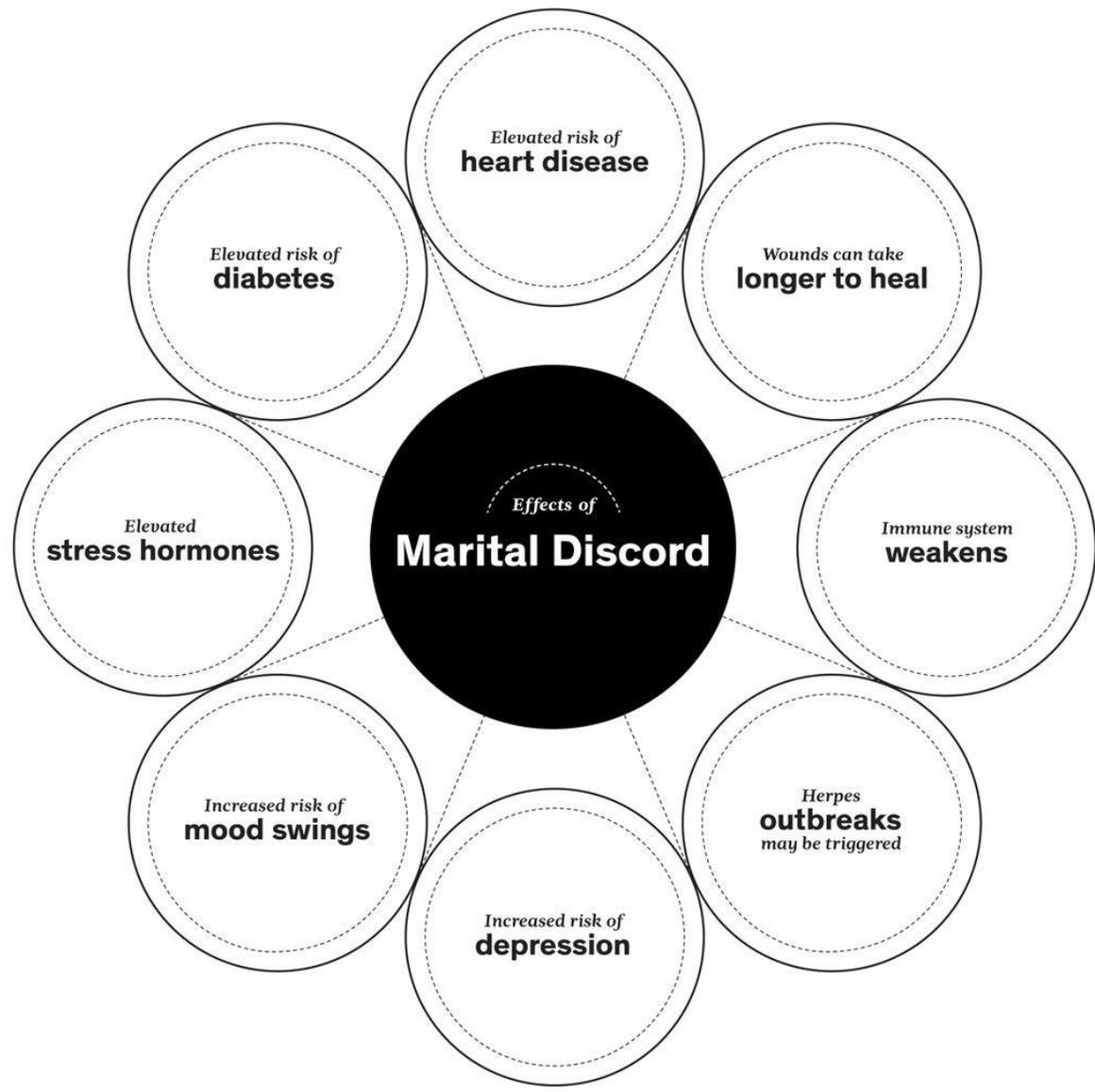
# Catholic Marriage Preparation Guidelines CBCEW 2016



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# Essential Catholic Marriage Preparation

The quality of our affective relationships,  
especially marriage, affects everything



# S Wedded bliss is the best medicine for a heart attack

The Times Tuesday 1<sup>st</sup> Nov 2022  
Eleanor Hayward Health Correspondent

LEAL/APP

Being in a happy marriage helps heart attack patients to make a speedy recovery, research has shown.

Having a supportive and loving spouse cuts the risk of being readmitted to hospital or suffering chest pain.

Scientists at Yale University looked at 1,593 married adults under 55 in the US who had been in hospital after a heart attack. The participants were divided into three groups based on how happy their marriages were.

The patients were asked about their sex life, whether they had any "serious relationship problems" and whether their spouse was their "closest confidant". Doctors monitored their health for the next year and found that those with the unhappiest marriages were 67 per cent more likely to report chest pains and 50 per cent more likely to be readmitted to hospital.

Four in ten women reported severe marital stress, compared with three in ten men, which researchers said showed the "greater burden of marital stress on the health of women".

The study, published by the American Heart Association, concluded that doctors should ask patients about their marriages. The lead author, Cenjing Zhu, said: "Healthcare professionals need to be aware of personal factors that may contribute to recovery."

A loving spouse encouraged people to take medicine and drop unhealthy habits, but an unhappy marriage caused high levels of stress hormones such as cortisol, which can put pressure on the cardiovascular system. Chloe MacArthur, of the British Heart Foundation, said: "It's important that anyone with a heart or circulatory condition is supported in managing their stress."

Mending hearts, leading article, page 27

# The Four Horsemen of the Apocalypse & THEIR ANTIDOTES

In his 50+ years of research, Dr. John Gottman identified specific negative communication patterns that reliably predict divorce. He named them The Four Horsemen of the Apocalypse.

Fortunately, each horseman has a proven positive behaviour that will counteract negativity, which Dr. Gottman terms “antidotes.”

THE FIRST  
HORSEMAN:

## Criticism



—  
ANTIDOTE:

*Gentle  
Startup*

THE SECOND  
HORSEMAN:

## Contempt



—  
ANTIDOTE:

*Build a Culture of  
Appreciation*

THE THIRD  
HORSEMAN:

## Defensiveness



—  
ANTIDOTE:

*Take  
Responsibility*

THE FOURTH  
HORSEMAN:

## Stonewalling



—  
ANTIDOTE:

*Physiological  
Self-Soothing*



The importance of good  
**LISTENING**  
cannot be overstated





*Please listen to my hurting heart*



---

# MARRIAGE AND MARRIAGE PREPARATION

QUESTION TIME



Resting in Love  
(Heart healing for self and others)



Resting in Love

“We are all at different places in our faith journey and in our marriage journey, but we can all get better together ... No one is perfect, life is messy and your marriage matters to the Church and to the world.”

Mike and Alicia Hernon