



## **Diocese of Rockford** **Diocesan Marriage Preparation Requirements**

*Congratulations on your upcoming marriage in the church!*

Now that you have contacted your parish and the priest who will marry you, you can **begin the diocesan marriage preparation** requirements. All couples preparing for marriage in the Diocese of Rockford are required to complete this diocesan preparation.

*The ideal time to register with the Life and Family Evangelization Office for diocesan marriage preparation is within the 6 to 12 months prior to your wedding day. Couples registering within 6 months prior to their wedding date will need to prioritize the completion of the courses.*

Diocesan marriage preparation requires completion of two courses. Both courses are available in-person and online. Couples can take any combination of online and in-person courses:

- **Pre-Cana Course**
  - *The pre-Cana options combine relational insights from contemporary research with Catholic teaching on marriage. Couples will gain insights from the Church teachings on the sacramentality of marriage and receive practical tips. Couples will discover the true meaning of giving the gift of themselves to each other and a deeper understanding of the grace received during the Sacrament of Marriage to build a strong and lasting marriage.*
- **Natural Family Planning (NFP) Course**
  - *The NFP options present the true gift of being open to God, to each other, and to new life. Couples learn the scientific, natural, and moral approach to family planning that helps them achieve or postpone pregnancy by understanding and tracking their joint fertility. The NFP courses also address themes present in Pope St. John Paul II's Theology of the Body, including who we are and how God created us. Couples learn that our bodies express who we are spiritually.*
  - *The NFP course is required of all couples. This Church teaching on self-giving is not limited by age or fertility. All couples are called to join the Church in passing on the beauty of this teaching to the younger generations and to those they encounter.*

The cost for diocesan marriage preparation is a flat rate of \$190/couple. Credit card payment will be taken when you complete your online registration.

### **Next Step**

Your next step is to register for diocesan marriage preparation, by visiting [www.rockforddiocese.org/life/marriage-prep](http://www.rockforddiocese.org/life/marriage-prep). This web page also provides more information on course options, including dates and locations of in-person courses.

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