



## The Roman Catholic Diocese of Metuchen

Hunterdon – Middlesex – Somerset - Warren

### 2026 Couples' Guide to Marriage Preparation

Spanish version: pages 8-9

<http://diometuchen.org/marriage-preparation>

*Congratulations on your Engagement! We look forward to assisting and supporting you on your journey to the sacrament of Marriage! Following are the established diocesan guidelines and dates for marriage preparation sessions. If you need any further information, please contact us at [magnese@diometuchen.org](mailto:magnese@diometuchen.org)*

Administrative Assistant, Office of Family Life 732-562-1543

**Important:** *Usually, parishes request that you contact them at least one year before the desired date of the wedding in order to complete all marriage preparation.*

### Getting started

Contact the parish church where you wish to celebrate the sacrament of Marriage in order to schedule an appointment with the pastoral minister (pastor, parish priest, deacon or lay associate) to begin the marriage preparation process. Often, couples may not reside in the parish where they are planning their celebration, so it will be necessary to determine who will be responsible for guiding you through the preparation process. An initial interview may include: setting a date, completion of necessary canonical paperwork, discussing group marriage preparation options and learning which ecclesial and civil documents are needed.

The number of additional meetings will be at the discretion of the pastoral minister who is responsible for accompanying you during the marriage preparation process. It is required that you complete a **FOCCUS (Facilitating Open Couple Communication, Understanding and Study) Pre-Marriage Inventory**. This is a conversation tool designed to help couples learn more about themselves and their unique relationship as they move toward a lifetime commitment. The inventory provides each couple with a personalized profile highlighting areas of strength, as well as areas that may require further discussion. Ask the priest or deacon marrying you about **FOCCUS**.

### Group Marriage Preparation Options

#### Option A: Engaged Encounter Weekend

\$250.00 per couple (2 full day program)

**The two day Engaged Encounter (not overnight)** at St. Magdalen de Pazzi Parish in Flemington, NJ ***begins at 8:00 AM Saturday and ends at 10:00 PM. Sunday starts at 8:30 AM to 4:00 PM.***

All meals and materials are included.

#### Engaged Encounter

(All Sessions In-Person)  
2 Day Retreat

**May 30 & 31, 2026**

**St. Magdalen de Pazzi  
Flemington NJ**

**Registration is now FILLED and CLOSED.** Please email [magnese@diometuchen.org](mailto:magnese@diometuchen.org) to be added to the waitlist.

## **Option B: God's Plan for Marriage and Parish Pre-Cana** *(Must Take Both – In Any Order)*

### **Virtual God's Plan for Marriage Sessions**

These sessions are designed to help engaged couples understand and embrace a Catholic vision of married love, with a full catechesis of the Church's view on married love, including teachings from "*Amoris Laetitia*" – the Apostolic Exhortation of Pope Francis. The Presenting Couples make these sessions very interesting and meaningful with their personal stories of living the challenges of married life.

**\$50** per couple

Where: Saturdays Virtual Sessions

When: 10:00 AM – 1:00 PM

**To register for a virtual God's Plan session please visit:**

[www.diometuchen.org/gods-plan-for-marriage-session](http://www.diometuchen.org/gods-plan-for-marriage-session)

The Archdiocese of Newark offers God's Plan sessions in Spanish.

For more information visit:

<https://rcan.org/preparacion-matrimonial/cursos>

### **Virtual God's Plan Session Dates 2026**

**January 10, 2026**

**February 7, 2026**

**April 25, 2026**

**May 16, 2026**

**June 13, 2026**

**July 18, 2026**

**September TBD**

**October TBD**

**November TBD**

*Additional dates for  
2026 will be posted  
soon*

### **Pre-Cana Sessions Held by Parishes – In Person and Virtual Sessions**

Pre-Cana sessions offer practical insights and discussion for a successful marriage, and include topics such as communication skills, finances, extended family issues, etc. Session times and fees vary (typically \$75 to \$100). ***\*Pre-Cana dates may be subject to change. Please contact the individual parish to verify and register.\****

### **Please contact a parish below to register for a Parish Pre-Cana Session in The Diocese of Metuchen.**

\*If you are unable to attend any of the Pre-Cana sessions below, it is alright for engaged couples to attend a Pre-Cana session (virtual or in-person) in another diocese either in New Jersey or another US state.

\*If you need additional help, please contact Cristina D'Averso-Collins, Director of The Family Life Office, at [cdaverso@diometuchen.org](mailto:cdaverso@diometuchen.org)

### **MARCH – IN PERSON SESSION**

NEW BRUNSWICK, Parish of the Visitation,  
St. Mary of Mt. Virgin

Sunday, March 8, 2026 11:00 AM  
Anna Romeo 732-545-5090 (Parish Office)  
[Parishofthevisitation@gmail.com](mailto:Parishofthevisitation@gmail.com)

Engaged couples are to attend the 11:00 AM Mass.

The session will start after Mass in the CYO. Light refreshments will be served.

### **MARCH- Filled and Closed**

PARLIN, St. Bernadette

Sunday, March 8 11:00 AM – 5:00 PM

Lilybeth Delacosta  
[732-491-7238](tel:732-491-7238)  
[sbccprecana@gmail.com](mailto:sbccprecana@gmail.com)

Or call parish office 732-721-2772

### **MARCH – IN PERSON SESSION**

COLONIA, St. John Vianney

Saturday, March 14, 2026 11:00am  
\$75 per couple. Lunch included.

Call Deacon Tom Michnewicz to register:  
732-574-1651

Facilitator: Deacon Vinny Brigande  
[vbrigande@sjvs.net](mailto:vbrigande@sjvs.net)

(Held in the Church Upper Meeting Room)

### **MARCH – IN PERSON SESSION**

North Plainfield, St. Joseph & St. Luke (SPANISH)

Friday, March 13 7:00 pm – 10:00 pm

Saturday, March 14 9:00 am – 5:00 pm

Must attend both sessions to complete course

Sessions will be held at St. Luke's facilities

300 Clinton Ave, North Plainfield, NJ 076063

Contact Isabel Perez 908-405-8615

[Perezisabel5@gmail.com](mailto:Perezisabel5@gmail.com)

Contact Carolina Cordova 908-397-8156

[Caroarango23@hotmail.com](mailto:Caroarango23@hotmail.com)

\$130 per couple. Food included

### **MARCH – IN PERSON SESSION**

Flemington, St. Magdalen de Pazzi (Spanish)

Saturday, March 14 6:30 pm – 9:30 pm

Saturday, March 21 6:30 pm – 9:30 pm

Saturday, March 28 6:30 pm – 9:30 pm

The couple must attend all 3 classes to complete the course. To register contact: Yamiris Marcano & Arturo Colom (908)503-1073 or  
Email: [yami.marcano@yahoo.com](mailto:yami.marcano@yahoo.com)  
Cost is \$125 per couple. Materials included.

### **APRIL – IN PERSON SESSION**

Three Bridges, St. Elizabeth Ann Seton

Saturday, April 11, 2026 9:30 AM – 6:00 PM

Includes 5:00 PM Mass

Dinner with Team and Pastor afterwards

Contact Jackie Ferrari 908-782-1475 x1110

Or [parishoffice@easeton.net](mailto:parishoffice@easeton.net)

**APRIL - Filled and Closed**

FORDS, Our Lady of Peace

Saturday, April 11, 2026

Registration 12:00 Noon – 4:30 PM

followed by 5:15 Mass

Gloria DeMarzo 908-419-0340

[Glodema@comcast.net](mailto:Glodema@comcast.net)

Light lunch served. \$100.00 per couple

Certificates distributed after Mass

**APRIL – IN PERSON SESSION**

WASHINGTON, St. Joseph

Saturday, April 25 9:15 AM – 6:00 PM

Session begins promptly at 9:30 AM and includes lunch and 5:00 PM Mass

Jim & Barbara McAloon 908-689-4560

**JUNE – IN PERSON SESSION**

NEW BRUNSWICK, Parish of the Visitation,  
St. Mary of Mt. Virgin (SPANISH)

Saturday, June 6, 2026 8:00 am – 6:00 pm

Followed by 7:00pm Mass

Contact Melissa Garcia Sereno

[melissagarciasereno@gmail.com](mailto:melissagarciasereno@gmail.com)

or call 732-545-5090 (Parish Office)

[Parishofthevisitation@gmail.com](mailto:Parishofthevisitation@gmail.com)

\$75 for breakfast, lunch, and program materials.

**JUNE – IN PERSON SESSION**

North Plainfield, St. Joseph & St. Luke (SPANISH)

Friday, June 12 7:00 pm – 10:00 pm

Saturday, June 13 9:00 am – 5:00 pm

Must attend both sessions to complete course

Sessions will be held at St. Luke's facilities

300 Clinton Ave, North Plainfield, NJ 076063

Contact Isabel Perez 908-405-8615

[Perezisabel5@gmail.com](mailto:Perezisabel5@gmail.com)

Contact Carolina Cordova 908-397-8156

[Caroarango23@hotmail.com](mailto:Caroarango23@hotmail.com)

\$130 per couple. Food included

**SEPTEMBER – IN PERSON SESSION**

Three Bridges, St. Elizabeth Ann Seton

TBD – September 2026

9:30 AM – 6:00 PM

Includes 5:00 PM Mass

Dinner with Team and Pastor afterwards

Contact Jackie Ferrari 908-782-1475

Or [parishoffice@easeton.net](mailto:parishoffice@easeton.net)

**SEPTEMBER – IN PERSON SESSION**

WASHINGTON, St. Joseph

Saturday, September 26 9:15 AM – 6:00 PM

Session begins promptly at 9:30 AM and includes lunch and 5:00 PM Mass.

Jim & Barbara McAloon

908-689-4560

**OCTOBER – IN PERSON SESSION**

North Plainfield, St. Joseph & St. Luke (SPANISH)

Friday, October 9      7:00 pm – 10:00 pm  
Saturday, October 10      9:00 am – 5:00 pm  
Must attend both sessions to complete course  
Sessions will be held at St. Luke's facilities  
300 Clinton Ave, North Plainfield, NJ 076063  
Contact Isabel Perez 908-405-8615  
[Perezisabel5@gmail.com](mailto:Perezisabel5@gmail.com)  
Contact Carolina Cordova 908-397-8156  
[Caroarango23@hotmail.com](mailto:Caroarango23@hotmail.com)  
\$130 per couple. Food included

**OCTOBER – IN PERSON SESSION**

PARLIN, St. Bernadette

Sunday, October 18      11:00 AM – 5:00 PM  
  
Lilybeth Delacosta  
[732-491-7238](tel:732-491-7238)  
[sbccprecana@gmail.com](mailto:sbccprecana@gmail.com)  
  
Or call parish office 732-721-2772

**OCTOBER – IN PERSON SESSION**

FORDS, Our Lady of Peace

Saturday, October 17  
Registration 12:00 Noon – 4:30 PM  
followed by 5:15 Mass  
Gloria DeMarzo 908-419-0340  
[Glodema@comcast.net](mailto:Glodema@comcast.net)  
Light lunch served. \$100.00 per couple  
Certificates distributed after Mass

**OCTOBER – IN PERSON SESSION**

COLONIA, St. John Vianney

Saturday, October 24, 2026      11:00am  
\$75 per couple. Lunch included.  
  
Call Deacon Tom Michnewicz to register:  
732-574-1651  
  
Facilitator: Deacon Vinny Brigande  
[vbrigande@sjvs.net](mailto:vbrigande@sjvs.net)  
  
(Held in the Church Upper Meeting Room)

**ALL YEAR – (SPANISH) Pre-Cana Sessions Will Be In Person**

NEW BRUNSWICK, Our Lady of Mount Carmel

Last Saturday of every month 3:30 – 5:30 pm

Must attend 2 consecutive Saturday sessions to complete the course.

Contact: Doris Torres - Parish Office 732-846-5873 or [dt.mtcarmel@verizon.net](mailto:dt.mtcarmel@verizon.net)

All sessions are in Spanish. Limited to 6 couples per session

**If needed, couples may attend God's Plan for a Joy-Filled Marriage,  
Pre-Cana or Engaged Encounter sessions**

**at another Diocese either in New Jersey or another US state.**

**For more information for the dioceses in New Jersey, please contact:**

Archdiocese of Newark    (973) 497-4323    [www.rcan.org](http://www.rcan.org)

Diocese of Camden    (856) 583-2904    [www.camdendiocese.org](http://www.camdendiocese.org)

Diocese of Paterson    (973) 377-1004    [www.rcdop.org](http://www.rcdop.org)

Diocese of Trenton    (609) 403-7156    [www.dioceseoftrenton.org](http://www.dioceseoftrenton.org)

**For more information for the dioceses in other US states, please visit their websites.**

### **A NEW OPTION FOR MARRIAGE PREPARATION**

Ideally, couples should meet together and in person during the marriage preparation process. However, if a situation arises where this is not possible, an online resource is available. This Pre-Cana Course includes a foundational NFP course and the Prepare/Enrich Inventory:

The cost for these prep sessions is \$225.00

This program has imprimatur and is on the official website of the USCCB:

<https://themarriagegroup.com/courses/pre-cana/>

Please speak with the pastor/pastoral minister for approval for this course.

## Natural Family Planning Course (NFP) – Elective (Highly Recommended)

Couples can use the Natural Family Planning knowledge to achieve, as well as to postpone pregnancy through awareness of natural body signs which indicate fertile and infertile times.

### Sympto-Thermal Method

The Sympto-Thermal Method of Natural Family Planning educates a couple in human sexuality and fertility and is based on the observation and interpretation of changes in basal body temperature, cervical mucus and the cervix to determine the fertile and infertile phases of the menstrual cycle. This requires full participation from both partners and both must be completely familiar with the method. Couple participation is one of the strongest benefits and recommendations of the Sympto-Thermal method of NFP.

The program is presented by a trained, experienced married couples in a series of four meetings held once every five weeks for four months. The fee is \$100.00 per couple.

### 2026 Natural Family Planning Classes

Held at the St. John Neuman Pastoral Center, 146, Metlars Lane, Piscataway, New Jersey

10:00 AM – 12:00 Noon

Course (must attend all 4 sessions) In Person Sessions

*There are no available in-person class dates at this time*

For classes on an appointment basis Monday-Thursday between 9:00 am and 4:00 pm at the St. John Neumann Center in Piscataway, please contact Rosemary Kern at 732-745-8600 ext. 8862

Call 732-562-1543 or email [magnese@diometuchen.org](mailto:magnese@diometuchen.org) with any questions or concerns

### Creighton Model Fertility Care System Method

The Creighton Model Fertility Care System is based upon a couple's knowledge and understanding of their naturally-occurring phases of fertility and in-fertility. It is the only family planning system which has networked family planning with gynecologic and procreative healthcare and health maintenance.

The teachers of the Creighton Model Fertility Care System method are trained allied health professionals. To register contact the Fertility Care Center of Hunterdon County 908-735-9344: Amy Sherlock, FCP; Kathy Golden, FCP; Eva Novak, M.D., NFPMCI, FCPI; Dr. Jean Golden-Tevold, D.O., FCP, CFCMC; [drjean@morningstarfhc.com](mailto:drjean@morningstarfhc.com).

\*Please note that virtual (on-line classes) are also available through the Couple to Couple League. For more information about future classes or to register log on to: <http://ccli.org/learn>

## GUIA DE PAREJAS PARA EL MATRIMONIO

<http://diometuchen.org/marriage-preparation>

¡Felicidades en su compromiso matrimonial!

El matrimonio es una vocación que implica una relación sagrada y duradera, vivida en el marco de la comunidad eclesial y en el más amplio de la familia humana. Para los cristianos bautizados, el matrimonio es un sacramento del amor de Cristo, expresado de la manera en que la pareja vive día a día, con la gracia de Dios, sus votos matrimoniales.

### Proceso de Preparación Matrimonial

El proceso preparación matrimonial debe comenzar no bien se hayan comprometido, aun si falta más de un año para la fecha de la boda. Normalmente el proceso debe empezar no menos de un año antes de la fecha deseada para el casamiento. Esto les dará un tiempo suficiente para preparar los detalles de la celebración matrimonial.

#### **Primer Paso:** Contactar la Parroquia

Contáctese con la Parroquia. Un miembro del plantel parroquial les ayudara para que se reúnan con el ministro pastoral (usualmente, el sacerdote o diácono de la Parroquia). La fecha de la boda no será registrada en el calendario parroquial hasta que haya tenido dicha reunión.

#### **Segundo Paso:** Reunión inicial con el sacerdote o diácono

En la primera reunión, el ministro pastoral le explicará el proceso de preparación matrimonial del que ustedes necesitan participar y les proporcionará información sobre los programas que están disponibles. El ministro pastoral empezará a completar los formularios canónicos necesarios y los asesorará sobre qué documentos son indispensables.

El ministro pastoral les puede solicitar que completen un formulario de inventario prematrimonial—el llamado en inglés F.O.C.C.U.S., que les ayudará a identificar los aspectos positivos y las áreas de su relación que necesitan crecimiento, las áreas de acuerdo y desacuerdo que ustedes pueden tener con el otro.

#### **Tercer Paso:** Registrarse para una sesión de formación matrimonial

La Parroquia y la Oficina de la Familia le ofrecen diversos programas de preparación matrimonial en inglés y español. Hay sesiones en español de Preparación Matrimonial y clases de Planificación Natural a su disposición. Estas sesiones se esfuerzan por proveerles un tiempo para reflexionar y discutir aspectos importantes del matrimonio con parejas casadas que están plenamente comprometidas en su vocación matrimonial.

## **Explicación de F.O.C.C.U.S. Inventario Prematrimonial y Las Sesiones de Formación Matrimonial**

### **F.O.C.C.U.S. Inventario Pre-Matrimonial**

Facilitando la comprensión abierta de comunicación de la pareja, F.O.C.C.U.S es una herramienta diseñada para ayudar a las parejas a aprender más sobre sí mismos y su relación interpersonal única. El inventario prematrimonial proporciona a cada pareja un perfil personalizado destacando áreas de Fortaleza, así como las áreas que requieren mayor discusión.

### **Taller de Preparación Matrimonial**

Estas sesiones están diseñadas para ayudar a las parejas comprometidas a comprender y abrazar una visión católica del amor matrimonial y en la construcción de un matrimonio feliz. Estas sesiones proporcionan una catequesis completa de las enseñanzas de la iglesia sobre el matrimonio y el regalo de la sexualidad humana basada en la "Teología del Cuerpo" Del Santo Juan Pablo II. Los temas incluyen: Comunicación, Resolución de conflictos, Problemas de origen de familia, Finanzas y Administración.

### **Curso de Planificación Familiar Natural (Opcional)**

Las parejas pueden utilizar el conocimiento de la Planificación Familiar Natural para lograr, así como para posponer el embarazo a través del conocimiento de los signos naturales del cuerpo que indican tiempos fértiles e infértiles.

Para más información sírvase contactar la:

Oficina de la Familia

732-243-4573

[family.life@diometuchen.org](mailto:family.life@diometuchen.org)

*Pague mediante tarjeta de crédito o enviando cheque con el formulario a continuación.*