



# WHAT WE DO

## ARCHDIOCESE OF SEATTLE OFFICE OF MARRIAGE AND FAMILY LIFE PROGRAMS AND SERVICES

The mission of the Office of Marriage and Family Life (OMFL) is to support the parishes, schools, and Catholic communities of western Washington as they minister to couples, families, and individuals. To inquire about any of the program offerings below, please contact us!

### **MARRIAGE PREPARATION**

#### **Marriage Prep Training (for parish staff and volunteers)**

We discuss best practices, marriage preparation curricula, young adult resources and how to manage marriage paperwork.

#### **Marriage Prep Opportunities (for couples)**

Engaged couples can benefit from a variety of marriage preparation formats such as the Betrothed Marriage Preparation retreat. We also offer training events for civilly married couples seeking convalidation.

*All training can be made available in English and Spanish.*

*To inquire about Marriage Prep resources for staff, volunteers, or couples, please contact us, or visit us online at [marriagefamilylife.seattlearch.org](http://marriagefamilylife.seattlearch.org) to view our calendar of upcoming events.*

### **SPIRITUALITY, FORMATION AND SUPPORT FOR MARRIAGES AND FAMILIES**

#### **Palisades Retreat Center**

The Palisades Retreat Center offers a variety of retreats for families, couples, and adults. Formats vary from full weekend retreats to one-day events. Visit their website to view upcoming retreats: [www.palisadesretreatcenter.org](http://www.palisadesretreatcenter.org).

#### **Beginning Experience Retreat**

Beginning Experience offers healing and support for those recovering from grief and divorce. Visit us online at [marriagefamilylife.seattlearch.org](http://marriagefamilylife.seattlearch.org) to view upcoming Beginning Experience Retreat opportunities.

#### **Living I Do Everyday parish dinner**

The OMFL supports parishes who wish to host a special dinner for married couples. Please contact us to find out more about hosting a marriage dinner for your parish.

#### **Pornography Addiction Response Training**

Clergy and pastoral leaders can benefit from workshops that offer training in pastoral response to pornography addiction. To receive notifications about upcoming training events, please contact Deacon Eric Paige at [Eric.Paige@seattlearch.org](mailto:Eric.Paige@seattlearch.org).

## PROMOTING NATURAL FAMILY PLANNING

### NFP Instructor Directory

The OMFL website maintains a directory of NFP instructors who are certified to teach NFP in the Archdiocese of Seattle. The directory includes teachers who use a variety of methods, and all instructors have their method certifications on file with the Archdiocese of Seattle. To view the directory, visit us online at [marriagefamilylife.seattlearch.org/nfpteachers](http://marriagefamilylife.seattlearch.org/nfpteachers).

## PARENT FORMATION EVENTS FOR PARISHES AND SCHOOLS

### Interested in hosting an event at your parish or school?

Please contact Deacon Eric Paige at [Eric.Paige@seattlearch.org](mailto:Eric.Paige@seattlearch.org) or call (206) 382-4864.

### Great Conversations

A video and interactive keynote presentation about how parents can have great conversations with their children about faith, love, and marriage.

*Includes video (38 minutes) and discussion guides*

### Made for Excellence: Forming Children in the Virtues

An interactive keynote presentation on forming children in the virtues of wisdom, justice, courage, and self-control.

### Taming Technology: Managing Screen Time

A presentation offering practical ways to manage screen time and make space for God in the home.

### Keeping your Family Sane in Insane Times: Practical tips from the Rule of St. Benedict

A keynote that discusses the Rule of St. Benedict as a means of cultivating peace in the midst of chaos and stillness in the busyness of daily life.

### LIKE Movie: A documentary about the impact of social media on our lives

An award-winning documentary that sheds light on the effects of technology on our minds, our families, and our younger generation. Followed by a panel discussion to discuss practical ways of managing technology in the home.

### “Do We Really Have to Go???” The Whys and Hows of Attending Mass as a Family

A compassionate take on the challenges of bringing children to Mass, offering encouragement and helpful strategies for parents.

## AT HOME WITH FAITH

**At Home with Faith** is a weekly resource for families. It offers a brief reflection and helpful conversation starters that help families discuss the Sunday scripture readings. It can also be a helpful tool for catechists who wish to incorporate the lectionary into their curriculum.

Visit us online at [marriagefamilylife.seattlearch.org/athomewithfaith](http://marriagefamilylife.seattlearch.org/athomewithfaith) to use the weekly resource. A PDF version is also available for download (English and Spanish).

## To learn more, please contact us:

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