

# DEEPER UNDERSTANDING OF THE MARRIAGE VOCATION

*Strengthening the vocational sense of marriage and the family in our world today through the formation that the Work offers*



## ANNUAL COURSES (HAVE 1-2 TOPICS A YEAR ON MARRIAGE)

The art of listening and speaking in marriage.  
Sincerity with your spouse  
The danger of living a double life.  
Voluntarism



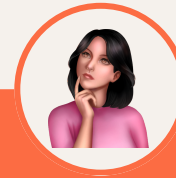
## CIRCLES (12 TOPICS ON MARRIAGE A YEAR)

- Communicating for unity
- Body language is the loudest
- Planning conversations
- The harm of the 'silent treatment'
- Avoiding conflicts
- Love languages
- Sharing in friendship
- Confessing/Asking forgiveness
- Empathetic listening
- Expressing gratitude
- Communicating about difficult topics (sexual intimacy, finances, in-laws)
- Sex education



## QUARTERLIES (1 TOPIC YEARLY)

Conflict resolution,  
meeting the needs of the other



## RECOLLECTIONS (3- 4 TOPICS A YEAR)

- Affirmation vs criticism in marriage
- The virtue of meekness in marriage
- Speaking in truth/Trust
- Anger management



## CHATS

To raise in the chat from time to time how I communicate with my spouse:

- How do I speak with my spouse, tone, is it respectful, kind?
- Do I let him know when I am upset or hurt in a constructive way?
- Do I really listen to my spouse?

*Theme for 2024*

- **General Resources:**

- *Bright and Cheerful Homes: Podcast* - <https://stjosemaria.org/podcasts/podcast-bright-and-cheerful-homes/>
- Note Book 10, Marriage and Family
- *Conversations with Msgr Escriva de Balaguer*, Telva interview, <https://escriva.org/en/book-subject/conversaciones/12915/>
- *Christ is Passing By, Marriage: a Christian vocation*, <https://escriva.org/en/es-cristo-que-pasa/marriage-a-christian-vocation/>

- **Opus Dei website:**

- Matrimonial Love, <https://opusdei.org/en/article/matrimonial-love/>

- **Communicating for unity:**

- <https://awifelikeme.com/4-communication-tips-to-build-unity-in-your-marriage/>,
- <https://smartloving.org/the-science-art-and-spirit-of-communication/>

- **Communication in Marriage:**

- <https://www.peterboroughdiocese.org/en/life-and-faith/marriage-preparation-session-on-communication.aspx>
- Planning the Conversation: <https://smartloving.org/two-of-us-openness-in-communication/>
- Languages of Love Ref: <https://youtu.be/doRMsjoDevY?si=ddqhqc78a3yucFL>

- **Asking for forgiveness:**

- <https://smartloving.org/the-art-of-apology-3/>, <https://www.foryourmarriage.org/blogs/i-am-sorry-sincerely/>
- Forgiveness Fundamentals (foryourmarriage.org)

- **Avoiding conflicts:**

- <https://www.foryourmarriage.org/25-ways-to-fight-fair/>
- <https://www.foryourmarriage.org/resolving-differences/>
- Ref, Point 4) the I statements, <https://www.peterboroughdiocese.org/en/life-and-faith/marriage-preparation-session-on-communication.aspx>
- Win Hearts, Not Arguments (Engaged Marriage)
- Five Tips to Fight Less and Love More (foryourmarriage.org)

- **Empathetic Listening:**

- <https://smartloving.org/empathetic-listening/>
- <https://smartloving.org/listening-for-true-understanding/>
- <https://www.marriage.com/advice/communication/how-to-be-an-active-listener-in-your-marriage/>

- Expressing Gratitude:
- <https://www.foryourmarriage.org/blogs/how-gratitude-strengthens-a-marriage/>
- Communicating about difficult topics (sexual intimacy, finances, in-laws):
- Intimacy - <https://www.foryourmarriage.org/desire-discrepancy/>
- Money-<https://www.familylife.com/articles/topics/marriage/marriage-challenges/finances/10-principles-for-talking-with-your-spouse-about-money/>
- <https://www.peterboroughdiocese.org/en/life-and-faith/resources/Marriage-Prep-in-COVID-19/Finances/Budgeting-for-Newlyweds.pdf>
- **Catholicpsych.com (marriage built to last):**
  - <https://www.dynamiccatholic.com/marriage/better-together-marriage-principles-communication>
  - <https://catholic-link.org/video/how-to-improve-communication-in-marriage/>
  - <https://www.peterboroughdiocese.org/en/life-and-faith/marriage-preparation-session-on-communication.aspx>
- **Togetherforlifeonline.com:**
  - The Myth of Multitasking and the Power of Listening
  - 5 Obstacles to Effective Listening
  - Communication and the Theology of the Body
- **Catholic Mom**
  - Finding Time Away from Your Spouse: A Lesson from the Theology of the Body (CatholicMom.com)
  - Family Communication (CatholicMom.com)
  - 10 Guidelines for Couple Decisions (Simple Marriage)
  - Do You Talk Too Much? (CatholicMom.com)
- **Sex Education**
  - Sex Ed: How do I teach my child?
  - A Parents Guide: Teaching the truth and meaning of Human Sexuality, catholicparents.org
  - As I have Loved you by Gerard O'Shea
  - Theology of the Body for Teens by Jason Evert
- **Books about Marriage and Communication**
  - We Really Need to Talk by Dr. Paul Donoghue and Dr. Mary Siegel
  - Are You Really Listening? by Dr. Paul Donoghue and Dr. Mary Siegel
  - The Good Listener by James Sullivan
  - God Knows Marriage Isn't Always Easy by Maureen Rogers Law and Lanny Law