

Enrich your marriage!

“The Sacrament of Matrimony signifies the union of Christ and the Church. It gives spouses the grace to love each other with the love with which Christ has loved his church the grace of sacrament thus perfects the human love of the spouses, strengthens their indissoluble unity, and sanctifies them on the way to eternal life.” (Catechism of the Catholic Church, 1661)

Cana Clubs: flexible formats for couples to gather together for prayer, discussion and fellowship. Contact Eileen Blain, 301-577-0985 or Fr. Thomas Morrow, 301-946-3636.

Center for Family Development: programs on marriage preparation, marriage enrichment, parenting, etc. Contact Jane Newstedt at 301-365-0612 or visit www.bethesdaafd.org

Christian Family Movement: national network of parish and neighborhood small groups. Parents meet regularly in one another's homes. Visit www.cfm.org.

Cursillo: a short course in Christianity, weekend retreats. Visit www.natl-cursillo.org.

Marriage Encounter: enriches communication skills and makes good marriages even better. Call 301-924-5683 (English) or 301-933-7529 (Spanish) or visit www.wvme.org.

Retorno: weekend experience for married couples to deepen their relationship with each other and with God. Contact Adrian and Mary Clare Auger at 301-251-9368 or visit www.marriageretorno.org.

Retrouvaille: weekend program with on-going support to help heal and renew troubled marriages. Contact Tom and Carol Moran at 301-468-6764 or visit www.retrouvaille.org

Teams of Our Lady: groups of 5-6 couples that meet monthly for support and spiritual enrichment. Call John and Carolyn Lyman at 301-424-1589 or visit www.teamsofourlady.org.

Catholic Charities: family resources, including parenting classes. Visit www.catholiccharitiesdc.org.

Marriage Counseling: find someone near you at www.catholictherapist.com or call the Archdiocese of Washington Office for Family Life at 301-853-4546.