



January 13, 2023

Dear Friends,

Happy New Year! I hope you and your families had a wonderful Christmas and are looking forward to your upcoming wedding.

Preparing couples for the Sacrament of Marriage is one of our parish's most serious responsibilities with parish Pre-Cana classes being a special opportunity for the Church to share Christ's vision for marriage and family life with engaged couples. As you may recall, formal preparation is required before the reception of any Sacrament, with attendance at a Pre-Cana program required of any couple wanting to be married in the Diocese of Pittsburgh.

The Diocese of Pittsburgh requires that parish Pre-Cana programs provide a minimum of 10 hours of instruction. Our parish Pre-Cana class is designed to allow you and your fiancé to complete the part of your preparation at home and then complete it on-site with us. With this in mind, I'd like to pass along the registration information for this year's Pre-Cana weekend scheduled for Saturday, March 4<sup>th</sup> from 9AM-5PM on the campus of St. Anne's Church, one of two churches that make up St. Paul of the Cross Parish.

We will be using the BELOVED series on the FORMED website. You can register for FORMED using the following instructions:

1. Navigate to FORMED.org
2. Click on "Sign Up"
3. Click on "Sign up as a Parishioner"
4. Create a New Account - Find our parish by entering our zip code "15234" in to the field.
5. Click on "St. Paul of the Cross" when it appears, then click "Next."
6. Register with your name and email

After registering, you can find the BELOVED series by going to PROGRAMS along the top menu bar, then clicking on THE SACRAMENTS. BELOVED should appear on the second row of choices. There are two parts to this series: 1) The Mystery & Meaning of Marriage 2) Living Marriage. Please email me once you register so that I can send you the pdf of the Couples Guide for Pt. 1. The schedule below can be followed to complete the *Couple's Discussion* and *Couple's Activity for* each session. Please let me know when you complete the Couple's Guide for Pt. 1 and I will be happy to send you the pdf of the Couple's Guide for Pt. 2.

Week of	Episode	Time	Episode	Time	Total Time
	Pt. 1 The Mystery & Meaning of Marriage				
1/22	1: Does Marriage Matter	34:25	2: Entering the Story of Marriage	33:37	1:07

1/29	3: Love Revealed	36:47	4: The Total Gift of Self	48:43	1:25
2/5	5: A Sacramental Bond	34:36	6: Real Challenges, Real Love	48:06	1:22
Pt. 2 Living Marriage					
2/12	1: Christ at the Center	18:26	2: A Deeper Unity	18:00	36:26
2/19	3: Conflict & Communication	19:04	4: Building a Thriving Marriage	18:34	37:38
2/26 Pre-Cana	5: Protecting the Bond	20:45	6: Sexuality & Authentic Love	20:22	41:07

We plan on discussing the final two parts, along with reviewing your responses to the previous sessions when we meet on March 4th. Our schedule for the 4th:

- 9:15-9:45 - Registration & breakfast
- 9:45 - 10:00 - Welcome, Opening Prayer
- 10:00 - Noon - Session Review
- Noon - 1PM - Lunch
- 1:00 - 3:30 - Session Review
- 3:30 - 4:00 - Conclusion, seating at Church, Pastor's Remarks
- 4:00 - 5:00 - Mass

You can use the QR code below, this link <https://forms.gle/pZj1hoVtLNSLf2Y28>, or call the parish office (412) 531-5964 to register. The deadline to register is February 26<sup>th</sup>. Bring \$60.00, cash or check (made payable to *St. Paul of the Cross Parish*), on Saturday morning as well to cover the cost of this retreat.

Please let me know if you have any questions, I can be reached at [dfontana@stpaulofthecross.com](mailto:dfontana@stpaulofthecross.com)

I look forward to seeing you on March 4.<sup>th</sup>

Don Fontana  
 Director: Adult Formation &  
 Safe Environment Coordinator

