



SAINT PAUL OF THE CROSS PARISH

December 30, 2025

Hello Everyone,

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

Preparing couples for the Sacrament of Marriage is one of our parish's most important responsibilities with our parish Pre-Cana being a special opportunity to share Christ's vision for marriage and family life. The Church insists on formal preparation before the reception of any Sacrament, and attendance at a Pre-Cana program is 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 is designed to allow you and your fiancé to begin part of your preparation at home online and then complete it on-site with us. Pre-Cana weekend 2026 is scheduled for Friday, February 27th from 7-9 PM and Saturday, February 28th from 9AM-5PM, both days in Harkins Hall, on the campus of St. Anne's Church, of St. Paul of the Cross Parish.

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

Go to [FORMED.org](https://www.formed.org)

2. Click on "FORMED FOR INDIVIDUALS"
3. Enter your email address
4. Find St. Paul of the Cross Parish by entering our zip code "15234"
5. Complete Name and Email Address fields

After registering, you can find the BELOVED series by going to PROGRAMS (fourth from the left) along the top menu bar and 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. Once you register, email me so that I can send you the pdf of the Couples Guide for Pt. 1. The *Couple's Guide* has the *Discussion* and *Activity* questions you will need to discuss for each session. The schedule below can be followed to complete the *Couple's Discussion* and *Couple's Activity* for each session. Please email me and let me know when you complete the *Couple's Guide* for Pt. 1 and I will send you the pdf of the *Couple's Guide* for Pt. 2.

2026 Week of	Episode	Time	Episode	Time	Total Time
	Pt. 1 The Mystery & Meaning of Marriage				
1/18	1: Does Marriage Matter	34:25	2: Entering the Story of Marriage	33:37	1:07
1/25	3: Love Revealed	36:47	4: The Total Gift of Self	48:43	1:25
2/1	5: A Sacramental Bond	34:36	6: Real Challenges, Real Love	48:06	1:22
	Pt. 2 Living Marriage				
2/8	1: Christ at the Center	18:26	2: A Deeper Unity	18:00	36:26
2/15	3: Conflict & Communication	19:04	4: Building a Thriving Marriage	18:34	37:38

2/22	5: Protecting the Bond	20:45	6: Sexuality & Authentic Love	20:22	41:07
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Our Pre-Cana weekend includes presentations by couples from the parish, discussing your responses to the *Couple's Discussion* and *Couple's Activity* for each session, a presentation by our pastor, Fr. Joe Uzar, and Mass. I send a detailed schedule for the weekend in mid-February.



Please register by completing the Registration Form here: [\[Link\]](#) by February 23rd and bring \$70.00, cash or check (made payable to *St. Paul of the Cross Parish*), on Saturday morning to cover the cost of this retreat.

Please let me know if you have any questions, I can be reached at 412.531.5964 or dfontana@stpaulofthecross.com.

I look forward to seeing you!

Don Fontana

Director: Adult Formation &
Safe Environment Coordinator