

Church provides resources to grow and strengthen marriages

By Gabriela Ross

“... in good times and in bad, in sickness and in health, I will love you and honor you...”



These wedding vows are put to the test for every couple during the course of their married life. You might say that a greater percentage of us have been faced with sickness and health concerns over the past year-and-counting.

Whether your family has experienced physical illness (perhaps more than once) or the mental strain of coping with constantly changing dynamics and wrestling with the unknown for so long, it would be few who could say their marriage has been left unscathed by life's experiences of late.

While we might be tempted to put our heads down and try to outlast the storm, we are invited to lean on Christ in the midst of the chaos and make him our stronghold: “The Lord is good, a stronghold in a day of trouble; he protects those who take refuge in him” (Na 1:7).

Communicating with God through prayer, individually and as a couple, is sure to keep us grounded in the love that is the source of our married love.

The sacraments play an important role in maintaining that communion of grace with God. The Eucharist renews our union with God and reminds us of our call to lay down our life for our spouse like Christ did for the Church.

Penance gives us the opportunity to ask forgiveness for falling short in our call to love and reminds us that we are not perfect. We need God's help to love others like he intended, including our spouse.

Marriage itself as a sacrament comes with the graces to live the married vocation. When we encounter times of trouble, we can ask God in prayer to stir up those graces we received on our wedding day and renew our commitment to our wedding vows.

These are some of the spiritual supports available for married couples going through difficult times. There are also pastoral and professional resources available that couples are encouraged to take advantage of, as needed. (See page 4B for a list.) Because God has created us a union of mind, body and spirit, we do well to tend to all aspects of the human person when challenges arise.

Pastoral resources include local and virtual marriage retreats, both for couples looking to nurture their vocation and for couples experiencing the strains of life on their relationship.

Resources are available for parishes that wish to start a faith-focused marriage small group. And workshops are available for couples who need more tools to help in areas like improving communication, conflict resolution and building trust.

Thankfully, couples do not have to do this alone. In addition to spiritual anchors and support from clergy and pastoral leaders, there are Catholic therapists in the archdiocese who are ready to offer their professional support to couples who are seeking forgiveness and healing, or to reconnect after a challenging or traumatic experience. (Yes, this past year qualifies as a challenging experience.)

I hope this supplement of *The Criterion* inspires you with stories of married couples who are not perfect but are seeking holiness. I hope you are better informed of the many resources available to help you or a loved one during difficult times. And I ask that you join me in praying



for all married couples to be renewed in the grace of their sacrament so that they may lean on the Lord as their stronghold in the day of trouble and take refuge in him.

(Gabriela Ross is the director of the archdiocesan Office of Marriage and Family Life. She may be reached at gross@archindy.org or 317-592-4007.) †

New Albany Deanery PreCana retreats offer ‘huge benefit for any engaged couple’

By Natalie Hoefler

When Kristina Siepel and her husband David were married four and a half years ago at St. John Paul II Parish in Sellersburg, “We didn’t go on a day [engaged couples] retreat but worked with a marriage sponsor couple.”

It’s not that the couple didn’t want to participate in a marriage preparation retreat—there weren’t any available in the New Albany Deanery. There never had been.



Jamie and Tom Schillmiller pose with their children Lee, left, Lacy and Evan. (Submitted photo)

“That meant [engaged couples] had to stay overnight in Indianapolis or go to Louisville, which is a different archdiocese,” said Siepel.

As director of religious education (DRE) at the time for St. John Paul II, that fact bothered her.

She discussed the issue with a group of local, empathetic DREs and parish leaders.

“We wanted to make it possible for [engaged couples] to go close to home, in their archdiocese with other local couples from local parishes.”

In October 2020, the deanery held its first semi-annual PreCana engaged couples retreat.

“It’s all good stuff, important stuff,” Siepel said of the content. “It’s not just theological [material], but also practical.”

‘No need to recreate the wheel’

The decision to implement a marriage preparation retreat “came organically at a meeting of parish DREs, pastoral associates and youth ministers,” said Michelle Fessel, associate director of communications and parish initiatives for Catalyst Catholic. The organization serves as a resource center for the New Albany Deanery.

Once the need was identified, Fessel contacted Gabriela Ross, director of the archdiocesan Office of Marriage and Family Life.

“It only made sense to make sure what we offered in the southern part of the state was in line with and exactly replicated off of the archdiocesan model,” said Fessel. “There was no need to re-create the wheel. We just needed to utilize the resources available to us.”

Ross met with the group and shared about the archdiocese’s one-day retreat model based on Ascension Press’s “Joy-Filled Marriage” resource.

“They discerned that it was exactly what they were looking for, and work began to form a team from all the interested parishes in the deanery,” she said.

The marriage preparation resource “has [couples] look at topics they might not have looked at before,” said Siepel. “There are some real practical ones, like conflict resolution and money [management].

“For theology, it helps people to understand that God

needs to be kept in the center of marriage from day one, and he has a plan for what marriage looks like.”

Couples from various New Albany Deanery parishes were selected to present the program’s eight topics, then received training from the PreCana organizing team.

“We helped them pick out an activity that goes with their topic,” said Siepel. “We go through the talk material with them, make sure they’re giving good examples, help with public speaking and finding a balance of both of them speaking. We try to help them make it engaging and practical, using their own examples and examples from the [resource] book and the Bible.”

‘Starting points for conversation’

One of the retreat’s goals is to give engaged couples “tools so they have starting points for conversation,” said Siepel.

Having those conversations before saying “I do” is important, said presenting couple Jamie and Tom Schillmiller. They and their three children are members of St. Mary Parish in Navilleton.

Jamie said she only remembers part of the retreat she and Tom traveled to attend before marrying in 2005.

“What I do remember is that it made us talk,” she said. “I can remember afterward going to a nearby Dairy Queen. We ate and talked for half the day.”

The couple encourages the PreCana participants to talk as well. They start their presentation with a game, said Tom, having each person “write answers real fast to questions like where they met, but also do you want to have kids? Are you going to church or not? Who will mow the yard? Will you share a bank account or not? It’s just to get them thinking.”

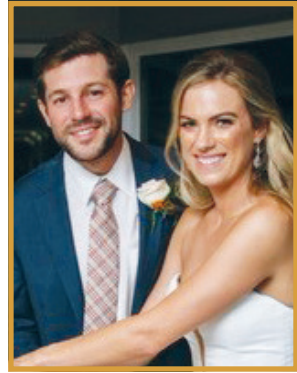
The Schillmillers then discuss the role of virtue in marriage and designing a marriage mission, “a vision of what you want your marriage to be,” said Tom. “If you do that well, it helps shape the next generation to do things right—that’s our message to them.”

“We tell them you have to agree on things before you get married,” Jamie added. “It’d be hard to say ‘let’s get married’ but not talked about religion or if you want kids

See **NEW ALBANY**, page 4B

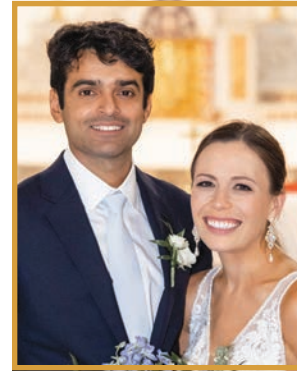
Wedding ANNOUNCEMENTS

Cleary-Farrell



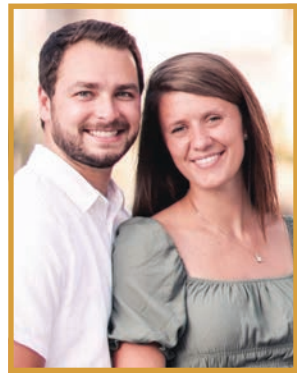
Kathryn J. Cleary and Thomas Charles Farrell were married on Sept. 7, 2021, at St. Joan of Arc Church in Indianapolis. The bride is the daughter of William and Vanesa Cleary. The groom is the son of Michael and Ellen Farrell.

Flood-Kheraj



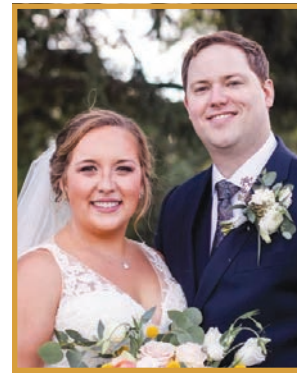
Elizabeth Marie Flood and Azar Kheraj were married on Sept. 4, 2021, at St. John the Evangelist Church in Indianapolis. The bride is the daughter of Dr. Mike and Cathy Flood. The groom is the son of Mohammad and Yasmin Kheraj.

Cleeter-Brankin



Shelby Cleeter and Ryan Brankin will be married on May 7 at St. Roch Church in Indianapolis. The bride is the daughter of Andrew and Christa Cleeter. The groom is the son of Patrick and Susan Brankin.

Gillaspy-McCauley



Sarah Elizabeth Gillaspay and Ryan Philip McCauley were married on Sept. 25, 2021, at St. Christopher Church in Indianapolis. The bride is the daughter of David and Barbara Gillaspay. The groom is the son of Philip and Terri McCauley.

Eifrid-Mills



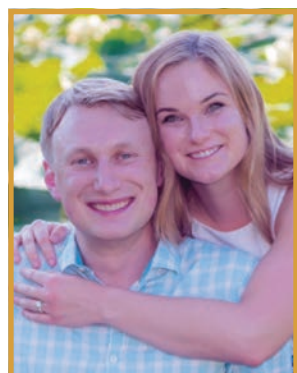
Anna Nancy Eifrid and Christopher Scott Mills will be married on May 21 at SS. Peter and Paul Cathedral in Indianapolis. The bride is the daughter of Celeste Kichelski and Anthony Eifrid. The groom is the son of Tom and Donna Mills.

Hanson-Rose-Ronnebaum



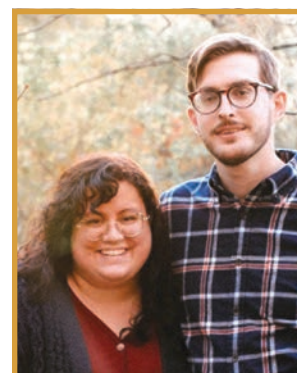
Bettina Maria Hanson-Rose and Raymond Leo Ronnebaum were married on Oct. 10, 2021, at St. Gabriel Church in Connersville. The bride is the daughter of Antoinette Caruso-Hanson and the late Hollis Hanson II. The groom is the son of Ruth Ann Meer-Ronnebaum and the late Alvin Ronnebaum.

Ellington-Schickel



Lindsey Elizabeth Ellington and Michael Connor Egan Schickel will be married on May 21 at St. Charles Borromeo Church in Bloomington. The bride is the daughter of Jeffrey and Hope Ellington. The groom is the son of Richard and Joanne Schickel.

Harshey-Treutel



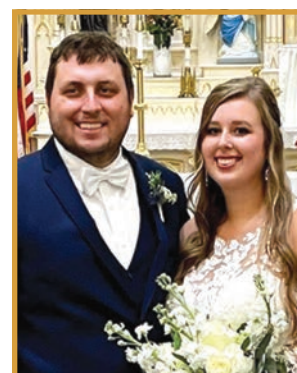
Clare Christine Harshey and William Joseph Treutel will be married on Feb. 26 at St. John the Apostle Church in Bloomington. The bride is the daughter of Jacqueline Hof and Sean Harshey. The groom is the son of Paul and Jill Treutel.

Ellingwood-Crocker



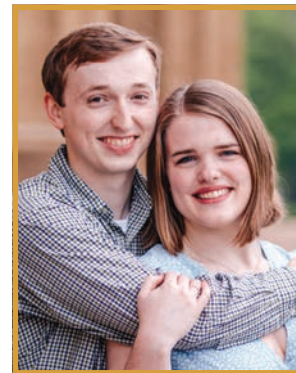
Maria Elisabeth Ellingwood and Alexander Thomas Flores Crocker were married on Jan. 1 at SS. Peter and Paul Cathedral in Indianapolis. The bride is the daughter of Brent and Lisa Ellingwood. The groom is the son of Dale and Olga Crocker.

Hartman-Rose



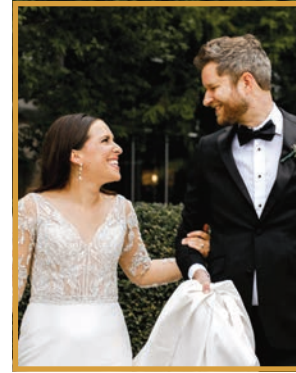
Jillian Rachel Hartman and Jaeger Alden Rose were married on Sept. 4, 2021, at St. Louis Church in Batesville. The bride is the daughter of William and Barbara Jo Hartman. The groom is the son of Bettina Rose-Ronnebaum and the late Jason Rose.

Heckman-Argo



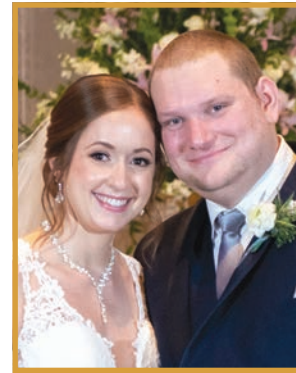
Teresa Maria Heckman and Dustin Brent Argo will be married on June 25 at St. Simon the Apostle Church in Indianapolis. The bride is the daughter of Tommy, Jr., and Carol Heckman. The groom is the son of Dr. David and Deanna Argo.

Hoffman-Haggard



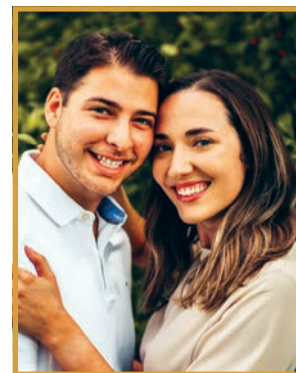
Jennifer Elise Hoffman and Gabriel Haggard were married on Oct. 23, 2021, at St. Joan of Arc Church in Indianapolis. The bride is the daughter of Howard and Mary Anne Hoffman. The groom is the son of Nathan and Mary-Mark Haggard.

Huntine-Fallon



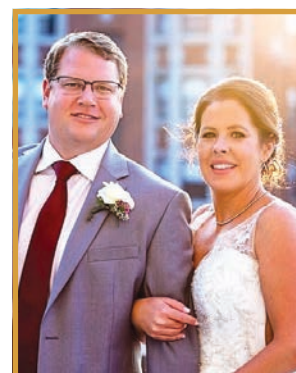
Anna Catherine Huntine and Kenneth James Fallon were married on Jan. 1 at St. Pius X Church in Indianapolis. The bride is the daughter of Michael and Jill Huntine. The groom is the son of Ken and Wendy Fallon.

Kinniry-Wilson



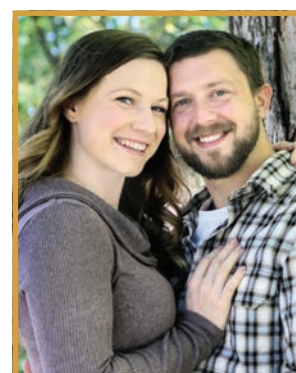
Sarah Isabella Kinniry and Anthony Nicholas Wilson will be married on June 4 at the Cathedral of the Immaculate Conception in Fort Wayne (Diocese of Fort Wayne-South Bend). The bride is the daughter of David and Holly Kinniry. The groom is the son of Mark and Kathy Wilson.

Knoth-Harker



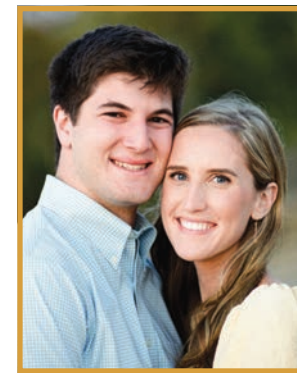
Michelle Marie Knoth and Chad Joseph Harker were married on Sept. 10, 2021, at St. Pius X Church in Indianapolis. The bride is the daughter of James and Pamela Knoth. The groom is the son of Charles and Barb Harker.

Konopa-Brooks



Christine Mary Konopa and Joshua Michael Brooks will be married on April 30 at St. John the Apostle Church in Bloomington. The bride is the daughter of James and Kathleen Konopa. The groom is the son of James and Anne Brooks.

Kruer-Clinard



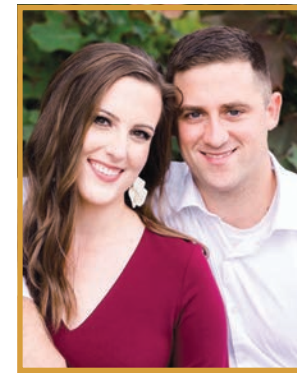
Lindsey Alaine Kruer and Sam Wesley Clinard will be married on June 3 at St. John Paul II Church in Sellersburg. The bride is the daughter of Kevin and Becky Kruer. The groom is the son of Mike and Penny Clinard.

Kruer-Tipker



Kaitlyn Hannah Kruer and George Edward Tipker IV will be married on May 14 at St. John Paul II Church in Sellersburg. The bride is the daughter of Kevin and Becky Kruer. The groom is the son of George III and Sherry Tipker.

Lavoie-Vonderheide



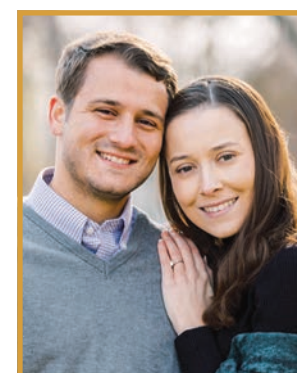
Juliana Lavoie and Kevan Vonderheide were married on Feb. 12 at SS. Francis and Clare of Assisi Church in Greenwood. The bride is the daughter of Chris and Julie Lavoie. The groom is the son of Dala and the late Scott Vonderheide.

Lawrence-McIntosh



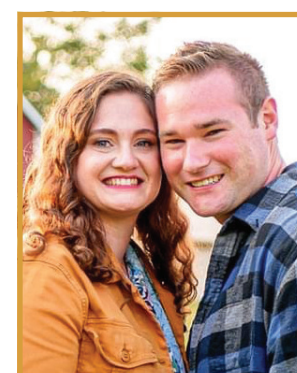
Vanessa Marie Lawrence and Bryant McIntosh were married on July 24, 2021, at St. Mary Church in Greensburg. The bride is the daughter of Jeffery and Connie Lawrence. The groom is the son of Scott and Shelly McIntosh.

Mascari-Holtz



Laura Elizabeth Mascari and Joseph Anthony Holtz will be married on June 18 at Our Lady of the Most Holy Rosary Church in Indianapolis. The bride is the daughter of Richard and Gina Mascari. The groom is the son of Daniel and Rita Yadevia Holtz.

Naville-Zoeller



Rachel Rene Naville and Nicholas Scott Zoeller will be married on May 28 at St. Mary Church in Navilleton. The bride is the daughter of William and Pamela Naville. The groom is the son of Raymond and Deborah Zoeller.

Pimental-Gannon-Sikora



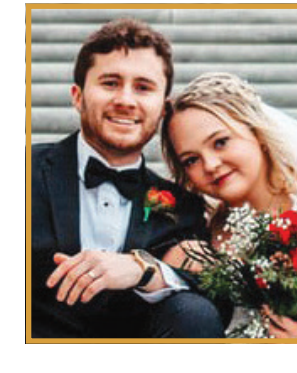
Jacqueline Marie Pimental-Gannon and Mark Matthew Sikora will be married on May 14 at St. Monica Church in Indianapolis. The bride is the daughter of John Gannon and Maria Pimental-Gannon. The groom is the son of John and Katherine Sikora.

Pliske-Dwyer



Megan Lucille Pliske and Christopher Thomas Dwyer will be married on May 14 at St. Charles Borromeo Church in Bloomington. The bride is the daughter of Timothy and Sara Pliske. The groom is the son of Thomas and Beth Dwyer.

Semmler-Dippold



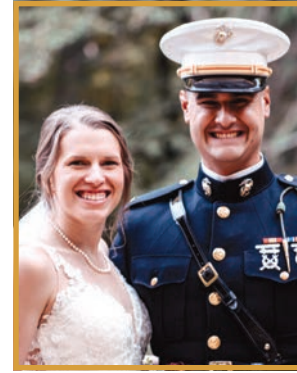
Kate Berit Semmler and Luke Daniel Dippold were married on Dec. 21, 2021, at SS. Peter and Paul Cathedral in Indianapolis. The bride is the daughter of Edward and Deborah Semmler. The groom is the son of Mark and Kelly Dippold.

Stonecipher-Runion



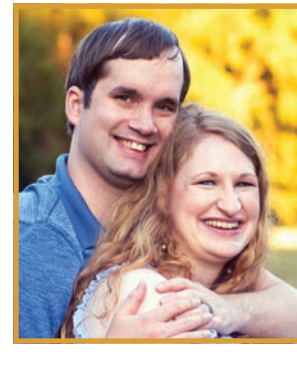
Lori A. Stonecipher and Bill J. Runion will be married on June 25 at SS. Francis and Clare of Assisi Church in Greenwood. The bride is the daughter of Sharyl Hardyman and Jim Stonecipher. The groom is the son of Mark and Peggy Runion.

Tieman-Porres



Lauren Elizabeth Tieman and Nestor Emilio Porres were married on Oct. 30, 2021, in Immaculate Heart of Mary Church in Indianapolis. The bride is the daughter of David and Monica Tieman. The groom is the son of Nestor and Angeliqe Porres.

Zink-Spalding



Claire Elizabeth Zink and Joshua Lee Spalding will be married on May 21 in St. Maximilian Kolbe Church in Liberty, Ohio. The bride is the daughter of Kurt and Jo Zink. The groom is the son of Timothy and Diana Spalding.

Pre-Cana Conference, Tobit Weekend and One in Christ program prepare engaged couples for marriage

Criterion staff report

Three marriage preparation programs offered in the archdiocese—the Pre-Cana Conference, Tobit Weekend and One in Christ—help prepare engaged couples for the sacrament of marriage as well as the challenges of married life.

Early registration is recommended for all programs, as each fills up quickly.

Pre-Cana Conference are typically one-day programs offered in parishes throughout the archdiocese in English and Spanish. This year there will be one two-day offering in Indianapolis to allow more time with experts, for prayer and for individual couple interaction. The schedule for 2022 is as follows:

- April 30 in English, 8:30 a.m.-6:30 p.m. at Nativity of Our Lord Jesus Christ Parish, 7225 Southeastern Ave., Indianapolis, \$135.
- Sept. 17 and 24 (two-day option) in English, 8 a.m.-6:30 p.m. at Holy Name of Jesus Parish, 89 N. 17th St., Beech Grove, \$135.
- Oct. 22 in English, 8:30 a.m.-6 p.m., at Mount St. Francis, 100 St. Anthony Dr., Mt. St. Francis, \$125.

To register for Pre-Cana conferences at Mount St. Francis, go to catalystcatholic.org/precana. For all others, go to www.archindy.org/precana. For more information about the program, contact the archdiocesan Office of Marriage and Family Life at 800-382-9836, ext. 1521, or 317-236-1521.

Tobit Weekend retreats take place at Our Lady of Fatima Retreat House, 5353 E. 56th St., in Indianapolis, and are offered in English. There are three opportunities remaining in 2022: April 29-May 1, June 24-26 and Sept. 16-18.

The registration fee of \$298 includes program materials, meals, snacks and overnight accommodations for the weekend.

To register, go to www.archindy.org/fatima/calendar/tobit.html. For questions about registering, contact Jennifer Burger at jburger@archindy.org or 317-545-7681. For more information about the program and its contents, contact Cheryl McSweeney at cmcsweeney@archindy.org or 317-545-7681, ext. 106.

One in Christ marriage preparation, which includes a medical panel to address questions regarding reproduction and fertility, is a three-day program spanning a weekend and the following Saturday. The first day of the program is 8:30 a.m.-5 p.m., the second day is 10 a.m.-5 p.m., and the third day is 8:30 a.m.-4 p.m. The cost is \$250, which covers meals and materials.

There are two sessions scheduled for 2022:

- March 5, 6 and 12 at Our Lady of the Greenwood Parish, 335 S. Main St., in Greenwood.
- July 9, 10 and 16 at St. Malachy Parish, 9833 E. County Road 750 N., in Brownsburg.

To register, go to oicindy.com/seminar-registration. For more information call 317-600-5629, e-mail info@OICindy.com or go to www.OICindy.com. †

Papal blessing certificates celebrate wedding anniversaries and more

Did you know the Vatican issues papal blessing certificates to recognize and celebrate wedding anniversaries, ordinations and religious profession jubilees, baptisms, first Communion, confirmations and birthdays? They make for a special way to celebrate a landmark milestone in a couple's or individual's life.

The certificates are available for wedding anniversaries, ordinations and religious professions

from 10-80 years in five-year increments.

They are also available to mark birthdays of 18, 30 and 40 years, 50-95 years in five-year increments, and 100-110 years.

The cost is 20 Euros (currently about \$23) per certificate.

For more information or to order online, go to cutt.ly/papalcertificates. †

Rwandan martyrs Cyprien and Daphrose Rugamba are role models for peace, prayer and trust in God's mercy

(Originally published in Black Catholic Messenger on Oct. 21, 2021. Reprinted with permission of the editor and author.)

By Nancy Sangwa Saro

"The blood of martyrs is the seed of the Church."

These words of Tertullian, an early Church Father, still ring true today in the witness of Servants of God Cyprien and Daphrose Rugamba and six of their 10 children.

The night before they were killed, on the first of the 100 days of the Rwandan Genocide in 1994, the family had spent the night in adoration in their home, where they had special permission to have the Blessed Sacrament reserved in the tabernacle of their home chapel.

One of their sons present that terrible morning survived, having played dead during the attack, and his family's bodies were discovered with eucharistic hosts scattered all over them and the tabernacle shot into by the assailants.

A devoted family prayer life was not

always the reality of the family. After his time in seminary during the 1950s, Cyprien was a staunch atheist—even after he married Daphrose, who was known to be a devout Catholic. Her prayer life carried her through the dark times of their marriage, as Cyprien despised her faith and conceived a child with another woman.

In 1982, Daphrose's prayers were answered when Cyprien became ill. All of his senses, including his sight and hearing, were affected, which was very humbling for a renowned artist. As Cyprien observed Daphrose's loving care for him despite all he had put her through, he began to wonder about her faith and his heart began to transform, restoring their marriage. Cyprien had a miraculous recovery on his way to get medical treatment in Europe and his conversion was solidified.

The whole family began to live a life committed to prayer and charity, with Daphrose having special compassion for children who lived on the street, and Cyprien began to compose numerous

beautiful songs praising God. Many of the songs he wrote are still sung in Catholic Churches all over Rwanda.

One written not long before his death considers the joy of entering heaven: "Nzataha Yerusalem Nshya" (which translates to "I will enter the new Jerusalem"). My own family sang it when we laid my grandmother to rest in Texas.

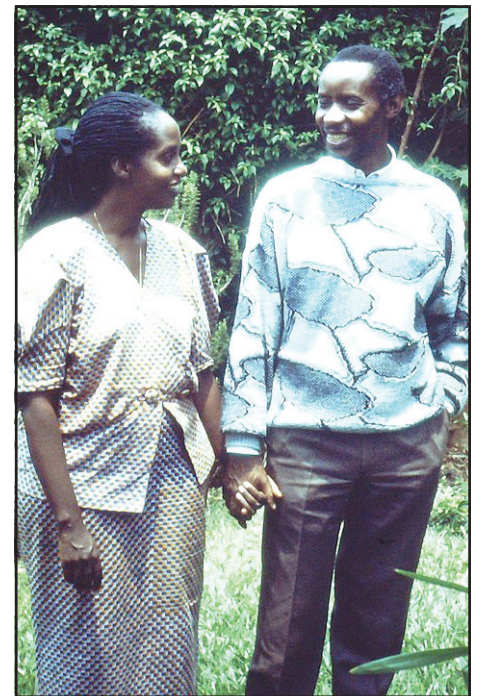
When political tensions arose between Hutus and Tutsis during the late 1980s and early 1990s in Rwanda, Cyprien spoke out boldly for peace, which put him and his family on a list of those to be killed. Even with the opportunity to leave the country to escape danger, the couple chose to stay and trust in God's mercy.

Before they were taken up to heaven, Cyprien and Daphrose laid the groundwork for the faith of many to be strengthened and restored during a time of deep uncertainty after the genocide of the Tutsis. By establishing the Emmanuel Community in Rwanda, a public association of the faithful of pontifical right, they created a community that many would call home and find refuge in.

The Rugambas' martyrdom gave life to the faith of their brothers and sisters, which allowed them to welcome in many who were seeking—including my own parents. Some of my earliest memories were created at the children's center Daphrose started, where the Emmanuel Community still takes in homeless children to this day.

On his visit to Kigali in 1990, four years before the genocide, Pope St. John Paul II said:

I believe that holiness exists among the people that are here among you, in the people of Rwanda, in your marriages, in your families. I am convinced of this. One of my fondest desires is to be able to beatify or canonize a couple as soon as possible. There is a great need. So all that I should wish for you is that this canonized couple come from Rwanda.



Cyprien and Daphrose Rugamba smile in the garden of their home in Kigali, Rwanda, in 1992. (Photo by Karel Dekempe courtesy of Wikipedia with licensure by Creative Commons Attribution-Share Alike 3.0 Unported)

That would be a sign of your Church's spiritual maturity.

In 2015, Cyprien and Daphrose Rugamba were declared "heroic in virtue," giving them the title Servants of God and marking the start of the formal process toward their canonization. In September 2021, the diocesan inquiry into their lives was concluded.

The documents on their lives have now been sent to the Vatican for approval.

(Nancy Sangwa Saro is a Rwandan-American who works as a neonatal ICU nurse and student of bioethics in the San Francisco Bay area. To view a documentary on Cyprien and Daphrose Rugamba, go to cutt.ly/Rugamba.) †

Prayer for the beatification of the Servants of God Cyprien and Daphrose Rugamba

Holy Father,

We pray for the beatification of the Servants of God Cyprien and Daphrose. Give us to always have, like them, an incessant zeal for adoration, a heart burning of love for you and an active compassion for all who suffer.

Help us to give ourselves freely for the evangelization of the families and the poor.

In communion with Cyprien and Daphrose, we entrust to you especially couples who experience marital difficulties and people who are struggling to forgive

their enemies, and we ask you to make us instruments of peace. Through the intercession of these Servants of God, we ask you Lord, according to Your will, the grace of (express your intention).

Lord, grant us peace and the grace that we ask in faith. Amen

(Those who have received favors through their intercession may write to: causescyprienetdaphrose@emmanuelco.org. Donate online: cyprienetdaphrose.com.) †

NEW ALBANY

continued from page 1B

and how you'll raise them."

Along those lines, Siepel said one of her favorite talks during the PreCana retreat is on Natural Family Planning (NFP).

"I think the NFP talk is important because I think a lot of people are not aware of it and how good it is," she said.

The presentation addresses "how the body works," she said. "But it also shows you how God works, and that you work with the Creator, and you understand how the creation works, and you're making an informed decision on if this is the right time to have a child."

Besides, said Siepel, "If [a couple] can talk about NFP, they can talk about anything."



Kristina Siepel

'The benefits speak volumes'

The New Albany Deanery PreCana retreats are held at Mount St. Francis Center for Spirituality in Mt. St. Francis and are open to all engaged couples regardless of deanery.

Fessel calls the program "a great example of parishes in the New Albany Deanery working together toward a common goal of preparing couples for what lies beyond their wedding day.

"So often, we tend to focus on the events of the wedding day—the dress, the liturgy, the reception venue—that we forget to plan for the marriage," she said.

"The PreCana engaged couples' workshop certainly pokes and prods couples to think about some tough topics in hopes that they can unite behind some common goals for their newly forming families."

Many couples who have participated in the retreat agree, according to post-retreat surveys.

"I've been on a lot of retreats, but this one may have made the biggest impact," said one person. The individual "loved" that couples sat at individual tables, "sharing an intimate discussion. I was so afraid we were

walking into a room where we would have to share our souls and personal details with a bunch of strangers."

One couple noted that they had "been together for a long time, but we found things we hadn't discussed." They also "loved the [Schillinger's] newlywed game."

Even those who have celebrated the sacrament of marriage before found the retreat valuable: "Excellent retreat. I didn't know what to expect as an older couple marrying for the second time. It was worth our time."

"I am very proud of our parish leaders and the team at Catalyst Catholic for working with the archdiocese to produce an excellent marriage preparation retreat," said Ross.

"The presenters and team are so dedicated, and the talks are so rich and hands-on. It will be a huge benefit for any engaged couple that attends."

"We highly recommend it," added Tom. "It may be uncomfortable for someone to say 'yes' to go, but the benefits at the end of the day speak volumes."

(For more information on PreCana retreats in New Albany, go to catalystcatholic.org/precana or call 812-923-8355.) †

Resources for married couples in challenging times

Following is a list of resources provided by the archdiocesan Office of Marriage and Family Life to help married couples facing challenging times in their marriage:

- "Witness to Love" Virtual Date Night Series (witnessstolove.org/datenight): for married couples, military couples, hospital workers and first responders.

- ForYourMarriage.org: sponsored by the U.S. Catholic bishops, library of helpful blog posts for every stage of marriage preparation and married life.

- The Third Option (carmelthirdoption.org/web): series of free, virtual

workshops for couples considering divorce who want to give their marriage a chance. Upcoming dates and topics: March 3, Understanding Expectations; March 10, Re-Defining Power Struggle; March 17, Control Issues; March 24, Listening Beyond the Words; March 31, Personality Differences.

—Retrouvaille (www.helpourmarriage.org): weekend retreat and follow-up sessions for couples struggling or separated needing support to avoid divorce, offered in Indianapolis, New Albany and neighboring dioceses. Upcoming retreats: March 4 (deadline

to register is Feb. 28) and Aug. 12 in Indianapolis; April 1 and Sept. 9 in Cincinnati.

- Red Bird Ministries (redbirdlove.org): Catholic apostolate for spouses experiencing the death of a child, from miscarriage to adulthood; free support groups available online, paid additional resources available.

- STRIVE for Men (cutt.ly/cleanheart) and BLOOM for Women (www.bloomforcatholicwomen.com): for couples negatively affected by pornography use in their marriage.

- Infertility: select "Natural Family

Planning" from left-hand menu at www.archindy.org/marriageandfamily for resources and contact information for Catholic doctors and certified instructors.

- Catholic Therapist Directory: select "Therapists" from left-hand menu at www.archindy.org/marriageandfamily, most in the Indianapolis area, some offer online counseling. Catholic therapists wishing to be added to the directory can contact Office of Marriage and Family Life.

To access these and many other resources, go to www.archindy.org/marriageandfamily and select "Marriage Resources" from the left-hand menu. †