

# The Couple Mentor Journey

for all engaged and  
newly married couples!

We maintain our finances, cars, houses...  
What about marriage? Do you believe that your  
spousal relationship needs to be frequently  
maintained? We certainly do!

**Start your marriage well and build a sound  
foundation for your lives together.**

The Catholic Archdiocese of Singapore has  
introduced the Couple Mentor Journey (CMJ), a  
parish-based journey programme.

Learn tools and tips on how to love your partner  
smartly, in the comfort and companionship of  
your Couple Mentor's home. Engage in one-on-one  
sessions with your mentor at your own pace.



# The Couple Mentor Journey (CMJ): An invitation to JOURNEY with a Couple Mentor

The CMJ is for engaged and newly married couples who want to strengthen the foundation of their relationship and marital bond.



## How much will it cost?

The cost is \$98, which will cover a set of Couple Workbooks used during the journey.

## When can we join?

You can take this journey **before or after your wedding**, at a time that suits you and your couple mentor.



## “But we’ve already been through MPC and EE!”

It is critical to put our knowledge into practice. It is very common for couples not to apply what they learn - about marriage and about each other.

Experiential learning is the most effective way to apply knowledge in our lives. With CMJ, you will get an opportunity to journey with a couple mentor closely.

There is an urgent need for us to nurture our marriages.

**Couples cannot walk alone. We need the grace of God and the support of the Church’s community to sustain, nourish and strengthen our marriage.**

# The CMJ Path



Adam and Eve love each other and are ready for marriage.



There is much to prepare on the way to their wedding. But they have not forgotten about the most important aspect of marriage preparation: **continual faith guidance.**

Having 'graduated' from Catholic Engaged Encounter and the Marriage Preparation Course, Adam and Eve approach their priest, Fr Abraham, for advice, who recommends the **Couple Mentor Journey (CMJ)**. Adam and Eve soon sign up for the programme through the **ACF Website**.



[catholicfamily.org.sg/cmj](http://catholicfamily.org.sg/cmj)



Adam and Eve are **introduced to their couple mentor Mr & Mrs Ong, who walk with them through six CMJ Sessions** on the way to their wedding day.

- CMJ TOPICS**
- ♥ A Mission To Love
  - 🗣 Dialogue: Being One
  - 👫 Knowing Me, Knowing You
  - 🏠 Building Unity
  - 🤝 Sex: Sacred Embrace
  - 🌍 Soul Mates for Life
  - 🏡 \*A Total Gift of Self\*

## 6+1 SESSIONS



Adam and Eve's journey with Mr & Mrs Ong doesn't end even after their wedding. The CMJ programme continues to guide the couple and integrate them into the **parish community**.



Sign up  
for the CMJ today,  
and learn how to build a strong,  
faithful and fruitful marriage!



AN INITIATIVE BY THE  
**ARCHDIOCESAN COMMISSION FOR THE FAMILY**

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