



BEING THE VISIBLE SIGN OF LOVE FOR OTHERS

Like a baton, faith is passed down from generation to generation. Imagine a Church where experienced couples share the joys and struggles of married life with engaged and newly married couples, inspiring them to stay connected with the sacramental life of the parish. The Archdiocesan Commission for the Family (ACF) hopes to form couple mentors in every parish, who will journey with young couples and support them with their own stories and experience.

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**.



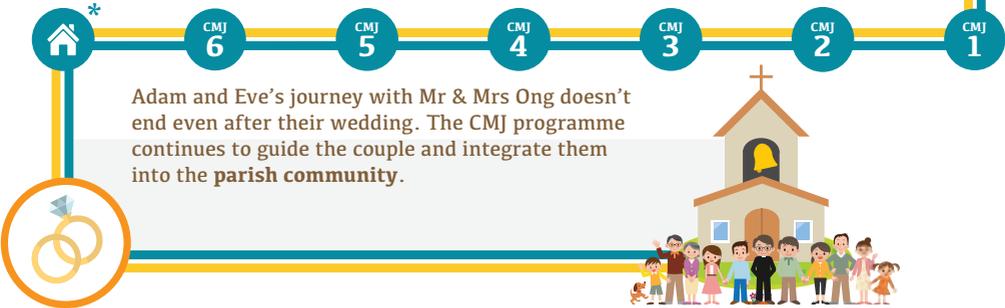
catholicfamily.org.sg/cmj



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**.

* Extension topic done at home

THE COUPLE MENTOR JOURNEY

Proper preparation before receiving any Sacrament is crucial. CMJ is a time for the couple to dedicate more time to prepare for marriage by learning from the lived experience of their couple mentors.

CMJ provides engaged and newlywed couples with:

- a stronger base for their marriage with continuous 'live' marriage preparation;
- the opportunity to form relationships with their couple mentor; and
- a connection to the faith life of the parish community.

CMJ runs on a flexible schedule as one can easily reschedule a session. The flexible format also allows one to decide how many courses to run a year; and how many couples per course (one-to-one is the ideal, but if you are more comfortable with a group of couples, go for it).

THE PROGRAMME USED IN THE JOURNEY

The CMJ Programme is based on popular marriage formation programme, SmartLoving Engaged. It is a parish-based programme that integrates contemporary relationship psychology with Catholic theology. It offers an effective and powerful experience for the engaged couple.



This programme appeals to interfaith couples as Catholic doctrines are taught in an approachable, gentle but firm manner. It adopts the theology of the faith to live out the marriage. Originated in Australia, it has been used for more than 10 years, and is now adopted in UK and East Malaysia (Kuching).

One full course consists of six sessions, each lasting for about 90 minutes. This includes a 15-20 minute video which will present the core content of each session, so you can focus on your own relevant experience to support the content. No professional presenting skills is required; you present the course to one couple at a time (or to a few at one go if you so choose).



BE A COUPLE MENTOR

Each married couple is a visible sign of God's love for His people.

Whether you are both Catholics or an interfaith couple, consider being a couple mentor; you will enrich not only the lives of another couple, but your own relationship as well.

There are no perfect couples, yet we try our best to live out our vocation as faithful spouses.

If you believe in the wonderful bond of marriage, have been married for at least five years, and wish to help younger couples build a fulfilling marriage by sharing your own joys and challenges of marital life, if you are rooted in love and committed to living out the Church's teachings on marriage – you are ideal candidates to be couple mentors.

Contact us at catholicfamily.org.sg/cmj or email us at cmj@acf.org.sg



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