

Meeting at a Glance

Content/Action	Duration	Mentor Guide	Couple's Book
The content for this meeting is drawn from the preface, program overview, and chapter 1 of the <i>Couple's Book</i> .			
Welcome and Opening Prayer <ul style="list-style-type: none"> • Greetings and Introductions • Program Overview • Opening Prayer 	20 min.	p. 26	
Setting the Stage: Our Topic in Focus Video 1.1: <i>Marriage Is . . .</i>	15 min.	p. 30	p. 2
Baptism Gives Us Graces to Welcome and Accept Each Other <ul style="list-style-type: none"> • What Catholics Believe about Baptism • What Baptism Teaches Us about Marriage • How the Sacramental Graces of Baptism Help Married Couples Video 1.2: <i>The Grace and Call of Baptism</i>	15 min.	p. 31	p. 3
Accepting Your Spouse as Precious Gift	10 min.	p. 33	p. 7
Couple Exercise 1: Differences and Expectations	10 min.	p. 35	
Group Sharing	5 min.	p. 35	
Segment 1: Total minutes	75 min.		
Break	10 min.		
Common Obstacles to Accepting One Another Video 1.3: <i>Choosing to Believe</i>	15 min.	p. 36	p. 14

Couple Exercise 2: Attitudes and Behaviors	15 min.	p. 37	p. 6
Tools for Building a Strong Marriage Video 1.4: <i>It's the Little Things</i>	10 min.	p. 37	p. 17
Takeaways and Next Steps	5 min.	p. 39	p. 20
Segment 2: Total minutes with break	55 min.		
Total minutes for the meeting	130 min.		

1) Welcome and Opening Prayer (20 minutes)

Greetings and Introductions (10 minutes)

1. Briefly introduce yourselves, sharing how you met, when you married, and how many children you have and their ages. Add that you will share more about your lives and your marriage as the program progresses.
2. Explain your role as mentor couple in words similar to these: "We are here to share with you what we have learned about Christian marriage. We are not here to judge if you are ready to be married but to be companions and guides as you prepare to get married and hopefully as you begin your married life."
3. Ask each couple to introduce themselves. Encourage them to share how they met and the date and place of their wedding. This is an opportunity to listen to each couple's story and to understand what brings them to the decision to marry. Do not rush this step even if it takes longer than planned.

Program Overview (5 minutes)

Let couples know that you assume they have read the preface, program overview, and chapter 1 of the *Couple's Book*. If they have not,