

Welcome to the
Marriage Preparation Process for the
Diocese of Altoona-
Johnstown



Congratulations on your decision to marry in the Catholic Church. This sacramental preparation is an invitation to you as a couple to invest time and energy into the important work of preparing for your married life together and to continue your faith journey with God.

Because Christian marriage is a sacrament, we are excited about helping you develop a better understanding of the sacrament while fully respecting persons and beliefs of other religious traditions.

The program will provide resources and practical tools needed to grow a strong and healthy marriage as you gain insight into yourselves as individuals and as a couple.

*"Your wedding lasts a day,
but your marriage lasts a lifetime."*

This website has excellent information to help you grow in your marriage, not only as newlyweds, but for a lifetime.

www.ForYourMarriage.org

**THINKING ABOUT
NATURAL FAMILY PLANNING?**

Heard about this family planning method?

- husband and wife share the responsibility
- no health risks
- costs nothing
- works with your fertility, not against it
- scientifically researched
- can improve your marital communication
- 98-99% success rate

This is **Natural Family Planning (NFP)**, an updated, scientific, medically safe, Church approved method. Scientific info: fertilitycare.org. Highest success rates when learned through a qualified instructor.

Will Natural Family Planning work for our relationship?

Your marriage is the most important relationship you will have. It needs nurturing, commitment, love, and a desire to work together to make it succeed for both of you. Those are the very qualities exercised when a couple uses Natural Family Planning. NFP will enhance your relationship through open, intimate communication, commitment to a common ideal, a deeper respect for each other, creative expression of your love, and a thorough understanding of your sexuality.

For information or instruction, contact
Diocesan Family Life Office;

(814)-317-2643; familylife@dioceseaj.org.
Certified instructors are available in the
Altoona-Johnstown diocese.

Notes

**MARRIAGE
PREPARATION**

**SCHEDULE
2026**

*Love isn't something
you fall into, it's
something you grow.*



**Helping engaged couples
grow
a strong, faith-filled marriage
through sacramental
preparation.**



Family Life Office
**THE ROMAN
CATHOLIC DIOCESE OF
ALTOONA-JOHNSTOWN**