



*Amore*  
*Couples Group*

# MANUAL

## FOR RUNNING A WEEKLY COUPLES GROUP IN YOUR PARISH

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*“Where one alone may be overcome,  
two together can resist.  
A three-ply cord is not easily broken.”  
Ecclesiastes 4:12*

## OVERVIEW

This parish-based ministry provides weekly ongoing support and a sense of community for couples. The community establishes a foundation for relationships to strengthen and grow. There are two fundamental aspects to its’ success: 1) one is the faith-based material provided and reviewed, which serve as education and tools to relate better in daily life; and 2) the second is the learning gained from shared life experiences among the couples. Through consistency, the group provides enrichment for people hungry to live out a true and fulfilling Catholic marriage.

## MISSION

The *Amore Couples Group* is for dating, engaged, or married couples who want to improve their relationship with each other, as well as their children, family, friends and God.

Our purpose is to grow stronger and closer as a couple, through looking at the intricacies of life, in which we can build a healthy, loving relationship; such as faith, communication, emotional intimacy, sexual intimacy, forgiveness, finances, romance, in-laws, recreational activities, parenting and many more. By being informed and educating ourselves with the resources the Church as to offer, and simultaneously learning from the experiences of others, we can achieve continual growth individually and in our relationships.

In the process, we develop meaningful friendships, pray for each other, help each other through difficulties and share in each other’s joyful experiences. Through opportunities to socialize, participate in events, attend workshops and retreats together, we become the life-giving couple God intends for us to be.

For couples that are not married or would like to be married in the Catholic Church, we provide them with the information and tools necessary towards achieving their goals.

We walk the Way together and in the journey, build each other up.

# 10 EASY STEPS TO RUN AN *Amore Couples Group* IN YOUR PARISH

- 1. Meet with your pastor to obtain approval.** Present him with the *Amore Couples Group* program. Discuss the purpose and need of offering support and tools to couples, to strengthen their relationship.
- 2. Develop Core Team.** Identify two to three couples to belong to a *Core Team*, which oversees and maintains the needs and life of the group.
- 3. Hold planning meetings.** Schedule monthly planning meetings. At such, assign the various roles discussed herein, to initially form the group. Subsequently, this will serve as a time to appoint each couple to be responsible for preparing a specific week.
- 4. Create schedule and secure location.** Decide which day of the week best accommodates the parish and the core team. Decide what meeting room at the parish is best and reserve the meeting space.
- 5. Market.** The initial launching to the parish comes from the pastor. This may be by means of: Mass announcement; introducing the *Core Team* couples at the masses; Church bulletin; flyers, etc. The *Core Team* should also schedule visits with some of the key ministries in the parish to invite people to join the group. Pass out informative material and invite members to attend the group with their spouse/fiancé/date.
- 6. Select materials.** Review, research and study the resources provided at [www.AnnunciationMinistries.com](http://www.AnnunciationMinistries.com). Prayerfully identify materials that would best serve the makeup of your group.
- 7. Assign facilitators.** Each week (or for a series of weeks), a *Core Team* couple is identified to facilitate the group and deliver the content of the meeting. This couple takes the time to pray about what material to select. The two work together to learn, prepare and develop the topic. Ideally, both participate and choose who will facilitate different parts of the presentation and meeting.
- 8. Hold your meetings.** Here is a sample Agenda:
  - a. Welcome
  - b. Sign in form (name, email, phone number)
  - c. Refreshments (optional)
  - d. Introductions (name, status, why you decided to attend)
  - e. Presentation (gather in a circle, or as venue may accommodate)
  - f. Distribute to each person previously formulated questions on the subject (explain any instructions)
  - g. Couples disburse to answer questions individually. The couple then comes together to share their answers.

- h. Regroup for discussion
- i. Announcements (Archdiocese retreats, workshops, parish events to participate in as a group...)
- j. Closing prayer (May ask for volunteers)

**9. Schedule additional alternative meetings.**

- a. **Individual date nights.** Date night material is emailed to everyone signed up. Couples discuss the resource, at an evening alone together. It may be at home, or a restaurant, a park, the beach, etc.
- b. **Social gatherings.** We recommend scheduling quarterly social gatherings to build community among the group. Ideas:
  - Share a potluck meal at one of the couple's home.
  - Go out together to an accommodating restaurant.
  - Discuss a topic; perhaps a current event, social issue, an experience a couple may have had, etc.
- c. **Outings as a group.** Ideas:
  - Plan a movie night to support a faith-based film in theatres.
  - Attend marriage related workshops and seminars together.
  - Attend community fairs together.
  - Attend plays or sports events together.

**10. Enjoy strengthening the vocation of marriage in your parish!**

For more information, please contact Nirma Pina, Coordinator of *Amore Couples Group* Ministry at [npina@annunciationministries.com](mailto:npina@annunciationministries.com).

If you have begun a new *Amore Couples Group*, please register your group with us at [www.AnnunciationMinistries.com](http://www.AnnunciationMinistries.com). Registration is not required, but recommended. It's a way for all of the groups to be connected through a network and support structure. We are praying for you and hope this ministry is a source of grace in your life!

Sincerely,

The team at *Annunciation Ministries*

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