



# Love is a Decision

A programme for engaged couples.  
Building strong foundations for a lasting marriage





# introduction

The programme is presented in six sessions over a period of two full days. The exercises reflect theories/models in family culture, personality development and relationship dynamics, goal setting, intimate communication and problem solving. The lived Sacrament of Marriage is woven into the activities to create a contemporary Christian understanding of the marriage relationship and its uniqueness to each couple.



# Course overview

1: Exploring our Origins:  
Understanding how our family of origin  
affects our relationship.

2: Building a Shared Understanding of Marriage:  
Our shared values, our shared life.

3: Sharing ourselves:  
Intimate communication.

4: Coping with Difference:  
Managing conflict.

5: Intimacy and Sexuality:  
Giving love, giving life.

6: To Have and to Hold:  
The Sacrament of Christian Marriage.

The course is presented by married Catholic couples who are trained as marriage educators in the Archdiocese of Wellington. The course structure follows a basic outline of course presentation, time for personal reflection then time for couple discussion. The course gives couples the time they need to cover topics they may not have previously discussed.

The course is open to couples of all faiths and beliefs. It is endorsed by the NZ Catholic Bishops Council and is supported by the Aotearoa Catholic Network of Marriage Educators.





Felicity Giltrap  
Consultant, Marriage Ministries  
Marriage, Family and Young Church Ministries Vicariate  
Archdiocese of Wellington  
Catholic Centre,  
22-30 Hill Street  
Thorndon  
Wellington 6140  
[f.giltrap@wn.catholic.org.nz](mailto:f.giltrap@wn.catholic.org.nz)  
(04) 496 1719



**Archdiocese**  
OF **Wellington**