

## PREMARITAL COUNSELING

Premarital counseling is required for all couples married at Fox Chapel Presbyterian or married by the church's pastors in other locations. This counseling consists of two parts.

First, there will be at least one meeting with the officiating pastor and the couple. This allows the bride, groom, and pastor to get to know one another, to discuss the meaning of Christian marriage, and to plan the service. These appointments are held during week day office hours at the church.

Second, couples participate in the Prepare/Enrich program. Both the bride and the groom take the appropriate Prepare/Enrich assessment tool:

- Prepare*—For premarital couples
- Prepare MC*—For premarital couples with children
- Prepare CC*—For cohabiting couples
- Mate*—For couples over the age of 50.

This assessment is taken on line. Each inventory is a 165 item questionnaire assessing relationship strength and growth areas for each of these: communication, conflict resolution, personality differences, expectations, financial management, leisure activities, sexual relationship, children and parenting issues, family and friends, role relationship, spiritual beliefs, closeness and flexibility.

There is a \$30 fee for the inventory which is offered to you as a wedding present from the church.

Once this is taken and scored it will be used with the pastor as an assessment tool and the pastor will meet with you for approximately 3-6 hours before the wedding. The purpose is to form a warm and supporting relationship in order to help couples explore strengths and challenge areas; improve communication skills; learn positive ways to solve conflicts; explore family of origin issues; develop financial plans; and set personal, couple and family goals. We want you to be spiritually prepared for the joys and challenges of Christian marriage.