

Marriage Enrichment – Healing Resources

Each spouse should have **their own trusted spiritual or support person** (not the same person), along with a **small team of 3–4 trusted individuals** (friends/family) who support both the individual and the marriage.

The goal of this support team is to:

- Strengthen the individual
- Support the marriage
- Help the couple work through challenges in a healthy, committed way

Parishes can support this by:

- Providing a **clear point of contact** (e.g., marriage support phone number)
- Establishing a **process for follow-up care**, ideally supported by trained married couples - not solely clergy

While **counseling can be helpful**, it should not be the only solution. Support must be oriented toward **healing and strengthening the marriage**, not simply validating separation.

Spiritual direction is also a key resource, helping individuals and couples grow in their relationship with God - the foundation of a strong marriage.

i. Crisis Strategies (Grace Marriage and Communion Sources)

i. Marriage Coaching –

1. Train staff or parishioners at the parish to perform coaching directly.
2. www.MarriageTeam.org – 89% of couples who said they were considering divorce reconsidered and are much better now. Program exists that is 2 hours/week, 13 weeks, \$30/hour. So, \$780 total. Focused on skills development and application. Most marriages in crisis need this. This was one of the main elements that helped reduce divorces in Jacksonville, FL.
3. www.TheThirdOption.com 14 Session Workshop on Coaching. Has been vetted by the Omaha Archdiocese.
4. Marriage Care (www.Marriagebuildingusa.org). Marriage Angels training for parishioners to respond to immediate needs. [MC-What is Marriage Care? - Marriage Building USA.](#)

ii. Marriage Intensives – Marriage Retreats/Weekends

1. *Retrouvaille* Weekend ([Retrouvaille Marriage Help Program For Struggling Couples](#)) – Weekends held all over the US and in Nebraska.
2. *Adventures in Marriage* (Florida Based) - Hope Weekend (www.livethelife.org)

- a. Adventures in Marriage is a highly interactive program that teaches couples the practical “hands-on” skills essential to build a healthy, thriving marriage that can go the distance. AIM helps couples discover better ways to meet one another’s needs, communicate, resolve conflicts, express anger, avoid dirty fighting, and understand how their personality styles impact relationships for better or worse.
 - b. 84 percent of those who say they will divorce before completing this intensive report are recommitted to staying married afterward.
 - c. Can set up certified instructors in Omaha to perform these retreats. 8 hours of training.
3. *Evermore in Love* (www.evermoreinlove.org). \$150/couple. Kearney, NE.
 4. *RESTORE Marriage/Affair Recovery*– Patrick Metts, Archdiocese of Atlanta, Certified Therapist. Self-led virtual program providing tools for couples to heal and rebuild on their own timeline.
<https://www.restorecatholicmarriage.com/book-a-consultation>
 5. *Marriage Restoration Intensive* – Branson, MO (Hope Restored, Focus on the Family)
 6. <https://www.thealexanderhouse.org/> - online programming.

iii. Complex Issues

1. **Addictions May Require Separate Efforts to Overcome**
 - a. Pornography/sex (Strive21, Covenant Eyes, Sexaholics Anonymous, Integrity Restored)
 - b. Alcohol/Drug use (AA, in-patient recovery centers, Celebrate Recovery)
 - c. Gambling
2. **Affair Recovery**
 - a. When infidelity or porn addiction is the root of the challenge.
 - b. Specializes in helping both spouses when there has been infidelity.
 - c. Offers money-back guaranteed
 - d. Online Intensives – three options
3. **Domestic Abuse**
4. **Separation/Divorce Care and Annulments.**
 - a. Annulment Sponsors. There is support in the Archdiocese of Omaha; but not in our diocese as of yet.
 - b. Surviving Divorce
 - c. Carolyn Klika – Abounding Joy Ministries

Marriage Enrichment / Retreats & Tools

1. [Marriage Ministries & Enrichment Home](#) – Diocese of Lincoln
2. **Be More Marriage Formation Retreat** is a free virtual marriage formation retreat available for anyone to use in the Diocese of Lincoln. **Please register to access this free resource [here](#).**
3. **REFOCCUS Inventory:** a follow-up reflection and post-marriage assessment for married couples, typically used within the first few years of marriage. It helps couples revisit key areas of their relationship, celebrate growth, and address challenges through guided conversations that foster unity and deeper connection.
[REFOCCUS | Marriage Enrichment Inventory](#)

4. **[Love and Life Program](#)**: Created by Fr. Jarosław Szymczak, lecturer at the Faculty for Studies on the Family Science at Cardinal Stefan Wyszyński University in Poland. Workshops and small groups designed for married couples based on psychology, anthropology of John Paul II, and experiences of authors. Also, in Spanish. For local programming: [Love and Life Programs USA](#)
Contact Matthew Phillips (Hastings, NE) for more information:
loveandlifeprograms.nebraska.com
5. **Worldwide Marriage Encounter Weekend Retreat**: www.wwme.org