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Good News for Newlyweds

March 2019

Office for Parish Life

Diocese of Scranton

Commitment

[WHAT MAKES](#)

[MARRIAGE WORK](#)



"The two major stages of relationship are making the initial commitment and keeping the commitment."

[LENT AT HOME](#)

Activities for
Busy Catholic Families



8 Ways to Make Time for Each Other During the Week

by Jeanne Goff Quentin

1. Wake up ten minutes earlier to eat breakfast together. You're not getting restful sleep by hitting the snooze button that many times anyway.
2. Take a minute to snuggle in bed before you start the day. Just don't fall back asleep.
3. Try working out together outside the gym. You could run, walk, rollerblade, play tennis, shoot hoops ... and you're enjoying the great outdoors.
4. Find a fun grocery store to shop at together once in a while. Guys: you'll get more food you like.
5. Make dinner together: grill it up, cook it out and maybe turn on some tunes to spice things up.
6. Rather than drawing straws to walk the dog, take Buster out together. You'll have a moment to chat and the exercise can't hurt. And the dog will probably be pumped about the family outing.

7. If you come across something interesting or beautiful in your week, send a pic to your guy or gal's phone. It might be just what they need at the moment.
8. Head to bed together! Take a moment to talk about your day, your plans for the month. Say a prayer together before you drift off.

Try the following exercise to manage your time better!

Organize Your Time

NATURAL FAMILY PLANNING, 2019 AND BEYOND

The Diocese of Scranton has begun a new collaboration with Couple to Couple League International (CCL) in order to better promote the use of Natural Family Planning (NFP) in our Diocese. This organization is doing great work in bringing the teaching and practice of NFP forward through the use of modern technology.

Our Diocese is blessed to have a number of individuals and couples trained to teach NFP in person. Through CCL, couples are also able to access flexible learning options online.

To learn more please visit the website for Couple to Couple League at www.ccli.org for a wealth of NFP related information and training options. For additional information about Natural Family Planning, or to access our Diocesan NFP Training Providers, please visit our diocesan website at www.dioceseofscranton.org/parish-life/community/marriage/natural-family-planning/ or contact Jennifer Housel, Director for Community and Family Development, 570-207-2213 x 1104, jhousel@dioceseofscranton.org



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