

MARRIAGE PREPARATION RETREATS

“Now we must help each other to get to Heaven.”

Blessed Karl von Habsburg to Servant of God, Zita



Congratulations on your engagement!

As you prepare for the Sacrament of Marriage, may this time be filled with God's grace and blessings!

In order to help you fully prepare to live out your God-given vocation as husband and wife, you and your future spouse are invited to attend the Archdiocesan Marriage Preparation Retreat. This is a 2-day marriage preparation retreat offered to engaged couples preparing to marry within the Catholic church in the Archdiocese of Saint Paul and Minneapolis and surrounding dioceses.

The retreat is designed to help you prepare as a couple for the Sacrament of Matrimony and to reflect on the beauty and richness of the Church's teaching on marriage and the family. This important preparation provides you with opportunities to spend time as an engaged couple discussing various topics vital to your marriage.

Program Details

Friday evening | 6:30 - 9:30 p.m.

Saturday | 9 a.m. – 7 p.m.

\$270 — per couple

Cost includes a light breakfast and catered lunch on Saturday. This is not an overnight retreat.

What to Expect

Presentations given by priests, educators and couples who will share the beauty of God's vision of marriage including:

- *Sacrament of Marriage*
- *Gift of self, intimacy and children*
- *Discussions on improving your communication and financial planning skills*
- *A Natural Family Planning medical overview*
- *Specific “how to” ideas from vibrant married couples*
- *Time to discuss the topics and reflect on how they apply to you*
- *Suggestions for nurturing your faith*

The program also includes the opportunity to receive the Sacrament of Reconciliation, Adoration and attend Mass.

Questions?

More information can be found on our website or by calling the Archdiocesan Office of Discipleship and Evangelization at 651-291-4488.

2026 Retreat Dates and Locations

January 23-24, 2026

Church of Saint Peter, North Saint Paul

March 6-7, 2026

Church of Our Lady of Grace, Edina

April 17-18, 2026

Church of Saint John Neumann, Eagan

May 8-9, 2026

Church of Saint John Neumann, Eagan

July 17-18, 2026

Church of Our Lady of Grace, Edina

September 11-12, 2026

Church of Maternity of Mary, Saint Paul

November 13-14, 2026

Church of Saint Peter, North Saint Paul



Registration

*Register online at least six weeks in advance.
Please call 651-291-4488 or visit the website:
archspm.org/marriage*



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Celebrating 175 Years