

KEY CONCEPTS			
ADULTERY	Voluntary sexual intercourse between a married person and a person who is not their spouse.	CONTRACEPTION	Methods used to prevent a woman from becoming pregnant such as the pill or a condom.
DIVORCE	To legally end a marriage.	GENDER EQUALITY	People of all genders enjoying the same rights and opportunities in all aspects of their lives.
COHABITATION	To live together in a sexual relationship, without being married, or in a civil partnership.	RESPONSIBILITIES	Actions/duties you are expected to, or feel obligated to, carry out. For example, looking after an elderly relative.
COMMITMENT	A sense of dedication and obligation to someone or something.	ROLES	Position, status or function of a person in society, as well as the characteristics and social behaviour expected of them.

MARRIAGE CARE

Marriage Care is a charity that was established in 1946 to support Catholic families and their relationships. The Catholic Church teaches that all people are loved by God, and are special and unique as they are created by him. Catholics are called to share God's love with others and see marriage as a vocation (a special calling in life). Marriage Care is there to help people build and sustain strong and healthy relationships, particularly with their husband/wife. They provide help through trained counsellors and volunteers to help couples through difficult times. They also offer Marriage Preparation classes for couples before they marry. This can help them to discuss important issues, such as finances and children, in order to build the best future possible together. It is a requirement to undertake marriage preparation for all couples who wish to marry in a Catholic Church. This ensures they fully understand and appreciate the commitment they are making in the Sacrament of Marriage, and are fully prepared to make that commitment. Additionally, Marriage Care has introduced an intervention programme for people facing retirement. This course helps couples to successfully make this transition in their lives by talking through any issues with a trained counsellor.



There are over 50 Marriage Care centres in England and Wales, including Swansea, Cardiff and Wrexham. These centres are supported by the Catholic Church and will offer help to all those who need it.

Marriage is a SACRAMENT

Catholics believe that marriage is a sacrament. This means that they receive a special blessing from God, and he will support them throughout their married life. They make their **vows** before God and their marriage is made holy. Therefore, the couple become a reflection of God's love to others. Marriage Care helps couples prepare for this commitment through their Marriage Preparation courses. They support the couple in thinking about how to handle any conflict within their relationship, to discuss issues calmly, and to talk about their physical, emotional and spiritual future together. This process is important in bringing each person to a full understanding of the sacrament of marriage and to feel fully prepared for the next stage in their relationship.

Marriage is LIFELONG

Catholics believe that marriage is a lifelong commitment. This is reflected in the ceremony when the priest declares, 'what God has joined together, let no man put asunder', as well as in the vows ('until death do us part'). Marriage Care have trained counsellors who will support couples through any difficulties they may experience. This often helps them to see the issue from a different perspective and allow them to work through the problem rather than allow it to bring the marriage to an end.

Marriage is EXCLUSIVE

For Catholics, marriage is an exclusive relationship between one man and one woman only. This is called a **monogamous** relationship. **Adultery** (having an affair with someone other than your husband/wife) is forbidden in the Ten Commandments and is therefore wrong. However, if a person commits adultery, counsellors at Marriage Care can help them to understand why it happened, and assist the couple in moving past this difficult time in their relationship to create a strong bond once again.