



Dear Newlyweds to be,

Congratulations! On behalf of St. Helen's Pre-Cana team we look forward to assisting you in your preparations as you plan your lives together. An important part in your preparation is Pre-Cana. The following information will be helpful for you to know before you attend St. Helen's Pre-Cana session.

The Pre-Cana sessions are held at St. Helen's School Parish Center, located across from the Church. We will begin the day with registration at 9:15AM and conclude with Mass at 4:00 PM where you will receive a special blessing. Following Mass, you will receive your certificate that verifies your completion of the Pre-Cana program. You must be able to participate in all aspects of this day in order to receive your certificate.

Please fill out the registration form and return it to St. Helen's Church with a \$75 registration fee (payable to St. Helen's Church) **AS SOON AS POSSIBLE.** You may drop off your registration form and check at the Parish office or mail to:

**St. Helen's Church
310 Hinchey Road
Rochester, NY 14624
Attention: Debbie**

If you have any questions, please contact the Parish Office at 235-1210. We look forward to meeting you. Until then, take care and God bless you as you continue to prepare for the Sacrament of Marriage.

In God's love,

Debbie Sumner, Pastoral Secretary and
St. Helen's Pre-Cana Team

*310 Hinchey Road * Rochester, New York 14624 * 235-1210*

ST. HELEN'S PRE-CANA REGISTRATION FORM

PLEASE PRINT!

Pre-Cana Class Date: _____

Name of Couple: _____

Mailing Address: _____

Wedding Date: _____ **Church:** _____

Phone: (W) _____ **Phone: (H)** _____ **Whose #** _____

E-Mail Address: _____ **(whose)** _____

Have either of you been married before? No/Yes Who: _____

Do either of you have children? No/Yes – How many/age: _____

The Pre-Cana team will provide lunch, beverages, and snack foods. Please submit a check for \$75.00 with the registration form (one per couple) and make checks payable to “St. Helen’s Catholic Church”.

IMPORTANT: MOST OF THE TIME THERE IS A WAITING LIST, PLEASE SUBMIT YOUR REGISTRATION FORM ASAP. You are not registered until we receive your registration form and fee

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KEEP THIS SECTION

Please spend some time together reflection and discussing the topics below. This will help you prepare for the day and your lives together.

Theology of Marriage

God is an integral part of every Christian marriage. Your marriage is an intimate, exclusive, indissoluble communion of life and love.

Spirituality of Marriage

Your holiness as a couple stems from your every day decisions to love one another and your children. Every married couple who loves one another is showing to the world their spirituality of marriage. Do you realize the spirituality within your own relationship? Don’t make spirituality too hard and too complicated. It is not.

God and Family

The importance of family and God’s role in a healthy family, especially its Christian heritage, is an important part of its identity.

Rite of Marriage

A wedding unveils an intimate and personal relationship between the bride and groom. Your wedding is also an ecclesial event. Every marriage is important to the life of the entire parish.