

My story of Pre-Cana:

My boyfriend and I had been dating for six years when I realized that parts of him were still a mystery to me. We spent so much time having fun and going on adventures that six years had flown by without some of the deep, intimate talks that all couples should have.

One day, I said to him, "We have been having so much fun together over the years, but when it comes right down to it, I really don't know very much about you." He replied, "What are you going to do about it?" I said, "I'm not sure right now but I'm going to find an answer."

Luckily, my co-worker had just gotten engaged and finished a pre-Cana course with her fiancé. Hearing my story, she said a pre-Cana course might be just what my boyfriend and I needed to get to know each other more deeply. She offered me her copy, and I was excited to begin.

I gave one copy of the questions to my boyfriend, and we began with our first topic: communication. We learned that statistically, communication is the most problematic area for couples, however there are strategies to communicate better with your partner. We learned about how to listen deeply and honor each other's thoughts and values, which made a significant transformation in the way we spoke to each other.

As we worked through the course, I was pleasantly surprised. I thought, "Wow, real, relevant, important questions and topics that relate to us! At last we were talking!" Doing the pre-Cana course was a major game-changer for us. We enjoyed learning more about each other, our opinions, faiths, beliefs, expectations, goals, families, and so much more. We talked our way through the course for nine months. Couples don't usually take that long, but we were making us for lost time.

It was much easier for us to talk about sensitive subjects in the neutral zone of a course that asked the difficult questions. We never would have dreamt-up all those questions on our own. When we finished the course, it was like a major transformation took place between us: we felt more understood and better connected than ever before. I fell in love with a deeper level of respect. Most importantly, I understood how he thinks, which was vital for me to understand him intimately.

When we finished the course, he proposed to me and I said yes!

It turned out that the course was our most significant adventure together: through this journey of the heart and mind, we had to face our fears, navigate uncharted territories of uncertainty, open our hearts in new ways, and risk it all by becoming vulnerable to each other.

Finally, my priest commended us for taking it upon ourselves to better our relationship and plan for life ahead within the Catholic Church. By fulfilling our pre-Cana requirement, we discovered invaluable knowledge about each other and found strength the solidity of our new marriage.