

Why attend?

Do you feel like there is something missing in your marriage?

Do you seek greater intimacy with your spouse?

Do you want to guide your family to greater holiness?

Do you want to learn how to talk with your spouse intentionally and prayerfully about the difficult topics that couples tend to avoid?

Light-Life A RETREAT FOR MARRIED COUPLES

TWO SATURDAYS
at a parish near you

For more information or to register:
Office of the Domestic Church & Discipleship
816.714.2373

kcsjfamily.org/light-life

Q & A

Q: Is the Light-Life movement officially recognized by the Catholic Church?

A: Yes, it is recognized by the Pontifical Council for the Laity.

Q: This sounds wonderful, but what are the time commitments? My family is already involved in so many different things.

A: One of the attractive aspects of Domestic Church is that couples only meet with their circles once a month. The rest of the work is done in your home with your spouse and family. Meetings don't get us closer to God and one another; prayer, intentional use of our time, and the grace and mercy of God are what make the difference!

Q: How does a couple take advantage of Domestic Church formation? How do you start?

A: The normal way a couple starts is by attending a couples formation retreat. That's the first step. In the new alternate-format, this takes place over two Saturdays at a nearby parish, with no overnight stays.

Q: At what age are we too old, or too young, to join Light-Life?

A: There are no age restrictions, and we have found that couples of all ages are deeply affected and grateful for the gifts received through Light-Life formation. We have newlyweds in their early 20's on up to couples in their 70's and everything in between; there are couples with young children, those with children out of the home, and those with no children. The circles are usually a mixture of all of these, and that mixture has been an awesome gift for all involved.

Q: Getting a priest to commit to joining a circle seems like it would be difficult. Is it really possible to have a priest in every circle?

A: We have found that once priests see what Light-Life is about, and that their role is one of presence and fatherly guidance rather than full-on leadership, it becomes much more attractive.

What is Light-Life?

The Light-Life Movement, founded in Poland by Servant of God, Fr. Franciszek Blachnicki in 1973, with the guidance, support, and influence of his bishop, Karol Wojtyla (soon to be Pope St. John Paul II), offers couples the great gift of "conjugal spirituality."

Originally created for young adults in Poland, to provide them with a foundation in their Catholic faith amidst the Communist threat, Light-Life was then developed for married couples to truly come to grow in the practice of their faith in daily life.

More information can be found at www.domesticchurchfamilies.com

Cost

\$75 per couple* -includes light breakfast, lunch, and dinner on the first Saturday, and light breakfast and lunch on the second Saturday.

Scholarship funding is available. NO couple will be turned away due to financial need.

*Please contact Kristen Marquis at marquis@diocesekcsj.org if you would like to discuss deferred payment options or scholarships.

The Seven Promises

In the initial retreat, couples are invited to commit together to living 7 Promises. The beauty of these "promises," or commitments, is that they aren't specific prayers, Scripture passages, or structures that a member commits to pray. The movement provides formation, using the Church's spiritual tradition and official teachings, for how to pray, how to use Scripture in prayer, and how to grow in a real relationship with God, our spouses, and our children in light of our Baptism. During this retreat, we discuss all the promises but will focus on daily individual and couple prayer and monthly couple dialogue.

- 1) **Daily Individual Prayer**
- 2) **Daily Study of Scripture**
- 3) **Daily Couple Prayer**
- 4) **Daily Family Prayer**
- 5) **Monthly Couple Dialogue**
- 6) **Rule of Life**
- 7) **Yearly Retreat**

You can learn more about each of these steps at
kcsjfamily.org/light-life