

Called to Love: Relaxing, Inspiring and Challenging

My husband and I recently attended a “Called to Love” retreat at Holy Family Church sponsored by the Archdiocese of St. Paul/Minneapolis’ Office for Family, Laity, Youth & Young Adults. We both found the retreat relaxing, inspiring and challenging.

We found it relaxing to have some time away from the usual business of family and home life. We have six children and home educate so our house is often full of activity that some might describe as chaotic. It was a great opportunity to set aside time to just be together and focus on our marriage.

The retreat was inspiring as a result of the dynamic speakers. The Archdiocese did a wonderful job of finding presenters who were educated on their given topic as well as easy to listen to. They shared information that was both theological and practical. One speaker who talked right to our hearts was Fr. Peter Laird. He shared God’s great vision of marital relations which was an eye opener for us. It was a great balance that truly enlivened the couples.

We also found the retreat challenging. After each

presentation, there was time to reflect on the topic and then discuss your thoughts with your spouse.

This was definitely one of the highlights and strengths of the retreat. Not only did you hear great presentations, but you’re encouraged to right there and then put it into practice. Anyone who has been married for more than a day knows how valuable that is. It enabled us to focus on things that we could do starting right now to improve our marriage. One thing that struck home for us was scheduling a weekly time to communicate. We had our first “date night” that very week. It had profound results in discussing some very important areas which we had put aside for years.

The retreat “Called to Love” is a great opportunity for married couples to strengthen their lives together. We found it so valuable that we are working on having one at our own parish. Thank you to the Office for Family, Laity, Youth & Young Adults for answering the call to help strengthen the vocation of marriage.

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