



Weekly Emails

COPY & PAST THE APPROPRIATE EMAILS EACH WEEK INTO YOUR EMAIL BUILDER. BE SURE TO EDIT ANY WORDS HIGHLIGHTED YELLOW WITH ACCURATE INFO.

[EMAIL HEADER PHOTOS HERE](#)

Week 1 - Email

Subject Line: Welcome to the Marriage Course!

Dear (Name),

Welcome to the Alpha Marriage Course! We believe this can be the beginning of deeper connection, rekindling, and vibrancy to your marriage.

Each night will be like a date – a chance for you and your spouse to eat, connect, and grow closer together. Each session will include an episode that covers a really important pillar in marriage, and then time for you and your spouse to privately talk about each topic.

(OPTIONAL - We will also be providing childcare for anyone 7+. Please let us know if you will be bringing your child!)

(meeting link if needed)

The Alpha Marriage Course

Day | Time | Location

7 weeks | Start Date - End Date

Your First Week starts (date) where we will cover Episode 1 - Strengthening Connection.

The Marriage Course Journal

You will need two copies of The Marriage Course journal - one for each spouse. You can download the (journal here / purchase it through Amazon here / pick up from our parish offices).

We'll see you at the first session!

Sincerely,

(Ministry Leader Name)



Week 2 - Email

Subject Line: Week 2 - The Art of Communication

The Alpha Marriage Course

Day | Time | Location

7 weeks | Start Date - End Date

Thank you for joining us for Session 2: The Art of Communication

If you missed this session, please watch the video below before attending Session 3 next week.

(LINK: Episode 2 - The Art of Communication)

Sincerely,

(Ministry Leader Name)

Week 3 - Email

Subject Line: Week 3 - Resolving Conflict

The Alpha Marriage Course

Day | Time | Location

7 weeks | Start Date - End Date

Thank you for joining us for Session 3: Resolving Conflict

If you missed this session, please watch the video below before attending Session 4 next week.

(LINK: Episode 3 - Resolving Conflict)

Sincerely,

(Ministry Leader Name)



Week 4 - Email

Subject Line: Week 4 - The Power of Forgiveness

The Alpha Marriage Course

Day | Time | Location
7 weeks | Start Date - End Date

Thank you for joining us for Session 4: The Power of Forgiveness
If you missed this session, please watch the video below before attending Session 5 next week.

(LINK: Episode 4 - The Power of Forgiveness)

Sincerely,
(Ministry Leader Name)

Week 5 - Email

Subject Line: Week 5 - The Impact of Family

The Alpha Marriage Course

Day | Time | Location
7 weeks | Start Date - End Date

Thank you for joining us for Session 5: The Impact of Family
If you missed this session, please watch the video below before attending Session 6 next week.

(LINK: Episode 5 - The Impact of Family)

Sincerely,
(Ministry Leader Name)



Week 6 - Email

Subject Line: Week 6 - Good Sex

The Alpha Marriage Course

Day | Time | Location

7 weeks | Start Date - End Date

Thank you for joining us for Session 6: Good Sex.

If you missed this session, please watch the video below before attending Session 7 next week.

(LINK: Episode 6 - Good Sex)

Sincerely,

(Ministry Leader Name)

Week 7 - Email

Subject Line: Week 7 - Last week of Marriage Course!

The Alpha Marriage Course

Day | Time | Location

7 weeks | Start Date - End Date

Thank you for joining us for Session 7: Love in Action

If you missed this session, you can watch the video below.

(Vide link)

We need your feedback.

Thank you for allowing us to journey with you through *The Marriage Course*. We hope that this time together has been fruitful for you and your marriage. It has been said,

"Marriage is a gift from God to us;



the quality of our marriage is a gift from us to Him."

Please pass the word on to your friends and family if *The Alpha Marriage Course* has impacted your relationship in some way. We wish to find ways to offer *The Alpha Marriage Course* to **all couples** in our parish.

Please **complete our survey** to give us feedback on your experience:

([LINK: Alpha Marriage Survey](#))

Lastly, if you missed this session, please click the video below for session 7: Love in Action.

([LINK: Episode 7 - Love in Action](#))

If after this session you feel that you would benefit from some additional support for you and your spouse, please do not hesitate to contact our office.

Additional Resources:

- **Meet our Local Counsellors**

The Archdiocese of Vancouver has a [list of professional counsellors](#) that are Catholic or a practicing Christian from another tradition.

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Books on Marriage & Relationships

- [The 5 Love Languages](#) by Gary Chapman
- [The Seven Principles for Making Marriage Work](#) by John Gottman, PhD and Nan Silver
- [Sacred Marriage](#) by Gary Thomas
- [The Seven Levels of Intimacy](#) by Matthew Kelly

"If you want to change the world, go home and love your family."

- Mother Teresa

Sincerely,

([Ministry Leader Name](#))

Follow Up - Email

Subject Line: You're invited to explore more with Alpha

**Do you desire to explore more?**

For the past seven weeks, you've been exploring the purpose of your relationship. We want to invite you to attend our Alpha Course. Come explore questions of faith, life and meaning.

(LINK: Alpha Video - Introduction_to_Alpha)

Alpha Course | **Date** | **Time** | **Location**

Sincerely,

(**Ministry Leader Name**)