

Mentor Couple Guidelines

Below is an overview of how the mentoring ministry works. It really is quite simple and does not require a lot of your time. It will however, help our young couples understand the beautiful reality of the sacrament of marriage and what it takes to stay connected to each other throughout the years. 80% of young couples want to hear from mentor couples, now we just need to provide them. We pray you will be willing to share your experiences.

Mentor Couples

Marriage mentoring Couples are couples who have been married for preferably 10 years, have a loving relationship with each other and who are living out the sacraments of our Orthodox faith. Mentoring Couples commitment is small but critical. We ask for mentors to speak at least 1-2 times each calendar year. It would be beneficial for the MC's to have participated in a Marriage Enrichment Program but is not necessary.

The Mentor couples' most important roles:

- Is the Sharing of themselves; the open, honest, trusting, genuine sharing of the mentor couple as real people with their highs and lows, successes and failures, struggles etc., and how they've worked through these. This is what helps the young couples realize the reality of marriage and that highs and lows are normal and not a sign of a failing marriage.
- Being open to one on one mentoring.

Mentor Couples Guidelines:

- The commitment to be a mentor couple can be made one year at a time. Mentors do not need to be perfect or feel they have to know everything; it's all about sharing their experiences.
- ` Mentors can choose what they will be speaking on.
- Listen sympathetically to the newlyweds; share your own relevant experience; but do not tell them what to do. If you are specifically asked for advice or suggestions be sure to stay in your comfort zone and to be in agreement with your spouse sharing only your personal experience. They're not looking for theory or 'teaching'; they want to hear about the lived experience of marriage.
- In the discussion meetings both mentors and NMC are to refrain from comments on each other's relationship (unless affirming), from giving advice and from suggestions on relationship improvements. The discussion meetings are not the occasion for fixing one another problems.

Additional information & continual monitoring the NMMCM:

The mentor couple portion of the ministry was designed to ensure success with implementing mentors in the NMCMM as well as to assist group leaders in obtaining mentor couples with ease. Most couples are concerned about time commitment, what they would share and being a role model in this capacity . The MC Guidelines alleviates these obstacles.

Through the feasibility study, we have learned that as mentor couples begin to feel acclimated and in their role as mentors they become more invested and the time commitment becomes obsolete. One on one mentoring organically forms and friendships bloom.

As the program matures and through the collected data of 7 feasibility studies we will obtain throughout the Metropolis, the task force will review the material and make any adjustments.

Suggested open forum Topics to cover with Newly Married couples:

- Establishing roles and responsibilities
- Seasons of marriage
- Adjusting expectations
- Adjusting to your spouse's personal habits
- Sharing of house hold responsibilities
- Celebration of holidays
- Creation of family traditions
- Dealing with old friends who are single and new friends who are couples
- Making a discipline plan for children and the importance of being on the same page.
- Any discussion topic provided

Matthews 19:6 "So then, they are no longer two but one flesh. Therefore what God has joined together, let no man separate"