

PRE-MARITAL COUNSELING PROGRAM
DIOCESE OF UK, EUROPE & AFRICA
Annual Report 2025 – 2026

By the grace of God, the Pre-Marital Counseling Program for Indian Orthodox Christian youth was successfully conducted during the April 2025 to March 2026 period. This program has proven to be a valuable resource, especially for young people preparing to enter family life, offering them the spiritual foundation and practical guidance needed for a Christ-centered marriage.

The program was conducted four times throughout the year as one-day online sessions (March, June, October, February) allowing young people from various locations to participate with ease. This year, the sessions saw the involvement of approximately 120 participants, reflecting strong interest and engagement from our community.

Each session was led by a team of dedicated and experienced instructors, including Fr Dr Saji C John, Dr Sen Kallumpuram, Dr. Merina Rajen, Dr Remin Mathews and Dr Elizabeth Joy. Additionally, Fr Nitin, Fr Happy, and Fr Rohith, led a session on the Biblical understanding of marriage and the Holy Sacrament, offering valuable theological insights to the participants. Each program concluded with a prayer and blessing from H.G. Abraham Mar Stephanos, our Diocesan Bishop, who also shared meaningful words of advice for those entering the premarital program.

As part of our family counseling services, we would like to organize several supportive programs for the community. We plan to conduct a marriage preparation program for young people who are planning to get married, helping them understand important aspects of married life such as communication, commitment, and responsibility. We also aim to offer a follow-up marriage counseling program for newly married couples to support them as they adjust to their new life together and overcome early challenges. In addition, we would like to conduct a family counseling program for parents with parish level, providing guidance on parenting, family relationships, and effective communication. Through these programs, we hope to strengthen families and promote healthy relationships in the community.

We express our deep appreciation to H.E. Abraham Mar Stephanos for his constant encouragement, spiritual leadership, and hands-on involvement in the success of this initiative. We also thank Fr Varughese T Mathew (Diocesan secretary), Mr. Saji (Office secretary), Mathew Oommen (program assistant) for their valuable assistance and support in coordinating the program.

With God's continued guidance, we look forward to building on this year's progress and reaching even more young people in the years to come.

Report submitted by

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