



**CANADA-WIDE
VIRTUAL WEEKEND COUPLE EXPECTATIONS
CENTRAL TIME**

Below are the expectations for couples attending a Virtual CEE Canada Weekend. Reviewing them in advance will help you and your fiancé be more open and present to all that this weekend has to offer.

Availability:

- The time and attention commitment for a virtual weekend is the same as a traditional weekend.
- Please make arrangements, as you would if you were away for the weekend, for childcare, work responsibilities, pets, and other matters that could distract you.
- You will be online for the duration of the scheduled weekend times.
- Weekend Schedule (**Central Time**):
Friday: 5:00 PM (Connect to Zoom), Session from 5:30 PM to 9:30 PM
Saturday: 8:00 AM (Connect to Zoom), Session from 8:30 AM to 8:30 PM
- Meal breaks for lunch and dinner will be approximately 30 minutes. There are also scheduled short 10-minute breaks on Friday & Saturday.

Technology:

- **Reliable** internet service is required – high speed internet preferred.
- You will need a device with a camera/webcam (a cell phone is not recommended). If you are together, we invite you to share one device as a couple; if distance separates you, each of you may join from your own device. When possible, sharing a device is appreciated and assists us in managing the weekend smoothly.
- Please make sure your device is charged/plugged in.
- We will be using Zoom to run the Virtual Weekend. We will do a Zoom Rehearsal - technology test run on the Wednesday evening before the scheduled Virtual Weekend. We will send a separate email with a link for this. We anticipate the Zoom Rehearsal will last no longer than 45 minutes.
- We will be sending a link via email for you to access the Zoom weekend. *It is important to have registered for Zoom. ***At the end of this document you will see how to navigate and install Zoom.** Users have found that it is sometimes very difficult to join a meeting if this is not done beforehand.

Presenting yourselves online:

- Please dress as if we were meeting in person.
- Be mindful of the background in your location.
- Arrange a comfortable workspace. **We recommend sitting on chairs at a table or desk, not on a couch.** Lying in bed would be inappropriate.

Structure of the weekend:

- The weekend will consist of cycles of listening to a presentation, writing to your fiancé, and sharing with your fiancé.
- Each cycle is 60-90 minutes.
- During **Presentations**: a married couple—and a priest when available—will share on a specific topic. We ask that both of you remain onscreen for the full presentation and have your workbooks available, as you will be invited to reflect and write during many of these times.
- During **Writing Times**: You will be asked to separate to write – preferably in separate spaces. One of you will need to remain on camera during the writing time while you write.
- During **Sharing Times**: Please be sure your microphone is muted. Do **not** turn off your video. Be in view of your computer so you will know when time is up – we will be using a timer.

- If you are **separated by distance, before the weekend begins**, you will need to arrange a way to share your responses (social media platform – email, WhatsApp, etc.) and then a way to be able to discuss with each other (phone, WhatsApp, another Zoom connection, etc.).

Important Information:

- The Workbook Package will be mailed to the bride’s address (unless otherwise specified) by Canada Post two weeks prior to the scheduled Virtual Weekend.
- The Workbook Package will contain an LED candle. We will be using this candle at our prayer service on Saturday night. Please make sure it works before Saturday night.
- We will send out a Weekend Schedule and Zoom links roughly 2-days before your weekend.
- If available, we will be playing a Kahoot game as well. This will be done as a couple, so please have one mobile device ready. Your host will let you know in advance of playing the game. You will need to google Kahoot.it Once on their site, you will be required to enter a pin which your host will provide.
- If you do not receive your workbook, contact us at ceeecanada@gmail.com OR call Ginette at 1-613-932-1360.

Downloading Zoom:

**Please make sure to check for the availability and/or quality of the microphone and camera on your device. It may be necessary to purchase one or both of these items before you begin your sessions.*

Your Device(s): **There will be prompts on your device to ask you to download, to allow, to trust, etc. As long as you are on the right site (<https://zoom.us/download>) you will be fine to allow Zoom to download.*

How do I download Zoom to my Desktop or Laptop? **By downloading and registering for Zoom, you will avoid any potential issues.*

You can download Zoom at <https://zoom.us/download>. Once on the correct page - click the download button for Zoom Client Meetings and the setup package will begin downloading to your computer.