

Thursday April 4, 2019

New pregnancy magazine ... put down your Smartphone and get connected

A new Catholic magazine aimed at prospective parents titled, *Becoming Parents A Spiritual Journey*, has been launched to coincide with the Essential Baby and Toddler Show at the Royal Exhibition Building in Melbourne.

Produced by Majellan Publications, the magazine aims to help couples spiritually connect with one another, their unborn infant, and with God. Parents will understand how their baby is growing and changing and learn effective ways to meditate, pray and connect with one another and their baby.

Becoming Parents A Spiritual Journey is available for \$20. The writers, experts in their various fields, will help guide couples through the pregnancy journey, whether it's at the start of the pregnancy, the second or third trimesters, or at birth. Each of the four issues will address progressive stages of the pregnancy.

Majellan Chief Executive Officer Tony Biviano says this is a new and exciting concept. "The Redemptorist Congregation sees this as a new way of evangelising younger people who may not be regular church goers but who are spiritually-minded. We hope this new magazine will help us bring the Good News to an audience that may have little or no connection with God or religion," he says.

"We intentionally did not make an app as we believe it is a good way of moving away from the day to day hustle and bustle, and for expectant parents to have some down time to reflect about their soon to be expanding family. The Redemptorists have always been proud champions of the family and this is another way of assisting people in a world that is becoming more and more secular."

Articles of interest will cover:

- Experiences from other parents who have been on the pregnancy journey
- Activities to enrich a couple's journey
- How to strengthen a couple's relationship and build their relationship with their unborn baby and with God
- Spiritual moments for developmental milestones
- Guides for important conversations
- Meditations for self-care
- Reflections from grandparents, and
- How fathers can support their partner

A unique feature of the magazine is that each issue will be delivered at a time that is personalized, based on the baby's due date.

Becoming Parents A Spiritual Journey is produced by Majellan Publications, which has published *The Majellan* magazine since 1949. It was established by the Redemptorist Fathers in Ballarat with St Gerard Majella, the mother's saint, as a source of inspiration and encouragement. St Gerard, who died at the age of 29, dedicated his short life to helping society's most vulnerable, including the unborn.

The Majellan has provided articles of interest for more than 70 years and helped families through the ups and downs of their busy and sometimes chaotic lives. It is available throughout Australia and New Zealand.

Majellan Publications will have a stall at the Essential Baby and Toddler Show which is expected to attract more than 10,000 people. It will run from Friday until Sunday.

Further details are available from: www.becomingparents.org.au or www.majellan.org.au

For more information contact Tony Biviano, CEO, or David Ahern, Editor on 03 9592 2777.