



ARCHDIOCESE
OF ST. LOUIS

*Options for **PARISHES** to energize couples for **Jubilant Marriages***

Parishes see can great fruit from establishing a Marriage Ministry Core Team:

Culture Of Matrimony Ministry Team: Seek out couples in the pews who have been married at least 5 years who could serve as marriage mentor couples and help in marriage ministry. Invite them to meet and pray together as they develop as a core group. They then plan Jubilant Marriage Sundays, recruit other Marriage Mentors, and plan and promote Marriage Enrichment events throughout the year.

Cultivating a HOLY Culture of Matrimony

Prayers for Marriage and Married Couples in bulletin and parish website

Prayers that intercede on behalf of marriage and married couples each month, or perhaps weekly. Topics can relate to:

Prayers for Married Couples: for all the challenges they face.

Prayers for Young People: to embrace and discern the vocation to marriage.

Invite couples to get a blessing:

Include information about monthly blessings in the parish bulletin and website (in which parishioners will be invited to stand and receive a special blessing at Mass.) Options:

Couple Focused Blessings: Engaged couples, newlyweds, couples with little children, couples who are empty-nesters, couples celebrating an anniversary, and couples who lost a spouse through death or divorce.

Parent Focused Blessings: Expectant parents, new baby parents, exhausted parents, special needs parents, parents of adopted children, and grandparents.

Spiritual Growth:

Offer mini-retreat experiences for married and engaged couples.

God Chose You For Me: One-day parish-based mini-retreat. Call for info: **314-649-7317**

Get more information at: <https://stl-wwme.org/> and to register: [Worldwide Marriage Encounter - Community/Share Group News](#)

Weekend Marriage Retreats:

Worldwide Marriage Encounter: <https://wwme.org/the-experience/>

Movimiento Familiar Cristiano – retreats and small communities for families in Spanish: [Movimiento Familiar Cristiano](#)

Beyond Cana: <https://beyondcana.org/>

Prepare Couples for the Sacrament of Matrimony:

ArchSTL Marriage Prep Information:

<https://resources.archstl.org/article/532230/marriage-preparation>

Marriage Inventory Resource for Priests to offer couples as they begin marriage prep.

Joy-Filled Marriage: Weekend Program Class Schedule: <https://marriageprepstl.org/>

Side-By-Side: Parish-based Marriage Mentor Program for Engaged Couples

Training Couples as Marriage Mentors - Contact Jennifer Mehan: jmeehan@archstl.org

Witness to Love: <https://witnessstolove.org/>

St. Francis Xavier College Church: 4 Month Preparation:

<https://sfxstl.org/marriage-preparation>

Engaged Encounter: <https://engagedencounter.com/>

AGAPE Catholic Ministries - Marriage preparation integrated with the Theology of the Body - online program: <https://catholicmarriageprep.com/>

Sacramental Prep is an opportunity to Strengthen Marriages:

Couples bringing a child for Baptism, First Confession, First Communion, or Confirmation are often still growing into understanding their call to Christian marriage and family life. Meet them where they are by offering resources to:

Learn about convalidation: [Pathways to Marriage Convalidation and Sacramental Marriage](#)

Benefits of Sacramental Matrimony

Build Practical Marriage Skills

Embracing Fertility Awareness and the Theology of the Body

Cultivating a HAPPY Culture of Matrimony

Parishes can affirm the value and priority of matrimonial culture in the way marriage-related information is communicated. Marriage is a daily lifelong sacrament, not a one-day event. Married couples need frequent joyful reminders to make their matrimonial bond a first priority in their life.

Sunday Bulletins

Plan Monthly Bulletin content with encouragement and information for married couples

Resources to Help:

Parish Culture of Matrimony Communications:

Jubilant Marriages Resources:

[ARCHSTL Jubilant Marriages Homily & Parish Communication Tool Kit for March](https://public.files.capacity.com/b74c60b2-5d6b-4369-ae6a-8eed6e9bbb22/0790f846-4783-425e-b53e-4139e0dab9d6?FU=1741121428)
<https://public.files.capacity.com/b74c60b2-5d6b-4369-ae6a-8eed6e9bbb22/0790f846-4783-425e-b53e-4139e0dab9d6?FU=1741121428>

“Radiate Love” Pastoral Resources from the California Bishop’s Conference:

<https://cacatholic.org/radiatelove/>

Parish Culture of Matrimony Events:

Host a Jubilant Marriage Sunday seasonally:

Include special marriage-focused homily, prayers of the faithful, couple blessings, coffee/food after masses, and invite couples to discover fresh ways to enrich their marriages (with resources available).

THE CELEBRATE CATHOLIC MARRIAGE EXPERIENCE: Fun Date Night event with 7 step follow-up to strengthen marriage communication, God-reliance, and intimacy.

<https://www.matermedia.org/celebrate-catholic-marriage>

Married Couple Small Groups. Couples gain strength and solidarity to sustain them through the shared fun, faith, and friendship of couple-based small groups. Options:

Marriage & More Small Groups: **<https://www.celebrate-catholic.com/MarriageandMore>**

Marriage Encounter Groups: **<https://wwme.org/community/joining-others/>**

Teams of Our Lady Groups: **<https://www.teamsofourlady.org/>**

Informal Married Couple Connections. Suggestions:

Invite couples with children to **connect and play on the playground after mass**

Plan an informal **couples/family summer pot-luck picnic**

Cultivating a HEALTHY Culture of Matrimony

Skill-Building Opportunities for Married Couples.

Conquering Conflict

Communicating Clearly

Survive to Thrive

Easy Access Advice & Resources:

Dr. Ray Guarendi: **<https://www.drray.com>**

Greg and Lisa Popkack: **<https://catholiccounselors.com/>**

Parishes can share marriage-building resources monthly through the bulletin, emails, and website. Options can include:

Video Series, Podcasts and Coaching

Marriage, Let's Talk! Podcast: Improve empathy in marriage with couples demonstrating the "dialogue" method of communication. Episode Library.

<https://www.matermedia.org/mltpodcast>

El Anillo es Para Siempre (Spanish) [book](#) and [related videos](#) by Fr. Angel Espinosa de los Monteros

10 Tips To Divorce-Proof Marriage: Deacon Harold Burke-Sivers

<https://deaconharold.com/product/10-tips-to-a-divorce-proof-marriage-mp3-download/>

Catholic Life Coach for Men: <https://catholiclifecoachformen.com/>

Sexual Intimacy Coaching: <https://www.catholicintimacy.com/coaching>

Relationship Coaching: <https://rosesweet.com/catholic-coaching/>

Short Marriage Workshops:

God Chose You For Me: One-day parish-based mini-retreat. Call for info: **314-649-7317**

Get more information at: <https://wwme.org>

Marriage Mini Course – 5 part video series for marriage skills from [CatholicPsych](#)

United in Love. United in Christ: Six-session series. www.faithandmarriage.org/uil/

The Choice Wine: 7 Steps to a Superabundant Marriage

www.paradisusdei.org/the-choice-wine

Better Together:

<https://www.dynamiccatholic.com/marriage/better-together-marriage-enrichment.html>

The Little Way of Marriage: <https://www.littlewayofmarriage.com/>

Renewed – Real Life Catholic – online video series for marriage enrichment **Renewed**

Smart Loving – online courses for all seasons of married life **Smart Loving**

Alexander House: Marriage Coaching and Retreat Center for Couples [Julie and Greg Alexander](#)

ReFoccus Marriage Enrichment:(Bilingual)

<https://www.foccusinc.com/refoccus-inventory.aspx>

Restore, Rekindle, Renew: Seven Session Series <https://wwme.org/the-experience/>

Programs by John & Teri Bosio (Six Dates for Catholic Couples, A Couples' Path to Greater Joy, and more) www.happy-together.net

Help Navigating Finances

Compass Catholic: <https://compasscatholic.org/mission-vision/>

The Control Option Mindset: <https://thecontroloptionmindset.com/>

True Stories of Healed Marriages - Video Series

The Promise - We Said "I DO" Forever: Stories of real couples with real struggles

<https://www.chuckneff.com/wesaididoforever/index>

Resources to Help Married Couples in Distress:

Catholic Counselors

My Catholic Doctor (TelehealthCounseling):

<https://mycatholicdoctor.com/catholic-mental-health/>

Catholic Counselors.com <https://catholiccounselors.com/about-us/>

CatholicTherapists.com: <https://www.catholictherapists.com/>

St. Louis Counseling Group: <https://saintlouis counseling.org/>

Marriage Renewal Retreat

Retrouvaille Marriage Retreat: a lifeline for marriages in English and Spanish

<https://helpourmarriage.org/>

Spiritual Healing

Catholic Renewal Center:

<https://www.archstl.org/about/offices-and-agencies/catholic-renewal-center/>

Healing Prayer: Healing inner wounds brings the wholeness that God intends for married couples. Healing Prayer available by appointment:

English: Anne Hruz annehruz@archstl.org or 314-731-6100

Spanish: Lizett Mata lizettmata@archstl.org or 314-731-6100

Widows: Compassion Group for widows grappling with loss of the matrimonial grace of their marriage. Facilitator: Patty Kernell @ pjkernell@sbcglobal.net

Separation: BEHOLD for the Separated (and Divorced). Help to navigate the life-changing effects of a marriage in separation. Contact the Catholic Renewal Center for more information 'catholicrenewal@archstl.org' or 314-731-6100

Paths to Escape Porn

Integrity Restored with Matt Fradd: <https://integrityrestored.com/author/mattfradd/>

RECLAIM: Bruce and Jeanie Hannemann help men and women recover from to porn.

<https://www.reclaimsexualhealth.com>

Paths to Escape Addiction - 12-Step Programs:

Alcoholics Anonymous STL: <https://aastl.org/>

Drug Addicts Anonymous: <https://daausa.org/>

Sex Addicts Anonymous: <https://saa-recovery.org/>