

Office of Marriage and Family Life

SEPTEMBER 2026

**CHOOSE A
MATRIMONY
MINDSET**



**JUBILANT
MARRIAGES**

TOOL KIT

MONTHLY RESOURCES & IDEAS

www.ARCHSTL.org/Jubilant-Marriages

Jubilant Marriages Theme For SEPTEMBER

Choosing a Matrimony Mindset



Modern culture has increasingly drawn young people away from anchoring their lives with the blessing of Sacramental Matrimony.

The Jubilant Marriages Initiative focus for SEPTEMBER encourages couples, priests and parishes to be positive and proactive with the younger generation to help them discover and value the life-long, sacrificial, holy and hope-filled adventure of sacramental Matrimony.

Too many young adults are settling for the empty influences that promote co-habitation and selfish relationships. Young people need help to understand that they can find the HOPE and LOVE they long for in God's design for marriage.

Visit and share the link to the webpage: www.MarriageandFamilySTL.org with everyone in your parish. The page offers resource links to cultivate HEALTHY marriages that endure with generational impact that is powered by sacramental grace.

WHAT'S INCLUDED?

- Jubilant Marriages Theme
- Scripture Reflection: 9/12 & 9/27
- September Intercessions
- Matrimony Moments
- Recommended Resources
- Help for the Winding Path
- Events, Links, and More
- Ideas for Parents & Educators
- Hispanic Resources
- Jubilant Marriages Prayer
- Helpful Contacts

Jubilant Marriages Parish Teams

You and your spouse are invited to work with your pastor to build a Marriage Ministry Core Team at your parish. These couples work together to fortify and energize couples in the parish through prayer, events and small groups.

Contact Paul Duker at the Office of Marriage and Family Life: 314.792.7178 (Cell: 314.303.5060) to register and get started as a Jubilant Marriages Accelerator Parish.

Sunday Scriptures: 9/12

Reflection for Sunday, September 12, 2026



The readings for the Twenty Fourth Sunday in Ordinary Time (Cycle C) inspires us to anchor our lives in forgiveness and in trusting the faithful love of God. Married couples need only to look to the generous forgiveness of God for the example of forgiveness to offer each other.

These Scripture reflections are the fruit of reflections by Allen and Marian Love, and their 54 years of marriage. Allen is a Permanent Deacon. Marian is a Spiritual Director, who gives days of reflection and is an adjunct instructor at Aquinas Institute. The Loves are members of Sacred Heart Parish in Valley Park.

First Reading

Sirach 27:30-28:7

First Reading - Forgive as We've Been Forgiven

This passage from Sirach points to our need for God's forgiveness as the motivation to forgive others whether or not they have earned our forgiveness, or have forgiven us. Life is too short to carry grudges or be mean spirited. We are called to extend the same compassion and mercy to others as God has bestowed on us.

Advice to married couples has been long standing – "Never go to bed angry with one another." Rather we should remember the grace of God's compassion and mercy that flows through us as sacramental gift. Life is too short not to give this to one another at every opportunity.

Responsorial Psalm

Psalm 103: 1-2, 3-4, 9-10, 11-12

Responsorial Psalm - Praise God for His Generous Love

The Psalmist calls us to praise God for all of the blessings we have received: mercy, forgiveness, healing. God's generosity is greater than we can understand or imagine. Married couples who become more aware and grateful for God's generous love flowing into them, will embody their role and+ baptismal calling They become more generous and merciful towards one another as well as family, friends and coworkers.

Second Reading

Romans 14:7-9

Second Reading – Nothing Separates us From Christ

In this passage, Paul stresses that Christ, by his incarnation, death and resurrection, holds the same power over life and death. Therefore, we are joined to Christ permanently – nothing, not even death – can separate us from the love of Christ.

God's indwelling in husband and wife also dwells within the married relationship forever. Assured of that presence and love, we are secure. This awareness can help the couple see the interconnectedness of all people – all secure in God's love.

Gospel

Matthew 18:21-35

Gospel – Forgiveness Without Limits

In Matthew's Gospel today Jesus insists that there is no limit to how often we must be willing to forgive those who have offended us. He makes a connection between the generosity of the king for forgiving the servant's debts to God's forgiveness towards us.

Forgiveness is an ongoing need in human life. The adage, "Love means never having to say you are sorry" does not apply. As married couples the statements "I am sorry", "I forgive you", "Please forgive me" can never be exhausted.

Sunday Scripture 9/27

Reflection for Sunday September 27, 2026



First Reading

Ezekiel 18: 25-28

Responsorial Psalm

Psalms 25: 4-5,6-7,8-9

Second Reading

Philippians 2:1-11

Gospel

Matthew 21:28-32

The Readings for the Twenty-sixth Sunday in Ordinary Time (Cycle C) urge us to choose the virtue-rich path that leads to life, selflessly, through generous discipleship.

These Scripture reflections are the fruit of reflections by Allen and Marian Love, and their 54 years of marriage. Allen is a Permanent Deacon. Marian is a Spiritual Director, gives days of reflection, and is an adjunct instructor at Aquinas Institute.

The Loves are members of Sacred Heart Parish in Valley Park.

First Reading – Choose the Path of Life

Using the contrasting images of a virtuous person who turns away from virtue and “dies” with another image, a sinner who repents and “lives”, Ezekiel emphasizes how a change in behavior affects our relationship with God leading us to either death or life.

Married couples are called to be steadfast in their relationship of love to avoid the “death” of their marriage. The passage highlights that even if we fail in living fully our sacrament, the relationship can be restored to “life” if the partners are willing to work on the relationship together with the help of God’s healing grace.

Responsorial Psalm –

The Psalmist seeks God’s guidance in discerning God’s will for living in accordance with God’s truth. The Psalmist acknowledges God’s covenant and the Psalmist’s transgressions and seeks God’s mercy and direction for the path of life.

Married couples, while they retain their individual identities after marriage, have entered into a new relationship with God and each other in marriage. This relationship has its own dynamic that calls the couple to seek and discern God’s direction for their marriage and family as a couple. Couple prayer, in addition to individual prayer, will help couples discover God’s “path” for their marriage.

Second Reading - Unity Through Selflessness

Paul exhorts the Philippians to live in a unity modeled on Christ that will be evidenced by their common outlook, selflessness and regarding others as more important than themselves.

The unity of the married relationship that is modeled on Christ is evident when their marriage is rooted in the love of Christ, when they share hopes and dreams for the future, when they support the other, and when the partners are willing to sacrifice personal interests for the sake of the relationship.

Gospel – Choose Generous Discipleship

Using a story of two siblings asked by their father to work in the vineyard, Jesus paints a picture of the call to discipleship, and the choice disciples are given in responding to the call to build God’s kingdom on earth.

Married couples face many choices in their married relationship. Choices for their family that are rooted in their relationship with Christ will be blessed with the grace they need to grow in faith as a couple and witness to their children the call to discipleship that they too receive.

Jubilant Marriages Prayers & Matrimony Moments

Married Couples

We pray that married couples will foster a matrimony mindset by sharing candidly with their teen and young adult children about the blessings of their shared life together through the power of Matrimonial grace.

Vocations

We pray that young adults will grow a renewed desire to build their lives on the foundation of faith and generosity - and follow God's call to the Sacrament of Matrimony or to a religious vocation.



Sunday Matrimony Moments

Use this simple weekly framework to grow closer as a couple.

Take time each Sunday to:

- 1) Be inspired by a **SCRIPTURE** from the Sunday readings
- 2) **PRAY** a short prayer together
- 3) Try a **MOTIVATION TIP** to improve your marriage
- 4) Get a **CONVERSATION** prompt to build connection between you.

Print and use these at home, or in a Married Couple Small Group. Use this [LINK](#).



FEATURED RESOURCES:

Discover ways to cultivate a matrimony mindset in the next generation. Young adults need our help to rediscover the value, power and joy of Sacramental Matrimony



[Impact the Next Generation - Be a Matrimony Mentor](#)

Married Couples, consider getting trained as a Side-by-Side Matrimony Mentor for your parish. It is a mutually rewarding way to come alongside younger couples as they prepare for matrimony and experience the joys and struggles of life as newlyweds. Use this [LINK](#) to find out more.



Do you know a young person planning to get engaged?

The Archdiocese offers excellent in-person preparation for the Sacrament of Matrimony for young couples based on the **Joy Filled Marriage** Program by Ascension. It offers a great balance of preparation for the spiritual, relational, and practical experiences of Married life.

Visit www.MarriageandFamilySTL.org to know more.



Image of God Institute

The Image of God institute provides valuable tools for young people to anchor their lives in a Theology of the Body lifestyle. Through TOB Intensive Weekends, Reading & Discussion Groups, Conferences & Seminars, and Parish-based experiences, people of all ages learn to apply the rich truth of life as a "gift" in daily living and relationships. Through the process, a Matrimony mindset emerges in a natural and lasting way.

Discover more: [Image of God Institute](#)



Salt & Light for Young Adults

The STL Archdiocese Young Adult Ministry: Salt & Light, provides the opportunity for friendship where Catholic young adults play together AND pray together. This is a strong vine that can bear the fruit of holy and happy marriage relationships and strong vocations.

Share this link: [LINK](#)



Mark Your Calendar to Experience...

JUBILANT MARRIAGES WEEK

Jubilant Marriages Week 2026

Sunday, September 27 through Saturday, October 3

Sponsored by the Archdiocese of St. Louis - Office of Marriage & Family Life



Play together! and Pray together!

Married and engaged couples, you are invited to spend seven days with seven simple ways to PRAY & PLAY as a couple and grow more *JUBILANT* in your marriage!

Enjoy daily ways to PLAY together along with daily ways to PRAY together that are anchored in Scripture.

Visit www.Marriageandfamilystl.org/JMWeek for all the details.

Download the 7 days of PLAY:



Download the 7 days to PRAY:



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OF ST. LOUIS



Office of Marriage and Family Life - Archdiocese of St. Louis
MarriageandFamilystl.org



ANNUAL
CATHOLIC
APPEAL
BUILD MY CHURCH

RESOURCES FOR THE WINDING PATH

Below are some options to help when a marriage is not so *jubilant*. Discover that practical and spiritual help is available when separation or divorce are part of the marriage and family journey.

Surviving Divorce Parish Program by Rose Sweet



Marriage is meant to last a lifetime, yet many experience the deep pain of separation and divorce. Surviving Divorce offers hope and healing for those navigating this difficult journey, whether newly separated or still struggling years later. Created by Rose Sweet, this program features trusted Catholic experts and powerful personal testimonies from men and women who have experienced the breakdown of their families. Through their stories and guidance, you'll find answers to your questions, renewed hope, and a path toward authentic healing.

Incarnate Word Parish is hosting "Surviving Divorce" starting on Wednesday September 2 from 6:30 -8:30PM in the Teacher's lounge. Contact Donna O'Donnell at djodonnell5064@gmail.com

Annulment Information: FAQ and Local Help



At times a couple suffers with impediments that have been at the root of problems that existed from before the start of their relationship. When that is the case, the Church can help them explore the Annulment process.

[LINK](#) to find a basic **Annulment FAQ from the USCCB**

[LINK](#) to get **Annulment Guidance in the St. Louis Archdiocese**

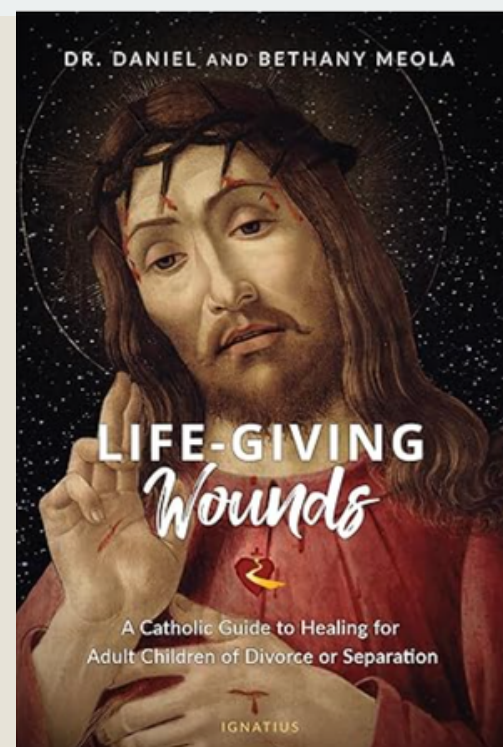
Life-Giving Wounds *Healing for Children of Divorce*

Life-Giving Wounds offers young adults and adults with divorced and separated parents a path to find transformative healing in Christ, and to ways to discover a fresh "matrimony mindset" for their own journey ahead in life.

This Catholic, peer-led ministry provides unique programs and means for Christ to transform life-draining wounds into life-giving resources of faith, hope, love, and joy for themselves, their relationships, and the Church.

[LINK STL Chapter Contacts: STL Life Giving Wounds Group](#)

[LINK: Fall Virtual Retreat - Wednesdays October 7 through November 18, 2026, 8:15 to 10 p.m. EST](#)



Events, Links, and More

Find Marriage enriching events, links, and information to help your marriage, or the marriage of someone you care about to be...JUBILANT!

LINK



The Jubilant Marriages Initiative spotlights great ways for Priests, Parishes, Couples, and SINGLES to help Marriages be HAPPY and strong.

Visit MarriageandFamilySTL.org and discover links to resources and ideas that empower couples to cultivate a matrimony mindset no matter what age or season of life.

Events & Info.



Help for the Winding Path...For couples experiencing marriage difficulties, **"Retrouvaille"** is a proven & POWERFUL marriage renewal experience in which you can: rebuild your emotional connection, learn healthy communication methods, manage conflicts effectively, forgive and rebuild trust. *Rediscover your love!*

Upcoming "Retrouvaille" weekend in STL: October 2 - 4, 2026

Take the first step to a better marriage. [Register Here](#)

Testimonials

"We came to Retrouvaille thinking nothing would work. We have been given another chance."

"We'd been living apart for over six months, but through this program, we're gradually learning to rebuild our marriage."



Register:

<https://worldwidemarriageencounterstl.org>
fox.com/marriage-on-tap

Marriage on Tap STL is Thursday, September 17, 2026

6:00 p.m. at Syberg's on Dorsett. The speaker will be Father Paul Hoelsing, who is returning for the 10th Anniversary of Marriage on Tap to offer inspiration to Catholic married couples.

"God Chose You For Me" Retreat

"God Chose You For Me" - WWME 1-Day Retreat for Couples

Deepen the spiritual intimacy in your marriage.

Pray, connect in new ways, and encounter God's love...together!

Saturday, October 3, 2026 -

Sts Joachim and Ann Parish in

St. Charles, MO - [Register](#)



Saturday. 19th September 2026

JUBILANT MARRIAGES MINI-RETREAT FOR COUPLES



This special day is devoted to YOU two and your relationship. You will experience: Lunch, Mass, Reflection, Relaxation, Prayer, Connection, Conversation & Fun!

 Saturday. 19th September 2026

 11: 30 AM - 6:00 PM
OPTIONAL: EARLY-BIRD ROSARY IN CHURCH AT 11AM + YOU ARE ENCOURAGED TO PLAN DINNER "OUT" ON YOUR OWN

 \$50 per COUPLE registration
Includes: Retreat Materials, Lunch, Beverages, and Snacks
(Don't let the price deter you!
Use the Code: MARRIAGE for \$25 off!)



Beautiful St. Roch
Church and Hall
26052 Waterman Blvd,
St. Louis, MO 63112
Lower Level Event Space

Register now at :

MarriageandFamilystl.org

Payment online or mail a check to:
Office of Marriage & Family Life
Archdiocese of Saint Louis
20 Archbishop May Dr. STL, MO 63119

Questions? Call Paul Duker
at 314-792-7178



SPECIAL GUESTS TO INSPIRE YOU



EMCEE

Cathy Gilmore

Matrimony as a Daily Sacrament of Love

Your guide for the afternoon

Married 43 Years
St Gerard Magella Parish in Kirkwood



REFLECTION 1

Pray Together!

It's not as hard as you think!

James & Katt Redmond

Married 6 Years
St. Monica Parish



REFLECTION 2

Communicate LOVE

Tap into the power of love in
verbal and non-verbal communication

Alice & Carlton Prince

Married 26 Years
St. Bakhita Parish



"NEXT STEPS"

A Jubilant Marriage

Discover new ways to enrich your
marriage and the marriages of others.

Paul Duker

Married 42 Years
Most Sacred Heart Parish in Eureka



HOLY MASS

Together, you are a sacrament!
(Mass fulfills Sunday Obligation)

Fr. Rosy Rosebrough

50+ yrs. Marriage Ministry
Priest of Archdiocese of STL

Ideas for Parents & Educators

In SEPTEMBER, we focus on the way married couples can CHOOSE the virtue of HOPE in marriage and family life.



Holy Matrimony Role Models: Karol and Emilia Wojtyła

This extraordinary married couple from Poland ignited deep love and fervent faith in their son Karol, who later became Pope Saint John Paul II. The power of their witness - embracing their marriage as a daily lived Sacrament - planted the seeds in the heart of their son who later created what is now known as the Theology of the Body. This extraordinary teaching has inspired men and women from around the world to live as a gift, and experience *FREE, TOTAL, FAITHFUL, and FRUITFUL* matrimonial lives.

They taught their son how to have HOPE no matter the circumstance, and he went on to give HOPE to generations that followed after him.

For LITTLES



Invite little children to discover the virtue of HOPE

- Talk about what it means to have hope -- Knowing that we have a good future with God!
- Try practicing a daily affirmation of HOPE. Example: I put my HOPE in God that I will have all the strength I need for whatever happens today!

For MIDDLES



Discuss the difficult life faced by Karol and Emilia Wojtyla and their two sons.

How did Pope John Paul II have so much hope when he and his family faced so many difficulties? Watch this short video together: <https://catholic-link.org/john-paul-ii/>

Challenge: Have the children to think about something that is difficult in their own lives. Then ask them to think of a phrase to write down to help them "Cope with HOPE"

Example: Difficulty with a friend: "I hold on to HOPE that God can give me the strength to be kind to that person and not let their reactions get me down."

For TEENS

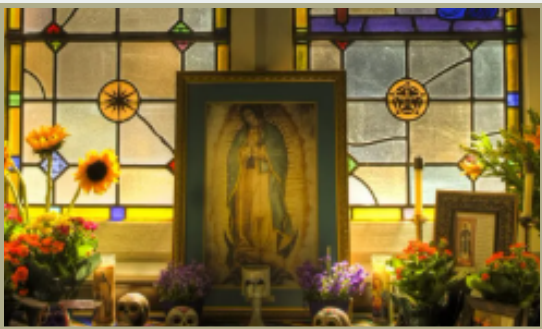


Pope John Paul II's mom was advised by a doctor to abort her second son to protect her own health. She and her husband felt strongly that their child deserved a chance at life no matter what.

Read this article and discuss together how the virtue of HOPE was evident in their marriage and in their decision to BE a gift and give their son life no matter the personal risk: <https://www.catholicnewsagency.com/news/44565/john-paul-iis-mom-chose-life-after-her-doctor-advised-an-abortion>

RECURSOS HISPANOS

Descubre eventos e información especialmente para parejas y familias hispanas casadas.



[ARCHSTL Hispanic Ministry](#)

Visita la página del Ministerio Hispano en el sitio web de la Arquidiócesis para obtener información sobre preparación matrimonial, además de otros recursos y eventos en español.

Oportunidad Hispana Carismática

Programas del Centro de Renovación Católica – para participar, póngase en contacto con nosotros

<https://resources.archstl.org/article/181921/oportunidad-hispana-carismatica>



[Quinceañera!](#)

Estas Por Cumplir Tus 15 Años Y Quieres Tener Una Misa
¿Pero No Sabes Que Necesitas?

El rito de los quince años es más que una celebración del paso de niña a mujer, una herencia cultural y religiosa hispana y está relacionada con la familia, maternidad y fe.

<https://public.files.capacity.com/b74c60b2-5d6b-4369-ae6a-8eed6e9bbb22/452531cb-6769-4577-b152-452392dd9b41?FU=1721072528>

Preparación Matrimonial

La preparación matrimonial para parejas comprometidas en la Arquidiócesis de STL se basa en un excelente programa de Ascension llamado: El plan de Dios para un matrimonio lleno de alegría, que ofrece tanto preparación espiritual como práctica.

[Enlace: Preparación Matrimonial](#)

EL PLAN DE DIOS
para el AMOR





Pray THE JUBILANT MARRIAGES PRAYER

Jesus, Your life, death, and resurrection was the greatest act of love of all time, pouring forth streams of life-giving grace in the Sacraments. Today, we ask you to renew our HOPE - through the daily lived Sacrament of Matrimony.

Inspire us to cherish the extraordinary value of the Sacrament of Matrimony in our families and communities to renew familial love among all people. Enable us to build a Culture of Matrimonial Love in our parish – to energize couples who are stable, support couples in distress, empower couples who carry heavy burdens, and rekindle a matrimony mindset in our youth.

Unleash the power of Matrimonial Grace in our parish - through the leadership of our clergy, the faithfulness of married couples, and the wisdom of the widowed, to inspire each parishioner to live as a joy-filled daily sign of the sacrificial love of God .

Amen.

You are encouraged to pray this prayer in your home with your spouse and/or family.
Prayer Cards are available from the Office of Marriage & Family Life

Who Can Help?



This handy contact page gives you at-a-glance ease to get help to implement Jubilant Marriages recommended resources or ideas in your own life or in your parish.

Description	Phone	Email Address
Paul Duker <i>Manager - Office of Marriage & Family Life</i>	314-792-7178	paulduker@archstl.org
Cathy Gilmore <i>Jubilant Marriages Coordinator</i>	636-391-3999	cathygilmore@archstl.org
Sr. Maureen Martin, ACSJ <i>Family Life</i>	314-792-7612	srmaureenmartin@archstl.org
Amy Buehrle <i>Pastoral Associate - Northern Vicariate</i>	314-792-6512	amybuehrle@archstl.org
Tammy Chumley <i>Pastoral Associate - Western Vicariate</i>	314-792-6456	TammyChumley@archstl.org
Jennifer Meehan <i>Pastoral Associate - Southern Vicariate</i>	(314) 363-6945	jmeehan@archstl.org

✦ Get the Jubilant Marriages Tool Kit
sent to your inbox each month. Sign up at:
<https://archstl.flocknote.com/jubilantmarriage>



About Jubilant Marriages

Guided under the leadership of Archbishop Mitchell Rozanski, Jubilant Marriages offers a new vision for couples and parishes in the Saint Louis Archdiocese to tap into the MATRIMONIAL POWER of Catholic Marriages. This initiative will enable Catholic Matrimony to be embraced as a daily lived sacrament and a powerful sign of God's presence.

*"The vision of Jubilant Marriages is to establish a
Catholic Culture of Holy Matrimony; anchored in the truth
that the loving relationship of a couple
is a powerful sacramental presence of God."
- Father Rosy Rosebrough*

Starting in spring 2025, the Jubilee Year of HOPE, monthly Jubilant Marriages themes spotlight important ways each marriage can be holy, healthy, and happy - and provide practical information that helps married couples and parishes to thrive.

Visit MarriageandFamilySTL.org to discover more!

