



Office of Marriage  
and Family Life

**MAY 2025**

**MATRIMONY IS A DAILY LIVED SACRAMENT**



**PARISHIONER**  
**TOOL KIT**

**MONTHLY RESOURCES & IDEAS**

# Jubilant Marriages Theme For MAY

***Matrimony is a DAILY  
lived Sacrament of HOPE!***

***How can Matrimony be a DAILY lived  
Sacrament of HOPE?***

*The Jubilant Marriages focus for MAY is to encourage couples, priests and parishes to see Matrimony as a DAILY lived Sacrament.*

*Consider how the Sacrament of Matrimony can be a daily “YES” to your spouse. It impacts how you guide your children, and engage with friends, and neighbors. Your journey of Faith, HOPE, and Love can shine a bright light that points to heaven. Making matrimonial living a priority each day can unleash the power of Grace, and can have profound impact on your family and your parish community.*

*Visit and share the link to the webpage: [www.ArchSTL.org/Jubilant-Marriages](http://www.ArchSTL.org/Jubilant-Marriages). The page offers resource links to cultivate HAPPY, HOLY and HEALTHY marriages and parishes.*



## WHAT'S INCLUDED?

- Jubilant Marriages Theme
- Scripture Reflection: 5/11 & 5/25
- Intercession Prayers
- Jubilant Marriages Parish Prayer
- Events, Links, and More
- Spotlight Couple: The Meehans
- Ideas for Parents & Educators
- Featured Resources
- Hispanic Resources
- Helpful Contacts



## ***Jubilant Marriages Accelerator Parishes***

***You and your spouse are invited to work with your pastor to build a Jubilant Marriages team at your parish - to fortify and energize couples in an intentional way.***

***Parishes can become a Jubilant Marriages “Accelerator” Parish at any time.***

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

# Sunday Scriptures: 5/11

*Reflection for Sunday, May 11, 2025*



**Mother's Day - Matrimony protects, strengthens, and empowers motherhood.** Modern culture minimizes both marriage and motherhood. The Sacrament of Matrimony is a powerhouse of grace that can be experienced in daily words and acts of love between husbands and wives – and through them to their children. When a husband's actions say "I DO!" daily to his wife, the woman can respond in an outpouring of Matrimonial Grace that blesses their children and everyone in their family and community!

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## First Reading

**Acts 13:14, 43-52**

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### ***First Reading: Paul and Barnabas in Antioch***

In this passage, Paul and Barnabas boldly proclaim the word of God despite opposition, finding joy in sharing the message with those who receive it. In marriages and motherhood, this reflects the commitment to stand together in faith, speaking truth in love – even when faced with challenges. A couple's shared partnership in their mission to live out their faith can inspire others, just as Paul and Barnabas did, trusting that God's grace will guide them through trials. Mother's Day is a great opportunity for husbands and fathers to reflect on how you and your spouse can encourage each other to persevere in sharing love and kindness, even when the world pushes back.

## Responsorial Psalm

**Psalm 100**

***"We belong to the Lord."***

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### ***Responsorial Psalm : We Belong to the Lord***

Psalm 100 celebrates belonging to God, joyfully serving Him as His people. In marriage, this reminds couples that their union is rooted in divine love, belonging not only to each other but to the Lord. This shared identity calls couples to approach marriage with gratitude and praise, serving one another with humility and joy. Consider how you can cultivate a home filled with thanksgiving, where your love reflects the goodness of the God to whom you both belong.

## Second Reading

**Revelation 7:9, 14B-17**

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### ***Second Reading: Vision of the Multitude***

This vision of a multitude united in worship, cleansed and led by the Lamb, speaks to the eternal hope of God's kingdom. In marriage, it inspires couples to see their relationship as part of a greater tapestry, where love transcends differences and trials. The promise of God wiping away every tear encourages spouses to comfort and support each other through hardships, trusting in the eternal love that binds them. Reflect on how marriage can be a witness of unity and hope. Married couples are a living sacrament that invites and leads others to God's eternal promise of love.

## Gospel

**John 10:27-30:**

### ***Gospel – The Good Shepherd's Promise***

Jesus, the Good Shepherd, knows His sheep and promises them eternal life, assuring them that no one can snatch them from His hand. In marriage, this reflects the deep intimacy and security of a relationship grounded in Christ's love. Just as Jesus knows and protects His flock, spouses are called to know and cherish each other, and their children, deeply, offering unwavering commitment and care. Consider how you can listen to your spouse's heart as Christ listens to His sheep, fostering a family bond that reflects His eternal, unbreakable love.

# Sunday Scripture 5/25

*Reflection for Sunday May 25, 2025*



## First Reading

**Acts 15: 1-2, 22-29**

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## Responsorial Psalm

**Psalms 67:2-3, 5, 6, 8**

***"O God, let all the nations praise you!"***

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## Second Reading

**Revelation 21: 10-14, 22-23**

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## Gospel

**John 14: 23-29**

Married couples are called to discern together like the early Church, radiate God's blessings like the psalmist, build on the eternal foundation of God's covenant, keep Christ's word, and embrace His peace. In doing so, couples can make their marriages a powerful sign of hope and grace -- living witnesses of God's love, peace, and glory. Marriage is not just a private bond but a sacramental mission to reflect Christ's love to the world.

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### **First Reading: Unity and discernment for the sake of love.**

This passage describes the early Church resolving disputes through prayer, dialogue, and guidance from the Holy Spirit, choosing a path that fosters unity rather than division. In marriage, couples are called to be a domestic church, navigating disagreements and challenges with mutual respect and discernment. Just as the apostles sought what was essential for the community's good, couples are invited to discern together what builds their shared life, avoiding unnecessary burdens and focusing on love, forgiveness, and shared mission.

*Practical Application:* Pray together when facing decisions or conflicts, asking the Holy Spirit for guidance.

### **Second Reading: The jubilant city of God, radiates His glory**

This vision of the New Jerusalem, where God's glory is the source of light, reminds couples that their marriage is a foretaste of heaven. Your love, rooted in Christ, reflects His eternal light, illuminating your home and community. The "foundation stones" of the city symbolize the strength and permanence of God's covenant, mirrored in the lifelong commitment of marriage. By centering your relationship on God, your marriage becomes a sacred space where His glory shines.

### **Gospel: Jesus' gift of peace and the promise of the Holy Spirit.**

Jesus promises His peace, distinct from worldly peace, and the Holy Spirit to guide and strengthen His disciples. In marriage, this peace is a gift that sustains couples through trials, uncertainties, and daily stresses. The Holy Spirit empowers you to love beyond your human limits, to forgive when it's hard, and to remain faithful in all circumstances. By trusting in Jesus' presence and leaning on the Spirit, your marriage becomes a sanctuary of peace that reflects His love to the world.

*Practical Application:* When conflicts arise, pause to pray for peace and invite the Holy Spirit into the moment. Practice small acts of peace-making, like apologizing first or offering a kind word.



# Jubilant Marriages Prayer Intentions For May

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## 01 Married Couples

That married couples and families pray together and invite the Holy Spirit into the moment when facing decisions or conflicts, and seek God's guidance and reconciliation to see them through each trial.

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## 02 Youth Vocations to Marriage

That young people anchor their lives on the "foundation stones" of God's strength and permanence, choosing the lifelong commitment of marriage. That they will center their relationships on God, with marriages that become a sacred space where His glory shines.

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## 03 Parenting Holy Families

That parents find courage and strength through Sacramental living to intentionally choose God, prayer, and family as the first priorities among all the activities that demand their time and attention.





## JUBILANT MARRIAGES PARISH 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.

***This prayer can be used on Jubilant Marriage Sunday  
or anytime in the home***

Prayer Cards are available from the Office of Marriage & Family Life





## Jubilant Marriages May Spotlight Couple: Jennifer & Jim Meehan

### **How did you meet and know he/she was the one?**

We met when we were both working at Anheuser-Busch: Jen in New Jersey and Jim in St. Louis. Jen came to "Headquarters" for a training class and Jim offered to take her to lunch. Lunch went so well that he invited her to dinner that night, and again the next night. Fast forward 27 years, we have 3 young adult kids, an aging cat, and are celebrating our 25<sup>th</sup> wedding anniversary in September.

### **What is one of the hardest things you had to live through and what got you through it?**

Our second child, Meghan, needed multiple surgeries in the first few years of her life. We became very familiar with Children's Hospital. We spent our 5<sup>th</sup> wedding anniversary evening in the OR waiting room after her second emergency surgery. As we waited alone, holding hands and praying that our daughter would be ok, Jen noted that this was not the most romantic way to celebrate five years of marriage. Jim pointed out that this was what marriage was all about... Being together in the hard times, not just the easy ones. We got through that season by leaning on each other and on our faith. This month, we will watch Meghan graduate college with honors!

### **Where is God in your life, and in your marriage?**

God is the most important relationship that either of us has. We both start our days with private prayer and we try our best to end each day with couple prayer. We did not start out our marriage with God at the center and it showed. As our family grew, we began to get involved in our parish. The more involved we got, the more important our faith became to us, and the more central Christ became to our marriage. In May of 2009, we renewed our wedding vows after Saturday Vigil Mass. From that point onward, Christ became a partner in our marriage. These days, when we have a difficult decision to make, we always begin by praying together and separately and sharing what we are hearing in prayer. Our involvement in a Marriage & More couple's small group helps keep us grounded and energized also.

### **What is your favorite way to make your spouse smile?**

**Jim:** I can make Jen smile by reminding her of some of our "inside" jokes... We have a lot of them. I have to be careful, though, because if she starts laughing while she's driving, it can be treacherous.

**Jen:** I'm pretty goofy... Dancing or singing or just being silly will always get a smile on Jim's face.

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**Vicarate Work/Side-by-Side Matrimony Mentor Training:** Jennifer serves as the Director of Pastoral Ministry for the Southern Vicariate of the Archdiocese of St. Louis. In this role, she provides support and assistance to parishes, staff, and volunteers in all areas of faith formation, catechesis, and evangelization. Recently, she developed a Matrimony Mentor Couple program, "Side-by-Side," which pairs more experienced married couples with engaged or newlywed couples for marriage preparation and accompaniment through their first wedding anniversary.

Jen and Jim's marriage has been enriched for many years through involvement in a Marriage & More Small Group for Couples. **Find out how to start Marriage & More Small Groups at your parish:** <https://www.Celebrate-Catholic.com/MarriageandMore>

Jennifer will be holding a free training for married couples interested in becoming **Matrimony Mentors** Saturday, June 7, from 9am-4pm at the Southern Vicariate office in Festus. Link to register: <https://forms.office.com/r/mJHJEm8y4R>

# FEATURED RESOURCES:

Discover how Worldwide Marriage Encounter couple's retreats and parish events can help you build spiritual strength in your relationships and learn to communicate with empathy and intimacy.



## Worldwide Marriage Encounter

Uncover the secrets to a lasting, supportive, and transformational marriage!

**Worldwide Marriage Encounter** has responded to the changing lifestyles of couples to offer their proven & powerful retreat experiences in an array different formats. Take time to strengthen communication and intimacy in your relationship. Learn how to live matrimony as a Sacrament of HOPE and JOY every day!

Get more details: [WWME.org](http://WWME.org)

## God CHOSE You For Me Mini-Retreat

**Married Couples are invited** to spend one one day to deepen their relationship spiritually. The **God Chose You For Me** mini-retreat helps couples tap into the power of their Sacrament of Matrimony and develop a habit and method of prayer that is uniquely theirs.

**Dates and locations for God Chose You for Me for 2025 are:**

- **Saturday, May 10 - Cardinal Rigali Center - [Register](#)**
- **Saturday, August 16 - Sacred Heart Parish, Valley Park, MO - [Register](#)**
- **Saturday, September 20 - St. Nicholas Parish in O'Fallon, IL - [Register](#)**

## God Chose You For Me



## Jubilant Marriage Mojo:

For me, marriage was first a calling to Jesus. I realize most people don't experience the marriage vocation that way, but I was seriously thinking of priesthood until, in college, I realized marriage was a sacrament. ... Wow, a sacramental source of encounter with God through a human relationship — and a grace to become like him in life-giving love. When I realized that, I felt the call powerfully. I wanted to follow him in that way.

– Chris Stefanick - [RealLifeCatholic.com](http://RealLifeCatholic.com)



# 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 build strong relationships.

Visit [Archstl.org/Jubilant-Marriages](https://Archstl.org/Jubilant-Marriages) to find links to resources and ideas to fortify and energize couples to experience Matrimony as a daily lived Sacrament of love!

## EVENTS & INFO

"Jubilant Marriages" is the St. Louis Archdiocese Initiative to help Catholic couples experience a marriage journey that is happy, healthy and holy. Help us build a culture of Matrimony through which couples are empowered to tap into the power of Matrimonial grace through daily acts of love that invites children, friends, and neighbors to join the adventure of HOPE that leads to heaven.

### Events and links to build marriages full of HOPE:

**REGISTER: for the June Marriage Encounter Weekend in the St. Louis area: Jun 13-15, 2025**

#### **REGISTRATION LINK**

Courtyard Marriott, 4341 Veterans Memorial Parkway  
ST. PETERS, MO 63376

**TRAIN: Become a Side-by-Side Matrimony Mentor for our parish.** Help young couples prepare to wed.

Training date: **Saturday, June 7, 2025 9am-4pm.**

To register for training, contact:

JENNIFER MEEHAN, Director of Pastoral Ministry - SV  
(314) 363-6945 or [JMEEHAN@ARCHSTL.ORG](mailto:JMEEHAN@ARCHSTL.ORG)

**LINK: Need some HELP?** Catholic Married Couples are meant to be empowered by God to be joyful examples of HOPE in their community. Need some help for tough times?

Visit the Jubilant Marriages Page at [Archstl.org/Jubilant-Marriages](https://Archstl.org/Jubilant-Marriages) Use the "Couples" button and scroll to the "Healthy" section for resources and ideas to help when times get rough.



# Ideas for Parents & Educators

*In May, we reflect on the way each marriage can be a daily lived Sacrament of Faith, Hope and Love.*



## Holy Matrimony Role Models: Louis and Zélie Martin

Louis and Zélie Martin, the parents of St. Thérèse of Lisieux and the first married couple canonized together in 2015, exemplified marriage as a daily lived sacrament through their profound love for God and each other, their commitment to raising their children in faith, and their resilience in facing life's joys and sorrows. Their lives demonstrate how the Sacrament of Matrimony is not a one-time event but a continuous outpouring of grace that sanctifies spouses and radiates to their family and community. They embraced the sacramental grace of Matrimony to grow in holiness, sanctify their family, and serve others, proving that marriage is a path to sainthood.

### For LITTLES



**Invite little children to affirm the value of their parent's marriage:**

- Give mommy and daddy a "three of us together hug" each day
- Write a surprise note: "I love you both- together!" and hide it in their bed.
- Do little things in a loving way like St. Therese did for her parents and family.
- Invite mommy and daddy to pray with the family all together for their marriage and for the family.

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### For MIDDLES



The Martins' marriage was not inward-focused but reached out to others. They were known for their charity, welcoming the poor to their table, and supporting local families. Zélie and Louis were active in their parish, including the St. Vincent de Paul Society. Their ordinary married life became extraordinary through Matrimonial grace.

**Invite big kids to brainstorm with mom and dad how their family might do acts of service** in the parish or for poor or shut-ins in their community, perhaps through the St. Vincent De Paul Society like

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### For TEENS



The Martins demonstrated resilience through suffering. They faced significant trials—Zélie's breast cancer, the deaths of four children, financial pressures, and the mental illness of Zélie's brother. Yet, they bore these crosses with faith, trusting in God's providence. Their fidelity in suffering showed that marriage is a sacrament of grace that sustains couples through life's hardships.

**Invite teens to turn to prayer and the sacraments, especially the Eucharist, to find strength.** Louis visited the Blessed Sacrament daily, and Zélie relied on Confession to renew her resolve.

# HISPANIC RESOURCES

Foster the vitality of Hispanic married couples and families with events & information:



## Taller Familiar

Este evento es para TODA LA FAMILIA.

Temas incluyen matrimonio como:

- + Sacramento y alianza irrompible
- + Iglesia domestica y lugar principal de formación de los hijos.

Llama la parroquia para reservar tu lugar! (636) 240-4556

## Hispanic Healing Opportunities

Catholic Spiritual Healing Ministry through the Catholic Renewal Center:

Use this link to find multiple important Hispanic events that are planned that offer hope and healing.  
<https://resources.archstl.org/article/181921/oportunidad-hispana-carismatica>



## Que Brille El Amor

Great ideas and inspiration for Hispanic couples and families

Free Spanish Resources from the California Council of Bishops:

LINK: [Que Brille El Amor](#)



# 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
<b>Paul Duker</b> <i>Manager - Office of Marriage &amp; Family Life</i>	314-792-7178	paulduker@archstl.org
<b>Cathy Gilmore</b> <i>Jubilant Marriages Coordinator</i>	636-391-3999	cgilmorevirtue@gmail.com
<b>Sr. Maureen Martin, ACSJ</b> <i>Family Life</i>	314-792-7612	srmaureenmartin@archstl.org
<b>Amy Buehrle</b> <i>Pastoral Associate - Northern Vicariate</i>	314-792-6512	amybuehrle@archstl.org
<b>Tammy Chumley</b> <i>Pastoral Associate - Western Vicariate</i>	314-792-6456	TammyChumley@archstl.org
<b>Jennifer Meehan</b> <i>Pastoral Associate - Southern Vicariate</i>	(314) 363-6945	jmeehan@archstl.org
<b>Jerry &amp; Julie Cinco</b> <i>For more information about Worldwide Marriage Encounter</i>	(314) 603 - 9068	jerry.julie.cinco@wwme.org



# 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 will spotlight important ways each marriage can be holy, healthy, and happy - and provide practical information that helps married couples and parishes to thrive.

