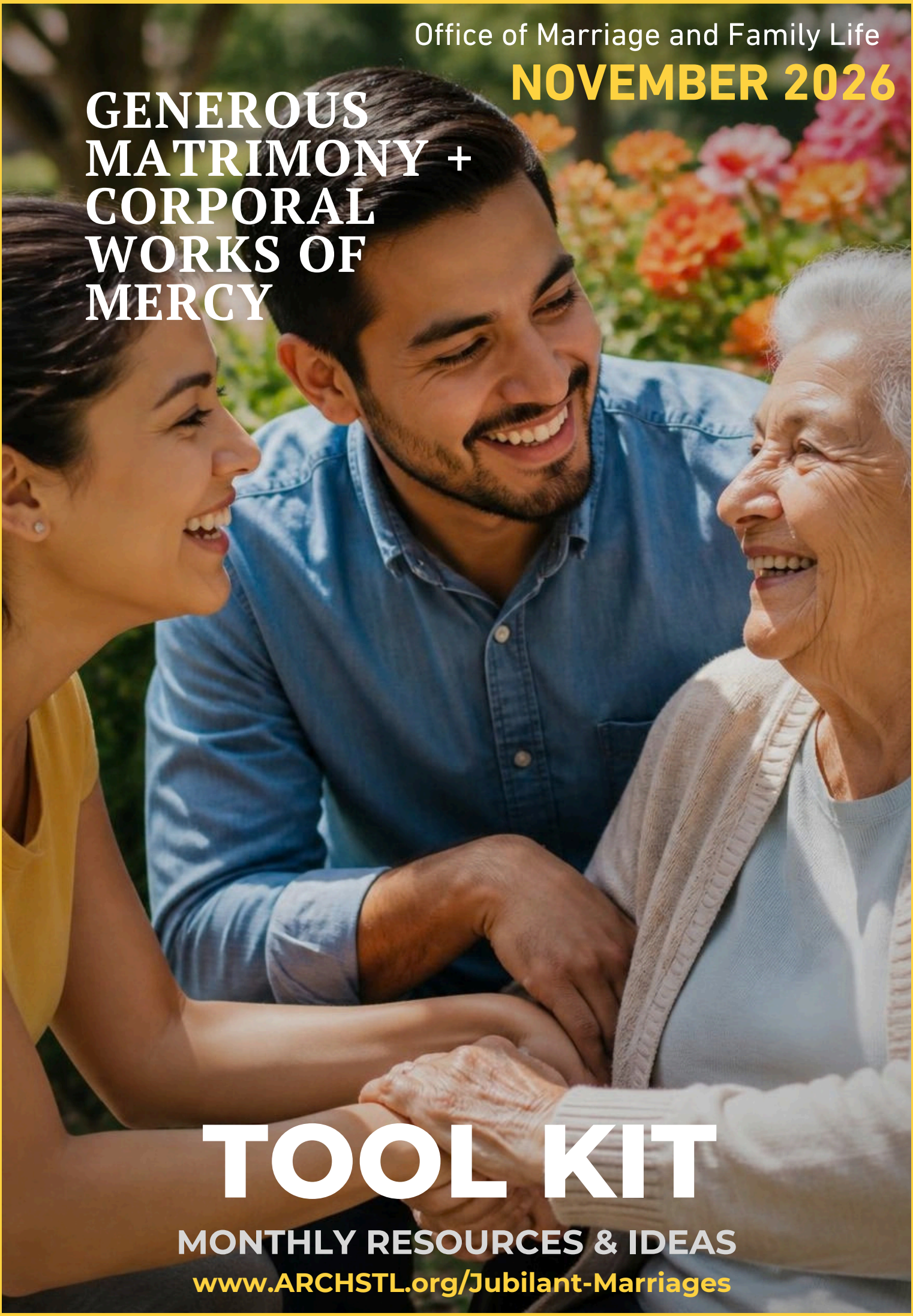

Office of Marriage and Family Life
NOVEMBER 2026
GENEROUS MATRIMONY + CORPORAL WORKS OF MERCY
TOOL KIT
MONTHLY RESOURCES & IDEAS
www.ARCHSTL.org/Jubilant-Marriages

Jubilant Marriages Theme For NOVEMBER

Generous Matrimony and the Corporal Works of Mercy



Catholic couples can enrich their marriages by looking for opportunities to do acts of service ***together.*** It can be very rewarding to do acts of service individually...but teaming up as a couple to do so can strengthen the marriage bond, build treasured memories, and set a powerful example for children, even if they don't accompany you in the process.

The Jubilant Marriages Initiative focus for NOVEMBER encourages couples, priests and parishes to find ways for married couples to do acts of service together. Cultivating generosity in marriage is a boomerang of blessings for both givers and receivers. Here is a handy list of each Corporal Work of Mercy recommended by the Church with an example how to put it in action.

1. ***Feed the hungry**: Donate to a food pantry, or bring the Eucharist to someone who is homebound.*
2. ***Give drink to the thirsty**: Offer a cool drink to someone working hard, whether you know them or not.*
3. ***Clothe the naked**: Donate clothes or clothe a stranger in dignity with kindness and respect.*
4. ***Shelter the homeless**: Offer someone in crisis a place to stay where they feel warmly loved and safe.*
5. ***Visit the imprisoned**: Spend time with those in prison or in a nursing home.*
6. ***Care for the sick**: Visit those who are ill and/or look for ways to help those who suffer.*
7. ***Bury the dead**: Ensure the deceased are laid to rest. Pray at a grave site for souls in Purgatory. (FYI: Plenary Indulgence Nov 1 - 8).*

WHAT'S INCLUDED?

- Jubilant Marriages Theme
- November Intercessions
- Sunday 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

Couples are invited to work with their pastor to build a Jubilant Marriages team at your parish - to fortify and energize couples in an intentional way. Here's a LINK to know more. Start by contacting Cathy Gilmore at the Office of Marriage and Family Life (Cell: 636-391-3999)

Jubilant Marriages Prayers & Matrimony Moments

Married Couples

We pray that married couples will allow the power of Matrimonal Grace to energize them to actively seek ways to make the Corporal Works of Mercy part of their family lifestyle.

Generous Love

We pray that the love of married couples will overflow with charity, so that the afflicted and the needy who have known their kindness may find in them merciful friends and welcome them into the eternal home of God.





Sunday Matrimony Moments

Details on the following page that you can copy and/or print and keep handy.

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.

Use this LINK to print and use these at home, or in a Married Couple Small Group.

Sunday Matrimony Moments November, 2026

Sunday Matrimony Moments are a simple way for couples to grow in unity and holiness. Couples can use this content one-on-one for conversations on Sundays and build a habit of choosing heart-to-heart time together as a priority each week. Parish-based couple small groups can also use these as a structure for reflection, prayer, and conversation.

Couples, try out this simple content to enrich your marriage one-on-one each Sunday

November 1, 2026 / All Saints – Growing in Mercy Together

***Sunday Scripture**: "Blessed are the merciful, for they will be shown mercy." (Matthew 5:7)*

Couple Prayer: Heavenly Father, as we honor all the saints who lived lives of love, open our hearts to practice the corporal works of mercy as one. Help us feed the hungry, clothe the naked, and visit the lonely together, so that our marriage may reflect Your compassion and lead us closer to You. Amen.
Marriage Motivation Tip: Choose one corporal work of mercy this week—such as preparing a meal for a family in need or collecting clothing for the poor—and complete it side by side. Serving together strengthens your bond and forms you more deeply in the holiness of the saints.
Couple Conversation Question: Which saint inspires us most to show mercy, and what simple act of corporal mercy can we do together this week to honor their example?

November 8, 2026 – Keeping Our Lamps Burning with Mercy

Sunday Scripture: "Behold, the bridegroom! Come out to meet him!" (Matthew 25:6)

Couple Prayer: Lord Jesus, Bridegroom of the Church, keep the oil of charity burning brightly in our marriage. Inspire us to stay ready for You by performing works of mercy together—welcoming the stranger, visiting the sick, or comforting the grieving—so that when You come we may enter the wedding feast as one. Amen.
Marriage Motivation Tip: Treat acts of mercy as the "oil" that keeps your marital lamp lit. Schedule a shared visit to someone who is ill or homebound this week; the time spent serving side by side will deepen your readiness for Christ and for each other.
Couple Conversation Question: How can we, as a couple, keep our hearts "awake" through corporal works of mercy, even tiny ones in our home, so that we are always prepared to seek and meet the Lord together?

November 15, 2026 – A Worthy Marriage that Reaches Out

Sunday Scripture: "She reaches out her hands to the poor, and extends her arms to the needy." (Proverbs 31:20)

Couple Prayer: God of all goodness, You call us to be a worthy husband and wife who bring good to one another and to those in need. Grant us the grace to use the talents You have entrusted to us by performing corporal works of mercy as a couple—feeding, clothing, and caring—with our home flowing with love. Amen.
Marriage Motivation Tip: Like the wise servant who multiplies talents, identify one gift each of you has (time, cooking skills, organizing ability) and combine them this week to serve the poor or elderly. Investing your married life in mercy yields eternal joy.
Couple Conversation Question: In what practical ways can we, as a couple, "reach out our hands to the poor" this month so that our marriage becomes a living example of the worthy wife and faithful servant?

November 22, 2026 / Solemnity of Christ the King – Recognizing Christ in the Least

Sunday Scripture: "I say to you, whatever you did for one of the least brothers of mine, you did for me." (Matthew 25:40)

Couple Prayer: Christ our King, You reign through love. Unite us in practicing tangible works of mercy so that when we feed the hungry, give drink to the thirsty, welcome the stranger, clothe the naked, care for the sick, or visit the imprisoned, we may truly serve You. May our marriage be a kingdom of compassion under Your kingship. Amen.
Marriage Motivation Tip: Make a simple "mercy plan" as a couple: choose one corporal work (perhaps delivering food to a local shelter or writing notes to those in prison) and carry it out together before the end of the week. Serving Christ in the least will draw you closer to each other and to your King.
Couple Conversation Question: Looking at the list of corporal works of mercy in today's Gospel, which one is the Lord inviting us to practice together right now, and how will we begin?

FEATURED RESOURCES:

Discover ways to enrich and strengthen your marriage through experiences and opportunities to show generosity - that you can do together.



Catholic Charities of Saint Louis

Catholic Charities of St. Louis brings the healing, help, and hope of Jesus Christ to those in need - through a compassionate, caring presence. Each of the Catholic Charities ministries offers community renewal and acts as a catalyst for social outreach - connecting people, parishes, and ministries through community-building care for those in need across every square mile of the Archdiocese of St. Louis. Couples are invited to consider volunteering with Catholic Charities: ***https://ccstl.org/volunteer***
Discover the many ministries of Catholic Charities: ***https://ccstl.org/services***

Help through the St. Vincent de Paul Society

The Saint Vincent De Paul Society (SVDP) is a lay-run charitable ministry of Catholics helping neighbors in need. Many STL Parishes have a local council of Vincentian volunteers who help respond to the needs of people in their local community.
Get information about the many ways to help through SVDP: ***https://svdpstlouis.org/***

Find local SVDP Council contact info. with this MAP: ***https://svdp.online/***





Visit the Imprisoned: Prison Ministry

Couples are encouraged to pray about playing a role in prison ministry through which they can provide hope to those who are incarcerated. **Find out more at Catholic Prison Ministry.org Get information about training for Prison Ministry: https://www.catholicprisonministries.org/foundational-training**

Or get connected with the work of ***The STL Archdiocese Office of Peace and Justice*** through which prison inmates experience faith and hope through volunteers who visit, or provide meals over the holidays, or even backpacks with basic essentials when their incarceration time has been completed.

Build with Living Stones - Care for others in the footsteps of Saint Francis

Sunday, November 8, 2026, 11:15 AM - 1:00 PM (Repeats every second Sunday of the month)
Location: ***St. Anthony of Padua Parish Hall***

This study and discussion sessions of the Franciscan mission and charism, are based upon the Build With Living Stones Franciscan Institute Guide. Session begins immediately following the 10:00am Mass (around 11:15 am) in the parish hall. Each session will last around 90 minutes. Light refreshments will be available.



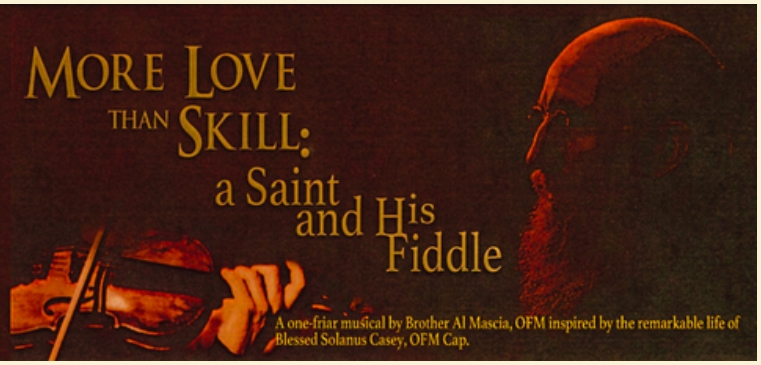


Care for the Sick or Shut-Ins

A powerful way that Catholic couples choose to do acts of service together is by bringing Holy Communion to the homebound or sick. Contact your parish office to learn the steps in the process to become an Extraordinary Minister, and find out who in the parish would appreciate a short friendly visit that includes receiving Jesus in Communion, and a few minutes shared in prayer.

Contact your local parish office to get started.

More Love than Skill: A Saint and His Fiddle



Sunday, November 1 at 3PM
St Anthony of Padua Parish Hall (StL)
3135 Meramec Street St Louis City, MO 63118
Phone314-353-7470

Couples, spend a uniquely enjoyable Sunday afternoon together. Experience a one-man, one-act musical that tells the amazing story of the generous and holy Capuchin Franciscan Blessed Solanus Casey through song and music!

More Love Than Skill: A Saint and His Fiddle is the creation of Brother Al Mascia, OFM. Through original music and fiddle tunes that Casey would have known and played on his violin Br. Al tells the story of a saint whose life was a corporal work of mercy and whose love of making music sets him apart as a true minstrel of the Lord!

RESOURCES FOR THE WINDING PATH

Below are some options to help when a married couple wants ...or needs...to understand how to fight the spiritual battle to protect and fortify their union from the dark spiritual forces that seek to undermine it.



Help for married couples from Father Chad Ripperger

Prominent exorcist, Father Chad Ripperger gives couples practical and foundational guidance to help them strengthen their marriages. Often couples who feel like they are continually at odds have no idea that spiritual forces are interfering internally.

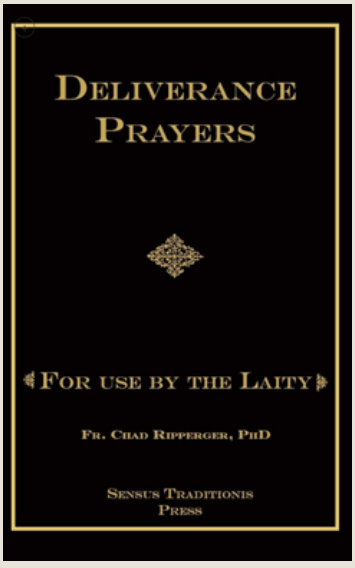
LINK the first video in this 3-part series to equip couples to protect and strengthen their marriages spiritually.

Deliverance Prayers For Use by the Laity

Prayers for use by the laity in waging spiritual warfare to protect their home and family. This treasury has been curated from from the public domain and the Church's treasury. The book has an imprimatur from the Archdiocese of Denver.

Reader husband review: "The book has been a blessing to my family. As the father of this house, I need to protect my family from both natural and supernatural threats. My wife noticed almost immediate results. I also recommend that if you plan to say these prayers over your young children, use the Latin versions whenever possible. You don't want to introduce words and ideas that may do harm to their young minds."

LINK to purchase the book
and see other resources from Father Ripperger



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 to help Marriages be HAPPY, generous, and strong. **Visit *MarriageandFamilySTL.org* and discover links to resources and ideas that empower couples to cultivate a lifestyle of generous love that shines through the Corporal Works of Mercy in action.**

Events & Info.



Couple's Event: Incarnate Word Parish Speaker Series

How to Build a Holy Home & Family

with Steve & Kristy Allgeyer

Wednesday, November 11, 2026 from 7 - 8:30PM
Incarnate Word Catholic Church
13416 Olive Boulevard, Chesterfield, Missouri 63017

Come hear a Catholic couple like you share their personal marriage story and discuss the challenges, strengths and best practices for healthy, holy and happy marriage.

Steve and Kristy demonstrate generous living energized by their Catholic faith, in tandem with Steve's decades of work in the ministry of Lifeteen.

Can't attend the event live? Watch a video about Steve and Kristy's marriage journey with this **LINK**.

Marriage Encounter Weekend Retreat

"Live Your Best Life in Love!"

Deepen the spiritual and relational intimacy in your marriage.
Pray, connect in new ways, and encounter God's love...together!

December 4 - 6, 2026
Courtyard Marriott
4341 Veterans Memorial Parkway
ST. PETERS, MO 63376 **Register**



"May they be witnesses in the world, Lord, to your charity, so that the afflicted and the needy who have known their kindness may find in them merciful friends and welcome them into the eternal home of God."

— The Rite of Marriage (Nuptial Blessing)

Ideas for Parents & Educators

In NOVEMBER, we focus on the way married couples can show children how charitable love can bring hope and joy that echoes far beyond one's immediate family life.



Holy Matrimony Role Models: Blessed Fredric and Amelia Ozanam

The selfless holiness of this couple shined in the founding of the Society of St. Vincent de Paul. Their lives demonstrate how CHARITY infused through Holy Matrimony can impact a local community and far beyond. Fredrick died at age 39 and at his funeral he was described as: "One of those privileged creatures who came direct from the hand of God in whom God joins tenderness to genius in order to enkindle the world." Amélie, widowed at age 32, with a humility very similar to that of Frédéric, devoted her lengthy widowhood, first of all, to her daughter and, above all, to safeguarding her husband's work. Her life was dedicated to the service of the poorest and most vulnerable, and to the love of God, and to her family.

For LITTLES

Invite little children to find someone in the neighborhood who needs help.

- Help them think of the joy of doing good when you get nothing in return.
- Encourage them to choose a way to give a smile, some service, or simply gestures of friendship to a neighbor in need. Example: Color a special picture to give a neighbor.

For MIDDLES

Charity is the virtue of generous giving.
Invite children to consider how they might make a big difference in someone's life.

Invite the children to pray for 7 days with this intention: God please help the POOR people, the SICK, people, and the SAD people...and all the missionaries (like me) who bring Jesus to them. At the end of the 7 days, see what concrete acts of charity the children are inspired to do and help them accomplish it.

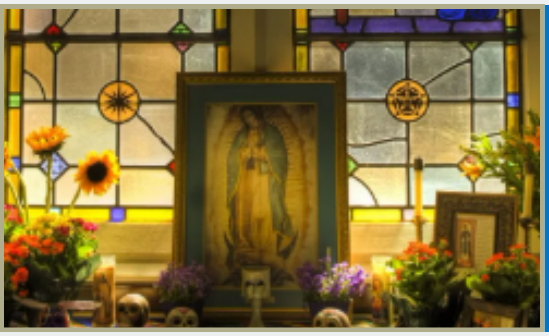
For TEENS

Discover the world-wide impact of one married couple. Fredric and Amelia Ozanam.
Fredric: https://www.franciscanmedia.org/saint-of-the-day/blessed-frederic-ozanam/
Amelie: https://www.ssvpscotland.com/ssvp-origins/amelie-soulacroix-ozanam/
Invite teens to research the profound work of the St. Vincent De Paul Society that is active in parishes and communities across the USA and around the world.

Challenge the teens to come up with a special way to help people in need, possibly partnering with the SVDP Vincentian team in their local area. (Example: Host a "bedding and blanket" collection to go with the SVDP bed donation program. https://svdpstlouis.org/everyday-needs)

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 Carismatica

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

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





Encuentro Diocesano Celebrando Nuestra Espiritualidad

EQue: Encuentro Diocesano Celebrando Nuestra Espiritualidad
Cuando: Sábado 22 de noviembre de 9am a 2pm (Misa con el Arzobispo, 12:00pm).
Donde: En el Centro Rigali - 20 Archbishop May Dr. St Louis, MO 63119
Costo: Gratis- pero hay que registrarse ya que el cupo es limitado. Donaciones son bienvenidas!
Inscripción y más info: Encuentro Diocesano 25
¡Si tu sirves en tu parroquia de alguna forma, este evento es para ti!

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





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?

JUBILANT MARRIAGES

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 *Manager - Office of Marriage & Family Life*	314-792-7178	paulduker@archstl.org
Cathy Gilmore *Jubilant Marriages Coordinator*	636-391-3999	cathygilmore@archstl.org
Sr. Maureen Martin, ACSJ *Family Life*	314-792-7612	srmaureenmartin@archstl.org
Amy Buehrle *Pastoral Associate - Northern Vicariate*	314-792-6512	amybuehrle@archstl.org
Tammy Chumley *Pastoral Associate - Western Vicariate*	314-792-6456	TammyChumley@archstl.org
Jennifer Meehan *Pastoral Associate - Southern Vicariate*	(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

JUBILANT
MARRIAGES

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!



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