

Office of Marriage and Family Life

MAY 2026

**SAY "I DO"
EVERYDAY**



**JUBILANT
MARRIAGES**

TOOL KIT

MONTHLY RESOURCES & IDEAS

www.ARCHSTL.org/Jubilant-Marriages

Jubilant Marriages Theme For MAY

*Jubilantly Married Couples
Say 'I DO!' every day.*



WHAT'S INCLUDED?

- Jubilant Marriages Theme
- MAY Intercessions
- Scripture Reflection: 5/10 & 5/24
- Jubilant Marriages Prayer
- Links and Ideas
- Ideas for Parents & Educators
- Hispanic Resources
- Helpful Contacts

The Jubilant Marriages Initiative focus for MAY invites couples, priests and parishes to value Matrimony, not as a once-in-a-lifetime event, but as a daily lived Sacrament.

Modern culture tempts us to put the the vast majority of effort, resources, time and energy into the process of “getting married.” Clergy and couples are urged to recall that what begins on the wedding day continues to be a living sacrament for as long as the husband and wife shall live. Couples are encouraged to embrace the grace, strength, and powerful witness of the matrimony sacrament of their lives.

This toolkit includes resources to help couples to take time to connect and reflect on the power of their call to be a “living sacrament”. This month we are also focused on strengthening couples in which one spouse is Catholic and the other is not.

Each marriage is precious and powerful. All it takes to experience that power is a bit of daily intentional love. May is the month of Mary. Her daily “Yes.” to God impacted all of history. How can you say a loving “yes!” – a daily “I DO!” - to each other every day?

Be Part of a Jubilant Marriages Parish Core Team at Your Parish!

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.

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 Parish.

Jubilant Marriages Prayer Intentions MAY

01 Married Couples

We pray that during the Easter season, married couples embrace the joy of the Resurrection, embracing mercy, forgiveness, and holy renewal in their lives together.

02 Parents & Families

We pray that God will give moms and dads joy and patience to navigate the celebrations, sacraments, and sports of springtime - as they wrap up the end of the school year and prepare for Summer.

03 Parish Community

We pray that through the prayers and actions of our clergy and parishioners, that married couples will see the value of their union as a daily lived Sacrament and tap into the matrimonial grace that God offers them each day.



Sunday Scriptures: 5/10

Reflection for Sunday, May 10, 2026



*These reflections are for May 10, the Sixth Sunday of Easter - Year A
Try reading and discussing these before, or after, Sunday Mass*

The readings this week offer us the opportunity to reflect on the way that loving actions in our marriages and all our relationships can be conduits of faith, hope and love that leads others to God. Also, with this Sunday being "Mother's Day", it is an opportunity to appreciate the way loving mothers endeavor to be living examples of God's love within their families.

These Sunday Scripture thoughts to ponder are the fruit of reflections of Scott and Karen Seaborn, based on years of practical experience as a married couple and diligent faith-focused study as Catholics.

First Reading

Acts 8:5-8, 14-17

First Reading:

People pay attention today when they see and hear Christians proclaim the Good News of Jesus Christ, with their words and through their actions, just as the Samaritans paid attention when Philip proclaimed the Christ to them with his words and through their signs.

Married couples proclaim the Good News of Christ's unconditional and permanent love for humankind in a very particular way as they live their vows to love each other in the good and not-so-good times of ordinary married life throughout the entirety of their married life.

Responsorial Psalm

Psalms 66: 1-3, 4-5, 6-7, 16, 20

Responsorial Psalm

The Israelites also noticed and declared the good news of what God had done for them by crying out to God with joy.

When married couples reflect on all that Christ has done for them and their families, they, too, cannot help but cry out to God with cries of joy!

Second Reading

1 Peter 3:15-18

Second Reading:

Peter reminds us that life is hard, and Christians are a people of hope even, and perhaps especially, during times of suffering.

The work of marriage, too, can be hard. And husbands and wives who work at their marriage are signs of hope to couples who are struggling in their relationships.

Gospel

John 14:15-21

Gospel:

Jesus includes us all in the Trinitarian love relationship: Father, Son, and Spirit and believers living in each other.

Christian married couples model this Trinitarian relationship as they live united with each other and the Trinity, offering the church and the world a visible image of what Trinitarian love looks like.

Sunday Scripture 5/24

Reflection for Pentecost Sunday, May 24, 2026



The readings & Gospel for Pentecost Sunday - Year A
Try reading and discussing these before, or after, Sunday Mass.

The readings for Pentecost invite us to be refreshed and strengthened by the presence and power of the Holy Spirit in our lives -- within us personally, in marriage, and in all our relationships.

These Sunday Scripture thoughts to ponder are the fruit of reflections of Scott and Karen Seaborn, based on years of practical experience as a married couple and diligent faith-focused study as Catholics.

First Reading

Acts 2:1-11

First Reading:

The Holy Spirit descends on us today, just as the Holy Spirit descended on those present in the upper room that first Pentecost Sunday, giving us the power to speak in such a way that people can hear and understand our Christian message of love and hope in the world today.

Husbands and wives can call on the Holy Spirit to help them speak in a way that their spouse can understand them... especially when in the midst of a difficult conversation.

Responsorial Psalm

Psalms 104:1, 24, 29-30, 34

Responsorial Psalm:

All the baptized have been infused with the Holy Spirit, whom the psalmist recognizes as the prime mover in renewing all of creation.

Christian married couples are a new creation in Christ in which the Holy Spirit, who lives and moves is similarly the prime mover in renewing their marriage.

Second Reading

1 Corinthians 12:3b-7, 12-13

Second Reading:

St. Paul reminds us that we all have unique gifts to contribute to the one Body of Christ and when we share our particular gifts, we are a better "one".

When husbands and wives use their unique gifts to complement each other's gifts in their relationship rather than compete with their spouse, they, too, are a better "one."

Gospel

John 20:19-23

Gospel:

After the disciples had betrayed Jesus at the cross, Jesus' first words to them were of peace and forgiveness. The Holy Spirit gives us what we need to forgive...and forgiveness brings peace.

Similarly, husbands and wives who draw on the Holy Spirit during times of hurt in their marriage can both forgive each other and offer forgiveness...bringing peace back into their relationship.

FEATURED OPPORTUNITIES

Discover ways to enrich and strengthen your marriage through authentic heart-felt connection and shared experiences.

Take time to talk heart-to-heart with your spouse each day.

The “Dialogue” form of communication - taught to couples during Worldwide Marriage Encounter Retreats - can help your words and actions say “I DO,” everyday.

Part of the reason Worldwide Marriage Encounter has produced so much success in the lives of thousands of couples, is the way they teach spouses to make time for heart-felt communication that fosters empathy and intimacy.

The “Dialogue” process takes about 20 minutes. It includes 4 parts: WRITE - each spouse writes a short letter to the other about a selected topic. Next, EXCHANGE the letters and read. Next, DIALOGUE and describe the ways you are touched deeply by the topic for 10 minutes. Then...SELECT a topic to dialogue next time.



Want to see how the “Dialogue” communication between spouses actually works? Try out some episodes from the “Marriage, Let’s Talk” podcast library.



Episode #1 "How Do I Feel When We Fight?"
[MLT Video Link](#)

Episode #19 "What Is Dialogue?"
[MLT Video Link](#)

The best way to learn the “Dialogue” Communication method is to experience a [Worldwide Marriage Encounter Weekend](#).

But, until you can attend one, here is a [LINK](#) to get more information about the “Dialogue” process.

Weekly Dating Ideas for Couples

There are abundant blessings in store for couples who plan a weekly date together. It doesn't have to always be on the same time/day, but it's helpful to pencil in time each week on your calendars; you can always change the night if a conflict comes up.

The link below offers are some fun ideas that go beyond the usual dinner and a movie. Many involve little or no cost. [Visit the “FOR YOUR MARRIAGE” LINK from the USCCB.](#)



Make time for a “date” of some kind each week. Schedule one-on-one time and commit to it...even if you have no idea what exactly you will do.

GET OUT! Enjoy God’s Creation in Springtime

Grab your spouse. Bring your kids. (Or not.) Celebrate the JOY of Easter throughout all of May – all the way up to the Birthday of the Church at Pentecost. There is not a more beautiful place to enjoy the springtime beauty of God’s creation than St. Louis’ Missouri Botanical Garden. Find out more at: [LINK](#)



RESOURCES FOR THE WINDING PATH

Perhaps you need some help navigating the journey of a mixed-faith marriage. What might have seemed easy when you were starry-eyed with newly-wed love, can become a difficult path as your marriage matures. Unfortunately at times, conflicts and compromises can take their toll.

Help From CatholicMOM.com

This article from from CatholicMom.com offers wise guidance for couples navigating the blessings and burdens of marriage between **Catholic and non-Catholic spouses**. [LINK](#)



catholic digest
faith+life



Living With & Praying For Your Non-Catholic Spouse

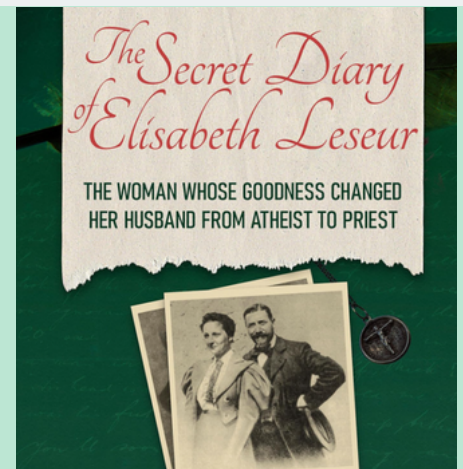
This Catholic Digest article is a good sampling of practical steps for couples in which both spouses do not share an active and engaged Catholic Faith.

This advice can also be helpful for couples for whom both spouses are officially Catholic, but one has disengaged. [LINK](#)

The Secret Diary of Elisabeth Leseur

This inspiring book gives you a *splendid example of how to live as a Catholic in a home environment that can be indifferent or hostile to your faith*. Elisabeth Leseur had two great loves: God, and her husband Felix. Felix loved Elisabeth as well; yet to their mutual sorrow, he couldn't share the life of the spirit that Elisabeth cherished. Sometimes he and his friends would even ridicule and mock her faith. She realized that confrontations and arguments were useless; she chose instead to keep quiet and pray for Felix. In her secret diary, she recorded how she used his efforts to destroy her faith as means to grow in love for him and for God.

After Elisabeth's death, Felix found this diary, and discovered how Elisabeth's whole life bore witness to the truth of the God she loved. In time, Felix was transformed by the diary and his memories of Elisabeth. He became a Catholic and, later, a priest. Get the book published by Sophia Press at [LINK](#)



Prefer to listen as an **audio book**? Try this Spotify [LINK](#), or use this Audible [LINK](#)



When a Catholic Marries a Non-Catholic

Engaged couples can benefit from the wisdom offered by Father Robert Hater in this primer for couples entering into a spiritually mixed marriage. This book does not have all the answers, but it offers good fuel for important conversations. [LINK](#)



Jubilant Marriage Inspiration:

"Pure love is capable of great deeds, and it is not broken by difficulty or adversity. As it remains strong in the midst of great difficulties, so too it perseveres in the toilsome and drab moments of each day.

- Saint Faustina



Links & Events

Find Marriage enriching links, events, 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 that Priests, Parishes, Couples, and Singles can help Marriages be HOLY and strong within their parish community.

Visit Archstl.org/Jubilant-Marriages and explore the array of resources and options to enrich your marriage 1-on-1 or in groups at your parish.

Marriage Enrichment



Have you tried a Marriage Encounter Couple's Retreat?

Plan to Experience a **Marriage Encounter** this Summer

Date: Jun 12-14, 2026

Courtyard Marriott - 4341 Veterans Memorial Parkway - St. Peter's, MO 63376

Spend time to grow in intimacy, learn valuable communication skills, and take time to recall the love that united you in the first place.

Details and Registration: [LINK](#)

Try a "Spiritual Staycation" together

at the **St. Louis Marian Conference**

Friday, May 15 - Sunday, May 17

For 27 years the St. Louis Marian Conference has provided a 3-day weekend of powerful spiritual growth. Couples are encouraged to take time for a STL weekend get-away with powerful speakers, soul-nourishing prayer, and joyful solidarity with fellow Catholics.

The theme this year is: The Hearts of the Holy Family.

Drive to the venue each day, or plan to stay over for a night or two.

Use this [LINK](#) to see the schedule and to register to attend.



Sunday Matrimony Moments

A weekly framework to grow closer as a couple.

Take time each Sunday to:

- 1) Be inspired by SCRIPTURE
- 2) Get MOTIVATED to improve your marriage
- 3) PRAY a short prayer together, and
- 4) Have a CONVERSATION to build connection between you.

Matrimony Moments content is created for placement in parish bulletins each week...but couples are encouraged to print and use these prompts at home, or in a small group. Use this [LINK](#).





Recommended to Read & Watch:

Discover some valuable reading and viewing for MAY. Springtime is when we see new life popping out of the ground every day. Get a fresh marriage perspective. Watch a couple entertaining movies that show that marriage and family are worth fighting for. Or choose one of these recommended books to help your marriage grow in faith, hope, and love on a daily basis.

MOVIE NIGHT: *Family Plan #1 and #2*

This pair of movies starring Catholic actor Mark Walberg offers great fun for moms and dads, and older kids too. The storyline: a former top assassin living a new life as a suburban dad must take his unsuspecting family on the run when his past catches up to him. These two action comedies portray a couple trying to hold tight to a strong marriage and cultivate tight family bonds with their kids, while trying to build a life together beyond dad's violent and sketchy past. Get streaming info to watch Family Plan #1: [LINK](#) and streaming info to watch Family Plan #2: [LINK](#)



STRENGTH FOR EVERYDAY *The Good, The Messy and The Beautiful*

Book by Edward and Beth Sri

In *The Good, the Messy, and the Beautiful: The Joys and Struggles of Real Married Life*, Edward and Beth Sri—national marriage speakers—show readers that the daily struggles of marriage are to be expected and, even more so, they are purifying us to make us saints. This book is packed full of hilarious and relatable stories from their 20+ years of marriage. From their experience, see helpful tips, mindsets, and reminders of how to live out the beautiful vocation of marriage. Find out more with this [LINK](#)

COUPLES: 30 Days with Married Saints

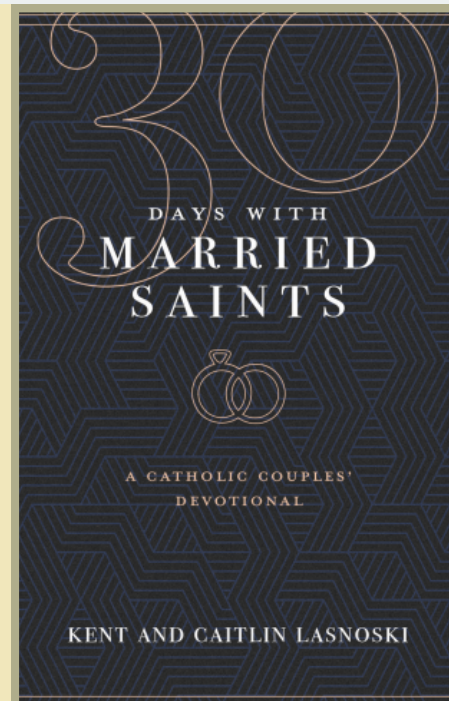
A Catholic Couple's Devotional

by [Kent](#) and [Caitlin Lasnoski](#)

This Catholic devotional for married couples will help you pray with a variety of holy married men and women—from Mary and Joseph to Luigi and Maria Beltrame Quattrocchi (the first couple beatified together). You will be inspired as you pray with their lives and learn how you too can answer the call to sanctity in your marriage!

Each day of this thirty-day devotional features an unvarnished portrait of a married saint accompanied by reflection questions, practical suggestions to enrich your marriage, and prayers.

Get a copy of the book at this [LINK](#).



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.

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 the Martins.

For TEENS

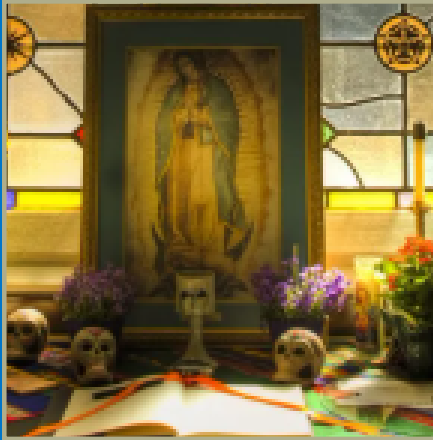


The Martins demonstrated resilience through suffering. They faced significant trials—Zélie's breast cancer, the deaths of four children, financial pressures, and the mental illness of Zélie's brother. Yet, they bore these crosses with faith, trusting in God's providence. Their fidelity in suffering showed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

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.

LA OFICINA DE MINISTERIO HISPANO Es un lugar donde nuestra misma fe, bautismo, comunión y misión en el Señor se hacen visibles. Junto con el Grupo de Líderes Pastorales Hispanos, y otras agencias arquidiocesanas, la oficina brinda apoyo directo a las parroquias con católicos hispanos en toda la arquidiócesis, ejerce su compromiso con la Evangelización, Pastoral de Conjunto, y la integración de la comunidad católica en la vida de la arquidiócesis.

Lectio Divina de los Evangelios

Lectio Divina de los Evangelios para 2025-2026
USCCB

Una guía para adentrarse en la práctica de la lectio divina. Prueba Lectio Divina como pareja para enriquecer tu relación y tu vida espiritual.



Las parejas pueden encontrar animo y conocimiento viendo el contenido del video del reciente Congreso Internacional de Las Familias.

Vea el sitio web para más contenido sobre este evento:

<https://cifam.mx/>

Por Tu Matrimonio

Vida de Casados:

La vida matrimonial es una vocación. Todos los matrimonios pueden crecer en conocimiento, fe, alegría y amor.

ENLACE: <https://www.portumatrimonio.org/vida-de-casados/>





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

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

Visit ARCHSTL.org/Jubilant-Marriages to discover more!

