

Office of Marriage and Family Life

JUNE 2026

**HOPE FOR
MARRIAGES
IN DISTRESS**



**JUBILANT
MARRIAGES**

TOOL KIT

MONTHLY RESOURCES & IDEAS

www.ARCHSTL.org/Jubilant-Marriages

Jubilant Marriages Theme For JUNE

Hope and Help for Marriages in Distress



The Jubilant Marriages Initiative focus for JUNE invites couples, priests and parishes to stand in solidarity with married couples who are struggling to hold it all together.

Difficulty can loom large in a marriage as a result of internal relational issues or external challenges. Sometimes, oftentimes, it is a combination of both.

This toolkit includes resources to help couples lean on the sacramental grace of Matrimony during hard times. When the popular culture emphasizes short-term solutions or divorce-oriented problem solving, the Church encourages couples to make sure they give the Divine Healer time to work in and through their marriage...often with surprising results.

WHAT'S INCLUDED?

- Jubilant Marriages Theme
- JUNE Intercessions
- Scripture Reflection: 6/14 & 6/28
- Links and Ideas
- Jubilant Marriages Prayer
- Ideas for Parents & Educators
- Hispanic Resources
- Helpful Contacts

Each marriage is precious and powerful. Many times a “jubilant marriage” shines with a deeper warmth because the couple has endured tremendous difficulty, or chose perseverance amidst what seemed like irreconcilable differences. At times, the separation of spouses can be necessary. No matter what, choosing to cling to Christ is the path to heal with health and wholeness.

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 JUNE

01 Married Couples

We pray that married couples who face problems in their relationship or family life will lean on the strength of the Divine Healer, Jesus, to lead them to healing, hope, and renewed happiness together.

02 Parents & Families

We pray for moms and dads who feel marital strain carrying heavy burdens of sickness, financial struggles, or tension in their families, that God will give them the strength they need to flourish in the face of adversity.

03 Parish Community

We pray that through the prayer and action of members of our parish community, that we will help sustain married couples - who are in distress - to find the healing and hope they need.



Sunday Scriptures: 6/14

Reflection for Sunday, June 14, 2026



*These reflections are for June 14, the 11th Sunday of Ordinary Time - Year A
Try reading and discussing these before, or after, Sunday Mass*

The readings this week are a springboard for meditation on the tender love of God and the ways that married couples can reflect and model that kind of tender love for others.

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

Ex 19:2-6a

First Reading: Ex 19:2-6a

When we take a moment to remind ourselves of all that God has done for us, heed God's voice in our lives today, and remain faithful to God's covenantal love, we, like the Israelites, will experience God's faithful and abundant love in our own lives. Married couples are called to share with their children this same message of hope: God has cared for our family in so many ways over the years and continues to care for our family now.

Responsorial Psalm

Psalm 100:1-2, 3, 5

Psalm 100:1-2, 3, 5

We can rest like an infant in a loving parent's arms knowing that we are God's people and that God is ever faithful to his people. This message of hope sustains married couples during times of distress by giving them the assurance that their faithful God will never leave them alone in their times of distress.

Second Reading

Romans 5:6-11

Second Reading: Romans 5:6-11

In case there is any question about God's unconditional love for us, Paul reminds us that God proves his love for us in that Christ died for us while we were still sinners. Married couples are a sign of God's unconditional love to and for each other and for all of us every time they forgive each other for a real or perceived hurt in their relationship.

Gospel

Matthew 9:36-10:8

Gospel: Matthew 9:36-10:8

We, disciples of Christ today, are sent like the apostles to proclaim to everyone we know, with our words and with our actions: Do not despair...God is here, God is in this with us! Again, married couples live this truth and proclaim this Christian hope to all those who know them every single day that they remain faithful to their marriage vows in the ordinary and extraordinary events of their lives.

Sunday Scripture 6/28

Reflection for Pentecost Sunday, June 28, 2026



The readings & Gospel for the 13th Sunday of Ordinary Time - Year A
Try reading and discussing these before, or after, Sunday Mass.

These readings offer an opportunity to reflect on the small and large ways we can enrich our relationships by dying to ourselves.

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

2 Kings 4:8-11, 14-16a

First Reading: 2 Kings 4:8-11, 14-16a

Hospitality is a gift of the spirit and we, like the woman in our first reading, are called to offer the gift of hospitality to those who enter our homes.

Married couples who make their homes warm and hospitable to each other, their children, and to those outside their family, create an atmosphere of loving acceptance that offers a haven in our chaotic world.

Responsorial Psalm

Psalms 89: 2-3, 17-17, 18-19 (2a)

Psalm 89: 2-3, 17-17, 18-19 (2a)

We today rejoice in the knowledge that our Lord's kindness and goodness is ever faithful, just as the Israelites rejoiced.

Married couples can count on God's faithfulness in their own lives even as they model God's faithfulness in the world.

Second Reading

Romans 6: 3-4, 8-11

Second Reading: Romans 6: 3-4, 8-11

The paschal mystery continues as we today are promised new life through death, not only eternal life following our human death, but also the promise of new life that follows all the little deaths we experience throughout our lives, especially our deaths to self for the sake of another.

This is especially profound for married couples who come to see that each time they die to their own desires for the sake of their spouse or for the sake of their relationship, they create an opportunity for new life to emerge in their marriage.

Gospel

Matthew 10:37-42

Gospel: Matthew 10:37-42

In defining Christ present in his disciples, Matthew goes one step further noting that when we die to ourselves for the sake of another, we are losing our life for Christ and thus will find new life in Christ.

This offers great hope for married couples experiencing disappointment and disillusionment in their marriage as they come to believe that new life can come into their relationship simply by dying to themselves and making an intentional decision to love their spouse even when they may not be feeling very loving.

FEATURED OPPORTUNITIES

Discover ways to enrich and strengthen your marriage during the difficult times.

God and Grit to Keep Marriage Alive

Be inspired by the story of Tonia and Brandon's time of "not so happily ever after" and the battle to save their marriage.

They demonstrate that problems which seem impossible to resolve in human terms, can find - with God's grit and grace - a path forward and achieve resilience and restoration. [LINK](#)

Read more inspiring articles at www.CovenantEyes.com/blog



One of the most devastating challenges a married couple can face is pornography addiction. For over 25 years, Covenant Eyes has been pioneering effective tools and tactics to help more than 1.7 million men, and women, experience victory over porn and revitalize their marriages. Visit CovenantEyes.com/victory to know more.

Is Technology Interfering in Your Marriage or Family Life?



Couples can experience tremendous strain as they try to manage and balance their own use of technology, while also trying to set boundaries for the use of devices and screens for their children.

Get strength and support and practical tools from **Dr. Johann De Souza** and the Values First Collective at <https://www.johanndsouza.com/resources>

Watch or listen to Dr. DeSouza's Virtuous Leaders Podcast [Youtube](#), [Spotify](#), or [Apple](#) Podcasts

If screentime battles are fueling the fire, you can turn down the temperature in your home. Dr. De Souza can help!

Options for Couples in Spiritual Distress

Couples are encouraged to stay mindful that their marriage is standing in the midst of a big spiritual battle. The spiritual enemy of every soul targets husbands and wives to "divide and conquer" because of the ripple effects it can have with children and family.

The St. Louis Archdiocese offers a range of options to help:

- Catholic Renewal Center - Spiritual Intervention & Exorcism
- Catholic Renewal Center - Spiritual Counseling & Direction.
- St. Louis Counseling affiliated with Catholic Charities

[Visit the Spiritual Crisis Support LINK](#)



Here's something simple. How about a Picnic?

Sometimes when things are stressful at home, it's time to take a breather. Grab your favorite beverage, a blanket, and some snacks and head out for a picnic. Take a couple hours to breathe in some fresh air in a scenic spot. Spend some quiet moments together to talk over whatever feels heavy right now.

The St. Louis area offers an abundance of great park options. Find your new favorite picnic spot: [LINK](#)



RESOURCES FOR THE WINDING PATH

For some couples, navigating the issues of *fertility* in marriage can be a source of significant difficulty. Modern culture often portrays children as burdensome in an array of negative ways, rather than an opportunity to stretch the family budget 😊 in exchange for a lifetime of gifts and blessings.

Fertility Questions? Discover Natural Family Planning Options

More and more couples are discovering the physical, mental, relational, and spiritual benefits of embracing their fertility in natural ways. [LINK](#)

Something to think about:
Studies indicate that couples who use NFP are associated with a 35%–58% lower likelihood of divorce, often linked to improved communication and shared religious values.



STL nfp
STL NATURAL FAMILY PLANNING

Natural Family Planning
LOCATIONS & TEACHERS IN THE ARCHDIOCESE OF ST. LOUIS

The Archdiocese of St. Louis offers 4 methods of Natural Family Planning.

- Billings Ovulation Method
- Couple to Couple Method
- Creighton Model Method
- Marquette Method

Office of Natural Family Planning, Archdiocese of St. Louis
314-997-7576 | stlnfp@archstl.org

ARCHDIOCESE OF ST. LOUIS
Office of Natural Family Planning

ANNUAL CATHOLIC AFFAIR
2023 BY CHURCH

NFP FREE
Coaching Call
Personalized guidance to answer your general NFP questions.

To find a practitioner in your area, scan here.

To schedule a coaching call, call the office at 314-997-7576 or go to <https://bit.ly/stlnfp-connect>

Coping with Infertility Challenges with Springs in the Desert

Infertility is a burden most couples don't expect to carry. It can affect your marriage, your relationship with family and friends, and your relationship with God. Infertility often feels like a long and lonely path. But you are not alone! **Springs in the Desert** is a Catholic infertility ministry, and it is more than just a ministry; they provide respite, solidarity, and encouragement – wherever you are on the path of infertility, or in the experience of pregnancy loss. They've created a community, and it's built on faith in Christ and His good plan of fruitfulness for each one of us...

Find out more at their website: [LINK](#)



Exploring Fostering and Adoption

Springs of Love.org provides couples with information, encouragement, and inspiration as they explore options to expand their family. [LINK](#)
Watch the Springs of Love video series to discover the richly rewarding choice to foster or adopt. Video Series [LINK](#)



Jubilant Marriage Inspiration:

"Love and sacrifice are closely linked, like the sun and the light. We cannot love without suffering and we cannot suffer without love."

— St. Gianna Beretta Molla



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



The Fall "Cherished" Retreat is for Catholic couples facing infertility. Register NOW for this very special weekend.

Date: September 18–20, 2026

Mercy Retreat Center - 2039 N Geyer Rd, St. Louis, MO 63131

This powerful retreat is hosted by the **Archdiocese Office of Natural Family Planning** and the **Spring in the Desert** infertility ministry.

Details and Registration: [LINK](#)

Try a Summer Jubilant Marriages Challenge PLAN and DO - 10 Great Dates!

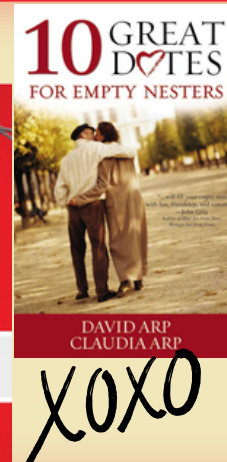
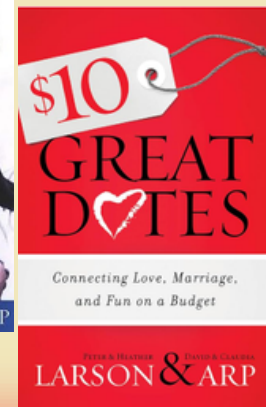
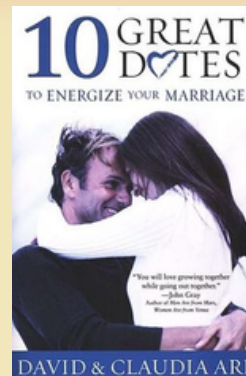
David and Claudia Arp offer married couples an fun and effective way to energize their relationship. Check out their resources to help you plan meaningful dates, no matter what your age, or budget! www.10GreatDates.org

Sometimes the key to get through a difficult time is to spend time together one-on-one and recall what made your marriage special in the first place.

Make this summer a special time to energize your marriage.

Do it individually or with a parish group!

Use this [LINK](#) to find out more!



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](#).





Options to Read & Watch:

Discover some valuable reading and viewing for JUNE. Couples facing challenging times can use the following books and films to prompt valuable conversations that can open the door to improved communication and re-connection.

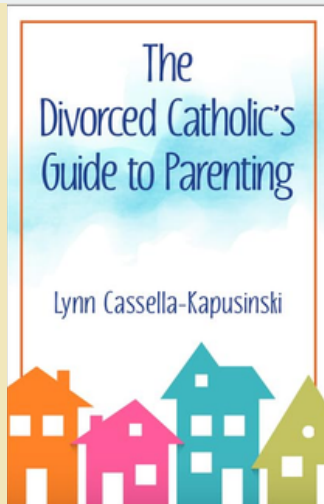
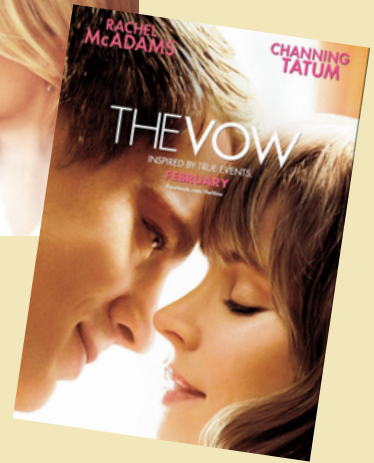
MOVIE NIGHT: ***The Story of Us***

In this film Ben and Katie Jordan are a married couple who go through hard times in fifteen years of marriage. Marriage 365 describes it: "This movie is real and even painfully emotional in many scenes, but the actors do an incredible job of portraying in-law issues, intimacy issues, parenting struggles, and working through it! Have the tissues handy!" Rated - R
Get streaming info to watch *The Story of Us*: [LINK](#)



The VOW

A car accident puts Paige in a coma, and when she wakes up with severe memory loss, her husband Leo works to win her heart again. This romantic comedy, based on true events, demonstrates marital love that overcomes extraordinary obstacles. Rated - PG
Get streaming info to watch *The VOW*: [LINK](#)



The Divorced Catholic's Guide to Parenting Book by Lynn Cassella-Kapusinski

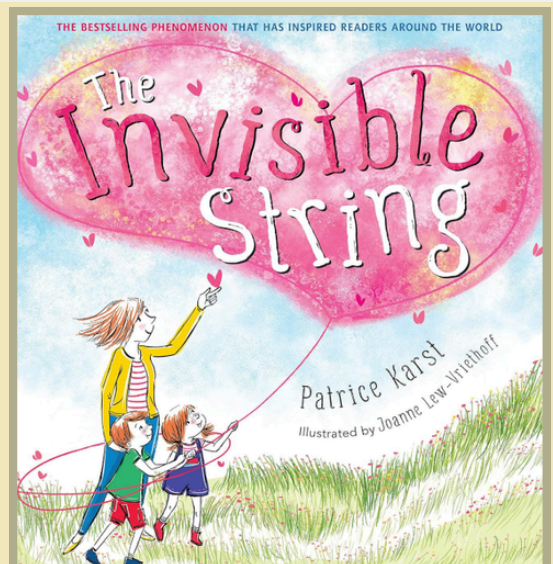
In *The Divorced Catholic's Guide to Parenting*, Catholic author, speaker, and licensed clinical professional counselor and pastoral counselor Lynn Cassella-Kapusinski, herself a child of divorce, takes parents step by step through these challenges. Drawing on her own story and professional experience, she helps Catholic parents walk with their children through the heartbreak of separation and/or divorce into the healing, peace, and even joy that is possible in their lives. Find out more with this [LINK](#)

***This book may be helpful even for couples experiencing separation. Couples who live separately for a time - for the purpose of individual growth and healing - and embrace thoughtful co-parenting during the time apart, often have greater chances for reconciliation.*

CHILDREN: The Invisible String by Patrice Karst

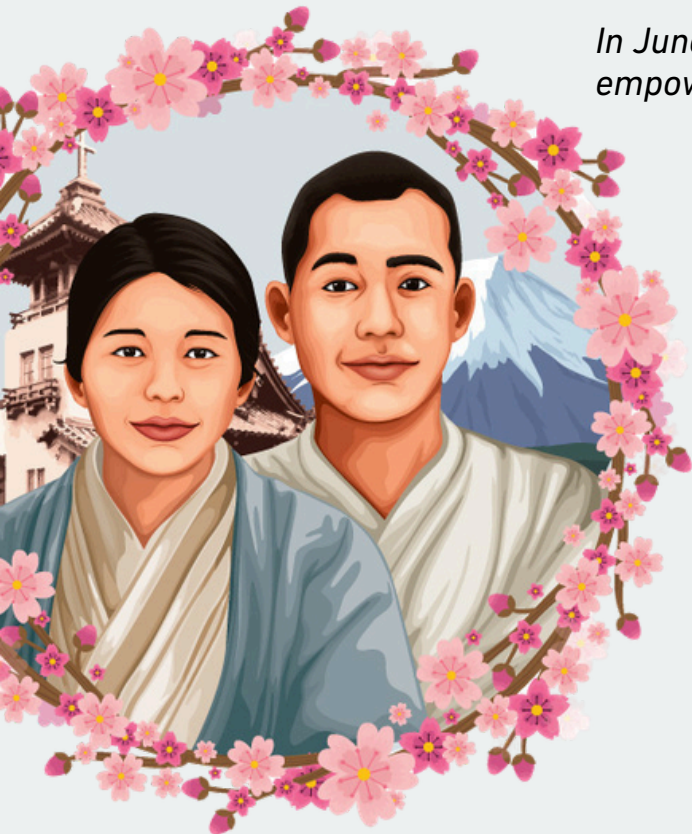
Parents, educators, therapists, and social workers alike have declared *The Invisible String* the perfect tool for coping with all kinds of separation anxiety, loss, and grief – including times of marital distress or separation. The Invisible String offers a very simple approach to overcoming loneliness, separation, or loss with an imaginative twist that children easily understand and embrace, and delivers a particularly compelling message in uncertain times.

Find out more about this best-selling book: [LINK](#)



Ideas for Parents & Educators

In June, we reflect on the way married couples can be empowered to overcome trials with the virtue of Empathy.



Holy Matrimony Role Models: Takashi Nagai & Midori Moriyama

Takashi Nagai & Midori Moriyama lived in Nagasaki Japan. This couple shows the power of spiritual perseverance through great trials like war and severe illness. Takashi was a radiologist who had become sick from radiation exposure. He and wife Midori both tried to honor each other with kindness while they dealt with his chronic illness. They lived near the site of impact of the atom bomb during WWII. She perished in the bomb blast. Through prayer and perseverance he honored her memory and raised their children alone. This quietly heroic couple exemplified the way that EMPATHY - choosing to share the feelings of another - can enrich a family and a married couple's life together.

For LITTLES



Invite little children to practice the virtue of empathy with mommy & daddy.

- Try walking around the house in mom or dad's shoes for 15 minutes.
- Ask mommy or daddy what made them sad or happy when they were your age.
- Think of something Mommy or daddy would like...and do it.

For MIDDLES



Takashi and Midori dealt with huge struggles and difficulties, and yet with prayer and thoughtfulness - trying to consider other's feelings - they had a married life together full of joy.

Invite big kids to think about how to show empathy in their family. See if they can come up with very specific prayer intentions for mom and dad and siblings based on their observations of what mom, dad, or sibs are currently having a hard time with.

For TEENS

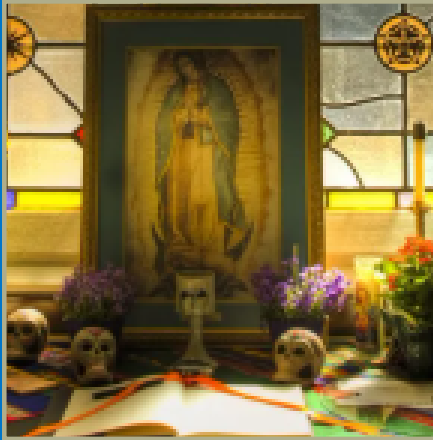


Teens can be inspired by the faith and drama of the lives of Takashi and Midori, but it's hard to be truly empathetic when teen emotion and angst floods in.

Invite teen guys to try to do a real life "day in the life" of my dad or teen girls "day in the life" of my mom. Have them spend one day doing exactly the kinds of things their mom or dad does for a day. Bonus: invite the parents to swap lives for a day with their teens "Freaky Friday" Movie style to get a chance to cultivate authentic empathy and appreciation for each other across both generations.

RECURSOS HISPANOS

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



ARCHSTL Hispanic Ministry

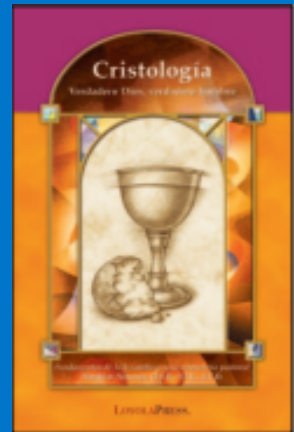
Visita la página del Ministerio Hispano en el sitio web de la Arquidiócesis para obtener información sobre preparación matrimonial, además de otros recursos y eventos en español.

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.

Fundamentos de la Fe

Cristología: Verdadero Dios, Verdadero Hombre

Este recurso es el primero de una serie de recursos bilingües que las parejas casadas pueden leer, reflexionar, discutir y aprender juntos.



La Oficina del Matrimonio y la Vida Familiar Diócesis de Columbus recursos:

- [Recursos de gráfico de fertilidad](#)
- [Recursos de Integridad Sexual](#)
- [Recursos de Pareja](#)
- [Recursos Familiares](#)
- [Recursos para el Embarazo](#)

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!

