



## MAY Jubilant Marriages for Priests & Deacons

This simple set of monthly resources are designed to help you as a Priest or Deacon to fortify the marriages of couples in your parish. It's as easy as 1, 2, 3. Choose **ONE** Sunday to encourage married couples in a special way in a Homily. On that Sunday, add the Prayers of the Faithful intentions provided here, that are specific to marriage and family to your liturgy plans. **TWO**, add the Jubilant Marriages Tool Kit link and image to your digital communication sometime during the month of May. **THREE**, add the Sunday Matrimony Moments content as often as you can in the parish Bulletin.

### 1) *JM HOMILY HINTS for Sundays 5/10 & 5/26*

The monthly themed Homily Hints give you homily prep help to choose one Sunday to orient your preaching toward the health of married couples. Options are provided for 2 Sundays. Pick one, and strengthen the most important anchors in the life of the Church and society - married couples.

**With JM Prayers of the Faithful** - These Prayers of the Faithful intentions emphasize the need for God to pour His grace on marriage and family in a modern society in which powerful forces are arrayed against both. In May we pray especially that couples and families will seek out ways to use the power of Matrimonial grace to strengthen their family and the parish community. Try to include one or more at a Sunday mass this month.



### 2) *May Digital Jubilant Marriages Tool Kit for Parishioners*

The digital JM Toolkit for Parishioners is packed with inspiration and resources for couples and families to be holy and strong in their own relationship and as they connect with others in parish life.

**Use this Tool Kit COVER IMAGE and [LINK](#):** to easily share the valuable content with your parishioners. Sharing options include: Parish e-newsletter, website, Flocknote, and/or a post on social media.

### 3) *Sunday “Matrimony Moments” Weekly Bulletin Content*

**Share this document download link with your parish Bulletin Editor.** Four short **marriage-strengthening** content blocks are included for you to offer as a regular feature in the parish bulletin. Use one or all four each month, or simply as space allows. [LINK](#)

# Homily Hints: 5/10

*for Sunday, May 10, 2026*



*These Homily Hints are for May 10, the Sixth Sunday of Easter - Year A. The simple format below gives options to include encouragement for Catholic married couples within the larger context of the Sunday Homily.*

The readings this week offer the opportunity to reflect on the way that loving actions in marriage and all 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 Homily Hints 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.

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## 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.*

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## Responsorial Psalm

Psalm 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!*

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## 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.*

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## 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.*

# Homily Hints 5/24

*For Pentecost Sunday, May 24, 2026*



***The readings & Gospel for Pentecost Sunday - Year A. The simple format below gives options to include encouragement for Catholic married couples within the larger context of the Sunday Homily.***

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.*

## Jubilant Marriages Prayer Intentions MAY

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### 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.

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### 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.

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### 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 Matrimony Moments for MAY:



Sunday Matrimony Moments are a way to help the married couples in your parish in a simple and practical way. These can reach the parishioners who might not come out for an event, but might try this simple little Sunday exercise to strengthen their marriage one-on-one at home.

**Parish Bulletins:** Copy and paste the 4 **CONTENT SECTIONS** and **LOGO IMAGE** as a regular feature in the **parish bulletin** - as often as space allows.

**Couples and/or Couple Small Groups:** Offer copies or the download link to couples and parish-based couple small groups as a structure for reflection, prayer, and conversation.

Sunday Matrimony Moments include the following four elements each week:

- **Scripture** from one of the Sunday readings
- Simple **Couple Prayer** based on a weekly theme
- **Marriage Motivation Tip** for couples to improve their marriage
- **Conversation Question** to fuel a conversation about the topic that week

(Use this [LINK](#) for a word document download of the content for each week in May.

## **Themes for May 2026: Matrimony is a Daily Lived Sacrament**

**5-3-26 WEEK #1 - BUILDING YOUR MARRIAGE AS A SPIRITUAL HOUSE OF FAITH**  
*“And, like living stones, let yourselves be built into a spiritual house, to offer spiritual sacrifices acceptable to God through Jesus Christ.” (1 Peter 2:5)*

**5-10-26 WEEK #2 - ANCHORING YOUR MARRIAGE IN HOPE**  
*“but sanctify Christ as Lord in your hearts. Always be ready to give an explanation to anyone who asks you for a reason for your HOPE.” (1 Peter 3:15)*

**5-17-26 WEEK #3 - UNITING AS ONE IN CHRIST’S SACRAMENTAL BOND OF LOVE**  
*“Holy Father, keep them in your name that you have given me, so that they may be one just as we are one.” (John 17:11)*

**5-24-26 WEEK #4 - RENEWING YOUR RELATIONSHIP DAILY (PENTECOST SUNDAY)**  
*“Peace be with you.” (John 20:19)*

*These weekly words of inspiration and encouragement are part of the Archdiocese Jubilant Marriages Initiative with the goal to fortify and energize Catholic Married couples to be Holy, Healthy and Happy and experience Matrimony as a daily lived Sacrament.*

Questions? Contact the Office of Marriage And Family Life:  
Paul Duker - Program Manager [Paulduker@archstl.org](mailto:Paulduker@archstl.org)  
Cathy Gilmore - Jubilant Marriages Coordinator [cathygilmore@archstl.org](mailto:cathygilmore@archstl.org)

# Sunday Matrimony Moments for MAY:



## **WEEK #1 - Building Your Marriage as a Spiritual House of Faith**

May 3, 2026 – Fifth Sunday of Easter

*“and, like living stones, let yourselves be built into a spiritual house, to offer spiritual sacrifices acceptable to God through Jesus Christ.” (1 Peter 2:5)*

### **Couple Prayer:**

Lord Jesus, Cornerstone of our home, make us living stones built together in faith. Strengthen the grace of our sacrament so that every day we offer our lives as a sacrifice of love as husband and wife. Amen.

### **Marriage Motivation Tip:**

Complete each day by holding hands, ring fingers entwined, and quietly ask for God to protect and provide for your lives together as a domestic church – where the Word of God is living and active within and among you.

### **Couple Conversation Question:**

How does our shared faith in Christ help us build a stronger “spiritual house” together; and what one small daily practice can we adopt this week to live our sacrament more intentionally?

## **WEEK #2 - Anchoring Your Marriage in Hope**

May 10, 2026 – Sixth Sunday of Easter

*“but sanctify Christ as Lord in your hearts. Always be ready to give an explanation to anyone who asks you for a reason for your HOPE.” (1 Peter 3:15)*

### **Couple Prayer:**

Holy Spirit, fill our marriage with living hope. Keep Christ enthroned in our hearts so that together we become a living sign of Your promises, encouraging one another through every season of our lives together. Amen.

### **Marriage Motivation Tip:**

When worries arise, pause and name aloud one way God has already been faithful in your marriage story—then thank Him together, confident in His future faithfulness. This simple habit turns everyday trials into opportunities to witness hope as a married couple.

### **Couple Conversation Question:**

What gives each of us hope for our future together, and how can we better share that hope with our children or others as a living testimony to our sacrament of Matrimony?

## **WEEK #3 - Uniting as One in Christ's Sacramental Bond of Love**

May 17, 2026 – Seventh Sunday of Easter

*“Holy Father, keep them in your name that you have given me, so that they may be one just as we are one.” (John 17:11)*

### **Couple Prayer:**

Father, as You are one with Your Son, make us one in heart, mind, and body. Pour matrimonial grace into every act of love so we will mirror Your perfect unity each day. Amen.

### **Marriage Motivation Tip:**

Choose one “Trinity-inspired” action daily: Pray an Our Father holding hands around a crucifix or pray a decade of the Rosary hand-in-hand. Or, if you have an argument, decide ahead of time to hold hands with a crucifix together while in the heat of the debate. Take daily small steps to live the oneness Christ prayed for in your marriage.

### **Couple Conversation Question:**

Where do we already experience the beautiful oneness of our sacrament; and in what area of life can we try to choose deeper sacrificial love this week?

## **WEEK #4 - Renewing Your Relationship Daily**

May 24, 2026 – Pentecost Sunday

*“Peace be with you.” (John 20:19)*

### **Couple Prayer:**

Come, Holy Spirit! Breathe Your peace into our marriage. Give us the courage and humility to forgive quickly and completely, so that sacramental grace flows fresh in and through us every day. Amen.

### **Marriage Motivation Tip:**

End the day with a simple “forgiveness check”. Briefly consider if there is any issue lingering from earlier in the day. Ask for and offer forgiveness. Pray an Our Father together. This can turn ordinary nights into a refreshing time of mercy and renewal.

### **Couple Conversation Question:**

What is an example that shows how forgiveness has already brought healing and closeness to our marriage; and what is something we can commit to this week to keep the fountain of mercy and grace flowing between us?



Pray

## THE JUBILANT MARRIAGES PRAYER WITH YOUR PARISHIONERS

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.

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



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