



Office of Marriage
and Family Life

JULY 2025

FUEL MARRIAGE WITH JOY & LAUGHTER



PARISHIONER
TOOL KIT

MONTHLY RESOURCES & IDEAS

Jubilant Marriages Theme For JULY

*Fuel HOPE in Marriage
with JOY & Laughter*



Cultivate JOY and laughter to fuel Hope in marriage relationships.

The Jubilant Marriages Initiative focus for JULY is to encourage couples, priests and parishes to tap into the power of FUN in building strong marriages.

With all the responsibilities of marriage and family life, couples can often allow the importance of sharing joy and laughter together to get sidelined. This month's Tool Kit is packed with resources and reminders that point to the power and value of shared moments of joy in a marriage relationship. These are not just fun encounters that are appreciated in a random or passive way, but cultivated intentionally.

Visit and share the link to the webpage: www.ArchSTL.org/Jubilant-Marriages with everyone in your parish. The page offers resource links to cultivate HEALTHY and resilient marriages powered with sacramental grace.

WHAT'S INCLUDED?

- [Jubilant Marriages Theme](#)
- [Scripture Reflection: 7/6 & 7/20](#)
- [July Intercessions](#)
- [Gratitude Couple: the Cincos](#)
- [Bulletin Post & Insert](#)
- [Sharable Social Media Posts](#)
- ["Matrimony Mindset Bulletin Content"](#)
- [Ideas for Parents & Educators](#)
- [Hispanic Resources](#)
- [Prayer & Blessings](#)
- [Tool Kit Link for Parishioners](#)
- [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 a Jubilant Marriages Accelerator Parish.

Sunday Scriptures: 7/6

Reflection for Sunday, July 6, 2025



The readings for the 14th Sunday of Ordinary Time call us to rejoice in the wondrous works of God in our world and in our lives. In baptism, all are called to live lives of discipleship in gratitude and confidence in God. Like the seventy two in the Gospel who were sent out in pairs, married couples are called to live out their discipleship together gaining support from each other.

These meditations are the fruit of reflections by Allen and Marian Love, and their 54 years of marriage. Allen is a Permanent Deacon, and as a Spiritual Director, gives days of reflection and adjunct instructor at Aquinas Institute of Theology. The Loves are members of Sacred Heart Parish in Valley Park.

First Reading

Isaiah 66: 10-14c

First Reading and Responsorial Psalm - Gratitude for Divine Grace

Our first reading and the responsorial psalm, invites us to notice the power and abundance of divine graces in our lives. Recognizing God's blessings leads us to gratitude and joy. Married couples who practice and share gratitude for God's blessings eventually come to recognize God's abundance and power in each other and those we encounter. We recognize God at work in the lives of others and they likewise can see God at work in the lives of the married couple. Gratitude multiplies - relationships flourish.

Responsorial Psalm

Psalm 66:1-7, 16, 20

Second Reading - Life-Giving Wounds

In the second reading, Paul writes of the persecution and suffering that he has endured as a follower of Christ. These "marks of Jesus" do not cripple him but only make him stronger so that he can now "boast" only in the cross of Christ. The lives of all followers of Christ, at times, will include challenges, difficulties and suffering. Like Paul, all disciples of Jesus are called to hold on to the "new creation" that is emerging in their midst. Married couples who see the works of God in their lives and support each other in the good times can draw on the graces received and be assured that in times of difficulty and suffering God is also at work, creating something new and life-giving in their relationship.

Second Reading

Galatians 6: 14 - 18

Gospel - Embodying the Presence of Christ

In the Gospel, Jesus sends his disciples out in pairs "to every town and place he intended to visit." There is a sense of urgency in their mission so they are to reorder their priorities to those things that support and do not hinder the mission. The mission of the disciples is to carry the presence of Jesus with them to everyone they encounter. Baptism calls all Christians to share the presence of Christ in their daily lives. The grace married couples receive in the sacrament of marriage empowers them in a particular way to embody Christ's presence to their spouse and families and those they encounter. Family life can be hectic and complex with jobs, school and the outside activities of children, caring for elderly parents and other family obligations. Married couples must ensure that they make time for each other and their own prayer and spiritual life.

Gospel

Luke 10: 1-12,
17-20

Sunday Scripture 7/20

Reflection for Sunday July 20, 2025



Mother Teresa placed the words “I Thirst” in every chapel of the Missionaries of Charity throughout the world. These words are to be a reminder to the sisters (and all of us) of Jesus’ I Thirst on the cross. These words remind the sisters of their purpose to quench the thirst of Jesus for love, kindness, compassion and intimate relationship with all of us. We are all called to quench the thirst of Jesus in our daily lives. Married couples are called to live this out in a particular way in their relationship with their spouse and children.

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First Reading

Acts 15: 1-2, 22-29

Responsorial Psalm

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

“O God, let all the nations praise you!”

Second Reading

Revelation 21: 10-14, 22-23

Gospel

John 14: 23-29

First Reading: Generosity

In the first reading, the Lord in the disguise of three mysterious strangers visits Abraham and Sarah. In accordance with the custom of his day where visitors were to be welcomed with food and drink, Abraham and Sarah provided a lavish meal for the three strangers. The meal provided to the three strangers by Abraham and Sarah went beyond the cultural requirements for welcoming strangers – three measures of flour (40 to 60 pounds and a “choice” steer 400+ pounds). Their generous welcoming and intimate encounter with the visitors resulted in a promise from God that they would soon have a long awaited son. Married couples who live a life of gratitude for their spouse become more generous with their time, resources and their service to their family and others.

Gospel: Attentiveness

In the Gospel, Martha welcomed Jesus and seemingly went a bit overboard in preparing a meal for Jesus. When Martha asks Jesus to make her sister help out, Jesus replies, “Martha, Martha you are anxious and worried about many things. There is only one thing. Mary has chosen the better part.” Jesus is not saying Mary’s attentiveness is better than Martha’s service, but rather both are important at particular times. Mary seemingly tunes into what Jesus needs at this time. Tired and exhausted Jesus ‘thirsts’ for their friendship, love, and support to bolster him for his final trip to Jerusalem. Daily life brings a myriad of to-do’s with sometimes not enough hours in the day. In the midst of busyness, married couples can miss opportunities to make a connection with each other’s deeper needs. Anxiety waiting for a test result, sadness over the loss of a friend, pressure from a difficult day at work, fatigue after a day of service to others are cues that a spouse ‘thirsts’ for focused attention more than the next thing on the list. Pausing, noticing, checking in with each other is key to building a deeper relationship in marriage or with any other person.

Just as spouses thirst for time and attentiveness from each other, Jesus ‘thirsts’ for our love and attention as key to nourishing and supporting our relationships and the service each of us are called to give. He invites us to regular prayer individually and for married couples, to seek ways to deepen our relationship with him together.

Jubilant Marriages Prayer Intentions For May

01 Married Couples

We pray that married couples will be intentional to prioritize spending one-on-one time together to fuel their relationship with authentic joyful intimacy.

02 Youth Vocations to Marriage

We pray that young people will learn to discern, to know how and desire to, choose holy paths of life, and reject everything that leads away from Christ and the joy of the Gospel.

03 Parenting Holy Families

We pray that parents work to demonstrate the joy of their relationship in the presence of their children, and fuel the desire for holy and joyful Matrimony in the next generation.





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



JULY Matrimony Gratitude Couple: Jerry and Julie Cinco

JERRY: Why do I thank God for my wife, Julie?

I thank God for Julie because she loves me! I thank God for Julie because she is such a loving, caring, other centered and self-aware woman. Julie is and has been a wonderful mother and role model for our children. Her love blesses me, our daughters, our son-in-law and our two grandsons. I thank God for my life with Julie, who is my favorite instant "date", cares for me when I am sick or recovering from surgery, such as changing my bandages with 3 separate issues in the last seven months! She freely gives love to all of our family, our parish family, our Marriage Encounter family and all our ministries that we are involved in. She's always trying to be other centered even if she gets cranky or tired. Julie has a such a beautiful heart! Julie is my best friend, who I can bounce my thoughts and ideas off of and share my deepest feelings with. Finally, Julie challenges me – to look at things from a fresh point of view, to grow in love and in spirituality.

JERRY: Why do I thank God for our marriage?

I thank God for our marriage most importantly because I have learned the purpose of our marriage is to get each other to heaven and there's no one better than Julie I'd like to partner with on that path. Our marriage has had ups and downs, but through it all I never stopped believing in our life-long Sacramental Matrimony commitment. In my marriage to Julie I have discovered that preserving our relationship is more important than being right. Through our marriage, I have learned that love is a decision, that is, we don't always feel loving, but we can choose to decide to love each other. Over the years through our marriage, we have learned to work together and pull the cart of life together like two Clydesdales. I thank God for Julie's hugs, kisses, and companionship throughout each day. I thank God for the fruits of our love - our family! I thank God for all the joys, the God-moments, and the adventures that I've shared with Julie in our life together.

JULIE: Why do I thank God for Jerry?

I thank God for Jerry especially for his constant love and his patience through my cranky, stubborn times. I thank God for Jerry's decision to go to daily Mass, say a daily Rosary, and praying with me. In our tough times, he has challenged me to grow in prayerfulness, perseverance, humility, and trust in God. I thank God for Jerry's love for our family and for his generosity to others. I thank God for all of Jerry's gifts especially his strengths that complement my weak areas, like his warm nature, smiles and cheerfulness. I thank God for giving me someone who cares enough to offer compliments as well as gentle corrections, for being my light when I am a grey cloud. Jerry is my best friend, my confidante, my shoulder to cry on, my safe harbor in distress, my lover to reassure me with tender hugs, kisses and at times... just holding my hand.

JULIE: Why do I thank God for my marriage?

I thank God for our marriage and the graces that have led us to love each other in the good times and the not so good times. I thank God for leading us to Worldwide Marriage Encounter when we were married only two years. We found tools for: deeper love, authentic communication, and couple prayer. I thank God for the inspiration years later to make another Marriage Encounter when our marriage was on the rocks and all looked bleak. That weekend saved our marriage, reset our priorities, rekindled our love, and has kept us on the right path ever since. I thank God that through our marital union, God gave us our children - and now grandchildren. I thank God for our marriage with my best friend, Jerry, my built-in date, my companion on the journey of life, my prayer partner and my nurse when I need one. I thank God that our marriage vocation is our path to heaven, together.

Jerry and Julie first experienced Worldwide Marriage Encounter in 1972 in New York as 2-year newlyweds. Shortly after their WWME, they moved to St. Louis and connected with the local WWME groups here. Currently, they are one of the team couples that help present talks on the WWME couple's retreats, as well as the Community Coordinator for St. Charles County, helping to facilitate meetings of encountered couples in the St. Charles area.

Jerry and Julie are happy to help couples who have made a WWME weekend and desire a WWME group to meet with. They can also answer questions of those who are interested in a WWME weekend experience. Couples can contact them at: Jerry.Julie.Cinco@wwme.org Or 636-399-3637. Worldwide Marriage Encounter website is: www.wwme.org

FEATURED RESOURCES:

Discover ways to enrich and strengthen your marriage and the marriages of others you care about - through resources and events that can power-up your relationship with JOY!



Jubilant Marriage Inspiration:

**"Marriage is like going to war,
but not against each other."**

– G.K. Chesterton, The Apostle of Common Sense

THE ADVENTURE CHALLENGE

**Couples - Fill your SUMMER
with dates that sparkle with
spontaneity and fun with the
Adventure Challenge!**

Make memories that deepen your
relationship with JOY!

Get this easy-to-use idea guide at:
TheAdventureChallenge.com

Jubilant Marriages One-Day Couple's Retreat

Hosted by the Archdiocese of Saint Louis Office of Marriage & Family Life

Saturday, August 9, 2025

Fleur De Lis Room
Cardinal Rigali Center,
Shrewsbury, MO 63119



Register Today!

Spend a special day with your
spouse to refresh and fortify your
relationship with prayer, relaxation,
couple camaraderie and fun.

Register at:

<https://marriageprepstl.org/jubilant-marriages/>

Jubilee Mass

Catholic Couples from all across the
Archdiocese are invited to come
celebrate your special anniversary at
the STL Cathedral Basilica!

SUNDAY, AUGUST 17, 2025 2:30PM

Register online:

<https://www.archstl.org/event/2025-wedding-jubilee-mass/>

Are you celebrating 10, 15, 20, 25, 30, 35, 40, 45, 50 or *MORE*
years of Marriage during 2025?

Annual Silver & Gold WEDDING JUBILEE MASS

Sunday, August 17, 2025

Cathedral Basilica of Saint Louis 2:30 PM



REGISTER for the Jubilee Mass by July 18:
www.archstl.org/event/2025-wedding-jubilee-mass/ or call: 314-792-7178

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 help Marriages be HAPPY and strong.

Visit Archstl.org/Jubilant-Marriages and look under the HAPPY category for links to resources and ideas that help couples to strengthen their marriages with the power of JOY and laughter.

Events & Info.

“Jubilant Marriages” is the St. Louis Archdiocese Initiative to help Catholic couples experience marriages that are HAPPY, healthy, and holy.

Visit ArchSTL.org/Jubilant-Marriages online,

Upcoming EVENTS:

“**God Chose You for Me**” is mini-retreat experience designed to deepen the spiritual connection between married couples. Increase the JOY of marriage by deepening relationship through shared prayer.

Upcoming dates and locations for “God Chose You for Me” are:

- Saturday, August 16 - Sacred Heart Parish in Valley Park, MO - [Register](#)
- Saturday, September 20 - St. Peter's Cathedral in Belleville, IL - [Register](#)

Married Couples! Plan a fun DATE
(Just for the two of you, or bring the kids.)

PEACH FESTIVAL
at Pierre Marquette

Sunday, August 3
11:00 am to 3:00pm
FREE Admission!

Find out more at:

<https://pmlodge.net/events/peach-festival/>



Cultivate a Matrimony Mindset that fuels JOYFULNESS!

MATRIMONY MINDSET: JOYFULNESS

Matrimony Quote:

"A JOYFUL heart is good medicine, but a crushed spirit dries up the bones." — Proverbs 17:22



ArchSTL.org/Jubilant-Marriages

MATRIMONY MINDSET: JOYFULNESS

Marriage

Motivation Tip:

Cultivate JOY by sharing a daily moment of gratitude with your spouse. Take turns expressing one thing you're thankful for about each other or your shared life, building a habit of positivity.



ArchSTL.org/Jubilant-Marriages

MATRIMONY MINDSET: JOYFULNESS

Prayer:

Loving Father, You fill our hearts with joy through Your endless love. Help us to nurture a spirit of joyful gratitude in our marriage, to find delight in each other's presence. May our union reflect Your joy to the world. We ask this through Christ our Lord, Amen.



ArchSTL.org/Jubilant-Marriages

MATRIMONY MINDSET: JOYFULNESS

Couple Conversation Question:

"What's one thing about our life together that brings you joy today, and how can we share that happiness more often?"



ArchSTL.org/Jubilant-Marriages

Ideas for Parents & Educators

In July, we focus on the way married couples can CHOOSE the virtue of JOYFULNESS in marriage and family life.



Holy Matrimony Role Models: Pierre and Juliette Toussaint

This holy couple were both born into slavery in Haiti and later settled in freedom in New York. They were profoundly generous with their time, resources, love and laughter. They raised their orphan niece as their own child. They persevered through many difficult trials. What sustained them? Their Catholic faith, joy and surprisingly...laughter.

This holy couple who endured the trials of life during and after slavery, are a powerful example to let the JOY of the Lord be our strength. Discover more of their story at: <https://catholicfamilymen.com/blog/serve-anonymously-with-your-wife/>

For LITTLES



Invite little children to discover the virtue of JOYFULNESS.

- Pass laughter around in a circle. One person starts laughing (on purpose) and giggling and pass it on. Keep it going! Joy is contagious.
- Ask mommy or daddy to show you their "happy dance". Show them yours.
- Take photos with the family. Smile really big and say " JESUS!" instead of "cheese".

For MIDDLES



Pierre and Juliette overcame enormous difficulties, and yet while they were still not living on "easy street," they shared a married life together full of generosity and joy. Have children discuss the following story.

On one occasion, Pierre discovered that an affluent man he was acquainted with had been reduced to material poverty. The man, sick and suffering, craved a delicacy of food that he had formerly enjoyed and grown accustomed to, but now had no financial means to obtain it for himself. For several months Toussaint and Juliette sent his dinner, nicely cooked, in such a way that he could not suspect from whom it came. "If he had known," said Toussaint, 'he might not have liked it; he might have been proud.'" Juliette further recounted that when Pierre went to see him periodically, the man would brag about his prestige, his good friends, and how every day somebody sends him a nice dinner cooked by a French cook. Sometimes the man would even describe the various food items one by one. My good husband would come home, and tell me, and we would laugh very much."
[Quotes from Memoir of Venerable Pierre Toussaint.]

For TEENS

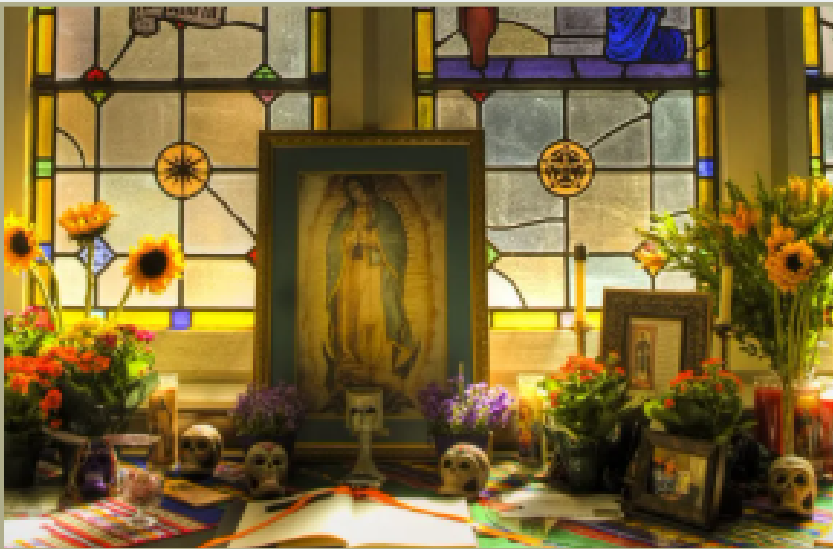


Teens can understand the injustice of slavery, but it can be harder to imagine people like the Toussaints choosing the power of joyfulness in the midst of difficulty.

Try a couple **role-playing situations** where the teens imagine themselves in a difficult or uncomfortable situation...and how they could choose to be authentically joyful (not sarcastic) in the midst of it. 😊 Possibly write down some situation descriptions on little cards for the teens to choose from.

RECURSOS HISPANOS

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



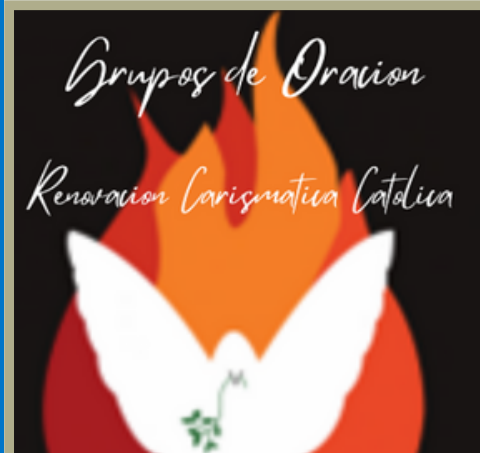
ARCHSTL Hispanic Ministry

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.

Oportunidades de Sanación Hispana

Usa este enlace para encontrar múltiples eventos hispanos importantes planificados que ofrecen esperanza y sanación.

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



Que Brille El Amor

Recursos Gratuitos en Español del Consejo de Obispos de California:

ENLACE: Excelentes ideas e inspiración para parejas y familias hispanas.

[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
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	cgilmorevirtue@gmail.com
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
Jerry & Julie Cinco <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.

