

Office of Marriage and Family Life

AUGUST 2026

**DISCIPLE-
MAKING
FAMILIES**



**JUBILANT
MARRIAGES**

TOOLKIT

MONTHLY RESOURCES & IDEAS

www.ARCHSTL.org/Jubilant-Marriages

Jubilant Marriages Theme For August

*Disciple-Making Families
Full of Faith, Hope & Love*



The Jubilant Marriages Initiative focus for AUGUST encourages couples, priests, and parishes to be mindful of the way that healthy marriage relationships are the best soil to cultivate discipleship in children.

With all the responsibilities of raising children, parents can feel like they are barely able to keep up. This month's Tool Kit offers resources and reminders for married couples to build a healthy family lifestyle in which young disciples of Christ grow strong in faith, HOPE and love!

Couples are encouraged to choose to be intentional in safeguarding the intimacy and connectedness in their own relationship. This is a powerful example for children. It will also sustain them through the times of frazzled exhaustion that ebbs and flows within the parenthood season of life.

WHAT'S INCLUDED?

- Jubilant Marriages Theme
- AUGUST Intercessions
- Scripture Reflection:
- Links and Ideas
- Jubilant Marriages Prayer
- Ideas for Parents & Educators
- Hispanic Resources
- Helpful Contacts

Make Plans to Be Part of Jubilant Marriages Week: 9/27 - 10/3

It's a Simple 7-Day plan for married couples to take time to PLAY and PRAY together!! [LINK](#)

For more information contact Cathy Gilmore
(Cell: 636-391-3999) or cathygilmore@archstl.org



Jubilant Marriages Prayer Intentions AUGUST

01 Married Couples

We pray that married couples will make it a priority to strengthen their own faith, hope, and love so they are energized to guide their children as young disciples.

02 Parents & Families

We pray for moms and dads to lean on Christ for strength as a couple - and with their children - as they navigate the challenges of parenting and family life.

03 Parish Community

We pray that parents in our parish, will find solidarity and strength from the support of our parish community in raising their children to know, love, and serve God with joy.



Sunday Scriptures: 8/9

Reflection for Sunday, August 9, 2026



*These reflections are for August 9, the 19th Sunday of Ordinary Time - Year A
Try reading and discussing these before, or after, Sunday Mass*

The readings this week offer solace in the midst of trials and distress. Married couples are reminded to cling to Christ who can overcome all fear and turmoil in our hearts.

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

First Reading

1 Kings 19:9a, 11-13a

First Reading: 1 Kings 19:9a, 11-13a

Elijah flees to a cave to avoid facing his difficulties. God calls him out of hiding to experience His presence. Elijah looks for God in the heavy wind, earthquake or fire to no avail but finally experiences God's presence in a "tiny whispering sound."

In married life, couples might stay attuned to the "tiny whispering" of God's voice in the small and ordinary events of daily life in times of difficulty for guidance and support.

Responsorial Psalm

Psalm: 85:9, 10, 11-12, 13-14

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The Psalmist writes of a people in distress who have called on God for help. They are a faithful people confident that God will answer their pleas.

In times of difficulty, married couples must remain confident that God has blessed their marriage and turn to God in prayer for guidance.

Second Reading

Romans 9:1-5

Second Reading: Romans 9:1-5

Paul is speaking to the Jewish people to whom he first proclaimed the Gospel. While he has now devoted himself to the conversion of the Gentiles, he states that he has never abandoned his relationship with the Israelites. He reminds them that it was the Jewish people that first enjoyed a covenant with God and from whom the Christ came in the flesh.

Married couples must remember that their marriage is a sacramental covenant blessed by God and place their trust in God even amidst the challenges that couples and families sometimes incur.

Gospel

Gospel: Matthew 14:22-33

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While being tossed around in their boat during a storm, the disciples were in distress. Jesus approaches them walking on the water and speaks to them about their fear, "Take courage, it is I, do not be afraid."

Even though, like the disciples, married couples can experience fear in their relationship about the strength of their commitment, financial issues, their ability to be good parents and a host of other issues, they cannot let fear be their guide. Jesus assures us that he will always travel the journey alongside them and will calm whatever fear they might experience.

Sunday Scripture 8/23

Reflection for Sunday, August 23, 2026



***The readings & Gospel for the 21st Sunday of Ordinary Time - Year A
Try reading and discussing these before, or after, Sunday Mass.***

The readings this week encourage us to lean into Divine wisdom as we grow in relationship with Christ and with each other.

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

First Reading

Isaiah 22:19-23

First Reading – Isaiah 22:19-23

Isaiah describes the ritual of transferring leadership to Eliakim, who will provide order and stability the Kingdom of Judah needs to survive.

Married couples are called to be the bearers of the faith in their families through their example of love in word, deed, and faith practices.

Responsorial Psalm

Psalm – 138:1-2.2-3,6,8

Responsorial Psalm – 138:1-2.2-3,6,8

Addressed directly to God, the psalmist publicly expresses gratitude for God's faithfulness and lovingkindness in the past and present, and always.

Married couples are called to remember God's kindness and faithfulness in their past struggles, be attentive to God's faithfulness in present challenges, and to trust that God's faithfulness will never fail them no matter what the future brings.

Second Reading

Romans 11: 33-36

Second Reading - Romans 11: 33-36

Paul speaks of Divine Wisdom that cannot be seen or understood by humans and yet has meaning and purpose for their lives and all of Creation. God's plan will unfold in God's way.

Marriage requires trust in each other and trust in God's plan; couples' prayer together especially in times of uncertainty can be what draws them closer to each other and to God.

Gospel

Matthew 16:13-20

Gospel – Matthew 16:13-20

Peter declares what has been personally revealed to him by God: "You are Christ, the Son of the Living God." This revelation makes him 'blessed': his establishment and leadership of the church will be guided and sustained by God's grace.

True discipleship flows from personal relationship with Christ. Married couples who recognize this through their sacrament of matrimony will be 'blessed' with grace to closely follow and proclaim God's promises and plan.

IDEAS FOR FAMILY FAITH & FUN

There is now an abundance of excellent resources that are truly fun and imaginative to help parents raise children in the Catholic faith. Here are some examples:

CATHOLIC SPROUTS

Podcast: Listen to the Daily Sprouts Podcast for kids. Just 10 minutes of faith and fun - perfect for young kids! [LINK](#)

Products: This family-owned publisher has created a wide array of high-quality books, activities and resources for a wide age range of children. [SHOP](#)

Freebies: Use this [LINK](#) to access free downloads for coloring pages, activities and more.



SLAY THE SEVEN DEADLY DRAGONS

Discover the team with Extraordinary Mission, the creators of the ***Seven Deadly Dragons*** book series. Visit their website for videos, games and lots more FUN ways to inspire kids to overcome vice and choose habits of virtue instead. [LINK](#)



THE SAINTS PODCAST

This daily podcast AUDIO DRAMA brings the SAINTS to life with award-winning actors, writers, and sound designers.

🔥 Thrilling and inspiring stories to ignite your family's faith.

📺 A New 5-Episode Adventure Every Week.

Over 600 episodes are available, and counting.

Available on Apple podcasts and Spotify and at

<https://www.themerrybeggars.com/shows/the-saints>



Produced by The Merry Beggars: the entertainment division of **Relevant Radio**

The “HeWo” Catholic Audio Player

Preloaded with hours of great content for children to listen to Catholic stories, songs, prayers and more that protects them from the risks of tablets, and preserves their imagination with the audio-only format.

Great for ages: 3 and up. HeWo = Hear the Word! [LINK](#)



RESOURCES FOR THE WINDING PATH

Sometimes couples face challenges that seem insurmountable in the process of raising children. Behavior issues, health issues, or faith issues can loom large. Find help and hope from our August recommendations.



Raising HAPPY Families

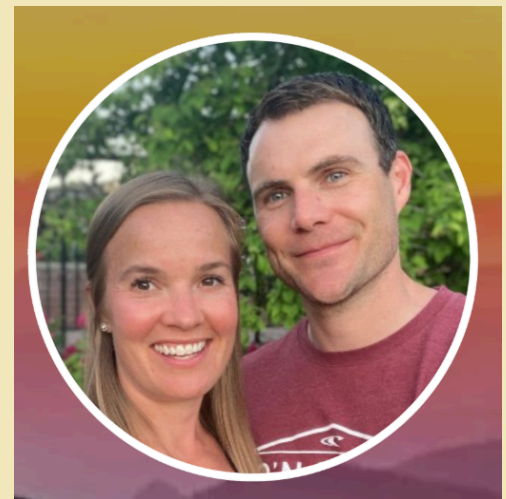
Dr. Ray Guarendi helps parents have confidence and clarity in their own ability to parent their children...and inspires them to smile as a team together through all of it. Consistent and cooperative parenting from mom and dad increases the happiness in the children and the family. Find out more about the wit and wisdom of Dr. Ray: [LINK](#)
Listen to Dr. Ray's audio blog: [LINK](#)

Raising HEALTHY Families

Meet Jeff and Amy, 2 experienced healthcare professionals who have been helping parents for +20 combined years to raise healthy kids.

Diet and nutrition plays a huge role in the mental and emotional health of children. This team offers practical tools and coaching to help families to take healthy steps to pivot from anxious, exhausted, stressed, and out of shape, to fit and full-of-energy - living with more joy and purpose.

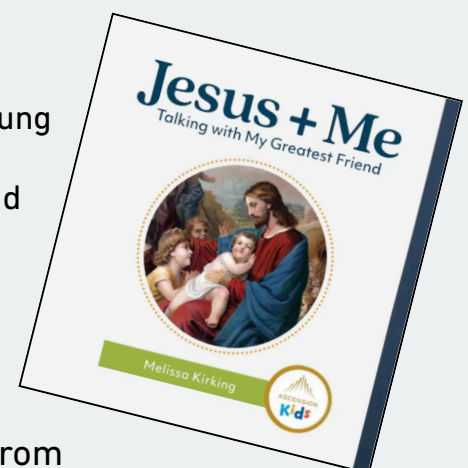
Find out more at their HealthyFamiliesThrive.com website: [LINK](#)



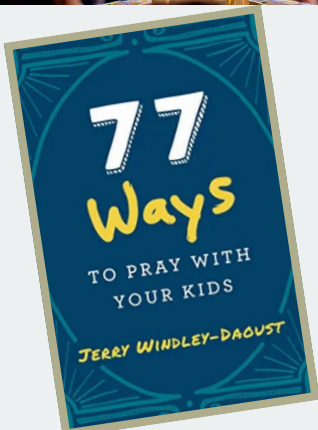
Raising HOLY Families

Married couples who are parents of young children can experience the benefits of Eucharistic Adoration with Children, and other forms of prayer, with the help of resources like:

[**Jesus + Me**](#) Book by Melissa Kirking helps children learn to pray as a friendly conversation with Jesus, [**Family-Friendly Guide to Adoration**](#) from the team with FOCUS helps all ages.



[**77 Ways to Pray with Your Kids**](#) by Jerry Windley-Daoust offers short, practical explanations of the many ways Catholics pray. Trying different types of prayer is a great way to introduce your kids to the wealth of prayer practices available. Along the way, a handful of these might become part of your family's routine, enriching your life together and deepening your friendship with Jesus.



Links & Events

Find Marriage enriching events, and information to help your marriage, or the marriage of someone you care about to be...JUBILANT!

Jubilant Marriage Inspiration:



"Let everything take second place to our care of our children, our bringing them up to the discipline and instruction of the Lord. If from the beginning we teach them to love true wisdom, they will have greater wealth and glory than riches can provide."

— St. John Chrysostom

Marriage Enrichment

"God Chose You For Me" - WWME 1-Day Retreat for Couples

Deepen the spiritual intimacy in your marriage!

"God Chose You For Me" 2026 Retreat Dates:

Saturday, August 22, 2026 -

St. Nicholas Roman Catholic Church in O'Fallon, IL - **Register**

Saturday, October 3, 2026 -

Sts Joachim and Ann Parish in St. Charles, MO - **Register**



WHY ATTEND?

Rediscover your desire. Build a daily prayer life as a couple. Deepen your love.

✓ A NEW WAY TO PRAY

Prayer will become a daily expression of love between you and your spouse – a way to invite God deeper into your relationship.

✓ A NEW WAY TO CONNECT

Share, listen, and reflect together to deepen your emotional and spiritual connection.

✓ A NEW WAY TO ENCOUNTER GOD'S LOVE

By seeing your marriage through the lens of faith, you will discover how your love reveals the presence of Christ in your everyday life.

JUBILANT MARRIAGES Couples Retreat



**Saturday
September 19, 2026
11:30am - 6pm**

Register at: www.Marriage&FamilySTL.org



Sunday Matrimony Moments

A simple 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.

Print and use these at home, or in a small group. Use this [LINK](#).



Options to Read & Watch:

Discover some valuable reading and viewing for AUGUST as kids head into the school year. These recommendations help moms and dads have confidence and hope, knowing they can offer their children content with good values with GREAT production quality as alternatives to the crass humor and empty storylines that flood our culture.

MOVIE NIGHT: *Mom's Night Out!*

This fun family comedy shares the mis-haps of a mom's night out. What could possibly go wrong when a mom of young children just wants a "night out"? This silly story is a joy to watch with - all but the littlest - children and honors the resilient and sacrificial love of marriage - even when disasters fall like dominoes. Rated PG Get streaming info to watch *Mom's Night Out*: [LINK](#)



Family Movie: Young Washington

Take the family to see it on the big screen.

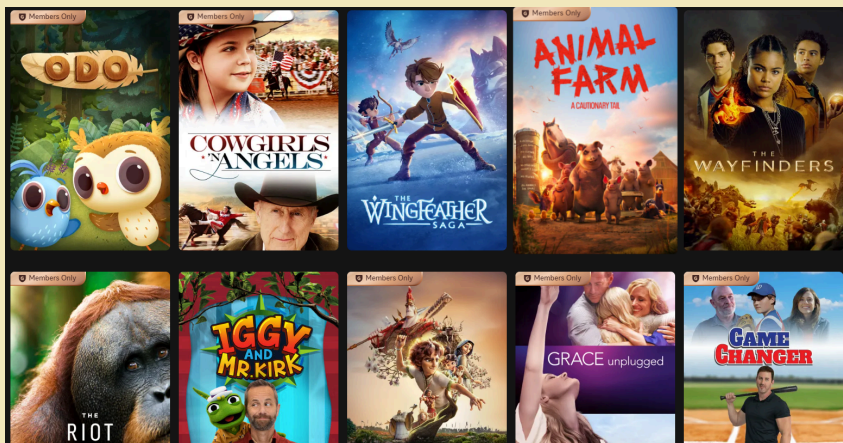
[Find theatres and showtimes](#)

In this film released by Angel Studios, young **George Washington** faces war, betrayal, and impossible choices that will forge the leader he would become. See the roots of his courage, integrity and virtue as history comes alive. Rating: PG-13, but it is a great action film for age 12 and up.

Angel Studios

Join the Angel Guild and get access to some TOP QUALITY family friendly viewing that affirms Christian values to watch at home! Plus you get to be part of the process selecting new Angel projects that impact culture for GOOD!

Find out more at [Angel.com](#) [LINK](#)



189 Great Books for Catholic Kids!

Well-curated list from [Word on Fire Publishing](#).

The books are organized according to genre/age group: board books, picture books, early readers, chapter books, and graphic novels. Whether these books explicitly communicate truths about our Catholic faith or merely delight the young reader, these are stories with merit to read over the school year, on a family trip, or anytime. (Parents, you know your young readers best. Each book may not be appealing to every child.)

Download the list: [LINK](#)

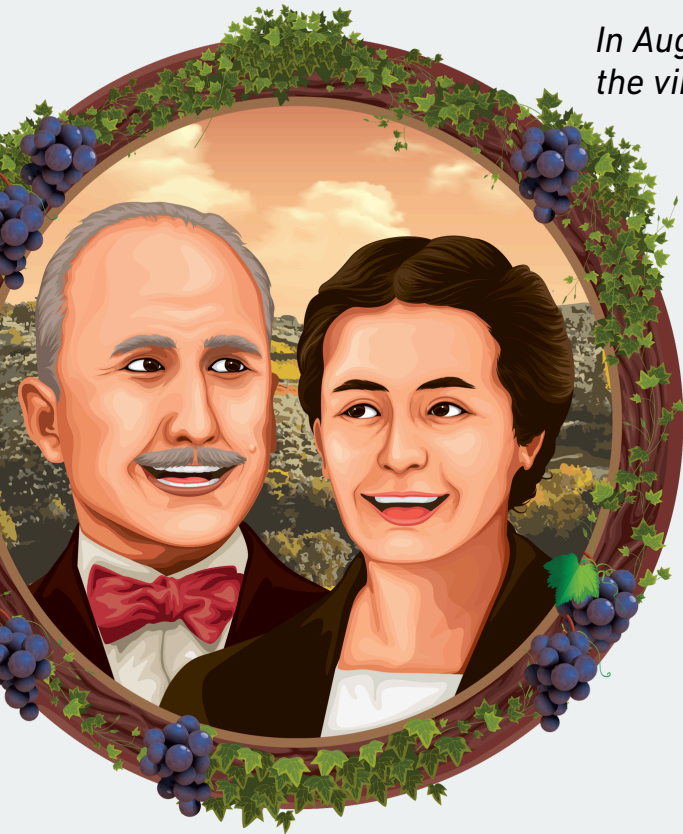


SPARK THE IMAGINATION BOOK LIST

189 Great Books for Catholic Kids

Ideas for Parents & Educators

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



Holy Matrimony Role Models: Luigi & Maria Quattrocchi

This loving married couple's family was like a team of adventurers -- learning, praying, and helping others -- on the path to heaven. What made Luigi and Maria so wise? They listened to God with their whole hearts. Every day, they went to church and fed their souls with Jesus in the Eucharist. They also prayed the Rosary as a family together each night, asking Mary, Jesus' mom, to guide them. Luigi and Maria also showed wisdom by helping others during tough times. During a time of war, they turned their home into a secret hideout for people who needed safety. They taught their kids to be brave and kind, and two of their sons became priests and one daughter became a nun, wisely helping others, just like their parents did.

For LITTLES



Invite little children to discover the virtue of WISDOM

- Talk about what it means to be wise -- Using what we KNOW to DO what is right.
- Think of times when someone made a wise choice and talk it over...what made it wise?

For MIDDLES



Maria and Luigi prayed the Rosary as a family each evening. Wise choices often flow from our hearts when we are spiritually strong. Try to pray a Rosary, or even start with one decade, a day - to ask for wisdom in making both small and big choices for a week.

Perhaps pray a World Mission Rosary and pray for people all over the world to become spiritually wise, healthy, and strong!

Here is a link to get instructions how to pray a **World Mission Rosary: [LINK](#)**



For TEENS

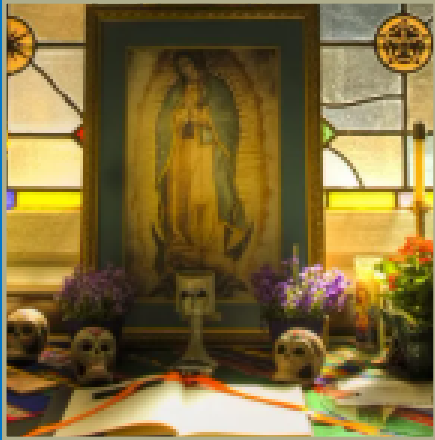


Maria and Luigi seemed like an ordinary married couple. Their family appeared like an ordinary family. Pope Saint John Paul II said in his October 2001 homily about the holy couple, "the blessed couple lived an ordinary life in an extraordinary way."

Read more about their not so very "ordinary" life [HERE](#). Discuss with teens the value of their spiritual wisdom to embrace heroism and danger to help political refugees, sickly strangers, and wounded people as a family during the Second World War.

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.

Servicio de Sanación Generacional en español (No incluye la Misa)

Sunday Sep 6 from 1-3pm at the Cardinal Rigali Center – St. Vincent de Paul Chapel.

Eventos actuales organizados por la oficina del ministerio hispano/ Generational healing event hosted by the office of hispanic ministry: [LINK](#)



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!