



Office of Marriage
and Family Life

JUNE 2025

HOPE FOR MARRIAGES IN DISTRESS



PARISHIONER
TOOL KIT

MONTHLY RESOURCES & IDEAS

Jubilant Marriages Theme For JUNE

*Offering HOPE to couples
in times of DISTRESS*



How can couples tap into matrimonial grace to get through tough times?

The Jubilant Marriages Initiative focus for JUNE is to encourage couples, priests and parishes to empower couples with a hopeful mindset and practical tools to get through tough times.

At times, the burdens of complex relationships or family life stress can bring disillusionment in a marriage. The joyful start of their matrimony can seem like a forgotten shadow. Oftentimes couples don't know how to lean on the power of matrimonial grace to find a path through the darkness. Jubilant Marriages offers an array of simple-to-access links and information to help couples restore spiritual and relational health of their marriages.

Visit and share the link to the webpage:

www.ArchSTL.org/Jubilant-Marriages

The page offers resource links to cultivate HEALTHY and resilient marriages powered with sacramental grace.

WHAT'S INCLUDED?

- Jubilant Marriages Theme
- Scripture Reflections
- Jubilant Marriages Prayer
- Gratitude Couple: the Gilmores
- Featured Resources
- Links, Events, and More
- Hispanic Resources
- Ideas for Parents & Educators
- Helpful Contacts

Jubilant Marriages Accelerator Parishes

Couples are encouraged to talk to your pastor about building a team to participate as a Jubilant Marriages "Accelerator" to fortify and energize couples in an intentional way. There is no cost to the parish to participate.

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: 6/15

Reflections for Sunday, June 15, 2025



Trinity Sunday. This day we celebrate our God whose very being is, defines, and models relationship. Three persons in one God: God the Father, God the Son, and God the Holy Spirit—who is often described as the mutual flow of outpouring love between the Father and the Son. Three persons—one God—who is the pinnacle of living relationship within God's very nature.

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

First Reading

Proverbs 8: 22-31

First Reading: Proverbs Wisdom for Relationships

The Old Testament tells us that we human beings are made in the image and likeness of God. Thus, we humans are made to be in relationship with each other, just as God is in relationship within God's very self. This is lived out so uniquely in Christian marriage. But we humans are imperfect, flawed, and we live in an imperfect, broken world. We experience challenges, difficulties, hurts and pains in all of our relationships, and especially in the intimate relationship of marriage. Every life-long, permanent marriage experiences some form of disappointments, and often disillusionment in marriage. But in this reality we are not without HOPE.

Responsorial Psalm

Psalms 8: 4-5, 6-7, 8-9

Second Reading: God's Trinitarian Love offers Help and Hope

The Good News is that each person has been given lifelong access to the Trinity through Baptism! And for those who are married especially, God's Trinitarian Love enables us to ask forgiveness when we hurt our spouse and helps us forgive when we have been hurt. In today's second reading, Paul is clear: the Holy Spirit, the third person of the Trinity, has been given to dwell in each of us. And Paul reminds us that the afflictions and challenges we experience in our lives, particularly in marriage and family life, produce endurance, build character, and give hope. For couples going through rough times in their marriage, this hope and help is available through the unique graces of their marriage sacrament. If you are one of those couples, you might try praying together. Simply hold hands and ask for the grace to forgive... or move forward... or change the way you are doing something that might be a source of strife in your relationship. God can do so much with the simplest of prayers.

Second Reading

Romans 5: 1-5.

Gospel – Marriage as a Reflection of the Love of the Trinity

In today's Gospel, Jesus is very clear. Everything that the Father has, He gives to Jesus. And everything that Jesus has, He gives to us. Jesus was faithful to his Father always. And Jesus gives us everything we need to be faithful to God and to each other always also. Married couples are called to each unite their lives to God and also to each other. In this way, marriage becomes a reflection of the love of the Trinity. When couples call upon God, eternally present to them, and ask for the matrimonial grace that God longs to share with them, abundant blessings, growth and healing flows.

Gospel

John 16: 12-15

Sunday Scripture 6/29

Reflections for Sunday June 29, 2025



This is the **Feast Day of Saint Peter and Saint Paul**. Saint Peter held the keys to the church and Saint Paul was the early Church missionary extraordinaire! Their partnership is a good example of the power of complimentary gifts. As in a marriage, the complementarity of a husband and wife enriches their ability to build a strong family and bring life to the Church.

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First Reading

Acts 12: 1-11

Responsorial Psalm

Psalms 34: 2-3, 4-5, 6-7, 8-9

"The angel of the Lord will rescue those who fear Him."

Second Reading

Second Timothy 4: 6-8, 17-18

Gospel

Matthew 16: 13-19.

First and Second Readings: Breaking Chains

In our first reading we hear that Peter has been arrested. During this time of his imprisonment, the church fervently prayed for him. And an angel released his chains and miraculously led him past the four guards and safely out of prison. There are many ways to be imprisoned. Divisiveness imprisons us. Anger imprisons us. Hurts and bitterness imprison us. Lack of forgiveness imprisons us. The prayers of the church are powerful in freeing us today from the chains that bind us, just as the prayers of the church freed Peter.

Those who are married may find themselves bound by the chains of score-keeping: I am doing more than you are doing in the household tasks... or in the marriage... or with the children... or a host of many other things. And then there are the chains of "whataboutism" that also bind us: "well, maybe I did do this, but what about the time you did that"

Prayer can unleash the virtue of empathy in our relationships and enable us to lay down our sacks filled with grudges, whataboutism, hurts and bitterness. When we don't choose the miraculous grace of God, those sacks get heavier and heavier. The burden feels like a heavy chain. Grace empowers virtue like empathy to free us from that chain -- to be in the moment, enjoy each other, and love each other. This applies to all of us, married or not. However, it is especially essential with the intimate bond of marriage.

Gospel: Unbinding

In today's Gospel, we hear Jesus' words, "Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven." This is particularly true in the sacrament of Reconciliation when the priest absolves and unbinds us from the slavery of sin. It is also true of each son and daughter of Christ. Every follower of Christ can call on the grace of God to forgive those who hurt us, and to loose the chains that keep us imprisoned by that hurt.

Married couples, by nature of their close relationship, will at times hurt each other. Jesus Christ, present in their marriage, enables them to unbind the wounds that can become barriers between them. By calling on God's grace, each person can find the path to freedom and and richly renewed relationships.

JUBILANT MARRIAGES PRAYER



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



Jubilant Marriages Matrimony Gratitude Couple: Bill and Cathy Gilmore

BILL: Why do I thank God for my MARRIAGE?

I knew when I first met Cathy back in college at St. Louis University that she was unique and special! In less than 6 months, I just knew that this was the person whom God wanted me to marry! I could never have imagined how hard and difficult our marriage would be and how broken we both were when we said, "I Do". For many years, our marriage was hard: financially, physically, mentally and spiritually! There were awesome moments, like the arrival of our 3 children, and I would do it all over again in a heartbeat for each of them! But there were so many times we both wanted to quit and walk away - and once we actually did for 12 months. But because we both had an enormous love for God, He always would bring us back together. Since we had faithfulness to God and willingness to change our own ways, we grew closer to each other and were able to heal. Now, 40 years later, I truly believe the best is ahead and I love being an empty nester and growing old with Cathy, my closest and dearest friend! I am truly so grateful to God for our marriage: for listening to Him, sticking it out, changing and healing— and in doing so, we grew closer to God and to each other!

BILL: Why do I thank God for my WIFE?

I have always thought of my wife as a mixture of Maria from the Sound of Music and Mary Poppins. What a combination! Cathy inspires me through her creativity and her holiness! But sadly, we both came into our marriage, broken from being abused as children and that kept us from being able to love each other fully! Selfishness and self-preservation kept getting in the way. Thankfully, our individual journeys of healing and also our desires to grow closer to God prevailed! Twelve years into our marriage, Cathy left me and the Catholic Church, but she didn't leave God. For five years that followed, she was an argumentative anti-Catholic. Miraculously, she came back and now she is deeply in love with her Catholic Faith! It is her love and daily devotion that inspires me so much to grow deeper myself in my own journey with God. It is through Cathy's creativity that I often see God's hand! I especially see it in her Virtue Heroes stories with animal characters and biblical heroes who exemplify Virtues in fun ways. Someday, I believe God, through Cathy's creative gifts will inspire children and families all over the world with a desire to be heroes of "everyday" virtue. I'm grateful and honored to, in a very small way, be a part of His plan through Cathy.

CATHY: Why do I thank God for my MARRIAGE?

I'm grateful to God for the gift of my marriage and especially the gift of time— and the lifelong commitment of marriage. Last year we celebrated our 40th wedding anniversary, but when we were at the 15 year mark I thought that our marriage was a big mistake and had no future, because our problems that I felt were insurmountable. But God has shown me over time that He chose my husband, Bill for me... I now recall people who talked about marriage being like fine WINE that improves with age and the slogan: "Grow all along with me. The best is yet to be" Well, they were right.

CATHY: Why do I thank God for my HUSBAND?

I thank God for my husband, Bill, because of his heroic perseverance. He has worked really hard for so long to build a career he loves, to support our family. He also persevered in our marriage — working through all the brokenness and wounds that we brought into the marriage. We had no idea how difficult the journey might be. But even when I was a cantankerous wife and overly defensive, he has been patient as the Lord healed those habits in me. He now is my greatest cheerleader in all my creative endeavors and loves our kids with an adorable passion. I'm so grateful that God has given me Bill, and I'm happy share my next adventures with him.

Bill and Cathy have found strength for their marriage journey through their married couple small group, called [Teams of Our Lady](#). They highly recommend the value of small group solidarity, support, faith-sharing and fun to strengthen couples in both practical and spiritual ways. When their marriage struggled, they worked with Catholic counselors, embraced healing prayer through the Catholic Renewal Center, and sought God's help on White House and other retreats. Even the prayer from a large Crucillo community made a huge difference in sustaining the Gilmores through what seemed like overwhelming challenges in their marriage .

Cathy has the position of Jubilant Marriages Coordinator with the Saint Louis Archdiocese. The rocky road that Cathy and Bill have traveled to achieve healing, hope and health in her own marriage, motivates her to want to help other couples experience marriages that are Happy, Holy and Healthy. AcrhSTL.org/Jubilant-Marriages is where couples can find lots of resources - like the options that helped Cathy and Bill so much.

FEATURED RESOURCES

These sample images and post content can be shared on your social media to help build matrimonial culture by encouraging couples to experience the power of healing prayer or discover a new healing resource, or attend an event to build spiritual strength in their relationships.



Catholic Renewal Center

Catholic Renewal Center - Experience the power of Healing Prayer. Get to the root of hidden issues that often underlie marriage problems. Allow the Holy Spirit to renew hearts and relationships in ways you might never thought possible. Local, compassionate, and confidential.

<https://www.archstl.org/about/offices-and-agencies/catholic-renewal-center/>

JPII Healing Center

Couples and individuals who are burdened by wounds of the present or the past, can find healing and hope from the resources like the "Healing the Whole Person" series, and event experiences offered by the JPII Healing Center.

Visit online: <https://jpiihealingcenter.org/> to find books, online courses, retreats, and more for individuals, couples, priests, religious, and parish leaders.

Healing
the *Whole*
Person
DR. BOB SCHUCHTS



Jubilant Marriage Mojo:

"A perfect marriage is an imperfect husband and an imperfect wife who absolutely refuse to give up on one another."

– Father Wade Menezes, Fathers of Mercy

Jubilant Marriages One-Day Couple's Retreat

Offered 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



Save the Date!
Jubilant Marriages
Couple's Retreat
Saturday, August 9th

Events, Links & More

Find Marriage enriching events, links, and information to help your marriage, or the marriage of someone you care about to find HEALING and HOPE!!

LINK



The Jubilant Marriages Initiative spotlights great ways for Priests, Parishes, Couples, and Singles to help Marriages be HEALTHY and strong.

Visit Archstl.org/Jubilant-Marriages to find links to resources and ideas to help couples in distress to find the counseling, coaching, and resources they need to restore the HEALTH of their relationship.

EVENTS & INFO

“Jubilant Marriages” is the St. Louis Archdiocese Initiative to help Catholic couples experience a marriage journey that is happy, HEALTHY, and holy.

At ArchSTL.org/Jubilant-Marriages online, Catholic priests, parishes, couples, and singles - can discover options to help couples in distress to see light in the tunnel and a future beyond the disillusionment or discouragement that might be robbing them of hope right now. If your marriage needs a boost, click the link and explore.

Events and links to build marriages full of HOPE:

REGISTER: for the June Marriage Encounter Weekend
in the St. Louis area: Jun 13-15, 2025

[REGISTRATION LINK](#)

Young Adult Couples: YME Kitchen Conservatory Event

Incarnate Word's Young Married & Engaged Ministry would like to invite you to a fun evening at the Kitchen Conservatory - Grab your partner and join us for a unique experience of dancing and dining.

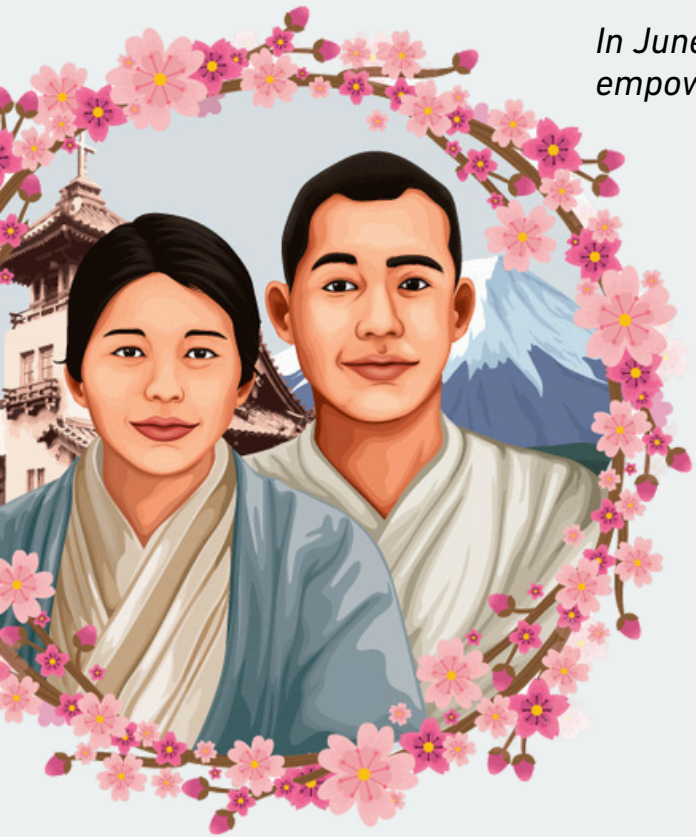
REGISTER: <https://kitchenconservatory.com/Cooking-Classes/DATE-NIGHT-FOR-COUPLES-SALSA-SALSA-DINE-AND-DANCE-P25367>

LINK: ArchSTL.org/Jubilant-Marriages: Catholic Married couples can face struggles that rob them of HOPE. Need some help to sustain your marriage and rekindle your JOY? Visit Jubilant Marriages at Archstl.org/Jubilant-Marriages and choose the button for “Couples”. Scroll to the section on HEALTHY marriages to find effective resources and ideas to **help your marriage, or the marriage of a friend to get through tough times.**



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.

HISPANIC RESOURCES

Foster the vitality of Hispanic married couples and families with events & information:



Taller Familiar

Este evento es para TODA LA FAMILIA.

Temas incluyen matrimonio como:

- + Sacramento y alianza irrompible
- + Iglesia domestica y lugar principal de formación de los hijos.

Llama la parroquia para reservar tu lugar! (636) 240-4556

Hispanic Healing Opportunities

Catholic Spiritual Healing Ministry through the Catholic Renewal Center:

Use this link to find multiple important Hispanic events that are planned that offer hope and healing.
<https://resources.archstl.org/article/181921/oportunidad-hispana-carismatica>



Que Brille El Amor

Great ideas and inspiration for Hispanic couples and families

Free Spanish Resources from the California Council of Bishops:

LINK: [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. The Archdiocese contacts will stay the same. The contact/s at the bottom of the chart will change. They are folks who can help with a specific monthly recommended resource if you are interested in using them 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
Ann Hruz <i>Catholic Renewal Center</i>	(314) 731-6100	catholicrenewal@archstl.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.

