



Office of Marriage
and Family Life

FEBRUARY 2026

JUBILANT MARRIAGES - LOVE FOR ALL SEASONS



PARISHIONER TOOL KIT

MONTHLY RESOURCES & IDEAS

Jubilant Marriages Theme For FEBRUARY

Jubilant Marriages Love for All Seasons



The Jubilant Marriages Initiative focus for February invites couples, priests and parishes to appreciate the way that the **Sacrament of Matrimony strengthens couples through all seasons of life.**

When couples get married, many hope that “Valentine” sweetness will sparkle throughout their shared future together. The reality is that building a strong marriage relationship is challenging. Lifelong love has peaks, valleys, detours, disasters and ...delights!

This toolkit includes options to strengthen couples in all seasons of married life. This month we are especially focused on times of transition...aging marriages, grandparenting, widow/ers, convalidation, and even separation.

Get links and information if marriage has taken a detour and you need help navigating a different path.

Plus find reading, and family ideas to cherish each other in family life when love might require the virtue of fortitude and spiritual strength.

And, not to be missed during the month of St Valentine’s Day, and World Marriage Sunday on February 8th, find inspiration to treat your spouse like a sweetheart no matter how old you are or how many anniversaries you have shared.

WHAT’S INCLUDED?

- Jubilant Marriages Theme
- Scripture Reflection: 2/8 & 2/22
- FEBRUARY Intercessions
- Jubilant Marriages Prayer
- Links and Ideas
- Ideas for Parents & Educators
- Hispanic Resources
- Helpful Contacts

Be Part of a Jubilant Marriages Parish 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.

Sunday Scriptures: 2/8

Reflection for World Marriage Sunday, February 8, 2026

These reflections are for the Fifth Sunday in Ordinary Time, Year A



In these readings we hear images of light in darkness connected to the actions of God and the actions of disciples. Jesus, sent by God the Father as the light of the world, and faithful to the Hebrew scriptures in which he was raised, shows us the path of light. We hear descriptions of the acts of justice and mercy that allow us, disciples of Jesus, to shine. Plus, we are reminded that the action of the Spirit in us, the working of the power of God, is the foundation of faith and the source of light in every season of marriage. This month we are attentive to the experiences of couples in transition, grandparents, widow/ers, and late-in-life couples.

Reflections by: Tom and Celeste Mueller, who have been married for 42 years, have two children and two grandchildren. They worship and serve with the community at St. Vincent de Paul Parish, being formed and taught by Christ through the persons of those in poverty.

First Reading

Isaiah 58: 7-10.

First Reading:

Isaiah has clear guidance for couples walking in the light of Christ. "Share your bread with the hungry, shelter the oppressed and the homeless; clothe the naked when you see them and do not turn your back on your own." Grandparents and later-in-life couples can be uniquely equipped to be this sign of hope because their years and experience bring a keener perception of needs around them. They can offer the example of lived habits of attentiveness to others. Younger couples can look to those whose love has remained strong through years of fidelity and to those who have patiently waited for married love to bloom later in life to observe how to take a broader view of the world and a wider embrace of family and fellow humans.

Responsorial Psalm

Psalms 112: 4-5, 6-7, 8-9.

"The just man is a light in darkness to the upright."

Second Reading

In the second reading Paul affirms that God's power, visible in the action of the Spirit, is the foundation of our faith. The Spirit is always active, but when we experience our human vulnerability and times of uncertainty, we can see God's action more vividly. The world often offers little support for couples who are aging or experience marriage transitions, moments of vulnerability or uncertainty in their later years. In those moments, it is powerful to share feelings and fears with one another and reveal those vulnerabilities. In that act of intimacy couples can experience the power of God's presence strengthening and building their faith.

Second Reading

First Corinthians 2: 1-5.

Gospel:

Couples in any stage of married life, can have experiences that stand in contrast to each other. On the one hand each person has rich gifts to offer from his or her experiences of life and relationship. On the other hand, there is a temptation to become tentative and uncertain as we face the changes that come with age. The Gospel today speaks directly to that reality, urging us not to shrink away from the world, but to trust and make visible the seasoning and light we have to offer to a world so desperately in need. A key opportunity is for mature couples to connect with younger couples, inviting them into the actions of justice and mercy described by Isaiah. Perhaps, for example, invite a couple who is in a different season of life who is in your family or neighborhood to serve at a food pantry with you. If you are the mature couple, offer to help to care for their children so that the couple can serve more easily. Helping together enables all involved to see a wider world of need and draw energy and courage from each other's vitality. Together we become salt and light, living signs of hope.

Gospel

Matthew 5: 13-16.

Sunday Scripture 2/22

Reflection for Sunday, February 22, 2026



The readings & Gospel for the First Sunday of Lent (Cycle A)

The familiar readings for the First Sunday of Lent offer images that help us reflect on the devious ways that temptation and sin have afflicted humans through history, and continue to torment us today. Recognizing both the reality of sin and the superabundance of God's grace enables the virtue of courage or fortitude to grow and deepen within individuals and couples, especially through our Lenten practices to build self-awareness and other-centeredness.

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First Reading

Genesis 2: 7-9; 3: 1-7

Responsorial Psalm

Psalms 51: 3-4, 5-6, 12-13, 14 and 17.

" Be Merciful, O Lord, for we have sinned."

Second Reading

Romans 5: 12-19

Gospel

Matthew 4:1-11

First Reading:

This reading can apply to many couples under the title: "The Blame Game." Couples can easily fall into the habit of blaming each other for whatever goes wrong, from lost car keys to infidelity. Even the interpretation of the passage can sometimes blame women for the "fall." During the aftermath of their temptation, and in their daily life outside of Paradise, God invited the first couple to cultivate fortitude for honest self-reflection. Temptation and sin, with the cunning of a serpent, continues to wind its way into every life. Most often, it is trivial annoyances that sow seeds of discord. This Lent, practice a pause before a word of blame comes to your lips. Remember that we are all tempted, we all offend one another, knowingly or innocently, and we all sin. And remember that we are all held in the wide embrace of God's mercy. Cultivate the fortitude to extend God's mercy to each other, especially in marriage and family relationships.

Second Reading:

In his letter to the Romans, Paul provides the theological assurance that though we wrestle with temptation and sin, the abundance of God's mercy and forgiveness in Jesus Christ outweighs anything and everything that could trip us up. As we practice the virtue of fortitude day by day, we can rest in the knowledge that through Jesus "acquittal and life came to all." We have God's own strength to sustain us.

Gospel:

The account of Jesus' temptations in the desert reminds each of us of the devious ways of temptation: Satan offers what looks good at first glance, things that humans need or crave: food, trust in providence, material success. Jesus' response is not simply a physical act of resistance, but a clear-eyed view of a much bigger story, a much greater good: God's story and intent for humankind.

For mature married couples, temptations may not be the flashy ones of youth, but subtle distortions of what are actual needs. In later years, married spouses may be tempted to discouragement or despair at unfulfilled dreams or their expectations of marriage. They may be tempted to give in to a sense of boredom, "Is this all there is?" Or they may be tempted to withdraw from the needs of family or community, to choose comfort or distractions. Jesus invites us, no matter our age, to find the joy in the challenge and the excitement of living God's dream for us. We can choose the fortitude to seek and trust what God is offering each day, and each moment. Lent gives us an opportunity to deeply renew our prayer so that, like Jesus, we may be strengthened by God's promises. God is ready to open our eyes each day to the deeper gifts in our marriages and families.

Jubilant Marriages Prayer Intentions FEBRUARY

01 Married Couples

We pray that God's grace will sustain all married couples, especially grandparents and older couples, that they may courageously and joyfully offer their gifts to the world.

02 Youth & Faith

We pray that God will empower married couples in every season of life to guide children and young adults to choose paths of mercy, justice, and generosity for all in need.

03 Honoring Wisdom Figures

We pray that when the world dismisses those who are aging, that young Catholics will seek the light and wisdom shining through the mature couples, widows, and widowers in their lives.



FEATURED OPPORTUNITIES

Discover ways to enrich and strengthen your marriage through experiences that unite you as a couple together - *spiritually*.

Power Up With Spiritual Intimacy During National Marriage Week, February 7 -14

One Week Lexio Prayer for Couples

Take your intimacy as a couple to a whole new level. Try out the scripture-based prayer called "Lexio Divina" and pray together as a couple for one week. Print out this [NMW Lexio Divina 7-Day Guide](#) for prayer and give it a try. This technique of prayer together can enrich your relationship anytime!

Plus, use these [National Marriage Week](#) links to jumpstart your relationship in fresh ways, including: [Date Night Ideas](#), [Podcasts](#), [Couple's Retreats](#) and more.



OR... try a DIY 7-Day At Home Mini-Retreat

The core of this weeklong retreat: a closer look at the meaning and purpose of marriage and the Lord's abiding presence. Each day, you'll reflect on the nature of your roles as spouses and on the gifts and purpose of your call to marriage

[Download the "Together With Purpose" PDF](#) and plan special moments each day for 7 days to build spiritual intimacy - together. Developed by the Marriage Team with the USCCB



World Marriage Day Mass & Reception

Be part of the global celebration of Matrimony - WORLD DAY OF MARRIAGE - led by World Wide Marriage Encounter. The theme is "Love One Another" and couples in St. Louis, are invited to attend **Noon Mass on Sunday February 8** at the **St. Louis Cathedral Basilica**. Father Chris Martin will be the celebrant this year. All are invited to the reception after Mass in Boland Hall.

Find out more about **World Marriage Day** with this [LINK](#).



A Warm & Cozy Valentine Date

This year, St. Valentine's Day is on a Saturday. Couples are encouraged to spend special time one-on-one together. STL offers many fun options that can suit a range of interests or budgets. For example, start with an afternoon walk in Forest Park. Perhaps followed by food and drink at the classic [Fox and Hounds Tavern](#) or upscale pizza at [Basso](#). - both of which include fireplaces in their ambiance. Want to make it an overnight get-away? Try the [The Cheshire Inn](#), with the warmth of British elegance that feels like an international get-away.

The important goal is to talk, connect, and cherish each other in a special way. Try praying together. Spiritual intimacy brings a whole new dimension to your relationship. St. Valentines Day is a great opportunity to refresh.

Jubilant Marriage Inspiration:

"There are perhaps few more touchingly beautiful spectacles in all the world than that of a husband and wife saying their prayers together."

— **"Three to Get Married, Venerable Fulton Sheen**



RESOURCES FOR THE WINDING PATH

Perhaps you need some help navigating a rough patch in your relationship, or you long for the vibrant sense of connection you shared long ago. Take a step toward healing and hope! Here are some options that might make a difference.

Retrouvaille



Perhaps your marriage is not all hearts and flowers right now. Maybe it has been stagnating for a long time. Maybe you have hit a wall now that you are "empty nesters". It is never too late too refresh and renew your relationship. "Retrouvaille" means rediscovery. This very special weekend away could make a BIG difference for the two of you.

Look at the testimonials from couples who found new strength and a new path together through the Retrouvaille couples retreat. [LINK](#)

Think about signing up for the [FEBRUARY Retrouvaille Retreat](#) in the St. Louis area. Location: St. Peters, MO Date: Feb 20 - Feb 22, 2026

Marriage Counseling with a Catholic Heart

It is possible to find marriage counseling that infuses the riches of the Catholic faith in the healing process. Contact the *Office of Marriage & Family Life* 314-792-7178 or connect from wherever you are with telehealth counseling:

My Catholic Doctor: mycatholicdoctor.com/catholic-mental-health.

Catholic Counselors.com: catholiccounselors.com/about-us

CatholicTherapists.com: www.catholictherapists.com



Marriage Building USA

For couples who have been co-habiting, or experienced a civil ceremony but now want to start the path toward the grace and blessings of a Catholic Sacramental Marriage, discover the process of Convalidation. The team at MarriageBuildingUSA.com offers great resources for the Convalidation Process.

Also, the USCCB "[For Your Marriage](#)" Website offers easy to understand information that can answer lots of questions about this topic.

Struggling? Try the "Marriage Care" Novena for Couples

The "Marriage Care" Novena offers a "guided, easy to follow nine-day novena of prayer, that allows a couple to slow down and think, to pray, and to share in a way that will deepen their love and their life of faith together." These words of Archbishop Joseph Kurtz, Archdiocese of Louisville, come as he recommends "this gift of marital prayer."

This novena is especially helpful for couples going through difficulties or want God's help working through issues. It is highly recommended by clergy as a way to assist couples who need help working through problems and seek God's help and guidance. Pastors and Parish Marriage Team Members can keep these booklets handy to pass along and support a couple as a way to prayerfully turn to God and to one another. (The cost is only \$12.95...substantially less than even one counseling appointment.) [LINK](#)



Catholic Renewal Center

Many of the challenges that can become flashpoints or dead zones in a marriage have spiritual wounds at the core. The Catholic Renewal Center in STL offers a array of program options to find spiritual healing, help, and hope for married couples and individuals. See the Program [LIST](#).

[Please contact the center for additional information 314-731-6100 or \[janeguenther@archstl.org\]\(mailto:janeguenther@archstl.org\)](#)



Links & Events

Find Marriage enriching 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 that Priests, Parishes, Couples, and Singles can help Marriages be HOLY and strong through every season of life.

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



There is still time to register for the “God Chose You for Me” One Day Mini-Retreat

Recharge the spiritual power of your relationship!

Time: 9:30 am - 4:00pm Cost \$100 Includes Lunch

STL locations and dates:

February 28 - Immaculate Conception, Dardenne Prairie, MO

March 21 - St. Clare of Assisi, Ellisville, MO

[“God Chose You For Me” Registration Link](#)

Marriage Restoration Stories - On Demand Video

The PROMISE: We Said “I Do” Forever Video Series.

Be inspired by the 14-episode video series featuring Catholic Couples who have faced BIG challenges and with love, faith, and perseverance, their love grew stronger through the process. Pick one or two, or binge-watch several.

For example, meet Jan and Joyce Nahorski from Joliet, Illinois. Their story is called: “A Covenant Promise”. They never gave up, even when tempted to do so.



Bring a Celebrate Catholic Marriage Experience (CCME) Event to your Parish.

This fun “Date Night” event (+ follow up resources) provide a great way to connect with other couples and rejuvenate your relationship. [CCME INFO LINK](#). (The Promise Video Series is one element of the valuable follow up resources.)



Hope For Marriages In Distress

Article and image from Catholic St Louis Magazine

Get inspired to embrace faith and fortitude in your marriage from the marriage story of Cathy and Bill Gilmore.

Read the article with this [LINK](#).



Recommended Reading:

Discover some valuable reading for February. This winter season is a good time to take a wintery approach to personal growth as couples and families. Trees in winter show the appearance of dormancy, while growing deep roots to sustain growth in the spring. Use the cold outside as an opportunity to cozy up with some reading that builds faith, fortitude, healing, and spiritual connectedness.

KIDS: Reading that builds Faith and Fortitude

Discover a great source for books that kids enjoy plus feed their souls truth, goodness, and beauty. [Good Books For Catholic Kids.com](https://www.goodbooksforcatholickids.com) is an excellently curated book recommendation website. Easy-to-search book recommendation reading lists are packed with titles that align with a Catholic worldview and kids will want to read.

The list linked below is the list for children who are age 12 - 13 years old. It's such a pivotal point in a child's development. Feed their minds and hearts stories that fuel faith and fortitude. They need it as they enter the gauntlet of teen years. [Good Books for Catholic 12 to 13 year-olds](https://www.goodbooksforcatholickids.com/12-to-13-year-olds).



INDIVIDUALS: Life-Giving Wounds

A Catholic Guide to Healing for Adult Children of Divorce or Separation
by Dr. Daniel and Bethany Meola

Life-Giving Wounds offers a path to recovery for adult children of divorce and separation, and a thorough reference for those who love and care for them. Daniel and Bethany Meola draw from their personal experience, theological formation, and academic research—as well as from their work of accompanying hundreds of men and women from broken homes—to provide a compassionate, spiritually rich, and psychologically sound guidebook following the footsteps of the only true healer: Jesus Christ.

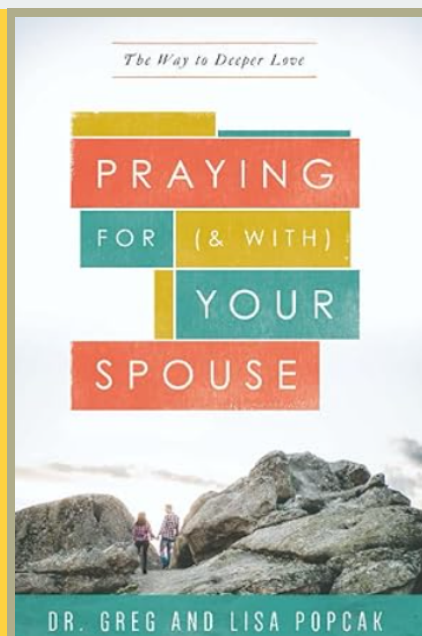
Find out more about the book and the Life-Giving Wounds Ministry that offers resources, retreats, community, and more at this LifeGivingWounds.org [LINK](#).

COUPLES: Praying For (and with) Your Spouse

by Dr. Greg and Lisa Popcak

God wants to fill your marriage with the love that comes from his very own heart. The book, *Praying for (and with) Your Spouse*, will show you how to let God take every part of your relationship to the next level from living each day with your joys and struggles to working out your decisions and disagreements to setting aside time for love and romance.

This book will help you discover the simple steps you can take to invite God to renew and refresh your love for one another. As you pray together and for one another, you'll find out how much joy God has in store for you and your spouse in this life and in the next! Find out more at this [LINK](#).



Ideas for Parents & Educators

In February, we focus on the way faith and FORTITUDE strengthens husbands and wives who suffer the loss of a spouse or a child.



Holy Matrimony Role Model: Marie Marguerite Dufrost de Lajemmerais of Varennes, Canada

Marie Marguerite is a heroic portrait of fortitude in the midst of suffering and grief. She and her husband wed in 1722, but she faced enormous difficulties in her marriage. Both she and her husband came from families of wealth and influence who helped build the community of Montreal, then known as "New France." But her husband fell into the traps of gambling debt, alcohol, and illegal activities before he died. She also grieved the loss of 4 of her 6 children who died in infancy. Instead of drowning in bitterness or self-pity, she leaned into her faith through every adversity. Relying on Christ, she learned the power of fortitude and went on to found the "Grey Nuns", ran a major hospital, and helped many people in need. Learn more about her: [LINK](#)



For LITTLES

Invite little children to pray for married couples who are having a hard time.

Young children can embrace the "H. A. L. T. Prayer" Halt means STOP. We can stop our play and work and take a moment to PRAY. We will pray for the mommies and daddies who are HUNGRY, ANGRY, LONELY or TIRED. May God pour his grace all over them so they find the FOOD, the PEACE, the LOVE, and the REST they need...

and we pray that God will give them the FORTITUDE to be strong in the midst of each difficult moment they face.



For MIDDLES

Invite bigger children to pray for parents who have lost a child as an infant through sickness, or miscarriage (before a baby is born):

It is good for everyone, at any age, to think sometimes about the reality of death...knowing that there is eternal life with Christ. Praying for couples who lose a child orients children's compassion and empathy toward real situations and people. Talk about the way faith in God strengthens fortitude so that a person can have the stamina to keep going, smile, and help others even when they feel grief and sadness.



For TEENS

Invite teens to pray for married couples who suffer the loss of a spouse through death separation, or divorce:

Teens can reflect on the precious gift of the Sacrament of Matrimony while offering a prayer for the husbands and wives whose marriages ended, for whatever reason, earlier than they planned. Pray that each widow/er and single parent can lean into the strength of faith to sustain them like Marie Marguerite Dufrost de Lajemmerais did.



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.

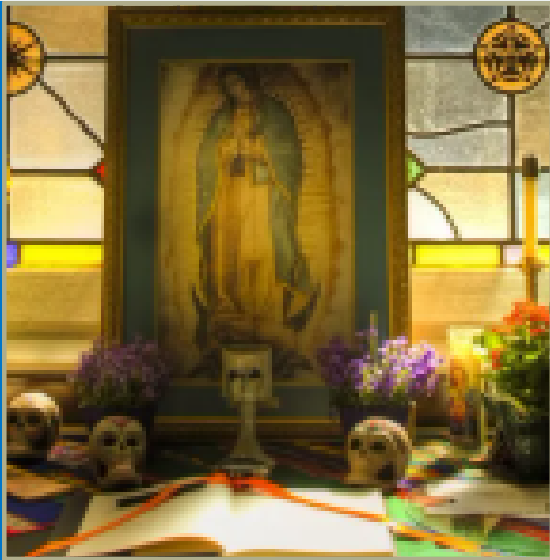
Unleash the power of Matrimonial Grace in our parish - through the leadership of our clergy, the faithfulness of married couples, and the wisdom of the widowed, to inspire each parishioner to live as a joy-filled daily sign of the sacrificial love of God .

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

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.

La Semana Nacional Del Matrimonio De 2026

2/7 - 14/2026

El Retiro en Casa en Español (USCCB)

https://www.usccb.org/resources/2026_NMW_At-Home%20Retreat_ESP.pdf

Hombre Y Mujer Los Creó: Juntos Con Propósito



Lectio Divina



Lectio Divina para el 7 de febrero de 2026
Sábado de la IV Semana del Tiempo Ordinario
Semana Nacional del Matrimonio

Orar juntos como pareja!

https://www.usccb.org/resources/NMW_2026_Lectio_Divina_ESP.pdf

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	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*

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.

Visit ARCHSTL.org/Jubilant-Marriages to discover more!