

Office of Marriage and Family Life

MARCH 2026

**CATHOLIC
MARRIED
COUPLES
ARE LIVING
SIGNS OF
HOPE**



ARCHDIOCESE
OF ST. LOUIS



**JUBILANT
MARRIAGES**

**PARISHIONER
TOOLKIT**

MONTHLY RESOURCES & IDEAS

www.ARCHSTL.org/Jubilant-Marriages

Jubilant Marriages Theme For MARCH

*Jubilant Marriages
Are a Sign of Hope*



The Jubilant Marriages Initiative focus for MARCH invites couples, priests and parishes to appreciate the way that the **Catholic Married Couples are signs of hope in a lost and broken world.**

Often couples fail to realize just how much the living witness of their sacramental relationship impacts others.

This toolkit includes resources to help couples strengthen both the practical and spiritual impact of their marriages. This month we are especially focused on ways to use LENT to give your marriage a practical and spiritual “tune up” to help your marriage to shine your light - so all can be blessed!

Use the links and information to help you shine bright! Through improved communications and spiritual strength.

Plus find reading, and family ideas to tap into your matrimonial grace and embrace the virtue of prudence in family life.

Your marriage is worth the intentional effort needed to keep it strong – both for your and your family – and all the others you impact without even knowing it!

WHAT'S INCLUDED?

- Jubilant Marriages Theme
- Scripture Reflection: 3/8 & 3/22
- MARCH 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: 3/8

Reflection for Sunday, March 8, 2026



*These reflections are for March 8, the Third Sunday in Lent - Year A
Try reading and discussing these before, or after, Sunday Mass*

In the weeks highlighted for our reflections this month, the Church reads the Gospels from John, which are known as the Scrutinies, used as final preparation for the Rite of Christian Initiation. These texts are vivid encounters with Jesus and densely rich in symbolism, inviting all Christians to examine their lives through stories where Jesus reveals that God offers more than we could imagine.

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

Exodus 17:3-7

First Reading: Exodus 17:3-7

The Israelites' complaints in the desert highlight humanity's tendency to doubt God's presence amid hardships, even after experiencing His deliverance, reminding us to seek signs of His provision in our trials.

In marriage, couples may question their union during daily struggles, but attentiveness to God's refreshment—through gestures of kindness, shared service, or deeper dialogue—can reveal life-giving waters from seemingly rocky places.

Responsorial Psalm

Psalm 95:1-2,6-7,8-9

"If today you hear God's voice, harden not your hearts."

Psalm 95:1-2,6-7,8-9

The psalm urges all to heed God's voice and avoid hardening hearts, especially in difficult times, by celebrating His guidance toward life and freedom.

For married couples, this means softening self-protective barriers through thanksgiving for the joys and fruits of their union, allowing God's gentle strikes to release springs of renewal in their relationship.

Second Reading

Romans 5:1-2,5-8

Second Reading: Romans 5:1-2,5-8

Paul reminds us that God's love, poured into our hearts through the Holy Spirit, empowers hope and endurance for all, as Christ died for sinners and saints alike.

In marriage, this assurance enables couples to engage with respect and compassion, trusting the Spirit's power to sustain their bond through challenges without disappointment.

Gospel

John 4: 5-4

Gospel: John 4: 5-42

Jesus' respectful dialogue with the Samaritan woman shows how compassion can soften hardened hearts, leading to living water that transforms weariness into evangelizing joy for anyone open to the truth.

For married couples, emulating this encounter through present, loving conversations can tap into hidden thirsts, revealing Christ in their midst and making their union a fruitful witness to eternal life.

Sunday Scripture 3/22

Reflection for Sunday, March 22, 2026



The readings & Gospel for the Fifth Sunday of Lent - Year A
Try reading and discussing these before, or after, Sunday Mass.

The readings for the Fifth Sunday in Lent and the Third Scrutiny confront us with questions of life and death, showing Jesus sharing in human sorrow while revealing God's power over death. Each reading speaks to finding life amid loss, offering hope for those who trust God's promises, whether in daily living or at life's end.

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

Ezekiel 37:12-14

First Reading: Ezekiel 37:12-14

Ezekiel's promise that God will revive dry bones and infuse His Spirit into His people speaks to humanity's hope for renewal from despair or spiritual death.

In marriage, this encourages couples to invite the Holy Spirit through shared prayer, to restore vitality to relationships dried by inattentiveness or sin.

Psalm 130:1-2,3-4,5-6,7-8

This psalm voices cries from the depths while affirming God's mercy and new life, serving as a prayer for all seeking redemption amid varied emotions.

For married couples, it provides a framework for joint prayer, that can feel awkward at first, yet it creates opportunities to express feelings and reclaim God's promises of presence and renewal together.

Second Reading: Romans 8:8-11

Paul assures that the Spirit who raised Christ dwells in us, fulfilling Ezekiel's promise and bringing life to our mortal bodies for all believers.

In marriage, this Spirit actively works to renew dry or distant bonds, calling couples to meditation and cooperation for hopeful restoration.

Gospel: John 11:1-45

The raising of Lazarus reminds us of baptism's gift of new life in Christ, urging all to confidently trust in resurrection amid grief and loss.

For married couples, this means supporting each other to "roll back the stone" on buried pains, and unbinding destructive patterns through grace to embrace fuller life and heavenward growth. A simple lesson often repeated by Celeste's mother was, "Marriage is a grace given so that the two of you can get to heaven faster than either one of you could alone." Spouses are called to encourage, witness and remind one another that newness of life in their marriage now, and resurrection in the fullness of time, is Christ's gift to us.

Responsorial Psalm

Psalms 130:1-2,3-4,5-6,7-8.

"Out of the depths, I cry to you, Lord."

Second Reading

Romans 8:8-11

Gospel

John 11:1-45

Jubilant Marriages Prayer Intentions for MARCH

01 Married Couples

We pray that during this time of Lent, Married couples are given a renewed desire to access the power and protection of the Matrimonial Grace in their marriages to be a blessing to all the people they encounter.

02 Parents & Families

We pray that God will give parents the stamina and spiritual strength to fortify their families to resist the darkness of modern culture, and become beacons of light instead.

03 Parish Community

We pray that through the prayers and actions of our clergy and parishioners, we can support and encourage married couples who are struggling in their relationship, to find the hope and light they need.



FEATURED OPPORTUNITIES

Discover ways to enrich and strengthen your marriage with practical and spiritual growth during Lent.

Lent 2026 is a great time for a spiritual “Tune Up” together!

Couples are encouraged to take advantage of the many powerful faith-strengthening events available at parishes across the Archdiocese.

Here is one example...**Paul J. Kim is coming to St. Joseph Parish in Manchester, March 8th & 9th at 7PM.** Paul J. Kim is an international Catholic speaker, musician, & comedian. Moving his audiences from laughter in one moment to deep reflection and prayer in another, Paul utilizes his many talents (i.e. music –beatboxing, comedy, inspirational talks) to communicate the Gospel message in a way that is engaging, entertaining, and altogether life-changing - for all ages!

Find more great 2026 Lenten events at the [St. Louis Review Event Page LINK](#).

ST. JOSEPH - MANCHESTER
Parish Mission
SPEAKER PAUL J. KIM
MARCH 8TH & 9TH 2026 | 7:00 PM EACH NIGHT IN CHURCH

Paul J. Kim is an international Catholic speaker, musician, & comedian. His presentations have impacted people of all ages in 30 states & 16 countries over the past 2 decades. Moving his audiences from laughter in one moment to deep reflection and prayer in another, Paul utilizes his many talents (i.e. music -beatboxing, comedy, inspirational talks) to communicate the Gospel message of Christ to people in a way that is engaging, entertaining, and altogether life-changing. He resides near Austin, TX with his beautiful wife & children.

All welcome!
567 ST. JOSEPH LANE
MANCHESTER, MO 63021
WWW.STJOEAMANCHESTER.ORG

This Lent, learn the skill of effective COMMUNICATION that enables you to connect deeply and share empathy with your spouse. Experience the “Marriage - Let’s Talk” Podcast as a couple

Marriage - Let’s Talk Audio Series



Father “Rosy” Rosebrough is the host who gives his guest couples the opportunity to DEMONSTRATE effective communication between spouses dealing with real-life challenges. Fr. Rosy’s guests are couples from across the country who share the communication process called “dialogue” which was pioneered within the [Worldwide Marriage Encounter Movement](#).

This unique communication technique invites intimacy through laughter, listening, tenderness, and empathy. Their authentic and unscripted conversations offer lively examples of this method of heart to heart communication, that any couple can apply in their own relationship. Available on Spotify and all major podcast platforms or watch through the [MaterMedia.org website](#).

Lenten Date Night! Try a FRY FRY

There are MANY great opportunities to enjoy the tradition of abstaining from meat on Fridays during Lent. Parishes across the St. Louis Archdiocese offer fun and tasty Fish Fry fare. Choose one and make it a date night!

Use this St. Louis Review [LINK](#) and MAP to find a Fish Fry near you!



Or if you decide to dine in for your Friday Lenten date night, try this [LINK](#) to discover an amazing collection of meatless recipes from [CatholicMom.com](#).

Jubilant Marriage Inspiration:

“Lent Begins with My Spouse”

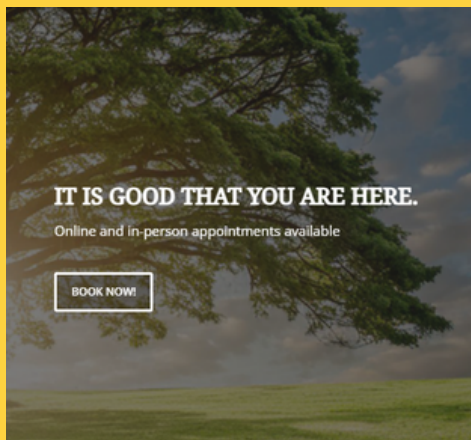
— John Cuddleback

“Lent begins With My Spouse” Article: [LINK](#)



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. Lent is the PERFECT time to take a step toward healing and hope! Here are some options that might make a difference.



Marriage Counseling for Catholic Couples St. Joseph House of Healing

St. Joseph's House of Healing provides counseling and healing ministry that draws on best practices in psychology rooted in the Truth of the Gospel, anchored in a Catholic worldview.

Their counselors accompany you through the process of transformation so you can experience true happiness and freedom.

Find out more at this [LINK](#)

They provide:

Individual Counseling, Marriage/Family Therapy, In-person and virtual appointments, Life Coaching, Inner Healing, and Testing Services



The counselors at the St. Joseph's House of Healing are wonderful examples of bringing the healing love of Jesus Christ to the counseling room. They will respond to your mental health needs with gentleness, mercy, and clinical excellence!

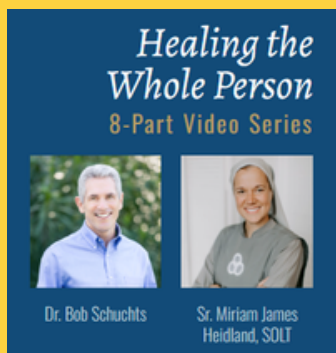
- Fr. Conor Sullivan, Archdiocese of St. Louis Mental Health Services for Priests

John Paul II Healing Center

In the last 15 years, thousands have been impacted by JP II Healing Center events and resources, and the Lord has worked in countless ways to transform hearts, minds, and lives. Now, the teachings of Dr. Bob Schuchts and the John Paul II Healing Center are available whenever and wherever you are.

Here is the [LINK to see all the courses](#) that are available.

Their newest endeavor, online video series courses, are designed to engage your mind and heart wherever you are on the healing journey – whether the concept or journey is new to you, or you've been on the path for many years. This Lent might be the perfect time to experience healing, perhaps...as a couple...side by side.



Or Give a Listen to the “Restore the Glory” Podcast.

HOSTED BY BOB SCHUCHTS AND JAKE KHYM

Dr. Bob Schuchts & Jake Khym, MA are Catholic therapists with over 50 years combined experience teaching and accompanying people into fuller life and freedom. The Restore The Glory Podcast is an accessible way for people to hear the good news of freedom that is available in and through Jesus Christ.” The featured episode guest is St. Louis St. Joseph House of Healing therapist: Beth Stoll

Learn more about Restore the Glory Podcast: [Inspiring conversation and practical teachings about the healing and restoration of our God-given glory.](#)



Try out the “Practicing Catholic” Podcast

The Book of Ruth: A Love Story That Isn't as Weird as You Think Beneath its unfamiliar customs is one of **Scripture's most beautiful stories of fidelity, love, and God's providence.** In this episode of the Practicing Catholic Podcast, we begin a new Bible study by taking a fresh look at Ruth and why this short Old Testament book matters so much for Christians today. See the program on [FORMED](#) or [YOUTUBE](#)

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 Married couples shine the light of hope to a world that is often lost in the dark.

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

March 21 - St. Clare of Assisi, Ellisville, MO
Recharge the spiritual power of your relationship! Time: 9:30 am - 4:00pm
Cost \$100 Includes Lunch

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



Marriage On Tap STL

Thursday, March 5, 2026 at 6:00 p.m.

The March Marriage on Tap is at Syberg's on Dorsett
Cost: \$66.00 per couple
Includes buffet dinner, speaker, and engaging conversation to enrich your marriage. Find out more on Facebook @Marriage on Tap STL or email: marriageontapstl@gmail.com

Great Marriage Movies

Marriage-honoring Films to Watch During Lent or anytime.

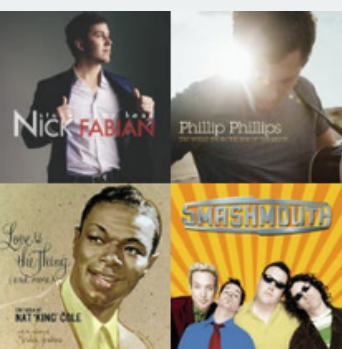
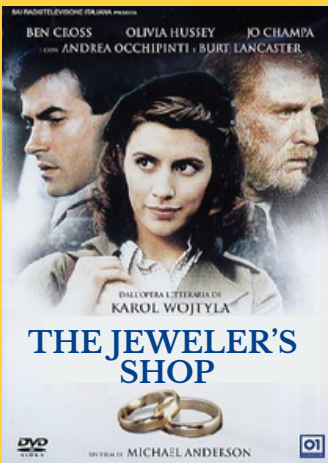
The Jeweler's Shop by Pope JP II. Available on Prime
The Jeweler sells wedding rings to a young couple and teaches them some precious truths about the meaning of love and marriage. He also helps another couple rebuild their relationship and fight for their troubled marriage.

The INCREDIBLES Created by Pixar & Disney. Broadly available.
While trying to lead a quiet suburban life, a family of undercover superheroes are forced into action to save the world. This fun family flick features **strong married parents** who demonstrate the INCREDIBLE power of FAMILY.

Something FUN to "DO" for LENT

WATCH: Grab your honey and go on a movie date and watch **Solo Mio!** [LINK to watch the Trailer](#) Angel Studios has created the perfect comedy + romance about a hilarious "detour" on the path to find lifelong love. It is a joy to watch. Audience score 96%.

LISTEN: For Spotify listeners, choose the Celebrate Catholic Marriage Music Playlist during Lent. The songs include music from all eras from a variety of genres. **Each song celebrates lifelong love.** Share great love songs with your beloved this LENT! [LINK.](#)





Recommended Reading:

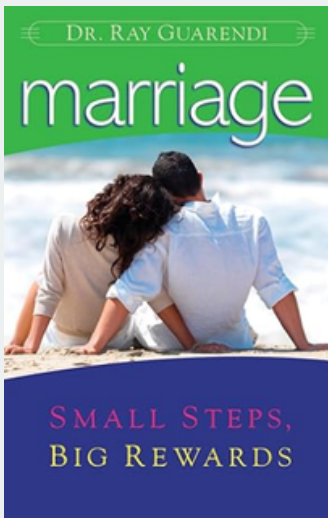
Discover some valuable new titles for MARCH. Lent is a great time to try something new no matter what age you are. The recommendation for kids in March is an audio drama series which engages the imagination even more vividly than words on a page. Plus, the other titles provide great inspiration to strengthen your marriage during Lent.

KIDS & Families: Discover the NEW Audio Drama from Augustine Institute - HOPE SPRINGS

The new family audio drama series following the lives and adventures of a few Colorado kids through an unforgettable journey of friendship and faith. Available on Formed, Spotify, Youtube and other providers. [LINK](#)

Turn off the screen, turn on your imagination, and join the mystery.

Growing up can be an incredible adventure. And that's before you throw in the lost treasures, mysterious messages, and podcasting rivalries. But hey, that's just life in Hope Springs, where even the ordinary becomes extraordinary. An original audio drama podcast series from the Augustine Institute and **award-winning author Paul McCusker**, Hope Springs will delight the whole family with its faith, charm, and wonder – and helps kids appreciate parents with strong marriages, and kids living a Catholic family lifestyle.



Husbands or Wives: Small Steps, Big Rewards

by Dr. Ray Guarendi

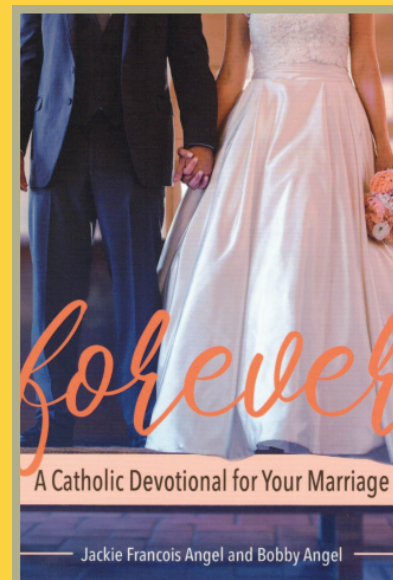
“The secret of a good marriage, for the most part, is that there are no secrets, only commonsense, time-tested ideas practiced by countless others who have done it well.”—Dr. Ray Get the book with this [LINK](#)

Marriage expert Dr. Ray Guarendi has counseled enough couples to know that building a better relationship with your spouse doesn't mean learning exotic new communication techniques or rearranging your lifestyle. In fact, a few of his ten "small steps" are lessons you learned in grade school, such as: Say "I'm Sorry" - Listen a Minute - Make a List - Use Your Manners
A happier, more rewarding marriage is just a few small steps away.

COUPLES: Forever - Catholic Devotional for Marriage by Jackie and Bobby Angel

This LENT, engaged couples can prepare to get their marriages off to a GREAT start — or married couples can renew the marriage they have shared for years—with this six-week devotional for couples inspired by Pope John Paul II's theology of the body (TOB).

Winner of a Catholic Media Association (CMA) award, this practical devotional helps you to pray together as a couple, meditate on the glory of God's love for you, and encourage you to receive and embrace God's call to love freely, totally, faithfully, and fruitfully through your vocation to marriage. [LINK](#).



Ideas for Parents & Educators

In March, we focus on the way PRUDENCE can empower a married couple to choose to inspire the faith and hope of others.



Holy Matrimony Role Model: Gebre Lalibela and Meskel Kibra holy king and queen of Ethiopia

Gebre Lalibela and Meskel Kibra of Ethiopia, This holy king and queen demonstrated the power of PRUDENCE as they mobilized their family and community in the 12th century to build holy rock-hewn churches as pilgrimage sites, at a time when visiting the Holy Land had become unsafe. This holy couple chose to put God first and became a beacon of hope for their people for generations. These underground cathedrals have inspired the faith and prayer of people around the world for centuries. Learn more about them: [LINK](#)



For LITTLES

Invite little children build a church out of Lego or wooden blocks.

Young children enjoy hearing about the amazing married couple - the holy king and queen of Ethiopia - who built incredible churches to honor God and welcome people to pray and worship Jesus. Invite the children to build their own special church (big or small) out of blocks, decorate it with their beautiful art work, and then invite the family to pray with them there.

Praying together makes marriages, families, and even kingdoms strong.



For MIDDLES

Invite bigger children discover more about the incredible churches that were built under the leadership of holy King Lalibella and his Queen.

When a man and woman unite in holy Matrimony, God can do BIG things through their lives...in Ethiopia or America. In the 12th or the 21st century!

This [VIDEO](#) gives a good snapshot of the churches, the prayerful people who built them and continue to pray with faith, hope and love there -- generations later.



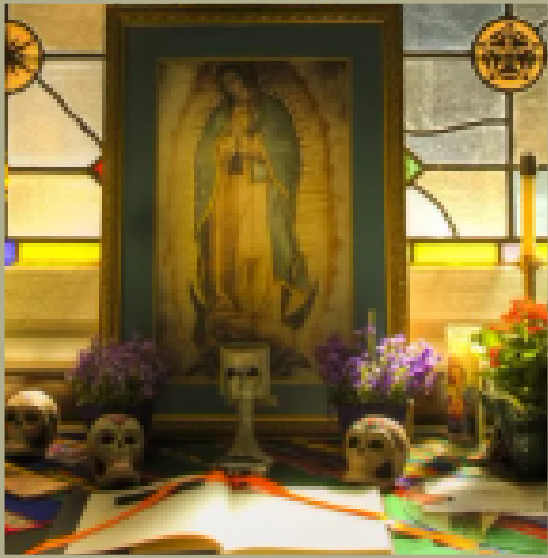
For TEENS

Invite teens to appreciate the way God can inspire married couples who live in every continent of the world to do amazing things together.

Teens can research and discuss the magnitude of the impact that one faith-filled married couple can have - to inspire hope in the people they care about. A hope that spans across centuries. Visit this link to see more about the "rock-hewn" churches Lalibella and his bride guided their people to build. [LINK](#)

RECURSOS HISPANOS

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



ARCHSTL Hispanic Ministry

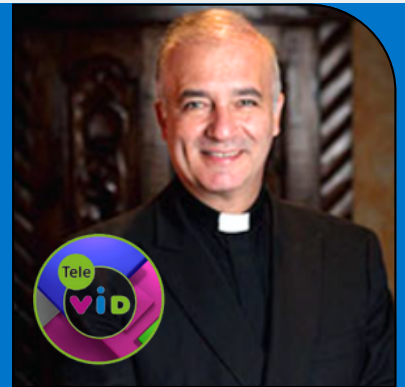
Visita la página del Ministerio Hispano en el sitio web de la Arquidiócesis para obtener información sobre preparación matrimonial, además de otros recursos y eventos en español.

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.

Fr. Angel Espinosa de los Monteros

Enlace: [Matrimonio Videos on Youtube.com](https://www.youtube.com/watch?v=...)

Vídeos de Inspiración para el Matrimonio por Fr. Angel Espinosa de los Monteros. Las parejas comprometidas pueden prepararse espiritualmente para un matrimonio santo y feliz juntas viendo estos videos gratuitos a pedido del P. Ángel.



“Construyendo un Matrimonio Eucarístico”

“Construyendo un Matrimonio Eucarístico” serie de videos de 7 partes, basada en un modelo terapéutico para el cambio, que conecta 7 áreas para fortalecer terapéuticamente nuestro matrimonio con 7 áreas de profundización de nuestra relación con Cristo a través de la Eucaristía.

[Disponibile en ingles con subtítulos en español.](https://www.eucharisticmarriage.org/)

Enlace: [EucharisticMarriage.org](https://www.eucharisticmarriage.org/)

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](https://www.eucharisticmarriage.org/)





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

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!

