



National Marriage Week USA

MARRIAGE IS WORTH IT! • EVERY FEB 7-14

to have, to hold, to honor



Diocese of Scranton Office for Parish Life

2021 National Marriage Week Resource

Prayer for Married Couples

Almighty and eternal God,

*You blessed the union of married couples so that they might reflect the union of Christ with his Church:
look with kindness on them.*

*Renew their marriage covenant, increase your love in them,
and strengthen their bond of peace so that, with their children,
they may always rejoice in the gift of your blessing.*

We ask this through Christ our Lord. Amen.

to have, to hold, to honor



*W*elcome to our 2021 celebration of National Marriage Week! The past year has been difficult for all of us, and marriages have not been spared from the many extra stressors the pandemic has brought to our lives.

We invite you to take the week of February 7-14th to reconnect with each other in an intentional way. This resource offers you a way in which you can commit to doing so:

1. We have provided a calendar space, where you can list the ways in which you will offer each other, and your marriage, some TLC.
2. We have listed ideas for ways in which each partner can practice loving kindness for the other.
3. We have listed ideas for ways in which you can spend enjoyable time together.
4. We have listed marriage enrichment and support resources that you can access together, or on your own.

We encourage the two of you to commit to doing something loving for one another, and to do something enjoyable together during **every day** of National Marriage Week! For the grand finale of the week, on World Marriage Day (and St. Valentine's Day), February 14th, we will offer a live, virtual marriage enrichment event with Chris and Linda Padgett, and Joel and Nora de Loera.

We are so pleased to offer you this resource and the opportunity of this enrichment event. Marriages are one of the cornerstones of our church, and we need the witness of your sacramental vocation now more than ever. Your families, you, and your marriages remain always in our prayers.

With gratitude,

Jennifer Housel and the Office for Parish Life Team

(If you have questions about how best to use this resource, or about the virtual event on February 14, please reach out. 570-207-2213 x 1104, jhousel@dioceseofscranton.org.)

Virtual Marriage Enrichment Event

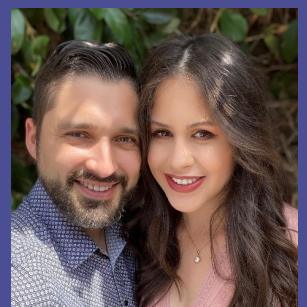
Sunday, February 14, 2021

*A*s the culmination of the week-long celebration, we have two couples who will be presenting a **virtual marriage enrichment event for all of our diocesan faithful on World Marriage Day, February 14th**. Dual tracks will feature: Chris and Linda Padgett (English) and Joel and Nora de Loera (Spanish).

To learn more about Chris and Linda Padgett, please visit <https://chrispadgett.com/>, and to learn more about Joel and Nora de Loera, please visit their [Facebook page](https://www.dioceseofscranton.org/parish-life/community/marriage/enrichment/national-world-marriage-week-february-7-14-2021/). **To register for either track of this event**, please visit <https://www.dioceseofscranton.org/parish-life/community/marriage/enrichment/national-world-marriage-week-february-7-14-2021/>



Chris and Linda Padgett



Joel and Nora de Loera

National Marriage Week—February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7	8	9	10	11	12	13
14 World Marriage Day 1. Participate in Mass together and focus on your vocation, your sacramental marriage. 2. Enjoy a celebratory dinner together. 3. Participate in the virtual presentation						

*Do not let love and fidelity forsake you;
bind them around your neck; write them on the tablet of your heart.*

-Proverbs 3:3

From time immemorial, in the depths of our heart, we have heard those powerful words: it is not good for you to be alone. The family is the great blessing, the great gift of this “God with us”, who did not want to abandon us to the solitude of a life without others, without challenges, without a home.

God does not dream by himself, he tries to do everything “with us”. His dream constantly comes true in the dreams of many couples who work to make their life that of a family.

That is why the family is the living symbol of the loving plan of which the Father once dreamed. To want to form a family is to resolve to be a part of God’s dream, to choose to dream with him, to want to build with him, to join him in this saga of building a world where no one will feel alone, unwanted or homeless.



From PRAYER VIGIL FOR THE FESTIVAL OF FAMILIES: ADDRESS OF THE HOLY FATHER, B. Franklin Parkway, Philadelphia, Saturday, 26 September 2015

WAYS IN WHICH YOU CAN BE KIND AND LOVING TO YOUR SPOUSE

- Make a point to thank your spouse for something he or she did during the day (ex: 'thanks for unloading the dishwasher' or 'I appreciate you bringing in the mail')
- Offer your husband or wife simple displays of affection throughout the day – a hug, a kiss, a gentle touch on the back or shoulder
- Write a short love note for your spouse to find in his or her bag, or near his or her workspace in your home
- Make (or buy/bring home already prepared) one of your spouse's favorite foods or drinks
- Write a list of 5-10 appreciations for your spouse; let him/her know the ways in which he/she has added value to your life
- Do nice things for your spouse: make his or her morning coffee/tea, pick up his or her dry cleaning, wash his or her car (maybe even the interior and the exterior!)
- Give your spouse a compliment about his or her appearance or manner
- Apologize. Even if you're apologizing for something that happened long ago, if you feel you were wrong, ask for forgiveness.
- Make your spouse a playlist. You can include songs that have sentimental value to your relationship and/or songs that were popular when you started dating.

WAYS IN WHICH THE TWO OF YOU CAN SPEND SOME ENJOYABLE TIME TOGETHER

- For ideas on how to keep young children at home occupied, to allow you time together, visit: <https://toolbox.communio.org/activities-for-children/>
- Download the [At-Home Marriage Retreat](#) for Couples offered at ForYourMarriage.org
- Engage in a round (or two or a few) of a two-player video game, where you can play as a team together, or enjoy some friendly competition
- Look through your wedding album or watch your wedding video together
- Take a few minutes and slow dance together if a favorite song comes on your radio/Pandora/Spotify etc. OR purposefully play and dance to the song you chose for your first dance on your wedding day
- Each of you, gather some of your favorite couple photos from your years together. Plan a time when you look at the photos together, and talk about why the pictures are meaningful and beloved.
- Put together a puzzle, perhaps choose to buy one together that symbolizes a life goal the two of you share (ex: a vacation to Hawaii, becoming more fit by hiking in the woods)
- Tell one another the story of how you met and fell in love, enjoy each spouse's unique perspective
- Cuddle up on the couch with some popcorn and watch a movie you've both been eager to see – or choose an old favorite (Make a date to do this once the kids have gone to bed if small ones are still at home.)
- Recall the friends and family members who were a part of your wedding day (With whom have you lost contact? Should you try connecting with them again? Who is in need of your prayers? Who has passed away? Pray together for their souls.)
- Bundle up and go outside together for a walk, a hike, or to build a snowman/have a friendly snowball fight
- Dream together. Look forward into the future, and talk about what your "couple goals" are for the next two, or five, or twenty years. If you enjoy music, make a playlist to match. If you find art or photos meaningful, create a vision board together. If writing is your thing, create a story of your future life. Commit to revisiting these dreams each year so that you can celebrate those you've achieved together, change those that are no longer meaningful, and add new dreams and goals to your list

HELPFUL RESOURCES FOR ENRICHING AND SUPPORTING YOUR MARRIAGE

Websites

<https://www.foryourmarriage.org/> : The United States Conference of Catholic Bishops sponsors this website, and it offers a wealth of marriage-related information.

<https://www.5lovelanguages.com/> : This secular resource has been helpful to many couples for years. The 5 love languages is a simple system that guides couples in learning how to express love to one another in the ways that count the most to each individual spouse.

<https://www.dioceseofscranton.org/parish-life/community/marriage/enrichment/national-world-marriage-week-february-7-14-2021/> : To access the full Diocesan web resources and links for National Marriage Week 2021.