



National Marriage Week USA

MARRIAGE IS WORTH IT! • EVERY FEB 7-14

to have, to hold, to honor



Welcome to the Diocese of Scranton Office for Parish Life 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.

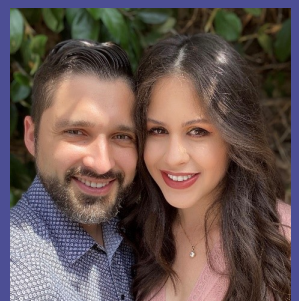
Marriages are one of the cornerstones of our church, and we need the witness of your sacramental vocation now more than ever!

*W*e invite you to take the week of February 7-14th to reconnect with each other in an intentional way. We encourage the two of you to commit to doing something loving for one another, and/or to do something enjoyable together, during **every day** of National Marriage Week! Please see the reverse side for some ideas and suggestions.

For the grand finale of the week, on National Marriage Sunday (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! Visit <https://www.dioceseofscranton.org/parish-life/community/marriage/enrichment/national-world-marriage-week-february-7-14-2021/> to learn more about our presenters and to register for the event.



Chris and Linda Padgett



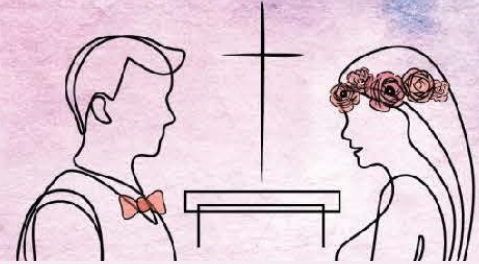
Joel and Nora de Loera



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

- Make a point to thank your spouse for something they 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 their bag, or near their 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 SOME TIME TOGETHER

- Download the [At-Home Marriage Retreat](https://www.foryourmarriage.org/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 together as a team, or enjoy 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 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 or 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

For additional resources, please visit

<https://www.dioceseofscranton.org/parish-life/community/marriage/enrichment/national-world-marriage-week-february-7-14-2021/>