

World Marriage Day

February 14th is Valentine's Day, but did you know that it is also World Marriage Day?

The Catholic Church in the United States views the sacrament of marriage as so important that it is dedicating an entire week, February 7th – February 14th, to focus on “building a culture of life and love that begins with supporting and promoting marriage and the family”. World Marriage Day is celebrated the second Sunday of February and salutes the faithfulness, joy, and sacrifice of married life.

How can you celebrate National Marriage Week and World Marriage Day (WMD)? You can start by acknowledging and praying for all married couples. The U.S. Bishops Secretariat of Laity, Marriage, Family Life and Youth provides the following prayer as a resource:

“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.”

You can also provide your parish with a flyer to promote WMD at Mass or in the bulletin.

English: <https://www.usccb.org/resources/NMW%20Flyer%20EN.pdf>

Spanish: <https://www.usccb.org/resources/NMW%20Flyer%20SP.pdf>

If you are married, use this as an opportunity to acknowledge your spouse. You don't need a lot of time and money to make your husband or wife feel special. Below are some suggestions provided by <https://www.foryourmarriage.org>:

- Compliment your spouse inside and out. Research shows that 84% of people prefer to receive a character compliment such as “you are an incredibly kind person” over an external compliment such as “your hair looks great.”
- Find something special in your spouse's schedule on World Marriage Day/Valentine's Day (and other days too) and call or text them mid-day to see how it went.

- Volunteer to do something for your mate *before* he or she asks you to do it such as offer to run an errand, repair something or do a chore that you do not normally do.
- Do and say memorable things. Instead of dining out, create an indoor picnic, or post love notes in surprising places...and make it a year-long habit!

Recognize that even the happiest married couples will hit road bumps in their life together. We can agree that the past twelve months have created unforeseen and difficult challenges for all families. Do not lose hope! God is with you and help is available, no matter what you are facing. Take courage, and trust that through the challenges you face, the Lord will be there.

Below are two websites that offer much information on how to overcome adversity in marriage as well as how you can continuously enrich your marriage by growing in your relationship with God and each other.

<https://www.foryourmarriage.org/>

<https://dioceseoftrenton.org/world-marriage-day>

Whether you are married, widowed, divorced or single, each of us comes from a family. In celebrating World Marriage Day 2021 we invite council members to dedicate renewed prayer and attention to family life and thank our heavenly Father for the gift and blessings of marriage and the family.