

NATIONAL MARRIAGE WEEK – FEBRUARY 7-14TH WORLD MARRIAGE SUNDAY – VALENTINE'S DAY – FEBRUARY 14TH



WHY SACRAMENTAL MARRIAGE MATTERS

Monday, Feb. 8th | 8-9:00 PM

Facebook live - <https://www.facebook.com/DomesticChurchPodcast>

Raising 8's - Michael and Lori Lavigne have been married almost 17 years and have 8 children. The grace available through the Sacrament of Marriage has helped them through the good and the bad. Join them as they talk honestly about marriage and the importance of sacramental grace.



LOVE IN A LOCKDOWN: COMMUNICATION & CONFLICT RESOLUTION

Tuesday, Feb. 9th | 7:30-9:00 PM

Zoom - <http://bit.ly/3qitQjl>

Dr. Greg Kolodziejczak is an accomplished clinical psychologist in Cambridge who will provide listeners with tools to improve their communication and conflict resolution skills especially while we're so lockdown. Activity and Q & A will be included.

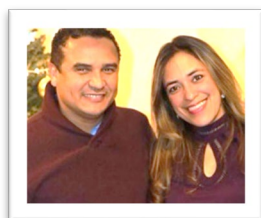


MANAGING MONEY WITH YOUR HONEY

Thursday, Feb. 11th | 8-9:30 PM

Zoom - <http://bit.ly/2NjcDIW>

Amber Ezeani is a wife, mom of four, podcaster, and national, Catholic speaker. While not a financial expert by industry standards, she and her husband have worked hard to hone certain practical applications that helped them move from debt to financial stability. Learn the 4 steps they used to successfully manage their finances and achieve their goals.

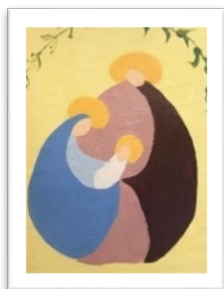


DE MATRIMONIO CIVIL A MATRIMONIO SACRAMENTAL

Jueves, 11 de Febrero | 7-8:00 PM

Zoom - <http://bit.ly/3bXl3A0>

El Diácono Franklin Mejía y su esposa, Wendy, de la iglesia de los Sagrados Corazones en Malden, hablaran sobre por qué las parejas que están casadas por lo civil, deberían considerar casarse por la iglesia. Aprenda cuál es la diferencia y por qué es importante para su fe y su familia.



PAINTS & PINTS DATE NIGHT

Saturday, Feb. 13th | 8-9:30 PM

Zoom - <http://bit.ly/3bj31aP>

Put the kids to bed if you have them, light a candle, get a pint of your favorite beverage, and paint! Join Kathleen and Mike Habeeb as they help us create an image of the Holy Family. There's no cost for the lesson, but you will need to secure a few supplies from Walmart, Target, Michaels, Hobby Lobby, etc. such as: red, yellow, blue, black, and white acrylic paints; a painters palette or piece of cardboard for color mixing; a cup of water; canvas (approx. 9" x 12"); a pencil; and a small package of assorted brushes (available at any craft store for short money).

RESOURCES FOR COUPLES

Podcasts to Check Out:

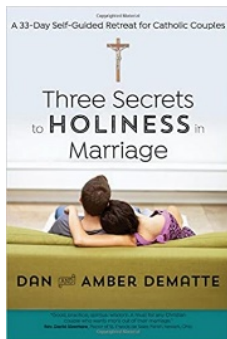


PRAYER FOR MARRIED COUPLES

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.

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Self-Guided Retreats:



A 33-DAY SELF-GUIDED RETREAT FOR CATHOLIC COUPLES

7-DAY AT HOME MARRIAGE RETREAT

Short reflections and discussion questions for each day from www.foryourmarriage.org in [English](#) + [Spanish](#)

Virtual Marriage Retreats:



5-Part Date Night Series
For Spanish click [here](#)



World-Wide Marriage Encounter now offering marriage enrichment retreats online. Visit <https://wwme.org/apply/> For Spanish click [here](#)

Marriage Inventories:



How's your marriage? Check in with the Couple Checkup - an online customized assessment tool, that is meant to be a fun, easy way to take a closer look at your relationship, increase relationship strengths, and above all - spark meaningful conversation between you and your partner. Visit www.catholiccouplecheckup.com

Free, online [marriage enrichment inventory](#) from Dynamic Catholic.



Do you know each other's Love Language? Find out with Dr. Gary Chapman's bestselling book – *The 5 Love Languages* or use the online [quiz](#). For Spanish book, click [here](#)

