



Fifth Sunday in Ordinary Time

National Marriage Week

“Do not let the sun set on your anger.” (Eph 4:26)

Great biblical advice! Even if an issue is not completely resolved, make it a point to say “I’m sorry” and “I love you” after an argument and before bed.

Check out www.foryourmarriage.org for more tips, prayers and blogs that promote healthy Catholic marriages. #MarriageWeek

St. Valentine and Valentine’s Day

How February 14 came to be celebrated as the feast for lovers is somewhat a mystery. What little is known of the feast’s namesake can be attributed to the lives of two martyrs: one a priest, the other a bishop. Their lives bear little resemblance to the contemporary holiday. The priest Valentine reportedly was beheaded in 269 by Emperor Claudius II. The bishop, known for healing, was martyred earlier. It’s probable that a medieval custom of sending messages of love on this day merged later with the feast.

Prayer for Married Couples

Almighty and eternal God,
You blessed the union of husband and wife
So that we might reflect the union of Christ with
his Church:
look with kindness on us.
Renew our marriage covenant.

Increase your love in us,
and strengthen our bond of peace
so that, [with our children],
we may always rejoice in the gift of your blessing.
We ask this through Christ our Lord.
Amen.

Reflection for Married Couples

“We must not allow ourselves to be conquered by a ‘throwaway culture’. This fear of ‘forever’ is cured by entrusting oneself day by day to the Lord Jesus in a life that becomes a daily spiritual path of mutual growth, step by step.” (Pope Francis, Valentine’s Day Address to Engaged Couples, February 14, 2014)

Many in our culture today think that it is not possible to love another person for the entirety of one’s life. Some protest that love “dies out” and say you can move on and find another person. Pope Francis, however, says that the fear of lifelong commitment is resolved by relying on Christ. In the Our Father, we say, “Give us this day our daily bread”; for Christian couples, we must also ask, “Give us this day our daily *love*.” If a Christian couple entrusts their love to Christ, He will sustain and multiply it. “He has an infinite reserve!” the Pope said.

Take Action: Write your spouse a note about how your feelings for him or her have deepened over time.

“Do not forget that true love sets no conditions; it does not calculate or complain but simply loves.”

—St. John Paul II, August 2000



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