When working with engaged couples, I always mention that the Church is in the “business of marriage promotion.” There is much wisdom that can be gleaned from some 2000 years of preparing couples for Christian marriage. And it works. Study after study consistently shows how those who pray together, worship together, and live in harmony with God’s Plan are healthier and happier. One of the easiest ways to improve your marriage is to pray as a couple.

Most are familiar with the old saying, “the family that prays together, stays together.” We all know it, but struggle to do it. So let me offer a simple template. The prayer to the right is for spouses. In it, you’ll find the recipe for a holy and happy marriage, invoking the assistance of our Lord, who indeed desires just that for you. As we celebrate World Marriage Day and Valentine’s Day, pray this with your spouse. And don’t just do it today, but resolve to pray it every day together, perhaps before going to bed each night. Bringing the Lord into your marriage cannot help but unify and strengthen your relationship.

And here’s one final suggestion, next time you go to a wedding, include this prayer with the card. It may be the most valuable gift you can give a couple.

— Deacon Phil Lawson, Director of Evangelization, Catechesis, Marriage & Family Life. Diocese of Burlington.

**Prayer of Spouses for Each Other**

Lord Jesus, grant that I and my spouse may have a true and understanding love for each other. Grant that we may both be filled with faith and trust. Give us the grace to live with each other in peace and harmony. May we always bear with one another’s weaknesses and grow from each other’s strengths. Help us to forgive one another’s failings and grant us patience, kindness, cheerfulness and the spirit of placing the well-being of one another ahead of self.

May the love that brought us together grow and mature with each passing year. Bring us both ever closer to You through our love for each other. Let our love grow to perfection. Amen.
UPCOMING EVENTS

02/12, 16, 19, 26, 03/05, 16, 19, 26, 04/09

The Bible and the Virgin Mary
Saint Monica Parish, Barre • 6:30-8 pm
This twelve session series is based on Scott Hahn’s book: Hail Holy Queen. Each session will start with a 25-30 minute DVD followed by group discussion. This series runs on Jan. 22, Feb 2 and 9. The remaining dates are Feb. 12, 16, 19, 26, Mar. 5, 16, 19, 26, and April 9. FOR MORE INFO: (802) 476-7290; stmonicalift@gmail.com

02/12

K of C Parish Breakfast
St. Peter, Vergennes • 8-10 am
FOR MORE INFO: (802) 877-2367

02/12

Valentine’s Day Dinner for Seniors
Sacred Heart/ St. Charles, Bellows Falls • 11 am
Annual Valentine’s Day Dinner for Seniors 60+ years of age. Roast Pork dinner with all the fixings to be served. Prizes available to oldest. Dinner is immediately after 10 am Mass. FOR MORE INFO: St. Charles Parish (802) 463-3128

02/12

Spanish Mass
La Salette Shrine, Enfield, NH • 2:30-4 pm
Confessions in Spanish available before and after Mass. FOR MORE INFO: lasaletteofenfield.org or (603) 632-7087

02/13

A SPECIAL OPPORTUNITY: The Christian Mystical Tradition
Christ the King, Rutland • 6:30 pm
Father Jim Lawrence will facilitate this 10-part video series, presented by Boston College professor Father Harvey Egan, S.J. Fr. Egan, S.J., is a highly respected teacher and expert on Mysticism. This is a great opportunity for Catholics to learn about insights and riches of which they may not be aware. Free will offering. FOR MORE INFO: Fr. Jim Lawrence (802) 282-7277

02/15

Mater Christi Open House
Mater Christi School, Burlington • 8:30-11 am
FOR MORE INFO: Melissa Senesac msesesac@materchristischool or (802) 658-3992

02/16

ALO, Catholic Moms’ Connection
Holy Family-St. Lawrence, Essex Jct. • 6:45-9 pm
A gathering of Catholic mothers which provides fellowship, nurturing and a sense of community for women. Meets the 3rd Thursday of every month. Dessert and coffee, free childcare. We have a speaker or a discussion of a topic of interest each month. Always time for support and encouragement in raising our kids. FOR MORE INFO: Judy Kanya, kanyaj@comcast.net or (802) 878-6152

02/16, 23, 03/02, 09, 16, 23, 30

Scripture Study on the Eucharist
Holy Family-St. Lawrence, Essex Jct. • 7-8:30 pm
Why does the Church call the Eucharist the “source and summit” of the Christian life? Deepen your understanding of the mystery and wonder that is the Eucharist — and how it will transform our lives! This series runs on Jan. 26, Feb 2 and 9. The remaining dates are Feb. 16, 23, Mar. 2, 9, 16, 23, 30. FOR MORE INFO: Judy (802) 825-8035

02/17

Rice Memorial High School Student Application Deadline
South Burlington
FOR MORE INFO: Christy Bahrenburg (802) 862-6521 or rmhsvt.org

02/18

Winter Blast: High School
St. Monica, Barre • 3-7:30 pm
Join us for the Barre Winter Blast winter youth rally for high school students. FOR MORE INFO: (802) 658-6110 ext. 1240

02/19

Winter Blast: Middle School
St. Monica, Barre • 10:45 am - 4:30 pm
Join us for the Barre Winter Blast winter youth rally for middle school students. FOR MORE INFO: (802) 658-6110 ext. 1240

02/22

Domestic Violence Workshop
Holy Family-St. Lawrence, Essex Jct. • 10 am-2 pm
This is a free workshop hosted by the Diocese of Burlington. Event is directed to priests, parish secretaries, parish staff, directors of religious education, youth ministers, lay people and the wider counseling and medical community. Lunch will be included. FOR MORE INFO: (802) 658-6110 x1453

02/24

Our Lady’s Rosary Makers
Holy Family-St. Lawrence, Essex Jct. • 3-5 pm
Our Lady’s Rosary Makers would like to invite anyone interested in making rosaries to come join this rewarding ministry. We meet on the fourth Friday, 3-5 pm. No experience necessary, instruction and material provided. These rosaries will be delivered to missionaries around the world. FOR MORE INFO: Jean Rabner (802) 598-7724

03/01

Ash Wednesday Almsgiving Collection
Diocese of Burlington
There will be a special collection on Ash Wednesday to support Vermont Catholic Charities. VCC provides financial and emotional support to individuals and families throughout Vermont through the programs offered, including counseling, emergency aid, prison ministry, Project Rachel, and residential care homes. Envelopes will be available in the churches. Please know that every gift—whatever the size—makes a difference. Thank you for your generosity.

03/03

On the Path of Ecological Conversion
St. Joseph’s Co-Cathedral, Burlington • 7 pm
Join Bishop Coyne for “The Stations of the Cross with John Paul II: On the path of ecological conversion,” followed by a sustainable soup supper and discussion of the Lenten practice of fasting. Learn about the Global Catholic Climate Movement’s Lenten Fast for Climate Justice and how fasting from certain foods, especially meat, positively affects the planet and the poor. FOR MORE INFO: Stephanie Clary sclary@vermontcatholic.org or (802) 846-5822

03/06, 07, 08

Missionary Discipleship Today — A Joyful Witness
Holy Family, Essex Jct. • 8:30 am and 7 pm
Join us for Mass each day, which will include extended homilies focused on what Pope Francis has called us to be as “missionary disciples” in today’s world. Homilies will be delivered before and after Mass each day. Speaker: Deacon Phil Lawson, MTS. Deacon Phil is the Director of Evangelization and Catechesis for the Diocese of Burlington. He has a Master of Theological Studies from Ave Maria University. Prior to working at the Diocese of Burlington, he spent 14 years working in parishes focusing on religious education, youth ministry, marriage preparation, RCIA and senior citizen ministry. He and his wife have 5 children.

Submit your event to the diocesan calendar!
vermontcatholic.org/calendar

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