Why celebrate marriage? Married couples teach us daily the sacrificial love that Jesus shares in His sacrifice with His bride, the Church. Research shows that married adults have longer lives, have better health and greater personal happiness (Why Marriage Matters, a Report from Family Scholars, third edition). The Diocese of Burlington begins National Marriage Week with Mass at St. Joseph Cathedral in Burlington on Feb. 6 at 10 a.m. celebrated by Burlington Bishop Christopher Coyne. Married couples who are celebrating significant anniversaries (e.g. 5, 10, 15, 20...50-plus years) are invited to be recognized.

The celebration of National Marriage Week continues with daily marriage tips on the USCCB Made for Love website (www.foryourmarriage.org.) There is also the opportunity to pray the rosary with Archbishop Salvatore Cordileone, the head of the Committee on Laity, Marriage, Family Life and Youth, and live-streamed on Wednesday, Feb. 10, at 2 p.m. on the For Your Marriage Facebook Page (www.facebook.com/foryourmarriage.)

National Marriage Week continues Feb. 13 with Mass at your local parish as married couples are prayed over and honored for their commitment to each other and the divine will of God.

Congratulations to these couples celebrating milestone anniversaries, may their love bear witness to God's faithful love and a little bit of heaven on Earth through their marriage covenant.

— Terri McCormack, coordinator of marriage and family life for the Roman Catholic Diocese of Burlington

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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Upcoming Events

**01|25 TUESDAY**  
**Saints & Sinners**  
Online • 7 pm  
Join us in November when Deacon Phil Lawson presents on Saints Philip, Athanasius and Lawrence.  
For more info: vermontcatholic.org/saints-and-sinners.

**01|28 FRIDAY**  
**Movie Viewing: “Unplanned”**  
St. Catherine of Siena, Shelburne • 6:30 pm  
Watch the movie, “Unplanned.” Based on the memoir by Abby Johnson, a former Planned Parenthood Clinic Director who now is an outspoken advocate for the pro-life movement. This event is free.

**01|29, 02|02 SATURDAY & WEDNESDAY**  
**SoulCore**  
Blessed Sacrament, Stowe • 3 - 4 pm  
SoulCore is an invitation to nourish body, mind and soul through prayer and functional movement. Engaging all of the senses through candlelight, scripture, sacred art, music and movement, SoulCore encourages deeper reflection on the Mysteries and virtues of the Rosary; a gentle path to grow in virtue and cultivate interior peace. Workout can be modified to suit ability and comfort level; the prayers are the main focus. Freewill donation. Suggested items: mat, water, weights (optional, 1-3 lbs popular).

**02|04, 18 FRIDAYS**  
**The Challenge Club for Catholic Girls**  
Immaculate Heart of Mary, Williston • 6 - 8 pm  
Challenge is a club for girls to grow in virtue, friendship and their Catholic faith. FOR MORE INFO: Mary Niekrewicz, mary.of.vt@gmail.com, (802) 658-6110, ext. 1131. To register please contact Nicole Hamilton at nhamilton@vermontcatholic.org or (802)658-6110, ext. 1131.

**02|05 SATURDAY**  
**First Saturday Devotion to the Immaculate Heart of Mary**  
In these times, let us seriously consider one of the important messages from our Lady of Fatima — the First Saturday devotion for Reparation to the Immaculate Heart of Mary. This would include attending five consecutive First Saturday masses, going to confession within eight days, receiving Holy Communion, and meditating on the mysteries of the Rosary for fifteen minutes. Please prayerfully consider this for 2022! The Saturday Vigil Mass (for Sunday) may be used for the First Saturday Devotion offered in reparation for offenses against the Immaculate Heart of Mary.

**02|05 SATURDAY**  
**Grief Support Group**  
Holy Family Parish Hall, Essex Jct. • 8-10 am  
Calling all Widows and Widowers…You are invited to join us for a support group, run by Catherine “Kate” King, UVM Mental Health Clinician (LCMHC) on the first Saturday of the month. Kate has been a group therapist in the community for over 20 years and is a widow herself. Join us for prayer, discussion and peer support for working through grief, at 8 am at Holy Family Parish Hall (upstairs’ library).  
FOR MORE INFO: call Kate (802) 881-5973.

**02|05 SATURDAY**  
**Adoration Mini-Mission with Holy Hour**  
St. John Vianney, S. Burlington • 10:30 am - 12:30 pm  
Not sure what adoration is all about? Or maybe you’ve not been to adoration for awhile and could use a refresher course? In anticipation of a 40 Hours of Adoration event coming this Lent, Josh Perry, the diocesan Director of Worship, will be offering a mini-mission with instruction about adoration, followed by a holy hour.

**02|05 SATURDAY**  
**A Puzzle to Common Sense: The Conversion of Fanny Allen**  
Holy Family, Essex Jct. • 12:30 - 3 pm  
The Religious Hospitallers of St. Joseph lay associates are hosting a presentation by Fr. Michael Carter, SSE on Fanny Allen. Come learn insight into some local history. A light lunch will be served.

**02|06 SUNDAY**  
**Marriage Anniversary Mass**  
Cathedral of St. Joseph, Burlington • 10 am  
Are you and your spouse celebrating a milestone anniversary (e.g. 5, 10, 15, 20...55, 57) in 2022? To register please contact Nicole Hamilton at nhamilton@vermontcatholic.org or (802)658-6110, ext. 1131.

**02|11 FRIDAY**  
**What Voters Need to Know About Proposal 5 from an RN**  
St. Catherine of Siena, Shelburne • 6:30 pm  
Lynn Caulfield, RN, will present on Proposal 5, which seeks to amend the VT Constitution. She will speak about some of the far-reaching implications of this proposed amendment from a medical perspective. (Snow date: Feb. 18, 2022 at 6:30 PM)

**02|13 SUNDAY**  
**St Peter’s Chili Take Out**  
St. Peter, Vergennes • 11:30 am - 1 pm  
Meat or vegetarian chili, corn bread, and brownie all for just $10! Reservation: (802) 877-2367.

**JANUARY 23–29, 2022**  
**CHALLENGES TO GROW YOUR MARRIAGE**  
**REMEMBER YOUR WEDDING**  
Think back, and write down two thoughts, feelings, and desires that you wanted in your married life. Then, add to this with two thoughts, feelings, or desires you have in your married life today. Are your desires the same as they once were, or have they changed? Share these lists with your spouse. Pray the Our Father daily together.

**JANUARY 23–29, 2022**  
**DIOCESE OF BURLINGTON CAREERS**

**Diocesan Central Offices, South Burlington:**  
- Diocesan Catechetical Leader  
- Diocesan Youth & Young Adult Minister  
- Human Resources Specialist

**Rice Memorial High School, South Burlington:**  
Principal  
St. Monica-St. Michael School, Barre: Principal

vermontcatholic.org/careers

**RETURN TO PRIORITIZING MY FAMILY**
Take time to reflect what worked or did not work when time was set aside for family. What could be improved? Consider going to Mass together, followed by a family breakfast or family activity outdoors — make it something fun and not a chore. Ask your family to quietly choose a fellow parishioner to pray for this week.

vermontcatholic.org/familychampions