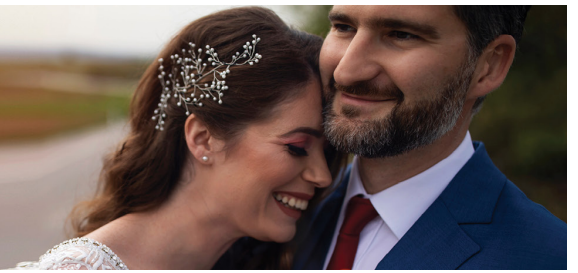




NATIONAL MARRIAGE WEEK

Man and Woman He Created Them:

TOGETHER
with purpose



Parish Resource:

National Marriage Week 2026



United States
Conference of
Catholic Bishops

February 7-14, 2026

Below are a few ideas for parishes, couples, and families to celebrate National Marriage Week. For more information and inspiration, visit foryourmarriage.org.

As a Parish

Ideas to encourage the celebration of National Marriage Week as a parish family:

- Set up a table in the common area (vestibule, parish hall) during marriage week with printed resources such as those found on foryourmarriage.org. Married couples could also be asked to suggest marriage tips or words of wisdom for younger couples that can be published regularly in the parish bulletin.
- Prepare a toolkit for couples and families (see Selected Resources below). Also include any local resources, retreats, or opportunities for marriage enrichment provided by local chapters of marriage groups and ministries.
- Reach out to the newly married couples (5 years and under) and invite them to receive a particular blessing for their marriage at the

weekend Masses or another scheduled Mass. If possible, offer a reception afterwards as an opportunity for these couples to meet one another.

- Plan a Holy Hour of Eucharistic Adoration for engaged and/or married couples at the parish. Musical accompaniment, reflections on marriage from Scripture, Church teachings and writings of the saints can be interspersed throughout the hour.
- Host a weekend retreat for married couples at the parish or with other parishes in your area. Alternatively, share the [At-Home Marriage Retreat](#) from foryourmarriage.org for couples to do on their own.
- Offer a guided viewing of the series *Marriage: Unique for a Reason* ([available on DVD](#)) in-person or make a few copies available for couples to view on their own.
- Host a couples' date night, either in-person or virtually. Include a guest speaker, a meal or hors-d'oeuvres (a virtual version could include a step-by-step recipe to follow together) and an opportunity to pray as a couple or go to confession. If possible, provide some form of childcare.

- Host a one-day couple's "mini-pilgrimage". Begin the day with 30 minutes of Eucharistic Adoration and once on the journey, provide couples with reflection questions that they can ponder together during the pilgrimage.
- Provide a suggested list of date night movies for in-home entertainment. [See these movie reviews from OSV News](#) to vet the suitability of movies for recommendation. If your parish has a subscription to [FORMED.org](#), include suggestions from among the offered titles.
- Contact the married couples who are celebrating milestone anniversaries. Invite them to be honored at one of the Masses being offered for them during the week or on World Marriage Sunday (see below). Host a reception to celebrate these anniversaries after the Mass. Another possibility is to send a card of congratulations from the parish in the mail – especially to elderly couples who may be homebound.
- On World Marriage Sunday (February 8), offer a special Anniversary Mass for couples celebrating milestone anniversaries like 5, 10, 25, or 50 years. Another possibility is to offer a blessing for all married couples at every weekend Mass. Share with clergy the Preaching Resource that has tips on how to prepare a homily about marriage (available on [foryourmarriage.org](#)).

As a Couple

- Re-read the readings that were proclaimed on your wedding day. Practice *Lectio Divina* together using these readings or the readings during National Marriage Week with the day by day guide found at [foryourmarriage.org](#).
- Download the At-Home Marriage Retreat for Couples offered at [foryourmarriage.org](#). Find 15 minutes a day to do the retreat together.

- Frame a copy of your wedding invitation or program. Hang it in a place in your home where it can serve as a reminder of your vows.
- Recall the friends and family members who were a part of your wedding day. Who have you lost contact with? Try connecting with them again. Who is in need of your prayers? Who has passed away? Pray for their souls.
- Did you have a first dance at your wedding? Recreate that moment by finding the song and dance together in your living room.
- Prayerfully re-read your wedding vows to each other. Take a moment to recommit yourself to the vows you made on your wedding day.
- Have a date night in. Get dressed up for dinner — look your best for your spouse! Order takeout from a favorite restaurant or try to recreate the meal that was served at your reception. Bonus: Get the kids involved by having them cook or serve as your waiters and waitresses for the night!
- Create a marriage memory box together and then go on a treasure hunt to find little things that represent your relationship: old love letters, honeymoon photos, ticket stubs from date nights, dried flowers, etc. Write down favorite memories and add them to the box. Keep it in a special place to add more items and revisit later, perhaps on your anniversary.

As a Family

- Look through your wedding album or watch your wedding video. Share stories from your wedding day with your children.
- Make a family timeline beginning with your first date or your wedding day up to the present. Add pregnancies/birthdays, baptismal dates and other sacramental dates, family moves, vacations, new jobs, pets, etc. - anything that has impacted the life of your family.

- Get your crafting supplies out and make Valentine's Day cards for everyone in the family. On each card, write down some of the qualities you love most about each person. Hang up the cards for everyone to see!
- Speak with your children about the blessings and benefits of marriage (as appropriate to age).

Selected Resources

- On marriage vows – *For Your Marriage* articles: [The Exchange of Consent](#), [Making “I do” Work](#), [Till Death Do Us Part](#).
- On marriages in crisis – *For Your Marriage* [list of ministries](#) that help married couples in difficulty or crisis, *For Your Marriage*.
- On healthy sexuality within marriage – Paul VI, Encyclical Letter [Humanae Vitae](#), 1968.
- On divorce – USCCB, [The Church's Healing Ministry in Caring for Those Touched by the Trauma of Separation and Divorce](#), 2010.
- On lust and pornography – USCCB: [Create in Me a Pure Heart: A Pastoral Response to Pornography](#), 2025 and *For Your Marriage: Help for Men and Women Struggling with Pornography*.
- Pope Francis, Post-Synodal Apostolic Exhortation [Amoris Laetitia](#), March 19, 2016.
- USCCB, National Pastoral Framework for Marriage and Family Life Ministry, [Called to the Joy of Love](#), 2021.
- USCCB, Pastoral Letter [Marriage: Love and Life in the Divine Plan](#), 2009.

Recommended Websites

- USCCB, *For Your Marriage* website: foryourmarriage.org.
- USCCB, *Por Tu Matrimonio* website: portumatrimonio.org.
- USCCB, *Love Means More* – lovemeansmore.org
- California Catholic Bishops, *Radiate Love* - <https://cacatholic.org/radiatelove/>.



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