



Pope Benedict XVI's Prayer Intention for February:
That migrant families, especially the mothers, may be supported and accompanied in their difficulties.

Wisdom of the Saints for February

St. Jerome Emiliani February 8th
"If you remain constant in faith in the face of trial, the Lord will give you peace and rest for a time in this world, and forever in the next."

St. Josephine Bakhita February 8th
"I have given everything to my Master. He will take care of me. The best thing for us is not what we consider best, but what the Lord wants of us!"



Marriage Matters

St. John Chrysostom certainly knew how very much marriage matters. Listen to his words and as you do, remember that he wrote this in the fourth century.

"The love of husband and wife is the force that welds society together. Men will take up arms and even sacrifice their lives for the sake of this love. St. Paul would not speak so earnestly about this subject without serious reason; why else would he say, "Wives be subject to your husbands, as to the Lord?" Because when harmony prevails, the children are raised well, the household is kept in order, and neighbors, friends, and relatives praise the result. Great benefits, both of families and states, are thus produced. When it is otherwise, however, everything is thrown into confusion and turned upside down." Homily on Ephesians 5:22-23

Our Holy Father also offered advice to spouses in a recent homily:

"Dear Married Couples, by means of a special gift of the Holy Spirit, Christ gives you a share in His spousal love, making you a sign of His faithful and all-embracing love for the Church. If you can receive this gift, renewing your 'yes' each day by faith, with the strength that comes from the grace of the sacrament, then your family will grow in God's love according to the model of the Holy Family of Nazareth."

Let's all commit to strengthening marriage, beginning with our own!

Have some fun with your spouse and take the Five Love Language Quiz to find out what your primary love language is; you might just be surprised!

<http://www.nationalmarriageweekusa.org/fun-free-quizzes-kits-and-tips>

52 Simple Stay at Home Date-Night Ideas (Without 50 Shades of Grey!)

<http://moxiewife.com/2012/07/52-simple-stay-at-home-date-night-ideas-a-free-ebooklet/.html>

15 Ways to Encourage Your Husband

<http://moxiewife.com/2011/07/15-ways-to-encourage-your-husband/.html>

Pray as a Couple

Simcha Fischer, the humorous and popular Catholic blogger, gives some great ideas on when and how to pray as a couple:

Times to pray:

- Just before or after you turn off the light
- Before you turn on the TV in the evening
- Before you part ways in the morning
- Anytime you're in the car together
- When you're fighting
- When you get some bad news; when you get good news
- Anytime as long as it's a regular thing

Ways to pray:

- A decade or more of the rosary
- A Memorare
- A lazy Catholic's "three pack" (Our Father Hail Mary, Glory Be)

-St. Michael's Prayer
-Any and all

Our job as husband and wife is to help each other get to heaven!
And what if your spouse isn't religious or doesn't want to pray with you?
Simcha has an answer: "If your husband doesn't want to pray, then snuggle up to him in bed and pray silently. The Holy Spirit sometimes appears unable to distinguish between two married people, and may react as if you're praying together. You can also pray to each other's guardian angels or patron saints. That'll show'em!"

<http://www.ncregister.com/blog/simcha-fisher/praying-as-a-couple>

And lastly, a Valentine from Una Fides to you!

50 Clever Life Hacks to Simplify your World

<http://twistedgifter.com/2013/01/50-life-hacks-to-simplify-your-world/>



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