



Ten ways to Celebrate your Marriage at Home

Celebrate our marriage? Didn't we already do that at the wedding?

As with all the sacraments, the celebration of marriage is not an isolated ritual but a lifetime of words and gestures that proclaim the presence of Christ and the love of the Holy Spirit poured out on us.

Here are ten ways for married couples to celebrate their love in daily life.

1. Remember when...

Remember the love that brought you together. E.g., share romantic memories. Revisit your wedding album. Play that special song. Watch your wedding video together.

2. Tell the story

Everyone loves a love story. At your next family meal or gathering of friends, find an excuse—any excuse!—to tell the story of how you met, fell in love, became engaged and married. Proclaim your love!

3. Celebrate your love

At regular intervals, arrange for the kids to stay overnight at a relative's place and have a romantic evening at home. That way your home will be filled with wonderful memories that will keep you smiling during the most mundane of days.

4. Praise each other...often

Make affirmation a way of life in your marriage. Affirm each other's gifts and qualities, in earshot of the other as well as behind his/her back.

5. Just to say 'I love you'

Love letters. A note in the tea pot. A bunch of flowers. A 'no reason' gift. An embrace at the sign of peace at Mass. Through small visible messages—ones which your spouse will appreciate—show that you care.

6. Hold a party in your honour

Hold a dinner party and invite friends from your courting days. Or gather around you five special people who are genuinely supportive and appreciative of your relationship. These might even be your children! Toast your marriage and party together as you know best.

7. Share scripture

Revisit the readings that you chose for your wedding ceremony. Why did you choose them? What do they mean to you now? What other scripture passages have come to hold special meaning over the course of your life together?

8. Mark that date

Be ready for each wedding anniversary. Mark that date on your calendar. Plan ahead and ensure that you have some special celebratory time together. Enlist the help of a family member or friend (e.g., to babysit) and re-schedule other plans as necessary.

9. Make a grand entrance

Rather than settle for a tepid 'peck on the cheek', make passionate 'hellos' and 'good-byes' part of your everyday marital life. Don't take each other for granted. A few seconds of passion each day can make a lifetime of difference to your marriage.

10. Visit a sacred site

Revisit some of the special places associated with your love: the park where you proposed; that special restaurant. Make a pilgrimage to the church where you were married; light a candle there and give thanks to God for the gift of one another.

Helpful Hint

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Weekends of renewal for married couples teach simple, effective exercises for tapping the 'greatness' in a good relationship. Sign up for a marriage enrichment weekend or find out more information from the websites of the organizations below:

Marriage Encounter: wwme.org; wwme.org.au

Celebrate Love: celebratelove.com.au

Living in Love: livinginlove.org

Couples for Christ: cfcaustralia.org; couplesforchristglobal.org

Or contact your local parish or diocese for programs nearby.