

A photograph of the interior of a large, ornate Catholic church. The view is from the back of the sanctuary looking down the central aisle towards the altar. The floor is polished and reflects the overhead lights. On either side of the aisle are rows of dark wooden pews. People are seated in the pews, some looking towards the altar. The church features high ceilings with intricate architectural details, including columns and arches. The lighting is warm and focused on the altar area.

Sacred Heart Catholic Church

FIDE

Heart & Soul

Monthly Catechetical Resource

Matrimony

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TABLE OF CONTENT



Introduction.....	3
<u>What is Marriage?.....</u>	4
<u>Biblical Accounts of Marriage.....</u>	5
<u>What Saints have to Say About Marriage.....</u>	6
<u>What Makes a Marriage?.....</u>	7
<u>Resources on Marriage.....</u>	8
<u>Tips on how to Speak to Your Kids About Marriage.....</u>	9
<u>List of Feasts Days and how to Celebrate them.....</u>	10
<u>Events in October.....</u>	11
<u>Upcoming Topic/Events for December.....</u>	12

Introduction

Welcome to the fifth issue of this year's *Heart & Soul: Monthly Catechetical Resource*! In this month we will be learning about the Sacrament of Matrimony. It is very important that children begin to learn about the truth, beauty, and goodness of Marriage at a young age so that they can begin to form their lives in a way that will lead to a good and fruitful Marriage in the eyes of God. However, this issue will be more focused on adults. Given the hectic and crazy life of a parent, it is good for parents to be reminded of the beauty of Marriage and to remember what it is you promised before God at the altar and how you can nurture, heal, or protect that promise. For this reason, the resources provided in this issue will be more directed toward adults. After all, your kids will see you as the primary example of a Marriage. Therefore, the more you work on your Marriage the more you are educating your kids about Marriage.

In discussing Marriage we will look at what Marriage is, what Scripture has to say about Marriage, what makes a Catholic Marriage, and much more. As always, there will be a resource section that will go deeper into the mystery of Marriage and provide answers to some commonly asked questions about Marriage. We will also have a section on events for the month of November on page 11 and upcoming events for the month of December on page 12. Finally, as always, your SAP and I, the Director of Evangelization (EJ), are at your service. Feel free to contact me at ecerdeiras@shcatholic.org if you have any questions about Marriage.



What is Marriage?

Marriage is one of the seven Sacraments of the Catholic Church. Within this Sacrament a man and a woman come together to form a sacred union. Through Marriage, the couple expresses the spousal love between Christ and His Church. In regard to Marriage, the Catechism of the Catholic Church states, “The matrimonial covenant, by which a man and a woman establish between themselves a partnership of the whole of life, is by its nature ordered toward the good of the spouses and the procreation and education of offspring; this covenant between baptized persons has been raised by Christ the Lord to the dignity of a sacrament” (CCC 1601). In breaking this quote down we see that there are two main emphasis:

- 1) Marriage is a life long covenant between a man and woman. The Marriage covenant is a oath between the spouses before God. “What God has put together, let no man separate” (Mk. 10:9). Therefore, Marriage is indissoluble (cannot end).
 - 2) Marriage is ordered toward the good of the spouse and the procreation of children.
- If Marriage is a Sacrament, the end purpose of the Sacrament is

to lead one to heaven. Therefore, by being ordered toward the good of your spouse, the couple commits to journey with one another to strive for sainthood. This does not mean that your spouse fulfills all of your desires, only God can do that. Rather, spouses are meant to help each other get to heaven by directing each other toward virtue. For this reason, Marriage deserves a prayerful discernment to make sure you are marrying someone who desires for you to be a saint and is willing to make Sacrifices in order for that to happen.

- Marriage being for the good of procreation of children means that one of the ends of Marriage is to be open to having children. The marital love between a man and woman ought to be unitive and procreative. If one of those is missing, the marital love is lacking. In regard to the good of procreation, a man is designed by God to possess fatherhood, and a woman is designed by God to possess motherhood. Spouses must be willing to gift to each other motherhood or fatherhood in order to fulfill the end purpose of how God created them. To not be open to being a mother or a father is to not be open to God’s plan for humanity or His plan for marital love.

More on these two ends of Marriage will be addressed on page 7

Biblical Accounts of Marriage

Below are two Scripture passages on Marriage. Under each passage there will be a short reflection.

You can find more Scripture passages in the resource section on page 9.

Genesis 2:21-24:

So the Lord God caused a deep sleep to fall upon the man, and he slept; then he took one of his ribs and closed up its place with flesh. And the rib that the Lord God had taken from the man he made into a woman and brought her to the man. Then the man said,

“This at last is bone of my bones and flesh of my flesh; this one shall be called Woman, for out of Man this one was taken.” Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh.

Reflection:

In this passage we not only see the institution of Marriage, but the covenantal bond that God places between a man and woman. The covenantal bond that God grants between a man and woman is unbreakable, that is why He says, “the two become one.” Man and woman, through Marriage become one body. Therefore, once man and woman come together in marriage, they cannot separate because to split the body would kill the person.

Ephesians 5:21-28:

Submit to one another out of reverence for Christ. Wives, submit yourselves to your own husbands as you do to the Lord. For the husband is the head of the wife as Christ is the head of the

church, his body, of which he is the Savior. Now as the church submits to Christ, so also wives should submit to their husbands in everything. Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word, and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. In this same way, husbands ought to love their wives as their own bodies.

Reflection:

This passage can sometimes strike controversy as it says, “wives submit to your husbands.” However, this passage is often miss understood by both men and women because of a miss understanding of what “submission” actually means. The Greek word for submit is *hypotasso*, which means to “put under.” In regards to the context of the Scriptural text, it tells us that wives are to put themselves under their husbands. However, to put yourself under your husband does not mean to put your self under his dominion, but under his mission (Submission), and as we see in verse 25, the husband’s mission is to love his wife as God loves the Church. Therefore, as Christ died for the Church, husbands must be willing to die for their wives in both a literal way, and a metaphorical way (die to pride, ego, desire to control, etc). This means that husbands are not to dominate over their wives, but love and care for them as his own body, as it says in verse 28. Yes, Jesus does make the man the head of the household, but if you marry a man who is willing to die for you and bring you to holiness, then your missions ought to align. Likewise, men ought to form themselves to be the husband that their wives deserves and the husband God intends them to be.

What Saints have to Say about Marriage

“Only the chaste man and the chaste woman are capable of real love.” - Pope St. John Paul II

“Spouses are permanent reminder to the Church of what happened on the Cross; they are for one another and for the children witnesses to the salvation in which the sacrament makes them sharers...In essence, Marriage is a “memorial, actuation and prophecy.” - Pope St. John Paul II

“It is easy to love the people far away. It is not always easy to love those close to us. It is easier to give a cup of rice to relieve hunger than to relieve the loneliness and pain of someone unloved in our own home. Bring love into your home for this is where our love for each other must start.” - St. Teresa of Calcutta

“Lord, grant that I might not so much seek to be loved as to love.” - St. Francis of Assisi

“From the beginning, God in His providence planned this union of man and woman. God has put into a man’s heart the capacity to love his wife and into a woman’s heart the capacity to love her husband. There is no relationship between human beings as close as that of husband and wife – if they are united as they ought to be.” - St. John Chrysostom

“Have no concerns for money. Love your wife more than you love your own self. Never be at odds, but be true. Prefer her company at home above being out. Esteem and admire her publicly, and advice her patiently. Prayer together, go to church, and discuss the readings and prayers. If your Marriage is like this, your perfection will rival the holiest monks.” St. John Chrysostom

“The love of a husband and wife is the force that welds society together” - St. John Chrysostom

“...it is God’s Invisible Hand Which binds you in the sacred bonds of Marriage; it is He Who gives you one to the other, therefore cherish one another with a holy, sacred, heavenly love.” - St. Francis De Sales

“Marriage is to help married people sanctify themselves and others. For this reason they receive a special grace in the Sacrament which Jesus instituted. Those who are called to the married state will, with the grace of God, find within in their state everything they need to be holy.” - St. Josemaria Escriva

“The family is the most ancient institution which God founded in paradise, when He called the first pair of human being into existence. The first blessing which God gave was for the wellbeing of the family.” - St. John Vianney

What Makes a Marriage

There are 4 elements that makes a Catholic Marriage Sacramentally valid within the Catholic Church.

1) One man and one woman must enter into the Marriage freely.

- Marriage can only be between a man and woman because that is how God designed Marriage. The marital union between a man and women reflects the love of the Trinity. Just as the Trinity is three persons in one, so too, in Marriage do man and woman become one. Likewise, just as the love between the Trinity is life giving, so too is the love between a man and a woman. Only the love between a man and woman can fully reflect the love of the Trinity.
- Marriage must be entered freely. There must be no previous conditions that would interfere with the Marriage such as:
 - Previous Marriages
 - Religious vows/Ordination
 - Must not be closely related

2) Freely Exchange Consent

- The couple must come freely without pressure from each other or from others.
- Freely also means that the couple must be in a position to fully consent to the unbreakable bond of Marriage. The following are examples of situations that can hinder consent and make the Marriage invalid.
 - Intoxication during the exchange of vows
 - Mental health issue that prohibits an individual to make a rational decision to consent to Marriage
 - Physically unable to be open to children.

3) Consent to Live Out what Church Means by Marriage

- In Catholic Marriage the couple must

be faithful, commit to each other for life, and be open to children.

- A Catholic Marriage is between one man and one woman. This does not only mean homosexuality is forbidden, it also means you intend to commit to your spouse for life and no other.
- Catholic Marriage is a life long Sacrament between a man and woman. Christ forbade divorce in Matthew 19:8 and the Church does not have authority to overrule what Christ as instituted. Therefore, divorce is forbidden in the Catholic Church (See resource page on Divorce vs. Annulment).
- Catholic Marriages must be open to having children. God commanded that Adam and Eve be fruitful and multiply, and has designed sexuality to be life giving. Therefore, couples are obligated to be open to children in order to enter into a valid Marriage. If the couple is not open to children, the Marriage will be invalid. The couple must then commit to not engage in the following (can find more explanations in resource page):
 - Contraception (both for male and female)
 - Sexual acts that are not open to procreation
 - Total abstinence (Note - NFP is allowed. Please see resources for more information)

4) Must Have Proper Form

- Catholic Marriages must be between a Baptized man and woman
- Catholic Marriages must be witnessed by a Catholic priest or deacon
- Catholic Marriages cannot take place outside (See why in resource page)
- Catholic Marriages must have an exchanged of vows prescribed by the Church (Cannot make up your own vows).

Marriage Resources

Please be aware that some of the resources below are intended for Adults. Please pay attention to titles for kid friendly resources.

What is a Catholic Marriage (Adult):

- USCCB Resources on Marriage
- Catechism of the Catholic Church on Marriage
- Articles on Pope St. John Paul II's view on Marriage
- *Love and Responsibility*– Pope St. John Paul II
- *Men, Women, and the Mystery of Love: Practical Insights to JP II's Love and Responsibility*– Edward Sri
- *Marriage: The Mystery of Faithful Love* - Dietrich von Hildebrand (Free)
- Bishop Robert Barron on Marriage
- FORMED: Marriage: God's Design for Life and Love
- FORMED Videos on "What Marriage is"
- Jackie and Bobby on Marriage
- Marriage and Family Part 1 (Ascension Presents)
- Marriage and Family Part 2 (Ascension Presents)
- St. John Chrysostom on Marriage– Book

Marriage Explained/ how to start discerning marriage (For Teenagers)

- Should Catholics Date in High School?
- Theology of the Body explains for Teens - Fr. Mike Schmitz
- True Modesty (For High School Girls)
- Theology of the Body for Teens
- Catholic Central– What is Marriage?

Marriage Explained to Middle School Aged Kids

- Short Lesson plan on teaching Marriage to kids
- YouCat (Catechism for youth) use section on Marriage to discuss with your kids.

Marriage Explained to young Kids

- Marriage Project
- Short Lesson plan on teaching Marriage to kids
- Project/discussion questions on Marriage

Resources for Married Couples/ Engaged couples (for Adults)

- *The Good the Messing and the Beautiful: The Joys and Struggles of a Real Married Life* - Edward and Beth Sri

- *30 Days with Married Saints: A Catholic Couples Devotional*
- FORMED Book: *Love, Marriage, & the Catholic Conscience: Understanding the Church's Teachings on Birth Control* by Dietrich von Hildebrand
- Father Mike Schmitz on Contraception and IVF
- Jackie and Bobby on why Catholics cannot use Contraception
- Difference between Contraception and NFP
- **Catholic Teaching on Sexuality (For Adults/ young adults, but can be for High School aged kids if you, the parent, see it fitting)**
- FORMED Book: *Love, Marriage, & the Catholic Conscience: Understanding the Church's Teachings on Birth Control* by Dietrich von Hildebrand
- *Good News About Sex and Marriage*– Chris West
- Sexuality and the Image of God– Chris West
- Edward and Beth Sri On Sexuality in Marriage
- *Theology of the Body in an Hour* - Jason Evert

Why Must Marriage be between a Man and Woman/Be Open to Children?

- Why Marriage is between a man and woman
- Jason Evert on the Church's teaching on Homosexuality
- Fr. Mike Schmitz - *Made for Love*

Why do I need to be Married in the Church?

- Why you can not have an outdoor wedding - Fr. Mike Schmitz

Why is Divorce not allowed in the Catholic Church/what is an annulment?

- Why Annulment is not a Catholic Divorce
- USCCB on Annulments
- Marriage, Divorce and Annulment Explained

What Makes a Catholic Marriage Valid?

- What is needed for a Valid Marriage
- Natural Marriage vs. Sacramental Marriage

What to do if you are married outside the Catholic Church as a Catholic

- Why Convalidation is needed?
- Why reception of Communion is not allowed with an invalid Marriage

Tips on How to Talk to your Kids About

As you may have noticed, there is not a lot of resources for children on the topic of Marriage. The reason for this is because parents have different ways to approach teaching their kids about Marriage. However, it is a topic that is recommended to be talked about to kids at a young age so they can start forming their life to prepare for a successful Marriage. Below are some tips talking to your kids about Marriage.

- 1) Work on your own Marriage. Kids learn from the example of their parents. If you work on establishing a good, holy, and Catholic Marriage, your kids will use that as a model for their Marriage.
- 2) Read the story of Adam and Eve together as a family. This is especially good for younger kids. It clearly identifies how God made a man and woman to become one through Marriage. I would encourage asking them questions about the story so they can internalize it and become more aware of what God's plan is for Marriage.
- 3) Start talking to your children about chastity in a age appropriate way. We live in world that has highly corrupted human sexuality and tries to impose its view on children. It is better they learn it from you first so you can properly educate them and guide them to understand the what the Church teaches on this subject.
- 4) Expose your children to other married couples who live out a Catholic Marriage.
- 5) Encourage your high school/middle school aged kids to form themselves first before dating. They are going through an age with a lot of changes which makes it hard to take

relationships seriously. Dating at this age can cause unnecessary temptation and cause bad habits which can cause issues later on when dating ought to becomes more serious.

- 6) Talk to your kids about both the beauty and struggles of your Marriage. It is good for children to know the realities of Marriage so they can begin to prepare themselves for those hard times. But it also might be more important to share the joys of Marriage with your kids. In discussing both the struggles and joys of Marriage, kids can come to see that it is worth working through the struggles in order to experience the joys.

Watch the Next FIDE Heart and Soul Podcast for more Tips



Feast Days in November

Note: Listed below are feast days and memorials of some saints. Not all memorials for the month are listed.

- **November 1st** - All Saints Day (Holy Day of Obligation)
 - ◊ Have you and your family dress up as your patron saint and have each member of the family tell a short version of their story
 - ◊ Have an all saints day party where people come dressed as their patron saint
- **November 2nd** - All Souls Day
 - ◊ Have a time where the family gets together and pray for diseased loved ones
 - ◊ Attend Mass at the Sacred Heart Cemetery at 5:30pm and pray for all of the souls who have been buried there.
- **November 9th** - Dedication of St. John Lateran Basilica
 - ◊ Read the story of the St. John Lateran Basilica [here](#) (Included in the link are ways to celebrate the feast)
- **November 22nd** - Christ, King of the Universe
 - ◊ [About the Feast Days](#) (includes prayers for the feast day to do with your family)
 - ◊ [Read St. Thomas Aquinas' 5 proofs for God](#)
- **November 29th** - First Sunday of Advent
 - ◊ Put and [Advent Wreath](#) and light a candle for every Sunday leading up to Christmas as a way to prepare for the coming of Christ.
 - ◊ [Corona de Adviento Explicación y Oraciones Semanales](#)
- **November 30th** - Saint Andrew the Apostles
 - ◊ Read the [Story of St. Andrew](#) during dinner (included in the link are ways to celebrate the feast of St. Andrew)

Events in November

November 5th

First Saturday

- First Saturday Rosary (7:25am)
- First Saturday Meditation (8:30am)

Wednesdays of November

Mass/Adoration/Confession

- Mass starts at 5:15, followed by adoration and confession

November 16th

Wednesday FIDE Night (6:30pm)

- *FIDE* gathering time. Meet with your SAPs, the Director of Evangelization (EJ), and/or other families during this time to discuss, share ideas, or just enjoy each other's company. This is an open door event, so come when you want and leave when you must.

Throughout November

Podcasts on Marriage (Both in English and Spanish)

- Video podcasts on prayer will be released every month to discuss the topic of the month. These podcasts can be found on YouTube and our Podcast outlets. All podcast will be directed toward adults, but will be kid friendly as well.

November 19th

Advent Family Mission (5:30pm)

Information coming soon!

November 27th

Open Hour with Director of Evangelization (After 8am Mass)

- Talk to Director of Evangelization (EJ) about anything regarding theology, spirituality, or philosophy. Location will be in the cafeteria.

November 24th

Catechism Series (3:30pm)

- Fr. Eckert and Michael Becker discuss a section of the Catechism of the Catholic Church (live on FB and YouTube at 3:30pm)

What's Coming in December

Heart & Soul Topic for December: Holy Orders/Vocations

- What is Holy Orders?
- Why can only men can receive Holy Orders?
- How do I help my child discern a vocation?
- What are the vocational options?
- And more!

Events in December

- First Saturday: December 3rd
- First Friday Adoration: December 3rd-4th
- Every Wednesday in December: Mass/Adoration/Confession starting with Mass at 5:15pm.
- Wednesday *FIDE* Night: December 21st @6:30pm
- Podcasts Discussing Eucharis: Throughout December
- Open Hour with Director of Evangelization:
TBD
- Catechism Series: December 29th @3:30pm

For more information, and to access hyperlinks, scan the QR code on the bottom right, or follow the instructions below to get access on our website:

salisburycatholic.org → *FIDE* → *Heart and Soul: Monthly Catechetical Resource*



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