

10 SIMPLE WAYS TO CELEBRATE & STRENGTHEN YOUR MARRIAGE



MARRIAGE & FAMILY LIFE

AN OFFICE OF THE
ARCHDIOCESE OF PORTLAND

1. Get out on a Date(s):
Take the time to talk, connect, and invest in your relationship, even if only for an hour or two.
2. Call, text or email your spouse throughout the week: send a word of encouragement or remind them of your love
3. Plan an overnight getaway: Get a baby sitter, and get some down time.
4. Date Night In: Cook their favorite dinner (or carry out), get a bottle of wine, rent a movie you saw together before you were married, and enjoy.
5. Get outdoors together: Go on a walk, hike or some other physical activity that you both enjoy.
6. Read a book together: Find a novel or devotional that interests you both. Read it together and/or separately and then discuss.
7. Work Together on a Project: Make a plan together, plant a Garden, paint a room, organize the garage. Take something old & make it new, give it life.

8. Serve Together: Go do one of the corporal works of mercy together (visit a nursing home or serve a meal at a homeless shelter).
9. Go through your wedding album & reminisce.
10. Start a marriage dream list (short & long term) of what you want to do and where you want to go.
11. Write your spouse a letter: express your love, tell them why you are grateful for them in your life, remind them of past memories, affirm them as your partner.
12. Forgive that Grudge: Talk with your spouse, forgive them and move on.