

Recommended Marriage Resources during COVID-19



Beloved: Finding Happiness in Marriage

Created by the Augustine Institute, *Beloved* is a 12-part video series that explores the meaning of marriage and how to live it out together. Each session includes about 30 minutes of video content presented by well-known Catholic authors and speakers. The program is available online with a subscription to FORMED.org, a Catholic video and audio streaming platform. Also available in Spanish.

Witness to Love: Be Light Date Night Series

The Witness to Love marriage apostolate is offering a FREE Marriage Renewal Date Night Series. This 5-part online series features couples who will share very real tips for renewing your marriage during this unique time in our lives. The apostolate also recently launched ***Be Light: Year of Belonging***, which is the first year of a five-year movement to draw married couples closer together in Christ while being transformed into family missionary disciples. Visit www.witnesstolove.org/belight to learn more.

The Virtues Marriage Enrichment Series

John and Teri Bosio's program for married couples, *The Virtues*, is currently available online for FREE, so couples can watch it together at home. The program consists of 4 short videos about the cardinal virtues: **Prudence, Justice, Courage, and Temperance**. Learn more and access the program at www.the-virtues.net/online-free-program.

Communio Date Night Kits

Communio has put together FREE in-home date night kits for couples, along with follow-up resources and strategies. Couples can enjoy a comedy special, cook a romantic dinner with a recipe using pantry staples, and focus on their relationship with fun and meaningful conversation starters. Learn more here: crisis.communio.org.

United in Love – United in Christ At Home Edition

United in Love – United in Christ is a six-session marriage enrichment series that explores God's awesome plan and promise for spouses, created by Jason and Elise Angelette of the Faith and Marriage Apostolate. The program includes streaming of the six videos, a couple guide, and a short video for each session to guide going through the program as a couple at home. Learn more and purchase the program at: www.faithandmarriage.thinkific.com/courses/united-at-home.

Additional Online Resources:

- For Your Marriage (USCCB) – www.foryourmarriage.org (COVID-19 resources [here](#))
- Por Tu Matrimonio (USCCB) – www.portumatrimonio.org (in Spanish)
- Marriage: Unique for a Reason (USCCB) – www.marriageuniqueforareason.org/
- Archdiocese Pinterest Page – www.pinterest.com/dbqarch (marriage resources [here](#))
- Archdiocese Family Matters e-Newsletter – www.dbqarch.org/family-matters-newsletter
- Covenant of Love Marriage Mentors Ministry – www.dbqarch.org/marriage-mentors
- Archdiocese Natural Family Planning Website – nfp.dbqarch.org
- Resources for Finding Freedom from Pornography – www.dbqarch.org/find-freedom

For questions, contact Matt Selby, Director of Marriage and Family Life,
at m.selby@dbqarch.org or 563-556-2580, ext. 233.