



**National Marriage Week USA**  
MARRIAGE IS WORTH IT! • EVERY FEB 7-14

## The COVID Guide to National Marriage Week

The COVID-19 pandemic has both increased stress and isolation for many couples and made it more challenging to mark the week given restrictions on gatherings. While celebrating National Marriage Week this year may look different than in years past, it's more important than ever to spread the word that marriage is worth it. Even though physical events to mark National Marriage Week are not possible this year, there are still ways to celebrate. Here is our guide to observing National Marriage Week in a different way this year, including a list of virtual resources that groups and individual couples can use to strengthen marriages and suggested ways to get the word out about these resources in your community this February 7-14.

### Online Marriage Resources

#### Lasting

The Lasting app offers guided sessions on a variety of marriage enrichment topics. The app is not religiously affiliated and also offers live workshops for couples. Learn more [here](#) and check out their annual sale for [44% off](#).

#### The Marriage Course

The Marriage Course: The all-new refreshed 7 video episodes are available for FREE online. The course can be offered in-person or online. No group interaction, only private sharing between the couple. Locate a course or learn how to host one [here](#).

#### Witness to Love

For those looking to support engaged couples in their journey towards marriage, Witness to Love is a Catholic virtues-based marriage preparation program that supports engaged couples in their journey towards marriage. Over the next few months, Witness to Love is also offering a free virtual mini date night series (register



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[here](#)) and a date night series for first responders and hospital workers (register [here](#)). Learn more about how to conduct a Witness to Love course virtually [here](#).

## Love and Respect

Love & Respect, the national bestselling book, now offers new 6-week DVD series or 14-week home study series at [www.loveandrespect.com](http://www.loveandrespect.com). [The Love and Respect Academy](#) offers 12 courses that can be done as individuals, couples, or in a small group setting. Consider forming a Zoom group to go through a Love and Respect course together, or watch the entire Love & Respect conference online here!

## Spread the Word in Your Community

1. Host an online [small group](#) utilizing one of the marriage resources mentioned above or another curriculum.
2. Post your event on our [National Marriage Calendar](#) so couples in your community can find marriage-strengthening events. If you're looking for other creative ideas, you can also browse through what others are doing to strengthen marriages around the country.
3. Host a [virtual event](#) through your church or community center for couples to connect, play games, and learn strategies for improving their relationship.
4. Ask your church to include an announcement about National Marriage Week in the [bulletin](#) or weekly email.
5. Ask your clergy to preach on marriage on Valentine's Day (Sunday, February 14).
6. Ask your local radio station to deliver a [60-second PSA](#) with some important facts about National Marriage Week.