



From Your Parish

February 2022

What if there was a whole month dedicated to deliberately and intentionally growing our relationships? In February, we celebrate Valentine’s Day, honoring St. Valentine with a renewed commitment to love in our most important relationships. But one day isn’t enough. In fact, every day is a chance to rediscover and deepen our relationships with family, friends and God. Life becomes an extraordinary romance full of adventure when we seize that chance.

Here are 10 invitations to make this February a time of deepening love.

Inspiration from St. Augustine

“Since love grows within you, so beauty grows. For love is the beauty of the soul.” –Saint Augustine

God wants you to dream!

What expectations have been placed on you by others that you need to release yourself from?

Virtue in focus...

Love is the virtue of willing the good of the other. It’s an action, not a feeling. Who is the most loving person you know? How can you be more loving? Who can you give your love to today in a special way?

A burst of wisdom.

[The Six Second Kiss Theory \(60 Second Wisdom\)](#)

Did you know...

[Research from UC Berkeley](#) has shown that a lack of laughter is the best predictor of a relationship ending. How can you bring more laughter to your relationship?

For the young and young at heart...

[God loves healthy relationships—and wants to help you build them!](#)

A relationship-building exercise for those who are married (or engaged or dating!)

“Retell the story of how you and your spouse met and dated. Relive your courtship with the memories that only the two of you have. Spend time tonight sharing those stories again and giving thanks for the beginning of your romance. Your story is yours and yours alone. It is helpful every so often to share it aloud to keep the romance alive and well in your marriage. Embrace your story.” –Taken from *The 21 Undeniable Secrets of Marriage*

We become the books we read

[13 Powerful Ways to Pray!](#) Get the book for free and find the best way for you to talk to God!

Feed Your Soul!

Take your Sunday experience to the next level with this [5-minute reflection on this Sunday’s Gospel](#).

Let’s Pray!

Lord, help me to spread your fragrance everywhere I go—let me preach you without preaching, not by words but by my example—by the catching force, the sympathetic influence of what I do, the evident fullness of the love my heart bears to you.

- John Henry Newman

For more information on this email and our partnership with Dynamic Catholic [check out this video](#).