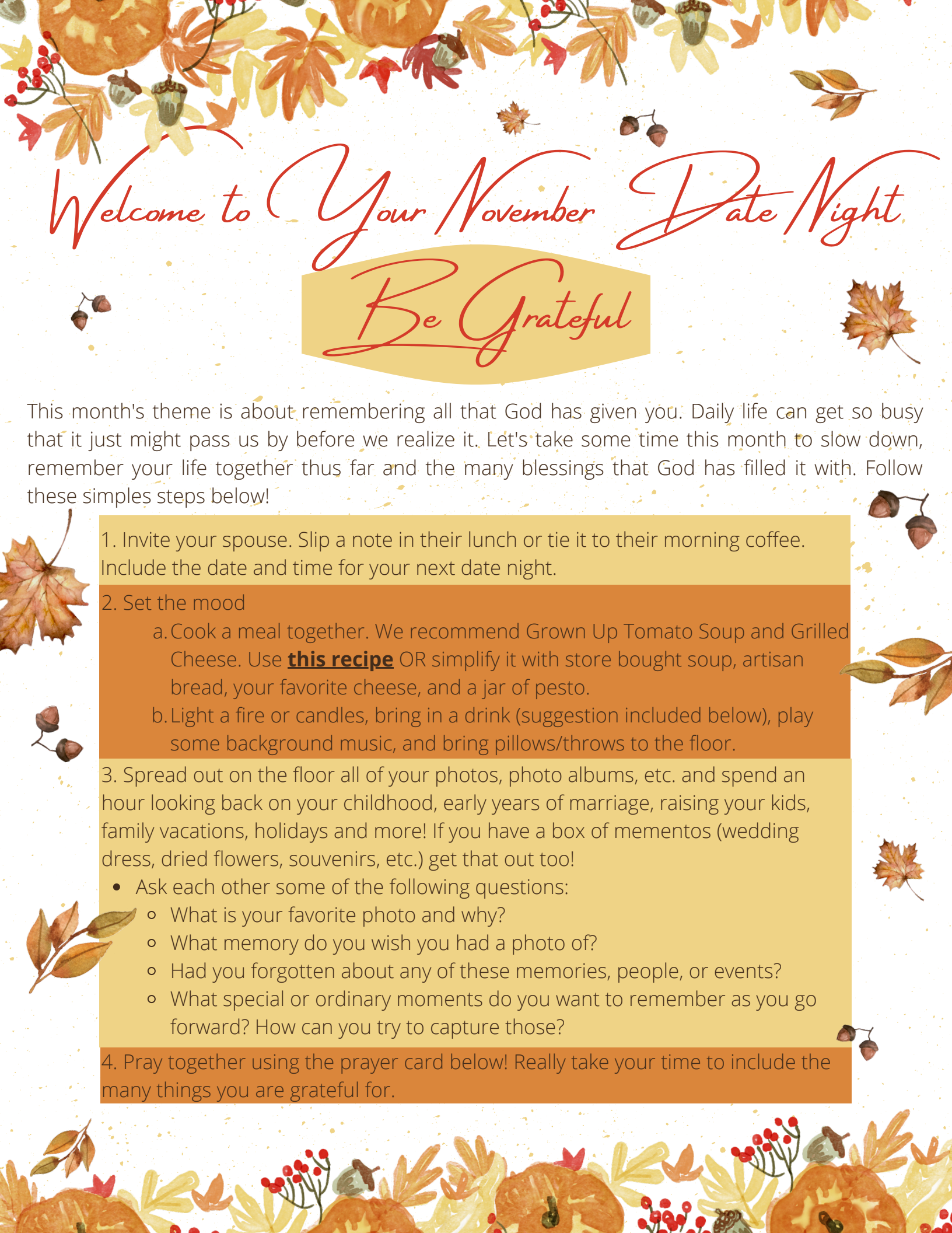




Welcome to Your November Date Night

Be Grateful

This month's theme is about remembering all that God has given you. Daily life can get so busy that it just might pass us by before we realize it. Let's take some time this month to slow down, remember your life together thus far and the many blessings that God has filled it with. Follow these simple steps below!

1. Invite your spouse. Slip a note in their lunch or tie it to their morning coffee. Include the date and time for your next date night.

2. Set the mood

- a. Cook a meal together. We recommend Grown Up Tomato Soup and Grilled Cheese. Use **this recipe** OR simplify it with store bought soup, artisan bread, your favorite cheese, and a jar of pesto.
- b. Light a fire or candles, bring in a drink (suggestion included below), play some background music, and bring pillows/throws to the floor.

3. Spread out on the floor all of your photos, photo albums, etc. and spend an hour looking back on your childhood, early years of marriage, raising your kids, family vacations, holidays and more! If you have a box of mementos (wedding dress, dried flowers, souvenirs, etc.) get that out too!

- Ask each other some of the following questions:
 - What is your favorite photo and why?
 - What memory do you wish you had a photo of?
 - Had you forgotten about any of these memories, people, or events?
 - What special or ordinary moments do you want to remember as you go forward? How can you try to capture those?

4. Pray together using the prayer card below! Really take your time to include the many things you are grateful for.

All Saints & All Souls

November 1 & 2

On November 1st, All Souls Day, the Church honors all the souls in Heaven, both the canonized saints known to us and the uncanonized saints unknown to us. Perhaps, take a moment to **sing** or **recite** a special prayer called the Litany of the Saints. After celebrating the Church triumphant in Heaven, on November 2nd, the Church militant on earth turns her thoughts to the Church suffering in Purgatory and prays for the speedy delivery of the poor souls from their painful purification. Many customs surround All Soul's Day, chief among them a visit to the final resting place of one's dearly departed. For many cultures, that visit includes bringing food and drink to the grave.

We recommend a walk down memory lane with a drink that one of your departed forebears used to enjoy. If no candidates come to mind, have an Old Fashioned to honor the folks who have gone before you.

*-Slightly adapted from **Drinking with the Saints***

Old Fashioned

2 oz. rye or bourbon
1 tsp. simple syrup
dash of bitters,
Angostura or orange
orange wedge and cherry
for garnish

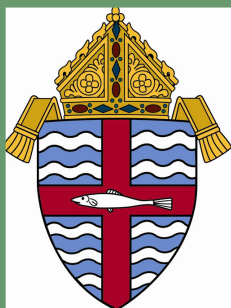


Pour simple syrup, rye, and bitters into an old fashioned glass. Stir and fill with ice. Garnish with orange and cherry.



Enrich Your Marriage

*Pray together
as a couple*



Marriage & Family Diocese of Madison

Find monthly DATE NIGHT
resources at:

madisondiocese.org/date-night

- Find a quiet place for the two of you to sit together.
- Begin by making the sign of the cross.
- Say together:

Father, help us to get to know you during this time of prayer.

- Take a moment to be still and rest in God's love for you and your spouse.
- Turn towards each other, and holding hands, take turns praying the following out loud to your spouse:

Father, thank you for ____ (name of spouse) and the the blessings you have given us, especially ____.

Jesus, I am sorry for the ways I have not loved you or ____ (name of spouse), especially ____.

Holy Spirit, come bless and guide our marriage, particularly give us ____ (ask for specific gifts or virtues that you need). Please help us to glorify you through our marriage.

- Take turns praying out loud by saying the following words:

*Blessed are you, Lord,
For by your goodness I took ____ (name of spouse) as my wife/husband.*

- Together pray out loud:

*Blessed are you, Lord,
For in the good and the bad times of our life you have stood lovingly by our side. Help us, we pray, to remain faithful in our love for one another, so that we may be true witnesses to the covenant you have made with humankind.*

- End by making the sign of the cross.