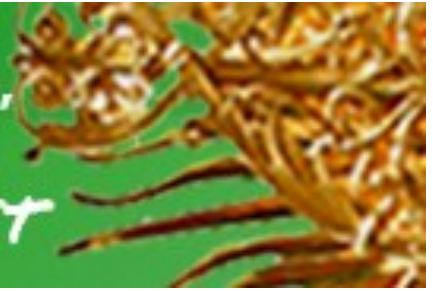




Pray for Life, Marriage, and Religious Liberty JOIN THE MOVEMENT



February 14: Friday Fast

Intention:

For engaged couples, that once married, they may use the grace they receive from the sacrament to live a true gift of self.

Did you know?

Pope Francis will be meeting with engaged couples for the Feast of Saint Valentine! Under the title “The Joy of Yes Forever!,” the event is expected to have several thousand participants. These couples from all around the world are looking forward to receiving advice and the blessing from the Holy Father as they embark on their high calling to image Christ’s love for His Church. More information on this event can be found [here](#).

Quick Links

- ⇒ [Call to Prayer facebook page](#)
- ⇒ [Join the Movement!](#) (video)
- ⇒ [Call to Prayer webpage](#)

Reflection:

Marriage, the union of one man and one woman, is a unique kind of relationship because in marriage, a husband and wife give themselves to one another completely. Before he became Pope John Paul II, Karol Wojtyla explained in his book *Love and Responsibility*, “The essence of [married] love is self-giving, the surrender of one’s ‘I.’” This means that married love is unselfish. A husband and wife are called to treat each day as a new opportunity to think of the other’s needs above their own. If this gift of self is lacking, he explained further, there is a danger that they may treat one another as objects to be used. With authentic love within the marriage of one man and one woman, however, giving oneself is never simply a total self-emptying. Through this giving, there is also a simultaneous receiving of one’s spouse’s gift of self in return. This reciprocal giving and receiving of love within marriage allows for a true and unique “communion of persons.”*

*For a deeper understanding of the meaning of “communion of persons,” visit the USCCB 2009 pastoral letter [Marriage: Love and Life in the Divine Plan](#), pages 10-11.

VISIT WWW.USCCB.ORG/FAST TO SIGN THE FASTING PLEDGE & TO SIGN UP FOR WEEKLY E-MAIL REMINDERS & INTENTIONS, OR TEXT “FAST” TO 99000 TO RECEIVE WEEKLY TEXT MESSAGES.