

# becoming ONE

nurturing your marriage



During this period of Great Lent, decide on one practice you and your spouse will do together. Whether or not your spouse is Orthodox or has the same interest level in matters of faith, it is important to find mutual spiritual ground from which to build, especially during this time of preparation for Pascha. Remembering the three "pillars" of Lent--almsgiving, fasting, and prayer--consider the following possibilities: praying together the Prayer of St. Ephrem or another prayer daily/a few times a week; reading a Psalm or the Bible readings for the day; reaching out to someone in need (food kitchen, tutoring underprivileged children, preparing a meal for a shut-in, etc.).

