

becoming ONE

nurturing your marriage



Stretched to the Limit?

Saint Anthony the Great said the following: “If we stretch the brothers beyond measure, they will soon burst.” Though he was speaking of being stretched in doing God's work as a monastic, those who are married have a lesson to learn, particularly during these difficult days of pandemic, when many of us find ourselves stretched to--or beyond our limits.



Take some time with your spouse and discuss the extraordinary ways in which your marriage is being “stretched” right now and what you can do, by the grace of God, to guard your marriage from “bursting.”

