

# Nurturing Hope within Families

## Daily Prayer

**Prayer Intention:**  
For the spiritual  
growth of families,  
the domestic church

Loving Father,  
may we look to the example  
of the Holy Family,  
which reminds us  
that the love of God is shown  
through our families,  
the domestic church.

May we constantly remember  
that Jesus' life, death,  
and Resurrection are together  
the source of our hope and that,  
through Him, we have the firm  
promise of salvation.

We ask this through  
Christ our Lord,  
Amen.

## Daily Quote

*“Lord, help me to live this day,  
quietly, easily.*

*To lean upon your great strength,  
trustfully, restfully.*

*To wait for the unfolding of your will,  
patiently, serenely.*

*To meet others, peacefully, joyously.*

*To face tomorrow, confidently, courageously.”*

*(St. Francis of Assisi)*



National  
*Family & Life Week*  
May 13-19, 2024 Love hopes all things

Today's prayer intention and family activity were developed  
by members of the CCCB Standing Committee for Family and  
Life (National Week for Family and Life, 13-19 May 2024).



# Nurturing Hope within Families

## *Daily Activity for the Parish:*

### **“Love in Marriage” Reflection Evening**

Invite parishioners to join in an evening of reflection on Chapter Four of *Amoris Laetitia*, “Love in Marriage.” Take the time to discuss how Pope Francis explains what it means to live out the love that Saint Paul describes. Help families see that their love reflects the love of God for every person and that this deep love of the Father should bring hope to all of us, especially our families.

## *Daily Activity for Families:*

### **“Gifts of Gratitude”: Family Sharing**

In the busyness of life, we can sometimes forget to spend time as a family sharing the gifts God has given each member. Set time aside today to tell other family members the God-given gifts you see in them and how their gifts make your family better. Place the names of each family member in a basket. Select a name from the basket, announce the name, and ask each family member to identify one gift they see in that person. Continue to do this until all members have had a chance to see and hear how God is using each member to draw the whole family closer to Christ and to live out the Gospel more clearly in today’s world.



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# Cultivating Hope in those Suffering in Body, Mind, or Spirit

## Daily Prayer

**Prayer Intention:** For those experiencing spiritual or physical difficulties

Loving Jesus,  
we pray for all of those who are suffering in body, mind, or spirit.

Help them to feel your closeness in these difficult times and ease their burdens. Help them to entrust all of their worries and burdens to your loving care.

May they be strengthened by your grace and experience the peace that only you can bring. Amen.

## Daily Activity for Families:

### Prepare a meal for those in need or distress

In times of extreme difficulty, even caring for our own basic needs can feel overwhelming. As a family, find someone in your community who would find great comfort in having a meal prepared for them. Make sure to check for any food allergies or specific dietary restrictions before preparing the meal; you may want to inquire first about their favourite desserts or meals. As best as possible, try not to overburden them with the meal delivery: use containers that do not need to be returned; include any instructions needed for heating/serving; and do not overstay your welcome when dropping off the food. Include a handwritten note or card from you and your family assuring them of your prayers.

## Daily Activity for the Parish:

### “Welcoming Hearts” Outreach Initiative

If your parish has ushers or a hospitality team, encourage them to take note of who often attends Mass by themselves. Try to greet and connect with those parishioners, taking the time to discern their specific needs and finding opportunities to provide them with assistance.

## Daily Quote

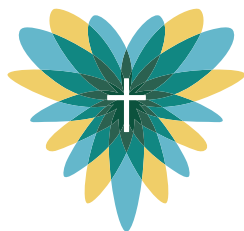
*“[I]n families, there is always, always, the Cross...in families as well, after the Cross, there is the Resurrection...The family is...a factory of hope, of life, of resurrection. God was the one who opened this path. In families, there are difficulties, but these difficulties are overcome with love.”*

(Pope Francis, Meeting of Families in Philadelphia, 2015)



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# Offering Hope to Families whose Unity is in Crisis

## Daily Prayer

**Prayer Intention:** For families that they may find peace and hope during times of crisis

*God, our Father, you have compassion on those who undergo tribulations.*

*We entrust our family relationships to you, so that you may teach us to welcome each other with our differences, and to forgive one another.*

*In this way, may we welcome your Word who proclaimed, "Peace be with you"*

*You who live and reign forever and ever. Amen.*

## Daily Quote

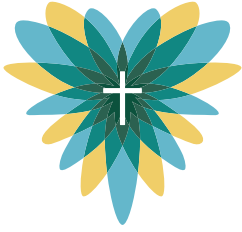
*"The strength of the family lies in its capacity to love and to teach how to love. For all a family's problems, it can always grow, beginning with love."*

*(Pope Francis, Amoris Laetitia, 53)*



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## Offering Hope to Families whose Unity is in Crisis

### *Daily Activity for Families:*

#### **“Gifts of Love” Exchange**

Encourage a deeper connection within your family by organizing a “Gifts of Love” Exchange. Each family member draws the name of another, committing to pray for and express love for them through kind words, services rendered, gifts, loving gestures or by spending time with them throughout the day. This thoughtful exercise fosters appreciation and strengthens the bonds of affection within the family unit.

### *Daily Activity for the Parish:*

#### **“Enhancing Love” Workshop**

Elevate relationships among families within the parish community by offering a workshop on Gary Chapman's well-known book, *The 5 Love Languages*. This insightful session will provide tools to help families better understand each other by exploring the different ways in which we express our love. The workshop aims to enhance communication, foster understanding, and strengthen the bonds of love within families, aligning with the parish's commitment to supporting and nurturing healthy family relationships.



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# Encouraging Hope in Couples who are Engaged or Newly Married

## Daily Prayer

**Prayer Intention:** For those who are called to, or are sharing in the vocation of marriage

God our Father,  
we give you thanks for the gift of marriage.  
We pray that all couples be filled with grace  
to strengthen and encourage one another  
and that spouses never take each other for granted.  
We pray that all married couples recognize the goodness  
and the beauty of their marriage, and how their witness  
enriches our Church and our world. Amen.

## Daily Activity for Families:

### Rosary for engaged and married couples

Come together as a family in a spiritual union by praying a rosary specifically dedicated to engaged and married couples. Personalize your prayers by mentioning the names of couples you know, lifting them up in this sacred moment of reflection and support.

## Daily Activity for the Parish:

### Mass to celebrate engaged or newly married couples in your parish

Invite all couples who have been married in your parish in the last year or who are planning to get married in the upcoming year to Mass. Reserve pews for them near the front and acknowledge or welcome them at the beginning of the Mass. Have a small reception afterwards so that members of the parish community can welcome them, congratulate them and offer to pray for them.

## Daily Quote

*“Young love needs to keep dancing towards the future with immense hope. Hope is the leaven that, in those first years of engagement and marriage, makes it possible to look beyond arguments, conflicts and problems and to see things in a broader perspective.”*

(Pope Francis,  
*Amoris Laetitia*, 219)



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# Bringing Hope to those who are Grieving

## Daily Prayer

**Prayer Intention:** For people grieving the loss of a loved one

*Lord, we pray for those grieving the loss of a loved one. Come and remind them that the grain that dies bears much fruit, and that our death is not the end of life, but the beginning of a new and eternal life with you. Amen.*

## Daily Activity for Families:

### Planting Seeds of Remembrance and Growth

Engage your family in a meaningful activity by planting flower seeds in a pot and nurturing them together over the next few weeks. Draw a parallel between the seemingly lifeless seed that transforms into a beautiful flower and the concept that, though a loved one's body rests in the sleep of peace, we trust that our loved one will, like Jesus, rise again. Use this gardening experience as an opportunity to discuss the cycle of life, growth, and the enduring nature of love.

## Daily Activity for the Parish:

### Mass of Remembrance

Organize a Mass of Remembrance for parishioners who have died during the year. Extend invitations to their families, offering them solace and support in their time of grief. The Mass of Remembrance provides an opportunity for the community to join in prayer, offering comfort and strength to those mourning the loss of their loved ones.

## Daily Quote

*“The faith we profess in the Resurrection makes us men and women of hope, not despair, men and women of life, not death, for we are comforted by the promise of eternal life, grounded in our union with the risen Christ. ... Jesus has shown us that death is not the last word.”*

(Pope Francis, Homily, 3 November 2017)



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# Celebrating Hope through Family Traditions

## Daily Prayer

**Prayer Intention:** For the unity, love,  
and well-being of our families

*Loving and faithful God,  
through signs, symbols and rituals, you invite us  
to know and worship you.*

*Help us, as we live our traditions, to keep faith  
alive in our hearts and strong in our families.*

*May these cherished customs and rituals ground us in  
the faith and make us confident to share it with others.*

*We ask this through Christ our Lord, Amen.*

## Daily Activity for Families:

### Crafting a Mealtime Blessing

Family traditions bind us together as we spend time with those we love. They help us to share in fun activities, but also involve rituals and customs. They shape our identity and remind us of our deep love for God and for each other. As a family, take some time today to write a new mealtime prayer to say together each time you gather at the table.

## Daily Activity for the Parish:

### “Family of Families” Social Gathering

Pope Francis calls the Church a “family of families.” We, too, share traditions that help deepen the faith of the entire Church family, but also bring people together for fun and community. Consider organizing a “Family of Families” social today, inviting the extended family of parishioners to share in the event. Think about a potluck or catered lunch, brunch, or dinner, or another social event that might become a new parish tradition.

## Daily Quote

*“God wants young people  
to bring joy to the hearts  
of the elderly... and gain  
wisdom from their  
experiences.”*

*(Pope Francis, Message,  
July 23, 2023)*



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# The Holy Spirit gives us Hope and Strengthens us for Mission

## Daily Prayer

### Prayer Intention:

For unity within families

Heavenly Father,

as we gather as families and communities, we lift our hearts to you, seeking the grace to foster unity within our homes.

Grant us the strength to emulate the love and unity found in the Holy Family, so that through our shared hope in you, we may become beacons of light to the world.

May the bonds within our families be strengthened by the love that reflects your divine presence.

Help us to understand that in fostering communion, we are living out the Gospel message and becoming witnesses to the transformative power of your love.

We offer this prayer through Christ our Lord,

Amen.

## Daily Quote

*“This mission of giving light to the world is so beautiful! We have this mission, and it is beautiful! It is also beautiful to keep the light we have received from Jesus, protecting it and safeguarding it. The Christian should be a luminous person; one who brings light, who always gives off light! A light that is not his, but a gift from God, a gift from Jesus.”*

(Pope Francis, Angelus, 9 February 2014)



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# *The Holy Spirit gives us Hope and Strengthens us for Mission*

## *Daily Activity for Families:*

### **“Spreading Joy” Community Outreach**

In the spirit of sharing hope with the wider community, dedicate today to family volunteering or creating cards and gift baskets for those in need.

Reach out to long-term care homes, pregnancy care centres, or other local organizations that may benefit from a gesture of kindness.

Encourage each family member to contribute in a meaningful way, spreading joy and hope to those who may feel isolated or in need of support.

## *Daily Activity for the Parish:*

### **“Renewal of Hope” Family Mass and Fellowship**

On Pentecost, let us reflect on the Holy Spirit's gifts that bring hope to families. Invite families to come to Mass together and encourage them to invite others, especially those who are away from the Church, to experience the Spirit's transformative power.

The homily may focus on the Holy Spirit as a source of unity and hope in families. After Mass, share a meal, fostering community and strengthening unity.

Emphasize the Holy Spirit's role in promoting hope and peace within the parish and encourage families to carry this spirit into their homes and daily lives.



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