



Being a Witness of Hope as a Young Person

“Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer everyone.” – Colossians 4:6

How do I inspire hope online?

Tips for using social media

From the
Canadian bishops’
Pastoral Letter



check for
accuracy



seek greater
perspective



value human
dignity



bring curiosity
into the
conversation



distinguish
between
intention and
impact



privilege
“in real life”
encounters



tend to our
time spent
online



Are you a witness of hope on social media?

Take the interactive quiz and find out!

bit.ly/witness-of-hope-online



National
Family & Life Week
May 11-18, 2025 *Abound in hope*



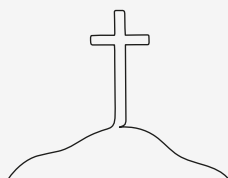
Be a missionary disciple!

Print and cut out the cards to share with a friend



"HOPE is trusting
in what God has
promised us ...
even though we do
not yet see it."

YouCat #308



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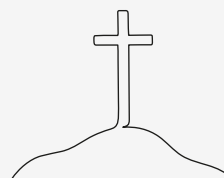
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Saint Carlo Acutis*,
pray for us.

*Canonization on 27 April 2025

Check out this music
video for the Jubilee
Year 2025!



Music by:
ooberuseband - "Jubilee
Hymn 2025 - Pilgrims
of Hope - UK version"



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