



Every day before dinner this week, remember to offer a prayer, such as:

Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ, Our Lord. Amen.



Bring flowers to the gravesite of someone important to your family and pray for their eternal rest in Our Lord, who awaits us all at the end of our pilgrimage of hope.



Holy Habits for Families



When did a priest or deacon last visit your home for a blessing?

Reach out and schedule a Blessing of your Home!



Unplug from devices. Try playing a board game, cards, hide-and-seek, or putting together a puzzle. If it's nice outside, go for a walk together.

Enrich your understanding of prayer through this recorded webinar series from the Canadian Conference of Catholic Bishops:

A Great Symphony of Prayer:

The Our Father as a Programme of Life
www.cccb.ca/prayer-webinar

Mary, the Saints, and Scripture
www.cccb.ca/mary-saints-scripture

Check out the Jubilee Hymn on your way home from Mass: 

www.cccb.ca/pilgrims-of-hope
Official Hymn for the 2025 Jubilee – "Pilgrims of Hope"



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