



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.



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

Reach out and schedule a Blessing of your Home!

## Holy Habits for Families



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](http://www.cccb.ca/prayer-webinar)

Mary, the Saints, and Scripture  
[www.cccb.ca/mary-saints-scripture](http://www.cccb.ca/mary-saints-scripture)

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

[www.cccb.ca/pilgrims-of-hope](http://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*