



Liturgical Resources for National Family and Life Week (May 11-18, 2025)

“Abound in hope!” This powerful message, taken from St. Paul’s letter to the Romans, is the theme for National Family and Life Week 2025, which begins on Sunday, May 11, and concludes on Sunday, May 18.

Dioceses and parishes across Canada are invited to celebrate National Family and Life Week, with each faith community discerning how best to mark the occasion in their local context.

The following prayers and liturgical resources for National Family and Life Week are available below:

- Suggestions for the Universal Prayer
- Homily Ideas for Sunday, May 11 and Sunday, May 18

Additional resources are available at <https://www.cccb.ca/faith-moral-issues/family-and-life/national-family-and-life-week/>

Suggestions for the Universal Prayer:

The following petitions may be added to the Universal Prayer at Mass on the 4th Sunday of Easter (May 11, 2025) and the 5th Sunday of Easter (May 18, 2025).



For the Church, may She be a guiding light and a place of profound encounter with God for families everywhere. We pray to the Lord.

For all levels of government, may present and future leaders recognize the dignity of life from conception to natural death and the family's crucial role in fostering thriving communities. We pray to the Lord.

For families experiencing life challenges and difficulties, may they find consolation, healing, and strength in God's enduring promise of everlasting life. We pray to the Lord.

For our parish community, a family of families, may we be a beacon of hope to our neighbours as we seek to imitate Christ's love. We pray to the Lord.

For married couples, may they seek to cherish each other daily while practising Christ's love that forgives and redeems. We pray to the Lord.

(For use on May 11, Mother's Day):

For all mothers, may they be filled with hope and honoured in their daily efforts to cultivate a loving environment for their families and their communities. We pray to the Lord.



Office for Family and Life
Canadian Conference of Catholic Bishops (CCCB)
2500 promenade Don Reid Drive, Ottawa, ON K1H 2J2
Tel: 613-241-9461



Homily Ideas:

Sunday, May 11, 2025: 4th Sunday of Easter

- World Day of Prayer for Vocations
- Mother's Day
- Launch of National Family and Life Week 2025 (Theme: "Abound in Hope")

READINGS:

1st Reading: Acts 13.14, 43-52
We are now returning to the Gentiles

Responsorial Psalm: Ps 100.1-2, 3, 5 (R.3c)
R. We are his people: the sheep of his pasture.
or: **R.** Alleluia!

2nd Reading: Revelation 7.9, 14b-17
*The Lamb will be their shepherd
and he will guide them to springs of the water of life.*

Gospel: John 10.27-30
I give my sheep eternal life.

Today's Gospel points to the very heart of the Jubilee Year: "I give them eternal life, and they will never perish. No one will snatch them out of my hand." Baptized in the waters of life, we share in Christ's Death and Resurrection. As Pilgrims of Hope, we share in the everlasting hope of the promise of eternal



Office for Family and Life
Canadian Conference of Catholic Bishops (CCCCB)
2500 promenade Don Reid Drive, Ottawa, ON K1H 2J2
Tel: 613-241-9461



salvation. The very basis of our hope is to be united with God the Father. The Responsorial Psalm reminds us that we are His people!

The family, sometimes called the Domestic Church, is a place where we are all called to be tangible signs of hope for one another, especially when walking through hardships of any kind. The family is the first place where life is welcomed, serving as the foundation of our society. In our families, we learn sacrifice, patience, forgiveness, kindness, and tenderness. It is not always easy. Sometimes, we make mistakes, and sometimes, there are divisions and heartache. Through God's grace, we can continually abound in the hope that Christ is with us and shows us the way to His love.

In our world, we must always work toward protecting and promoting a future filled with the laughter of babies and children. With the echoes of new life, all members of the community, regardless of their ages, encounter the joy of living. Young people, especially, bring dynamism and new creativity to the world. Through Christ's call, young people make present a future full of hope.

For those who have lived long lives, you are signs of hope through the sharing of your life experiences, wisdom, and stories. Grandparents and the elderly play a crucial role in handing down faith and traditions. As Pilgrims of Hope, the Church encourages us to work together to overcome loneliness and abandonment through prayer and by reaching out and being present to one another.

By the observance of Mother's Day, we mark the fundamental role of motherhood, both natural and spiritual, in bringing forth and raising up life through patience, humility, justice, and love. We especially call upon Mary, the Mother of God, who lovingly embraced Christ, to help us face our daily challenges with hope and joy.



Office for Family and Life
Canadian Conference of Catholic Bishops (CCCB)
2500 promenade Don Reid Drive, Ottawa, ON K1H 2J2
Tel: 613-241-9461



Sunday, May 18, 2025: 5th Sunday of Easter

- Conclusion of National Family and Life Week 2025

READINGS:

1st Reading:

Acts 14.21b-27

*They called the Church together
and related all that God had done with them.*

Responsorial Psalm:

Ps 145.8-9, 10-11, 12-13 (R.1)

R. I will bless your name for ever, my king and my God.

or: **R.** Alleluia!

2nd Reading:

Revelation 21.1-5a

God will wipe every tear from their eyes.

Gospel:

John 13.1, 31-33a, 34-35++

I give you a new commandment, that you love one another.

In today's Gospel Reading, Jesus says, "I give you a new commandment, that you love one another." In our families, let us be reminded and renewed by Jesus' words, "Love one another." Let us forgive daily, for better and worse, in sickness and health, in good times and bad. We find love at the heart of family relationships, a communion of love in Christ. When we think about the day-to-day lives of families, we know that sometimes a family is one of the most challenging relationships to build, nourish and maintain. Families can disagree about many things – sometimes with lots of emotions!

To love one another is for us to be "guardians of life" within our families and in our communities, whether by caring for the elderly, being of service to those



Office for Family and Life

Canadian Conference of Catholic Bishops (CCCCB)
2500 promenade Don Reid Drive, Ottawa, ON K1H 2J2
Tel: 613-241-9461



with disabilities, helping the poor and marginalized in society, and in many other ways. Love, sometimes called charity, is a theological virtue, which means we need God's grace to receive and give it. Charity is what holds together our Church, a Family of families.

Faith, hope, and charity are all gifts from God that we receive and practise through prayer, concrete acts of generosity and care, and the Sacraments. May each person find unique ways to show their family members just how much they love and care for each other.



Office for Family and Life
Canadian Conference of Catholic Bishops (CCCB)
2500 promenade Don Reid Drive, Ottawa, ON K1H 2J2
Tel: 613-241-9461