



Offering compassion for those grieving the loss of children

Daily Prayer

Prayer Intention:
Offering compassion for those
grieving the loss of little ones

O loving God, out of the depths, we cry to you.
Your Spirit intercedes for us even when we do not
know how to pray.

Come near to those who mourn the loss of a preborn
infant or child, for you know our hearts and share
our tears especially in times of grief and sorrow.
Guide us with your grace to recognize you are always
with us, even as we walk through the valley of the
shadow of death.

Almighty God, who knew us and formed us in the
womb, we ask that you enfold every grieving heart
and every child in heaven into your tender loving
care; by your Spirit, we ask for your kindness and
grace. Amen.

Daily Activity for the Parish:

In your parish community, can you find ways
to gently raise awareness and support for
those grieving the loss of preborn and born
children? Sometimes the best people to lead
these outreach programs and initiatives are
those who have also experienced the grief
of losing a child. Consider working closely
with these parents and families and seeking
guidance from them in your pastoral
approaches and ideas.

Saints Zélie and Louis Martin

*Saints Zélie and Louis Martin witnessed
living holiness in the midst of grieving
the loss of their infants and children.*

*In Saints to Know & Novenas to Pray for
Miscarriage and Infant Loss, it outlines
that in regard to St. Zélie: Four of her
and Louis Martin's nine children died
very young. She wrote about her losses
and expressed no regret in having her
children, even though she suffered much
sorrow, sharing that "we shall find our
little ones again up above."*

*St. Therese of Lisieux attributed many
graces to her siblings' prayers in heaven.*



National
Family & Life Week
May 7-14, 2023 *Love one another*



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Daily Activity for Families:

Create a 'Rooted in Love' Memory Garden

Start with talking about how each family member feels about having a memory garden to honour their sibling. Young children can help plan and draw what it might look like. Choose a special tree and plant it together as a family and create a garden so everyone can contribute and participate.

You can symbolize the family unit with pots or other objects such as DIY stepping stones for each family member. Hummingbird feeders and wooden hand-painted bird feeders can attract feathered friends to visit. Be creative and decorate pots, stones etc. with pens or paint. Use ribbons to represent memories, laminate drawings or pictures and hang them off branches.

Make it your own! You may wish to include a statue of the Holy Family and/or design a Rosary garden using painted rocks. Add a prayer bench and table to read, journal or meditate with a candle. It can be healing to sit around a firepit and pray together.

Here are ideas on how families can decorate the tree together;

Advent

Jesse Tree Symbols and/or a numbered bag for each day of Advent with a surprise such as mini pieces to create a small nativity scene to display under the tree

Christmas

Have children create their own decorations using clear ornaments and add mini outdoor lights

Valentine's Day

Hang hearts and notes of love and gratitude for family members to find

Lent/Easter

Use Easter eggs with scripture verses inside for each day of Lent, have an Easter egg hunt

Birthdays

Add streamers, have a picnic in the yard that includes birthday cake

Additionally, the same plant/tree can also be sent to extended family members so they can also be part of honouring the lost child. Flower seeds can also be sent to those who are farther away. It's a beautiful way to remember loved ones and also create a new life and memories together. How meaningful would it be to exchange pictures of the memory gardens each Christmas?



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Today's prayer intention and family activity was developed in collaboration with Elizabeth Ministry BC, which offers faith-based, peer support after loss of a baby during pregnancy, at birth, in infancy and toddlerhood. Visit Elizabeth Ministry BC's website here: www.elizabethministrybc.ca