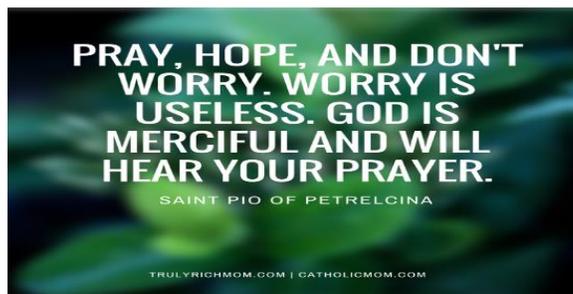


FAMILIES ON FIRE



Reflection: May: Hope

As we finish up the last few weeks of the Easter Season, we can reflect and share in the supernatural hope the Resurrection has brought into our lives. The word hope, though short in spelling, holds a long meaning. It is essential to the Christian life by being a part of the three Theological Virtues of the Catholic Church. The Catholic Church describes Christian hope, "by which we desire the kingdom of heaven and eternal life as our happiness placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit", CCC 1817.

1. Happy birthday Catholic Church!!! Who doesn't like a great celebration? On the Feast of Pentecost, May 20th, the Church recalls the Holy Spirit being descended upon the Apostles before they went off to evangelize the world. Here is a cake recipe to make, eat, and discuss! Enjoy!
<https://www.catholicculture.org/culture/liturgicalyear/recipes/view.cfm?id=273>
2. Come up with a "Prayer of Hope" that is specific to your family. Find out how Jesus, God, the Holy Spirit and the Church brings hope to each member. Write it down and keep it handy to pray it frequently to help renew our hope.
3. If you have a statue of Mother Mary in your home or garden, make a crown of flowers in honor of her for Mother's Day, May 13th. Or you could also place fresh flowers near a picture and/or symbol you have of her. Asking for her protection for all mothers and the Catholic Church is a wonderful prayer as well.
4. This year the Ascension of the Lord falls in May. We have two days to celebrate since it is a big event! There is Ascension Thursday, May 10th, and Ascension Sunday, May 13th. Attending Mass and hearing the readings about Jesus' rising into Heaven in front of the Apostles is a sure way to encounter hope! Making a centerpiece for the dinner table and/or prayer table is a fun way to remember the Ascension as well. Start with a round cardboard piece, glue on tissue or cotton balls to resemble clouds. Then finish by placing a Jesus statue, print out, or prayer card in the center. Be creative!

"One who has hope, lives differently"

Pope Emeritus Benedict XVI