



Accompanying those who are sick and dying

Daily Prayer

Prayer Intention:

For an increase of good palliative care and end-of-life care

*Compassionate and healing God,
We pray for all those who are sick and those nearing
the end of this earthly life.*

*Draw near to them and extend your consoling presence.
Bless them with family and friends to care for and
accompany them, skilled caregivers to ease their
suffering and lessen their burden, and volunteers to
lend a listening ear and steady presence.*

*May your loving embrace be a light to their lives.
Through Christ our Lord, Amen.*

Daily Activity for the Parish:

In your parish community, have you launched the Canadian Conference of Catholic Bishops' [Horizons of Hope: A Toolkit for Catholic Parishes on Palliative Care?](#)

The open access program includes a facilitator's guide and four modules that are easy to follow and offer high-quality medical and theological information on palliative care. It is so important to talk about end-of-life care today—don't delay in opening these conversations in your parish community.

St. Marguerite d'Youville

St. Marie-Marguerite d'Youville, née Dufrost de Lajemmerais (1701-1771). D'Youville was the founder of the Sisters of Charity of the Hôpital Général de Montréal, also known as the Grey Nuns. She was the first Canadian-born saint, canonized by Pope John Paul II in 1990.

For more information on St. Marguerite d'Youville, read here:

- www.bit.ly/StMarguerite
- www.bit.ly/StMargueriteResources



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



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Daily Activity for Families:

Start a conversation in your family about what's most important to you at the end of life. Health care and end-of-life planning conversations are a powerful entryway to connect meaningfully about life and death.

Note: This activity is most appropriate between young adults, parents and grandparents; however, mature teenagers may also find these types of conversations helpful.

Conversation guide about healthcare and eventual end of life care

Step 1 – Set a Comfortable Context

Who should be present for this conversation? When is a good and appropriate time to propose the idea, such as after a family dinner or during a walk? Can you provide some advanced notice and timing for those family members to feel comfortable with the idea? It may be helpful to put people at ease (offer a disclaimer) – something like “I know it seems morbid or strange, but I want to know what’s important to you.”

Step 2 – What Matters Most to You?

Read out loud each question and allow everyone to silently reflect and/or jot down some thoughts

- What does a good day look like to you?
- How does your faith support you day to day?
- What matters to you most through to the end of life?

Open up the conversation and allow everyone some time to speak. Respect those who do not wish to speak at that moment.

Step 3 – What is a priority for you at the end of life?

Read out loud each question and allow everyone to silently reflect and/or jot down some thoughts

- At the end of life, would you rather be at home, hospice or hospital? Does it matter to you?
- What are your fears related to the dying process?
- Do you feel like you have a good understanding about the benefits of palliative care?
- Are there specific things you require at the end of life, especially in relation to your faith? For example, would you value a visit from a priest for the Sacrament of the Anointing of the Sick? Would you want someone to read scripture to you or read out loud your favorite prayer?

Step 4 – Next Steps

After the initial conversations, it may be opportune to discuss advance care planning to make your specific healthcare wishes known.

More practical resources can be found in the appendices of [Horizons of Hope](#).



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