



ALL
SAINTS
DAY

ALL
SOULS
DAY



SMALL GROUPS

HOLY FAMILY NEWSLETTER

THIS MONTH WE PRAY FOR THE SOULS IN PURGATORY

November began on All Saints Day where we celebrated the Communion of Saints, those people we believe are in heaven, through good works and God's grace. All Saints Day reminds us how we're supposed to live. The following day, on All Souls Day, we offered prayers for those in purgatory, waiting to get into heaven, and asked for God's mercy on them.

While we are always called to pray for the dear souls in purgatory are called to do this in a more intentional way for entire month of November

This month, consider having each of your group members write the names of family members & loved ones who have died. Remembering also the souls of those in our community, priests, those who died of Covid and especially those who may have died without receiving the Sacrament of Anointing of the Sick. Then, light a candle and pray for them together!

A PRAYER FOR THE SOULS IN PURGATORY

O most gentle Heart of Jesus, ever present in the Blessed Sacrament, ever consumed with burning love for the poor captive souls in Purgatory, have mercy on the souls of Your departed servants. Be not severe in Your judgments, but let some drops of Your Precious Blood fall upon the devouring flames. And do You, O Merciful Saviour, send Your holy angels to conduct them to a place of refreshment, light and peace. Amen.

The Pope's Prayer Intentions for November Let us pray for people who suffer from depression.

Each year, the Holy Father asks for our prayers for a specific intention each month. This month, we are asked to pray for people who suffer from Depression. *"We pray that people who suffer from depression or burn out will find support and a light that opens them up to life."*

If you or someone with whom you are close has suffered from depression, you might know how isolating it can be. Depression is a mental illness that touches every part of one's life: family, work, friendships, hobbies. It can feel dark and alone. Sometimes those with depression withdraw so as not to burden others with their darkness...Friends may tell them, "Just get over it," while others avoid them altogether. Jesus, however, shows us how to meet people in their suffering. He meets the blind man Bartimaeus, the woman at the well, lepers, and paralytics. They have been pushed to the margins of society, and Jesus meets them there. He gets close to them, connects with them and offers restoration.

So, how can we follow Jesus' example as we encounter those suffering from depression and burnout in our world today? How do we extend an opportunity for healing and restoration?

We draw close, we connect, and we offer the Light of Christ. He is the Light that gives us hope always. If you know someone who is suffering in this way, reach out; encourage them to see a counselor - and **invite Jesus close**. Ask for His healing and His Light.

This month, in our Small Groups, let's take the time to remember and pray specifically for those who are suffering. There may even be someone within your group silently suffering and maybe sharing & discussing each others intentions for loved ones who are suffering may bring them peace and courage to seek the help they need.

Pray for the grace to support those suffering from depression with love and kindness.

Reflection Questions with your Small Group: *How does Jesus interact with suffering people? What do you find inspiring about it? Give an example of a time when you helped someone who struggled with depression. Explain.*

"I am the Light of the world; he who follows Me will not walk in the darkness, but will have the Light of life." **John 8:12**



Before you know it Advent will be upon us!
Take some time to discuss as a group
how you will celebrate it!

A new Advent Series?
Support a new cause together?



What's your vision?

Having a Mission Statement for your Small Group will give your group direction - a vision breeds commitment and investment, otherwise your Small Group could be destined to die a slow death. When you have low level investment, more often than not, it produces low level fruit which eventually results in low level commitment. Having a vision also helps to clarify what you are trying to accomplish as a group and helps make decision making easier. A Small Group should call each of it's members into action leading them to ministry. Your Small Group should be much more than a Study Group, it should give you life & purpose! Start planning your vision this month!

Start with a few simple questions...

Get to really know the people in your group, you need to build and formulate your vision TOGETHER. Start with simple questions like Connie's Small Group group did. **Questions like:** Why did you join our Small Group? How satisfied are you with our group? What do you want to get from our meetings? and What is YOUR vision or goal for our group? These are good questions to get you started. Please work together with as a group on the vision and share with Father László by the end of January 2022.

Testimony from one of our Small Groups...

At first, Fr. Laszlo's suggestion of creating a small group vision seemed surprising, and we wondered what it could be for our group. There was a moment of questioning how far off the mark we might be in what our weekly gatherings were all about. But the more we thought about it, the more we realized that without actually articulating it, as a group of women, we have established our vision of who we are. There has been the on-going commitment of each person to the group, to the extent that everyone responds if they are unable to join on a given night. Our prayers at the beginning and end of the evenings have become so focused on the personal intentions of each person in a way that has established and grown deep and compassionate relationships with each other. After a year and a half of our meetings, we have truly been sharing our lives together in faith, through all of the challenges, disappointments, worries and grief, as well as the joys and celebrations, that we each have felt through different life circumstances. Our small group vision will continue to evolve out of our conversations and affection for each other, but for now, our hearts speak these words: closeness, reawakening of faith, companionship, strength, inspiration, open hearts to feel God's love and hear His call for each of us, meaningful prayer and reliance on intercession of Mother Mary, strength for mission, love of God and love for God.

Mary Kay's Small Group

Share with us how your group is working on your vision!

SERIES OF THE MONTH

ON FORMED!

In following October's pick of Wild Goose, another favourite that also features Father Dave in Metanoia. In the Gospel of Mark, the first words of Jesus are an invitation to metanoia, to repent, to change, to be converted.

This series is beautifully filmed on location in the Holy Land, highlighting sacred places such as the Sea of Galilee, the River Jordan, the desert of Temptations, and many of the holy sites in Jerusalem.

Each of the 10 episodes explores areas of our life where conversion is so often necessary. Metanoia will examine topics such as who is Jesus, what must we do to inherit eternal life, and many other significant matters of faith. With preaching from Fr Dave as well as personal testimonies from men & women, young & old, religious and lay, their stories will inspire you to encounter Jesus and the new life he is constantly inviting us to.

Use your FORMED account to access Metanoia videos & the participant guide.

New to Formed? Visit the website to set up your free account at:
holyfamilywhitby.ca/formed/

Share with me
how your
Small Group
Vision is going!

Kim

Contact Kim for more Information, to share your thoughts or to ask for support!
holyfamily.kim@gmail.com