



United States
Conference of
Catholic Bishops

Pilgrims on the Way of Hope: A Resource for the Jubilee of Families, Children, Grandparents and the Elderly

Jubilee 2025: Pilgrims of Hope

United States Conference of
Catholic Bishops

Jubilee of Families, Children, Grandparents and the Elderly: Resource Packet

May 30 - June 1, 2025

INTRODUCTION & OVERVIEW

The Holy See has designated a number of Jubilee Days throughout 2025 to recognize and celebrate different groups of people and ministries in the Church. **The Jubilee of Families, Children, Grandparents and the Elderly will be held from Friday, May 30, to Sunday, June 1, 2025;** however, these resources can be used for engaging and celebrating those groups at any time throughout the Jubilee Year.

This resource packet is for all the faithful. It can be used and/or adapted by dioceses, eparchies, parishes, schools, apostolates, movements, organizations, or families to plan their celebration of the Jubilee of Families, Children, Grandparents and the Elderly. It may also serve as a catalyst or inspiration for the creation and development of local or year-round resources.

For individuals, families, or ministries that are making a Jubilee pilgrimage to Rome or a particular Jubilee celebration in a diocese or eparchy within the United States during 2025, this packet can also serve as an aid in the preparation or experience of that trip.



Additional resources for the Jubilee of Families, Children, Grandparents and the Elderly and other celebrations can be found online at the USCCB Jubilee Year web pages: available in English at <https://www.usccb.org/committees/jubilee-2025> and in Spanish at <https://www.usccb.org/es/committees/jubileo-2025>.

SPIRITUAL REFLECTION

In anticipation of the Jubilee of Families, Children, Grandparents and the Elderly, set within a yearlong celebration of hope, we remember the words of Pope Francis to families in his exhortation, *Amoris Laetitia* (AL):

The incarnation of the Word in a human family, in Nazareth, by its very newness changed the history of the world. We need to enter into the mystery of Jesus' birth, into that "yes" given by Mary to the message of



the angel, when the Word was conceived in her womb, as well as the “yes” of Joseph, who gave a name to Jesus and watched over Mary. (Amoris Laetitia, no. 65)

When the Word was made flesh, the greatest gift of Hope was delivered to the human race. The story of Christ’s birth is retold every year to remind us of this long-awaited gift that arrived in the form of a child. Every family experiences a similar moment of untold joy and hope with a child’s arrival.

The joy of love in families is rooted in hope despite the challenges and trials that life presents us. The letter of St. Paul to the Corinthians reminds us that love **hopes** all things (1 Cor 13:4-7). It does not despair of the future. In fact, every family is a symbol of hope for future generations.

Love, especially familial love, is rooted in the abiding promise of the Christ Child who came to renew all things and bring us everlasting peace. For this reason, despite the various trials, challenges, and sufferings--whether hidden or revealed--which every family experiences, Christian hope endures. Many families demonstrate a strong sense of calling to bear their crosses with decisive hope. It is a tremendous testimony to see how God can use all things for the good of those who love Him. At the same time, supporting families in their time of great need is a powerful form of Christian witness that families can offer one another.

As Christians, we live in the present moment, fully immersed in the time that is, while fully aware of the time that is coming in which our hopes will be fulfilled. “Hope also bids us live fully in the present, giving our all to the life of the family, for the best way to prepare a solid future is to live well in the present.” (AL, n. 219)

During this time of Jubilee, we are reminded to “always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have” (1 Pet. 3:15) and to share it without fear in the face of adversity or trial because our source of Hope is everlasting.

May your pilgrim journey renew your hope as a family and strengthen your commitment to bear witness to the source of hope within you. May Christ, our Hope bless you and your families!

SUGGESTIONS FOR PILGRIM PREPARATION

One major element of the Jubilee celebration for Catholics is making a pilgrimage. For some, that may involve going to Rome, where international pilgrims traditionally visit the Holy Doors of the four great basilicas (Saint Peter, Saint Paul Outside the Walls, Saint Mary Major, and Saint John Lateran). For most others, though, local Jubilee pilgrimages can be made to diocesan or eparchial cathedrals, churches, and/or religious sites.

If headed to Rome for the Jubilee of Families, Children, Grandparents and the Elderly:

Should you or your ministry/group/community decide to travel to Rome, in particular for the Jubilee of Families, Children, Grandparents and the Elderly (May 30-June 1, 2025), the following may be helpful:

- You can develop a trip on your own or go through a licensed tour operator that specializes or has experience in religious travel. These operators may have existing connections with vendors and may be able to advise on travel concerns. PLEASE NOTE: The USCCB does not endorse nor identify any licensed tour operator as the official U.S. tour operator.



- Pilgrims and groups may also consider planning their own additional activities or attending events hosted by organizations, apostolates, episcopal conferences, or movements.
- Practical travel preparation will be important, especially since the Jubilee of Families, Children, Grandparents and the Elderly (and other Jubilee events in 2025) in Rome are expected to draw large crowds.
- Packing light is recommended. Pilgrims should bring backpacks, comfortable shoes, appropriate spring/summer clothing, necessary medications and supplies, and resources that aid in pilgrim prayer.
- After returning home, take time for prayer and reflection on the graces of God received during the pilgrimage to Rome. If you went as a group, continue to gather in the weeks and months following the trip to support one another and coordinate missionary actions.

If coordinating a local pilgrimage within the United States:

It is highly recommended to make pilgrimage to one's own diocesan or eparchial cathedral or other church(es) or religious site(s) designated by the bishop or eparch.

- Planning a local pilgrimage can take place at any time of year, or it can be done at the same time as the events for families, children, grandparents, and the elderly in Rome (around May 30 to June 1, 2025). The timing, as well as the exact local destination, is at the discretion of the local organizer(s).
- Research the pilgrimage destination to ensure that your visit does not coincide with liturgical or local community events or is being done within the posted opening hours for the site. You may wish to contact the location in advance, especially if you plan to bring a group.

- Before embarking on the local pilgrimage, consider taking time for prayer and community-building similar to the type of spiritual preparation one would take for an international journey (e.g. to Rome or World Youth Day).
- Prepare with a walking pilgrimage within or around the parish or local community, particularly if the journey to the cathedral or other major site involves some walking. Consider adding a walking component even if one is not naturally part of the program (and if participants are able) as the spirituality of physical movement is a key ingredient to a spiritual pilgrimage.
- After returning home (even if the trip was local), take time for prayer and reflection on the graces of God received during the pilgrimage experience. If you went as a group, continue to gather in the weeks and months following the trip to support one another and coordinate missionary actions.

SUGGESTIONS FOR CELEBRATING FAMILIES LOCALLY

Suggestions for Parishes

- During the weekend liturgies of May 31-June 1, 2025, recognize families in the community: in the homily, general intercessions or with a special blessing. An example of a petition for the Prayer of the Faithful might include:

For all families in this parish, that they may bear witness to the hope Christ brings, we pray to the Lord.

- Have a reception or family festival after all weekend Masses on May 31-June 1 and make a concerted effort to invite families of all ages and stages to attend. During those gatherings, offer food and drink, activities for different age



groups, and invitations to deeper faith engagement.

- Host a family Jubilee prayer service at which all ages are welcome, held at the parish around May 30-June 1, that includes time for adoration and confession. Activity books, processions, and music are all ways to encourage the youngest members of the Church to participate.
- Use the Jubilee celebration as an opportunity to encourage 'marriage building parishes' with events that celebrate engaged and newly married couples. This may include a parish anniversary Mass, parish sponsored date nights with babysitting, and the blessings of families and homes.
- Plan a local pilgrimage for families to the diocesan/eparchial cathedral or to another religious site or church in your area, using the ideas laid out in the previous section.
- Invite active churchgoing families in your parish to engage in "acts of hope" during the Jubilee Year, which can include visits with marginalized communities, evangelizing outreach to those who are disaffiliated from the Church, and/or engagement with their families on issues of faith.
- Livestream or replay video of key Jubilee events (i.e., Opening Mass, Vigil, or Closing Mass) taking place in Rome between May 30 and June 1 at the parish (noting the time difference between Rome and your local area). You may also consider coordinating family programs at the parish during the livestream viewings such as liturgies, Eucharistic adoration, confessions, catechesis, service projects, small groups, or social activities.

Suggestions for Dioceses and Eparchies

- Celebrate a liturgy or host a prayer service for families at the diocesan/eparchial cathedral between May 30 and June 1, concurrent with the Jubilee celebrations happening in Rome. Invite all parishes across the diocese to attend.
- Host a series of events for parents and children, such as a mother-daughter tea, father-daughter dance, father-son hike, father-son sporting event, etc.
- Hold a diocesan/eparchial-wide Jubilee walking pilgrimage for families from the cathedral (or another site of your choosing) to religious sites, churches, universities/schools, and/or to a Catholic-led social services center or institution. Consider also inviting the bishop or eparch on this journey.
- Post stories about families living the Gospel or showcasing a married couple on the diocesan or eparchial website, social media channels, and communications (magazine, newspaper, newsletter, etc.) prior to and/or during the Jubilee of Families, Children, Grandparents and the Elderly in May and June of 2025.
- Host a diocesan/eparchial-wide Jubilee family or domestic church festival with the bishop/eparch. This can be a presentation, dialogue/discussion, meet-and-greet social, meal, liturgy, and/or a virtual event, allowing families across the diocese/eparchy to engage with their episcopal shepherd.
- Encourage all diocesan/eparchial offices and departments to feature, celebrate, or acknowledge families during May or June 2025, centered around the global Jubilee celebrations. This might need to be preceded by a workshop or meeting with diocesan/eparchial staff to coordinate efforts.



- Inaugurate a diocesan/eparchial initiative for families beginning with the Jubilee celebrations. This might include an area-wide evangelization effort (for example, hosting inspiring family movie nights or date night events for married couples with babysitting available; an annual award/recognition ceremony, such as a diocesan family of the year; an annual liturgy with the bishop; a grandparents celebration or grandmother-granddaughter/grandfather-grandson day; or an annual pilgrimage, etc.)

ADDITIONAL RESOURCES & DOCUMENTS

- **[Amoris Laetitia](#)**, Pope Francis (2016): an apostolic exhortation to and about love in the family, which was the response of the Holy Father of the two synods on the family held in 2014 and 2015.
- **[Called to the Joy of Love](#)**, United States Conference of Catholic Bishops (2021): this document provides guidelines for the pastoral accompaniment of married couples and families in every phase of life, drawing upon the teachings and recommendations contained in the apostolic exhortation. Available in print from Our Sunday Visitor and online.
- **[Marriage: Love and Life in the Divine Plan](#)**, United States Conference of Catholic Bishops (2009): This letter presents the essential points of Catholic teaching on marriage as a natural gift, as a sacrament, and as a public commitment between a man and a woman. It also discusses several contemporary challenges to marriage and how the Church addresses those challenges. Available online.
- **[USCCB Marriage and Family Life Ministries Web Page](#)**, with information on the Church's teaching regarding marriage and family; resources for engaged couples and marriage at every stage; encouragement for living family life as a domestic church; and news of ongoing initiatives of the USCCB that support and promote marriage and family life.
- **[ForYourMarriage.org](#)**, United States Conference of Catholic Bishops: Helps couples at all stages of life to understand and live God's plan for happy, holy marriages by providing educational and spiritual resources. The website was launched in 2007 as part of the National Pastoral Initiative for Marriage, an initiative of the United States Conference of Catholic Bishops to communicate the meaning and value of married life for the Church and society.
- **[PorTuMatrimonio.org](#)**, United States Conference of Catholic Bishops: The Spanish-language sister site to For Your Marriage. Por Tu Matrimonio es un espacio para inspirar, ayudar y exhortar a las parejas de habla hispana a vivir más plenamente su relación de pareja. Por Tu Matrimonio ofrece ayuda práctica y asesoramiento si estás en una relación seria, comprometido(a) o en cualquier etapa de la vida matrimonial. Si estás planeando una boda católica, encontrarás información sobre todo lo necesario para realizarla, desde la elección de la música y las lecturas, hasta si te vas a casar con alguien que no es católico(a). En la página de inicio echa un vistazo al consejo diario, cita de la semana, reseñas de libros, experiencias de parejas comprometidas y casadas entre muchas otras cosas más. Por Tu Matrimonio es una iniciativa de la Conferencia de Obispos Católicos de los Estados Unidos (USCCB) coordinada por la Oficina de Asuntos Hispanos bajo la Secretaría para la Diversidad Cultural en la Iglesia.
- **[LoveMeansMore.org](#)** (formerly *Marriage: Unique for a Reason*), United States Conference of Catholic Bishops: The website intended to help anyone, Catholics or non-Catholics, think through the complex web of issues surrounding what it means to love.



- [USCCB World Day for Grandparents and Elderly Web Page](#), with resources for the annual World Day for the Grandparents and the Elderly held the first weekend after Labor Day, including catechesis from the Vatican, guides to celebrating, and more.

KEY SAINTS

Holy Married Saints and Families

- **St. Joseph and the Blessed Virgin Mary (c. 1st century BC-1st century AD, multiple feast days)**, the earthly parents of Jesus, who together form the Holy Family and exemplify a model of family life centered on faith, love, and obedience to God's will. St. Joseph is honored for his humility and obedience as a protector and provider, while Mary, Mother of God, is revered for her perfect discipleship and love through her acceptance of God's will.
- **Sts. Joachim and Anne (c. 1st century BC-1st century AD, feast day July 26)**, parents of the Blessed Virgin Mary and grandparents of Jesus. After years of keeping a steadfast faith and trust in God amidst the trial of infertility, Sts. Joachim and Anne received an angelic prophecy of a birth of a child, Mary, Mother of God. They are the patron saints of grandparents and infertile couples.
- **Sts. Zechariah and Elizabeth (c. 1st century BC-1st century AD, feast day November 5)**, parents of St. John the Baptist, the forerunner of Christ. A devout elderly couple who faced infertility for many decades before God intervened, their story illustrates themes of hope, patience, and prayer.
- **Sts. Aquila and Priscilla (c. 1st century, feast day July 8)**, a married couple and early Christian missionaries mentioned by Paul as "co-workers in Christ Jesus" (Romans 16:3). They are recognized for their hospitality, commitment to the Church, and willingness to risk their lives for the sake of the Gospel.
- **Sts. Timothy and Maura (d. 286)**, married for only twenty days before St. Timothy was denounced and tortured for his Christian faith. St. Maura chose to suffer with her husband, and they were crucified facing each other, praying, singing, and encouraging one another for ten days until they were welcomed into the arms of Christ.
- **Sts. Basil and Emilia (4th Century)**, parents of Saint Basil the Great and several other children recognized as saints. St. Emilia is honored for her role in raising children in the faith and fostering their spiritual development.
- **Sts. Henry and Cunegunda (972-1024, 975-1033)**, who, while serving as the Holy Roman Emperor and Empress in the early 11th century, together promoted peace and justice throughout their reign. St. Cunegunda was a close advisor of her husband. They dedicated their lives and resources to supporting the Church and pursuing personal piety.
- **St. Francis Choe Kyong-Hwan and Bl. Maria Yi Seong-Rye (1805-1839, 1801-1839, feast day September 20)**, a devout lay couple and parents who dedicated their lives to spreading the faith even with the difficulties it brought to their family. They were both tortured and martyred for their Catholic faith during the Gihae Persecution in Korea.
- **Sts. Peter Choe Chang-hub and Magdalena Son So-Byok (1786-1840, 1801-1840, feast day September 20)**, a married couple who lost nine children in infancy. St. Peter Choe Chang-hub, St. Magdalena Son So-Byok, and their eldest daughter were martyred for their Catholic faith.
- **Bl. Luigi and Maria Quattrocchi (1880-1951, 1884-1965)**, a lay couple who "lived an ordinary life in an extraordinary way" (St. John Paul II). Together, they built a domestic church, praying



the rosary as a family each day and encouraging their children in vocational discernment.

- **Sts. Louis and Zélie Martin (1823-1894, 1831-1877, feast day July 12)** decided to marry after both being denied entry into religious life. They lived as celibates for almost a year before choosing to have and raise children for the glory of God. Five of their children entered religious life, including St. Therese of Lisieux.
- **St. Gianna Baretta-Molla (1922-1962, feast day April 28)**, a mother, wife, and pediatrician who refused an abortion and hysterectomy to preserve the life of her child. Her willingness to sacrifice her own life imitates that of Jesus and his sacrifice on Calvary.
- **Bl. Karl von Habsburg and Servant of God Zita (1887-1922, 1892-1989)**, Emperor and Empress of the Austro-Hungarian Empire during World War I. After Bl. Karl's death in 1922, Servant of God Zita lived for another 67 years and raised their eight children to become faithful Catholics and dignified leaders.
- **Bls. Jozef and Wiktoria Ulma (1900-1944, 1912-1944, feast day July 7)**, a Polish couple who nurtured profound faith and compassion in their home. Bls. Jozef and Wiktoria, along with their seven children, were martyred during WWII for sheltering eight Jewish men and women.
- **Servants of God Cyprien and Daphrose Rugamba (1935-1994, 1944-1994)**, founders of the Emmanuel Community in Rwanda who were killed alongside six of their ten children during the Rwandan genocide. Servant of God Daphrose's faith converted Servant of God Cyprien after their marriage and together they left a legacy of unity and love.

PRAYERS

Prayers for Married Couples, Families, and Grandparents

Prayer for Married Couples

Almighty and eternal God,

*You blessed the union of married couples
so that they might reflect the union of Christ
with his Church:*

look with kindness on them.

Renew their marriage covenant,

increase your love in them,

and strengthen their bond of peace

so that, with their children,

they may always rejoice in the gift of your blessing.

We ask this through Christ our Lord.

Amen.

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Prayer for Couples Preparing for Marriage

O Sacred Heart of Jesus,

look upon those preparing for marriage.

Send the Holy Spirit

to open their hearts to your love

so that, with honesty and selflessness,

they may be strengthened to

receive the Father's sacred design.

Through their spousal love,

may they bear witness

to your abiding faithfulness.



*Obtain for them the grace
to live the gift of fertility and
to reject all that contradicts it.
May they honor the Creator's plan that
they be "one flesh" for the "whole of life,"
and become generous stewards of new life.
Make them and all married couples
beautiful witnesses of faithfulness and
harmony to renew the face of the earth.*

Amen

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Prayer for Families

*We bless your name, O Lord,
for sending your own incarnate Son,
to become part of a family,
so that, as he lived its life,
he would experience its worries and its joys.*

*We ask you, Lord,
to protect and watch over this family,
so that in the strength of your grace
its members may enjoy prosperity,
possess the priceless gift of your peace,
and, as the Church alive in the home,
bear witness in this world to your glory.*

We ask this through Christ our Lord.

Amen.

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Prayer for Those Hoping to Conceive or Adopt a Child

Psalm 145:13-21

The Lord is faithful in all his words
and holy in all his works.
The Lord lifts up all who are falling
and raises up all who are bowed down.
The eyes of all look hopefully to you,
and you give them their food in due season;
You open your hand
and satisfy the desire of every living thing.
The Lord is just in all his ways
and holy in all his works.
The Lord is near to all who call upon him,
to all who call upon him in truth.

He fulfills the desire of those who fear him,
he hears their cry and saves them.
The Lord keeps all who love him,
but all the wicked he will destroy.
May my mouth speak the praise of the Lord,
and may all flesh bless his holy name
forever and ever.

Prayer

*God our Creator,
by your love the world is filled with life,
through your generosity one generation
gives life to another, and so are your wonders
told and your praises sung.
We look to you in our love and in our need:
may it be your will that we bear (adopt) a child
to share our home and faith.*

*Loving God, be close to us
as we pray to love and do your will.
You are our God, nourishing us forever and ever.*

R/. Amen

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Blessing of Grandparents

This blessing may be used at special family visits (such as holidays), at the beginning or end of a visit, or at another appropriate time. If possible, the oldest grandchild might serve as the leader.

When the grandparents, parents, and children have gathered, all make the sign of the cross.

Leader: Blessed be God, who is faithful through all generations.

R/. Blessed be God forever.

The leader introduces the blessing in these or similar words:

Grandparents are cherished members of our family. They bring gifts of wisdom, experience, and love and share with us their life of faith. We thank God for their example and ask that he bless them with happiness and good health.

Then the Scripture is read:

Listen to the words of Psalm 128:

Happy are you who fear the Lord,
who walk in his ways!

For you shall eat the fruit of your handiwork;
happy shall you be, and favored.

Your wife shall be like a fruitful vine
in the recesses of your home;
Your children like olive plants
around your table.

Behold, thus is the man blessed
who fears the Lord.

The Lord bless you from Zion:
may you see the prosperity of Jerusalem
all the days of your life.

May you see your children's children.
Peace be upon Israel!

(The family Bible may be used for an alternate reading, such as Ezekiel 37:24b-27.)

Reader: The Word of the Lord.

R/. Thanks be to God.

After a time of silence, all join in prayers of intercession and in the Lord's Prayer. Then the leader prays:

Lord God almighty,
bless our grandparents with long life,
happiness, and health.
May they remain constant in your love
and be living signs of your presence
to their children and grandchildren.
We ask this through Christ our Lord.

R/. Amen

All make the sign of the cross as the leader concludes:

May God bless us and keep us
all the days of our lives.

R/. Amen

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