

WORLD DAY FOR GRANDPARENTS AND THE ELDERLY

"Blessed are those who have not lost hope." Sir 14:2



FIRST SUNDAY AFTER LABOR DAY

The Roman Catholic
Archdiocese of
Washington

World Day for Grandparents and the Elderly

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In the Jubilee year, the World Day for Grandparents and the Elderly was established by Pope Francis in 2021, which is intended to be an opportunity to reflect on how the presence of grandparents and the elderly can become a sign of hope in every family and church community. He wanted to highlight that those in their older years are a great gift to our world and that every generation has something to offer.

The U. S. Bishops have decided to set aside the first Sunday after Labor Day as the day to celebrate our grandparents and elderly, which corresponds to the U.S. National Grandparents Day.

Contained here are some ideas of how to celebrate this day in your parish or family. If your parish or family celebrates World Day for Grandparents and the Elderly during the month of September or at another time, please send photos or videos to The Roman Catholic Archdiocese of Washington with the link below:

adw.org/blessingsofage



Celebrating Sunday with Grandparents and the Elderly

Celebrate a Mass for grandparents and the elderly and have the young people of the parish do all the ministries during the Mass.

- Have a book of remembrance of all the grandparents who have passed away and present the book at the beginning of Mass. Include a prayer for them in the general intercessions.
- Have a gathering in the church hall where the young people meet with the elderly and do some of the following suggestions:
 - Ask the elderly questions about themselves to learn more about them and their lived experiences. (see Suggested Questions on page 5.)
 - Host a mini class for grandparents on how to use the latest social media where grandparents can communicate with their grandchildren.
 - Have some simple games that the young people can play with the elderly.
 - Have the young people put together a playlist with songs from the 50s, 60s, 70s and have a social while the songs are being played.
 - Pray a prayer for grandparents and the elderly or hand out a prayer that grandparents can pray for their grandchildren. (for example, [A Blessing of Grandparents from the USCCB.](#))
 - Have the young people make cards for parishioners who are homebound.
 - Pray a novena or host a holy hour to pray for grandparents and the elderly.
 - Invite local nursing home or assisted living facilities to bring Catholic residents to Mass and a reception afterwards.

Celebrating and Visiting the Elderly in your Community

Pope Francis' wish is for young people to go out and visit their grandparents or the elderly, especially those who are alone and may feel lonely. Below are a few ideas that young people can do for visiting those who may be alone:

- Have young people and their parents accompany parishioners who visit the sick and homebound; consider bringing a small gift such as a flower and pray a prayer together.
- Encourage young people to visit their neighbors who are elderly or do a form of service for them: mow the lawn, take their trash cans to the curb and back, weed their flower beds, wash their car, etc.
- Invite an elderly neighbor or grandparents to your home for a meal and have the children help make and serve the meal.
- Have children make cards for their elderly neighbor – look on social media for creative ideas – and have them bring them to their neighbors.
- Bake some cookies or other special treat and bring it to their elderly neighbor to share and talk with them.
- Visit the older person a couple of times, asking them questions about their life, and then write a story or draw a picture of their experiences that they shared and give the story or the picture to the person.
- Invite families to create cheerful notes for a local nursing or assisted living facility.
- Remember to take pictures and submit them to ADW using the following link:
adw.org/blessingsofage

Suggested Questions to ask Grandparents or the Elderly:

1. When and where were you born?
2. Where did you live when you were a child?
3. Do you have any brothers or sisters?
4. What is one memory you have as a child that you cherish?
5. Tell me about your 1st Communion or Confirmation.
6. Did you go to college? Where? What did you study?
7. What was your first job or the job you absolutely loved?
8. Are you married? Tell me about your wedding.
9. How many children do you have? How many grandchildren?
10. Do you have a favorite memory of your family?
11. Did you take any family vacations? What was your favorite place to visit?
12. What did you do when you retired?
13. What is your favorite devotion, prayer or saint?
14. How has your faith helped you during difficult times?
15. What is one piece of advice that you would give to a younger person?



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