

Welcome to THE YEAR OF THE FAMILY

- What is the Year of the Family?
- Why did Pope Francis establish it in addition to Year of St. Joseph?
- What is *Amoris Laetitia*, and why is it important to you and your family?
- How can your family start living the joy of God's love more deeply?



What is the Year of the Family?

Pope Francis established the Year of the Family on March 19, 2021, the solemnity of St. Joseph. This also marks the fifth anniversary of the publication of his apostolic exhortation *Amoris Laetitia* ("The joy of love"), which explores the beauty and joy found in family life. The Year of the Family will conclude on June 26, 2022, which is the start of the 10th World Meeting of Families in Rome.

Why did Pope Francis establish it in addition to Year of St. Joseph?

When he announced the Year of the Family, Pope Francis said, "Let us entrust this journey with the families of the whole world to the Holy Family of Nazareth, in particular to St. Joseph, attentive spouse and father." Both the Year of the Family and the Year of St. Joseph are ways for families and parents to grow in love with God and each other, with the Holy Family as their example.

Why is *Amoris Laetitia* important to you and your family?

In this Year of the Family, Pope Francis invites us to listen to the invitation he offered in *Amoris Laetitia* again: "an invitation to Christian families to value the gifts of marriage and the family, and to persevere in a love strengthened by the virtues of generosity, commitment, fidelity and patience." *Amoris Laetitia* is important to all families as it emphasizes the family's vocation and mission of love and explains what this means in everyday life. It also addresses the challenges families face in today's world, the day-to-day reality of family life, and how to accompany and care for each other with Christ's mercy and healing.



Hope after a difficult year

A little over a year ago, standing alone in an empty St. Peter's Square, Pope Francis addressed a frightened and anxious world describing the emerging coronavirus pandemic as a storm.

"The storm exposes our vulnerability and uncovers those false and superfluous certainties around which we have constructed our daily schedules, our projects, our habits and priorities. It shows us how we have allowed to become dull and feeble the very things that nourish, sustain and strengthen our lives and our communities. The tempest lays bare all our prepackaged ideas and forgetfulness of what nourishes our people's souls; all those attempts that anesthetize us with ways of thinking and acting that supposedly 'save' us, but instead prove incapable of putting us in touch with our roots and keeping alive the memory of those who have gone before us. We deprive ourselves of the antibodies we need to confront adversity."

As the storm of the coronavirus begins to abate, Pope Francis knows that we must return to what truly nourishes our souls: encounter with God. He is calling us to meet the Lord in the Eucharist and in our families.

How your family can live the joy of God's love more deeply

1. Return to in-person Mass.

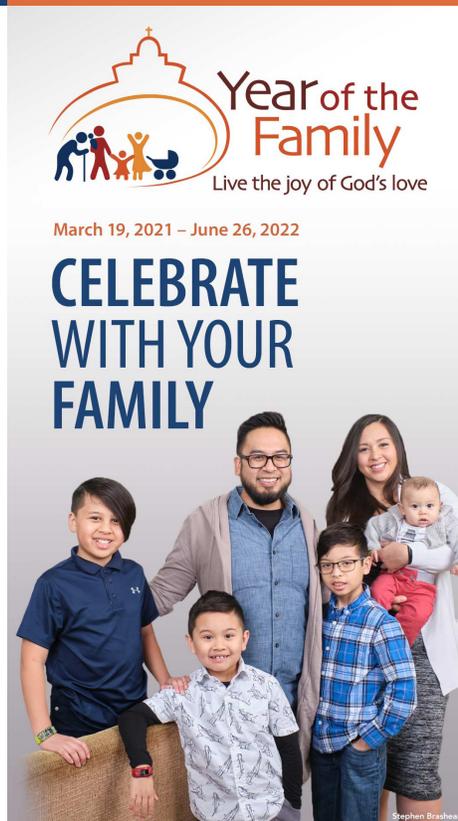
Consider attending Mass in person so you can receive the real presence of Jesus.

2. Let your children know Jesus is really there.

If your children wonder why should they go to Mass rather than watch it online, let them know that when we receive the Eucharist, we really receive Jesus in the host and it helps us grow closer to him and love him and others better.

3. Sign up for At Home with Faith.

This weekly email from Marriage and Family Life provides parents practical tips on how to share the faith with our children in two minutes or less. Go to AtHomewithFaith.org to sign up.



Our food and our fuel is the Eucharist

When COVID prevented him from attending his grandfather's funeral and kept his family away from the Eucharist, it broke Aires Patulot's heart. But he and his wife Aleah responded by focusing more on helping their children grow in faith and worship at home ([read article at NWatholic.org](http://NWatholic.org)). When they returned to the Eucharist, they did so with a renewed appreciation, realizing "our food and our fuel is the Eucharist."

Not all of us responded as well as the Patulots during this time. But all of us can seize this opportunity to return to the Eucharist with a renewed openness to Jesus' power to strengthen us and renew us in faith, hope and love.

For more information and resources on the Year of the Family:

Go to archseattle.org/YOF

For weekly issues of At Home with Faith:

Go to AtHomewithFaith.org

For more information and resources on the Year of St. Joseph:

Go to archseattle.org/StJoseph

