



## SEEKING GOD TOGETHER COMPANION RESOURCES SEASON 9 – THE LATER YEARS

- Accompanying/supporting the family's relational life as a place where God dwells
- Parish and school welcoming, accompanying, serving, particularly those on the margins
- Building community as the Body of Christ

Across the dioceses of England & Wales the Catholic Church has a network of **Co-Ordinators for Marriage and Family Life Ministry**

<http://www.catholicfamily.org.uk/diocesan-work/diocesan-family-ministry> And <http://www.catholicfamily.org.uk/wp-content/uploads/2017/03/FAMILIAS-Membership-Leaflet-2017-1.pdf>

**Parish Family Groups** support and care for all families – including all generations is a priority. The Family Group Movement seeks to create a true sense of community in fulfilment of Jesus Christ's command for love, friendship, and companionship in the lives of his disciples, and as experienced by the early Christian communities. E.g. Create family groups, and invite the older generations to belong to a family group

<http://www.catholicfamily.org.uk/related-work/parish-family-groups>  
<https://www.catholicfamily.org.uk/wp-content/uploads/2015/07/Family-Group-Movement-Parish-Toolkit.pdf> (free toolkit for developing family groups in a parish)

### **DIOCESAN MINISTRY AND ORGANISATIONS FOR SUPPORT IN LATER YEARS**

Diocesan activities in support of marriage include Annual Celebrations of Marriage (with the presiding Bishop in the Cathedral) and at local parish/deanery level, e.g. anniversary Masses etc. often including those who have been married for 50+ years

- **Catholic Women's League** <http://catholicwomensleaguocio.org.uk/> and **Union of Catholic Mothers** <http://theucm.co.uk/> are organisations that will advocate on issues concerning family life, including families with older members

- **Life ascending Movement (formerly ASCENT)** for companionship, faith and spiritual development for people over 60 years  
[http://www.lifeascending.org.uk/?doing\\_wp\\_cron=1527608728.3164999485015869140625](http://www.lifeascending.org.uk/?doing_wp_cron=1527608728.3164999485015869140625)
- **Handbook for Grandparents' groups**  
<http://www.catholicfamily.org.uk/wp-content/uploads/2014/02/CGA-Handbook.pdf>

## DEVELOPING PASTORAL SKILLS OF ACCOMPANIMENT IN THE PARISH COMMUNITY

- **Listening skills training** <https://www.acornchristian.org/> *DVD 'Just Listen'* useful for all parish and school ministry with families, including couples and individuals those in later years
- **Conversations about dying and death.** Set up a 'death café' experience for parishioners of all ages to come and talk about death in a Catholic Christian context. See <http://deathcafe.com/> for more about the purpose and 'how to' run one. It's a conversation about death and dying before you are in that situation of accompanying someone who is

## ELDERLY, HOUSEBOUND & SICK

- [www.growingoldgracefully.org.uk](http://www.growingoldgracefully.org.uk) a Diocesan example of a development that is reaching out and supporting elderly people, Leeds
- **Society of St Vincent de Paul** – national network, parish based, caring for local elderly, housebound, sick – any family in need <http://svp.org.uk/>

## PASTORAL CARE OF PEOPLE WITH DEMENTIA

Many diocese developing support and becoming dementia-friendly supported by the Dementia Action Alliance <https://www.dementiaaction.org.uk/> and [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

## AWARENESS AND SUPPORT FOR PEOPLE IN LATER YEARS IN DIFFICULT CIRCUMSTANCES

- **Domestic Abuse:** awareness of 'elder' abuse and how to combat abuse and support the victim <http://www.catholicfamily.org.uk/related-work/cedar> for helpline, links and parish resources <http://www.cedar.uk.net/>
- Raising Awareness of Domestic Abuse Guide:  
<http://www.catholicfamily.org.uk/wp-content/uploads/2017/04/NBCW-Raising-Awareness-of-Domestic-Abuse.pdf> Guide by National Board of

Catholic Women currently being updated (2018) in collaboration with CBCEW/Catholic Social Action Network (CSAN)

- **Mental Health** Awareness and training to support families facing mental health problems including in older age <http://www.catholicfamily.org.uk/related-work/mental-health-project> - for parish mental health first-aid training. See the range of resources and links at [www.catholicmentalhealthproject.org.uk](http://www.catholicmentalhealthproject.org.uk)

### **SUPPORT FOR OLDER PEOPLE LIVING POVERTY**

- **Society of St Vincent de Paul** – <http://svp.org.uk/>
- **Food bank** organisations information <https://www.trusselltrust.org/what-we-do/>
- **Age UK** <https://www.ageuk.org.uk/> advice for continuing independence, benefits, how to combat loneliness

### **IN ACCOMPANYING FAMILY MEMBER WHO IS DYING AND THE PROCESS OF GRIEF HOSPICE CARE (some examples)**

- St Gemma's Leeds <https://www.st-gemma.co.uk/>
- St Joseph's Hospice UK <https://www.stjh.org.uk/>
- Hospitallers of St John of God Care <https://www.saintjohnofgod.org/>

### **MINISTRY OF CONSOLATION**

**In event of a death in the family**, see examples in Diocese of Hexham and Newcastle, or Archdiocese of Liverpool for resources and support, contact via email: [spirituality@diocesehn.org.uk](mailto:spirituality@diocesehn.org.uk)

- **Art of Dying Well**, National Catholic Bishops' Conference of England and Wales website <http://www.artofdyingwell.org/> **raising awareness, family support**
- **'Grief Is a Journey Finding Your Path Through Loss'** by Dr Kenneth J. Doka 2017

### **TRAINING IN CHAPLAINCY – CARE OF ELDERLY AND SICK**

- **Maryvale Institute:** <https://www.maryvale.ac.uk/catholic-healthcare-chaplaincy.html>
- **St Mary's University**, Twickenham – for a course in Chaplaincy <https://www.stmarys.ac.uk/foundation/healthcare-ethics-theology-and-care>

Accompanying a developing family spirituality, rituals and traditions at home, parish and school nurturing relationship with God in Christ through scripture, teaching, liturgy, sacraments

- **Counting our Blessings**, encouraging conversations between generations using real-life questions and connecting with <http://www.catholicfamily.org.uk/related-work/counting-our-blessings>
- **Spiritual Reminiscence Box**: Example of resource development for **Dementia care**: Diocese of Wrexham <http://www.catholicfamily.org.uk/wp-content/uploads/2018/02/Spiritual-Reminiscence-Box-Resource-Order-Form.pdf>

## SCRIPTURE RESOURCES

- **I am with You**, Scripture Reflections for Couples, based on the Sunday readings for years A, B and C (3 volumes) by Two in One Flesh Marriage Team ISBN978-0-957 1919-1-2 <http://www.twoinoneflesh.org.uk/>
- **Prayer APPS and online resources**
  - <http://www.pray-as-you-go.org/home/> daily prayer
  - <http://www.sacredspace.ie/> daily prayer
  - <http://www.theway.org.uk/> spirituality and life articles
  - <http://www.universalis.com/> daily readings and divine office
  - [https://www.biblesociety.org.uk/uploads/files/our\\_work/lectio\\_divina/ear\\_a\\_nov\\_feb.pdf](https://www.biblesociety.org.uk/uploads/files/our_work/lectio_divina/ear_a_nov_feb.pdf)
  - <http://www.soulshpherd.org/2012/07/lectio-divina-guides/>
  - <http://www.liturgyoffice.org.uk/Resources/Scripture/Lectio-Divina.pdf>
  - <http://wccm.org/> for routes into Christian meditation and contemplative prayer
  - <https://www.ocp.org/en-us/artists/1092> Bernadette Farrell music for spirituality
  - <http://www.margaretrizza.com/> inspirational music for prayer/contemplation

## FOR DYING AND DEATH - PASTORAL AND LITURGICAL RESOURCES FOR FAMILIES

- **In accompanying family member who is dying** <http://www.artofdyingwell.org/>
- **Into your Hands**: help for family in planning a Catholic Funeral and Prayers - 2006, Decani Books, ISBN 978-1-900314-04-6 (taken from the Order of Christian Funerals) <http://www.decanimusic.co.uk/product/into-your-hands/>

- **In Sure and Certain Hope** , Rites and Prayers from the Order of Christian Funerals, for the Use of Lay Leaders and family members, Geoffrey Chapman, ISBN 0-255-66870-X <https://www.amazon.co.uk/Roman-Catholic-Liturgy-Committee-Christian/dp/B00I63N0JQ>

### **Caritas Social Action Network**

<http://www.caritascare.org.uk/> for the many organisations and networks supporting pastoral care and formation of families

**CSAS (Catholic Safeguarding Advisory Service)** are responsible for driving and supporting improvements in practice; primary role of co-ordination, advice and support in safeguarding children, young people and vulnerable adults

<https://www.csas.uk.net/>

### **COURSES PROMOTING CHURCH TEACHING ON MARRIAGE AND FAMILY AND THE PASTORAL CARE OF THE FAMILY (some examples):**

- **Maryvale Institute course** – forming catechists to teach on marriage and family life  
<https://www.maryvale.ac.uk/catechesis-on-marriage-and-family.html>
- **Chaplaincy courses** for pastoral care of families, via schools, hospitals/healthcare, prisons and other specific groups, e.g. Travellers' community at St Mary's University <https://www.stmarys.ac.uk/home.aspx>
- <http://www.brs-ccrs.org.uk/> **Catholic Certificate in Religious Studies (CCRS)**, with modules in Marriage & Family Life ministry
- [www.luc.edu/ips/liverpool](http://www.luc.edu/ips/liverpool) for details of the **Pastoral Ministry Diploma and Certificate** courses available across the northern dioceses of England & Wales