

## Moments of Mercy

Each month during the Extraordinary Jubilee of Mercy, our *Moments of Mercy* will offer brief reflections and concrete suggestions of how we can live out the mercy that God offers us all. These are perfect for busy days since they help us to slow down for just a few minutes and think about the gifts God has blessed us with and how we can share them.

### NOVEMBER 2016

Death is a difficult topic to discuss for many people, but it is something we face on a regular basis. The Church *celebrates* the life and memory of those who have passed from this world and reminds us of God's merciful love. There are many examples of this: at the beginning of November, the Church celebrates the Solemnity of All Saints and the Commemoration of All the Faithful Departed (All Souls); there are vigils for the deceased, [funeral liturgies](#), rites of committal and final commendation, and [prayers](#) for the deceased and those who are mourning. All of these prayers

and services help us acknowledge our grief, celebrate the life of the one who has passed away, and find solace in the loving compassion of God.

1. Throughout this month, we should commend in prayer the bodies and souls of those who have died and who may still be in need of God's mercy in purgatory ([CCC, 1020-1060](#)). Sometimes it helps to write out a list or mention specific names of those who have died. Add some of these [prayers and scripture readings](#) to your daily prayer time.
2. In addition to praying for them, we can help those who are grieving in a tangible way. Be open to listening to someone who is grieving. You could volunteer with a bereavement ministry at your parish if it has one (this usually involves helping organize funeral liturgies and/or a small reception or luncheon afterward for the family). In these small acts of mercy, we show others that the love of God is still present in their lives and their communities even though they are grieving.