

## YOU WERE ASKING . . . by Msgr. P. M. Stilla

**Q.** I have recently learned about a nation-wide initiative named, '12 Hours of Prayer for Palliative Care'. What is its purpose and what can we do to take part in the Program?

**A.** The 'Prayer for Palliative Care' is an initiative of the Catholic Women's League of Canada. It encourages all people of Faith, to

join a nation-wide effort of 12 Hours of Prayer on May 4, 2016. Palliative Care Week

This day was chosen so

that it would coincide with the National Hospice Palliative Care Week in Canada. Such an initiative launched across Canada on that day witnesses to the fact that,

1. as people of Faith, it is our profound and constant belief that all human life is sacred from the moment of conception until natural death and that;

2. there is a pressing need for all Canadians

to have greater accessibility to palliative care in our Country, since only 16 to 30 % of Canadians who are near death have access to palliative care services.

**What is Palliative Care?**

This is end-of-life care which assists individuals who are facing death not to be burdened by pain and suffering but to receive the necessary support that respects their human dignity both physically and spiritually rather than



choosing physician-assisted death as a last resort. This special assistance provides relief from pain and other distressing symptoms,

affirms life, regards dying as a normal process, and intends neither to extend nor to postpone death.

**Prayer Choices**

Prayers can be recited with large groups in Churches, or alone at

home or elsewhere, or with groups of friends.

**'One Hour of Prayer'**

In our Diocese, the Catholic Women's League has asked its Councils to

dedicate at least 1 hour of prayer as part of this initiative.

In Our Parish

I wish to invite our parishioners to pause during

the hour from 1:30 to 2:30 pm on May 4<sup>th</sup> and to pray for a short while. Perhaps small groups could gather to pray the Rosary in our Church (*which is open daily*) or in their homes. Individuals could dedicate short prayers for these intentions during lunch breaks, or while walking or resting at home.

**Online Resources**

For more information, access:

<http://www.chpca.net/> and/or

<http://www.colf.ca>