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# Regional Monthly Intention

The regional intention for the United States until December 30, 2022: "May we each ask for light and strength to take a step forward in living the virtues of family life."

11/18/2022

## Regional Monthly Intention

**Patrons:** Mary, Mother of Fairest Love and St. Joseph her Spouse,  
Patrons of Opus Dei

In this Year of the Family, may we each ask for light and strength to take a step forward in living the virtues of family life (hope, understanding, affection, forgiveness, attentive listening, gratitude, mutual support, being present, etc.). Let us also continue to find ways to support young people preparing for marriage and young couples in the early stages of marriage and parenting, focusing especially on reaching out to them in friendship.

### **Practical Suggestions:**

- Take loving care of the family customs our Father left us in the Work (Saxum prayer, watch day, get togethers, fraternal correction).
- Find new opportunities to take care of one another and reach out to others in true fraternity (e.g., sharing life and spending

time with one another in ordinary circumstances, caring for the sick, the elderly, the poor, prisoners; sharing sports and excursions with other families and friends; organizing family days, etc.).

- Organize means of doctrinal formation (classes, discussion groups, book clubs) that focus on Christian anthropology and the beauty of marriage and family as intended by God.
- Encourage people to pray through the intercession of Mary, Mother of Fairest Love, for family intentions.

## **Bibliography:**

- Pope Francis, *Announcement of the Year of the Family*, December 27, 2020.
- Pope Francis, Apostolic Exhortation *Amoris Laetitia*

- Pope Francis, e-book *Catechesis on the Family* (Vols. 1-3) at [www.opusdei.org](http://www.opusdei.org).
- St. Josemaría, “Marriage: A Christian Vocation,” in *Christ Is Passing By*.
- *Pastoral Letter, 14-II-2017, 21*
- Jose M. Martin (ed.), *Family Virtues: A Guide to Effective Parenting*

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