



## Jubilee Year of Hope October 2025

*For those who Promote  
Human Life and Dignity*

**Heroes of Hope** is a monthly newsletter from the Diocese of Hamilton, shining a light on the extraordinary individuals and ministries who inspire hope and transform lives in our communities.

#HEROESOFHOPE

The Catholic faith sees the dignity of the human person as a profound truth that must influence all our relationships and actions. Many in our Diocese work tirelessly to ensure that every person is treated with the respect and dignity deserved as children of God. In Saint John Paul II's *Evangelium Vitae*, he reminds us that we must be especially attentive to the most vulnerable in our society, those who are poor, the elderly, the marginalized, the sick and the unborn.

*"The dignity of the human person is rooted in his creation in the image and likeness of God" (CCC 1700).*

### Ministries of Care

In our Diocese there are numerous organizations and ministries who work tirelessly to ensure that human dignity is at the center of all they do. Many you have met in previous *Heroes of Hope* publications. In their work they seek out those who are most vulnerable and offer care, compassion and hope. **Outreach ministries** of all kinds provide care for the poor, sick, homeless, migrant workers, those with mental health issues, support to the Indigenous through the reconciliation fund and international development around the world. (see *March Heroes of Hope Edition*)

Just as Jesus did, we hope to bring compassionate care in the form of companionship for those who require support." –  
*Dave, Compassionate Care Ministry at St. Augustine's Parish*

## HEROES OF HOPE



### Ministry of Care in Parishes

In our parishes numerous ministries exist to support those in need, including **St. Vincent de Paul, Catholic Women's League, Knights of Columbus**, as well as ministries to support those that are grieving or suffering from mental health issues. Through the care of these ministries, hope is constantly renewed and faith shared with those in need. These compassionate care ministries remind each person of their dignity and that they are cared for by their parish community.

**St. Augustine's Parish in Dundas** is just one of our parishes with an active Compassionate Care Ministry offering a variety of supports to those in need. Our parishes are living their role as heroes of hope to the many they support.



## Promotion of Respect for Life

At the heart of our faith teachings is a profound respect for life from conception until natural death. In our Diocese there are heroes of hope that work tirelessly to promote the value of every human person.

**Right to Life Organizations** provide their time and talent to help educate people on why we defend all life. Alliance for Life, Brant, KW, Hamilton, Walkerton and District Right to Life Organizations and Halton Alive are some of those heroes of hope.

Loneliness is one of the greatest challenges facing seniors today. Halton Alive's Inspire Hope program seeks to remind our elderly neighbours that their lives matter, their stories are valued, and their presence is a blessing.

– Elea H., Halton Alive

Social service organizations, such as **Birthright in Hamilton, Sanctuary Outreach in Guelph, Marillac House in Kitchener, Good Shepherd in Hamilton** and so many more provide care and support to pregnant women and their unborn and born children.

**40 Days for Life** groups in our Diocese give silent witness and prayer for forty days in the fall and spring to ask God to change hearts and minds and protect our most vulnerable.



Many of our Catholic schools have **Culture of Life** clubs where students provide educational events for their peers, support many charities and visit nursing homes to remind the elderly they are not forgotten.



The Diocesan Family Ministry Office provides support to all these organizations and assistance to those who have experienced the pain of abortion through **Project Rachel**. Feel free to call the office for more information on any of the groups mentioned **(905-528-7988 ext. 2250)**.



## HEROES OF HOPE PRAYER FOR THOSE WHO PROMOTE HUMAN LIFE AND DIGNITY

Lord God, by the grace of our baptism, you have given us new life in Christ and called us to serve as pilgrims of hope.

We pray in thanksgiving for those who work to promote respect for the sanctity of human life from conception to natural death, and defend the rights of every person, especially the most vulnerable, that they might live in freedom as your beloved sons and daughters.

Through their varied ministries, may they touch the hearts of all in our community who long for the hope, born of our Christian faith, that never disappoints.

We ask this through Christ our Lord. Amen.

We invite you to visit the **Family Ministry Office** for resources, workshops, and support.

