

# *All Souls Table Prayer*

Adapted from *Your Catholic Family* by James Merhaut (Cincinnati: St. Anthony Messenger Press, 2006)

## *Preparation Days Leading up to All Souls Day*

**October 30:** Select a deceased member of your family or a friend you will remember in a special way on All Souls Day this year. If you have any photos or items of remembrance associated with that person, pull them out and display them on the dinner table for the next several days.

**October 31:** Ask each family member who remembers the deceased to share a story about him/her at mealtime or bedtime. If you live alone, call a friend or family member and reminisce about the deceased member of your family you are choosing to honor. Remind your children that Halloween is a time to make fun of the scary side of death in honor of the saints who have conquered death and live with God in heaven. Enjoy trick or treating!

**November 1:** As on October 31<sup>st</sup>, do more remembering about your deceased loved one. Recall that today is All Saints Day. Celebrate the saints by participating in Liturgy at your parish today.

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## *All Souls Day – November 2<sup>nd</sup> A Mealtime Prayer*

Set an extra place at your table in honor of your deceased loved one, light a candle, and say the following prayer:

*Lord Jesus, you conquered death and you light the pathway to eternal life. We place our beloved (name of deceased loved one) into your hands as we praise you for your mercy and love. Our hope is in the day when we are reunited with you, (name of deceased loved one), and all your saints in eternal happiness. Amen.*

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## *For the Days of November Following All Souls Day*

After All Souls Day, continue to light the candle at mealtime until the end of November as a remembrance of your deceased loved one.

Recall throughout the month that the candle is a symbol of the light and life of Christ present in the hearts of all people—living and dead. It is Christ who binds us with those who have gone before us to eternal life. Life does not end - it only changes.

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