

[VIDEO TRANSCRIPT]

Why is the joy of love significant for our lives and our families?

The wish that God has for our families is that they would be a place of love, belonging, stability and peace. Throughout Scripture, God reveals to us that the family is at the heart and source of our human existence, where we discover who we are and nurture our most foundational relationships. In our families, we are encouraged to cultivate respect, tenderness and wisdom, creating an environment that fosters human flourishing and an openness towards the other.

What about the many challenges that families face?

We understand that families experience many challenges today. With concern for our hardships and daily struggles, Pope Francis invites us to rediscover the joy of love in our families through his Apostolic Exhortation *Amoris Laetitia*. To rekindle joy in the family will sustain us through our trials by rooting us in the heart of God and leading us towards the ultimate achievement of Christ's self-giving love. Pope Francis's letter seeks to renew our spirituality through the joy of the Gospel in the family to cherish and restore its significance in our lives and communities.

“Let us care for one another, guide and encourage one another, and experience this as a part of our family spirituality.” (Amoris Laetitia, Ch. 9, 321.)

Amoris Laetitia is an invitation to reflect, pray and discern how we accompany, support and integrate couples and families as a faith community. Always mindful of the diverse lived experiences of family, *Amoris Laetitia* reminds families of their missionary call, that is to say, a family that goes out and meets other families to become a transformative force of compassion and to share the richness of family life rooted in Christ.

Where can I find more information?

To further reflect and renew the life of families in our Church and in our society, we invite you to explore the resources available on the *Amoris Laetitia* webpage of the Office of Family and Life of the Canadian Conference of Catholic Bishops.

