

Date: August 28, 2026
To: Pastors and Parish Secretaries
From: Maria Carlton, Family Life Specialist
Subject: **Grandparents Day on Sunday, September 13, 2026**

The second Sunday of September is designated as Grandparents Day and falls on September 13 this year. Although it is a secular “holiday,” the occasion provides the opportunity to honor grandparents much like we do mothers and fathers in the spring. As Pope Francis reminded us, grandparents “are the living memory of the family. They pass on the faith...” (Festival of Families, Philadelphia, 2015.)

Grandparents play an essential and important role in the family. The purpose of this special day is to honor grandparents, to give grandparents an opportunity to show love for their children's children, and to help children become aware of the faith, information, and guidance older people can offer.

Please consider taking advantage of this ready-made “holiday” to honor grandparents- those living and deceased- at your Sunday Masses for September 13. Suggested ways to honor grandparents include:

- Publishing the Prayer for Grandparents written by Pope Benedict XVI in your September 8 Bulletin (Spanish & English included below)
<https://www.catholicgrandparentsassociation.org/popes-prayer/>
- Offering the masses in honor of grandparents, both living and deceased
- A prayer intention during the Universal Prayer such as:

For all grandparents, those present and those far away, that the Lord will look on them with love and protect and support them and may He grant that all families may one day be reunited in our heavenly homeland, we pray to the Lord....

- A special blessing for grandparents at the end of mass such as:

Lord God almighty, bless our grandparents with long life, happiness, and health. May they remain constant in your love and be living signs of your presence to their children and grandchildren. We ask this through Christ our Lord.
(Excerpt from Blessing for Grandparents sourced at www.USCCB.org)

<https://www.usccb.org/prayers/blessing-grandparents>

Let us thank God the Father for all our grandparents and their positive influence in our lives.



PRAYER FOR GRANDPARENTS

Lord Jesus,
you were born of the Virgin Mary,
the daughter of Saints Joachim and Anne.
Look with love on grandparents the world over.
Protect them! They are a source of enrichment
for families, for the Church and for all of society.
Support them! As they grow older,
may they continue to be for their families
strong pillars of Gospel faith,
guardians of noble domestic ideals,
living treasures of sound religious traditions.
Make them teachers of wisdom and courage,
that they may pass on to future generations the fruits
of their mature human and spiritual experience.

Lord Jesus,
help families and society
to value the presence and role of grandparents.
May they never be ignored or excluded,
but always encounter respect and love.
Help them to live serenely and to feel welcomed
in all the years of life which you give them.
Mary, Mother of all the living,
keep grandparents constantly in your care,
accompany them on their earthly pilgrimage,
and by your prayers, grant that all families
may one day be reunited in our heavenly homeland,
where you await all humanity
for the great embrace of life without end. Amen!



Benedictus II in



Pope Benedict XVI Oración por los Abuelos

Señor Jesús,
tú naciste de la Virgen María,
hija de san Joaquín y santa Ana.
Mira con amor a los abuelos de todo el mundo.
¡Protégelos! Son una fuente de enriquecimiento
para las familias, para la Iglesia y para toda la
sociedad.
¡Sostenlos! Que cuando envejezcan
sigan siendo para sus familias
pilares fuertes de la fe evangélica,
custodios de los nobles ideales hogareños,
tesoros vivos de sólidas tradiciones religiosas.
Haz que sean maestros de sabiduría y valentía,
que transmitan a las generaciones futuras los frutos
de su madura experiencia humana y espiritual.

Señor Jesús,
ayuda a las familias y a la sociedad
a valorar la presencia y el papel de los abuelos.
Que jamás sean ignorados o excluidos,
sino que siempre encuentren respeto y amor.
Ayúdales a vivir serenamente y a sentirse acogidos
durante todos los años de vida que les concedas.
María, Madre de todos los vivientes,
cuida constantemente a los abuelos,
acompañalos durante su peregrinación terrena,
y con tus oraciones obtén que todas las familias
se reúnan un día en nuestra patria celestial,
donde esperas a toda la humanidad
para el gran abrazo de la vida sin fin.
Amén.

Benedictus II in

This Universal Prayer For Grandparents was composed by His
Holiness Pope Benedict XVI in 2008
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Pope Benedict XVI, 2008