

LMF Sunday

Parish Resource Guide



LMF (Life, Marriage and Family) Sunday Mass is held annually on a Sunday prior to the Feast Day of St John Paul II, who introduced the world to Theology of the Body. LMF Sunday is a Diocesan initiative to honor and acknowledge married couples by celebrating their wedding anniversaries by participating in the Eucharist. Traditionally, LMF Sunday was held at St Mary's Cathedral.

Moving forward, the Catholic Archdiocese of Sydney have decided to transition the LMF Sunday celebrations from a Archdiocesan level to a Parish level to align with the one of the core mission pillars of the Catholic Archdiocese of Sydney which is to "turn disciples into disciple-makers."

The transition means there will no longer be a universal LMF celebration in the Cathedral as the Catholic Archdiocese of Sydney are empowering parishes to celebrate and honour the married couples whose love serves as a witness for the members in their local parish community.



Preparation

Below are some ways parishes can choose to celebrate Life Marriage and Family Sunday.

- Celebrate Life Marriage and Family Sunday at Mass (see the order of celebrating matrimony)
- Use the parish bulletin or social media to acknowledge married couples who are celebrating their wedding milestones e,g 10,20,25,30,40,45 years of marriage etc)
- Hold a morning tea after LMF Sunday Mass, celebrating the married couples in a special way.
- Acknowledge the married couples with milestones by distributing certificates signed by the Parish Priest/Archbishop.



Promotion

The Life Marriage Family team has prepared some resources to support parishes in its transition to celebrating LMF Sunday in their local context.

- Order of celebrating matrimony-LMF Sunday Mass.
- The Eucharist and Marriage-A reflective resource connecting the Sacrament of Matrimony to the Eucharist.
- Digital prayer card-LMF Sunday.
- Generic LMF social event tile for Parish promotional use.
- Social media tile-Celebrating your marriage at home.
- Link to International Eucharistic Congress Website.
- Walk With Christ 2026 Booklet.