



Family Life

... providing information and resources to help parish staffs better partner with households of faith.

November - December 2013

MARRIAGE & FAMILY + PASTORAL CARE + PRO-LIFE + COUNSELING SERVICES

We need "to live our lives as Christians" and testify to our faith on a daily basis.

Pope Francis
Angelus, Oct. 6, 2013

For reflection . . . How have you testified to your faith today? at home? at work?

INSIDE THIS ISSUE

Marriage & Family Enrichment	1 & 2
Pastoral Care	2
Fall Family Time	insert
Pro-Life	3 & 4
Recipes for Family Living & Trainings	4
Staff	4

If you would like an electronic copy of this newsletter to come directly to you, send your email address to family@archlou.org.

All material in newsletter may be reproduced.

"... family is holy

Not because it is perfect but because God's grace is at work...helping it to set out anew... everyday... on the way of love."

Follow the Way of Love
Pastoral Message of the
U.S. Catholic Bishops

Marriage & Family Enrichment

contact: Sue Brodfehrer, sbrodfehrer@archlou.org

News from FOCCUS

COMING! CHANGES TO 85% OF PREVIOUS INVENTORY



The last major revision of the FOCCUS Inventory was in 1997. Preparation for this latest edition was extensive and seeks to meet "the real life needs of today's couples and those who are preparing them for marriage."

Changes to look for in FOCCUS 4th Edition:

- Questions that address pornography, technology, prayer in marriage, and pets
- A fourth special issue - Couples with Children. This will directly address issues of first and subsequent marriages
- Technology updates to insure 24/7 access to the FOCCUS website where facilitators can easily download and print couple answer sheets in English and Spanish at no charge, along with Couple Reports, b'tween resources that include a Reflection and Discussion Guide, FOCCUS for the Future, and a Couple Completion Certificate.

The FOCCUS 4th Edition Facilitator manual with two couple inventories of the facilitator's choice will be offered at a 50% discount if ordered between now and June, 2014. After this date they will be \$50.

You may pre-order NOW! The Family Ministries Office will send a preorder form to each parish by way of email and a hard copy through the Chancery mailing. You will need one manual for each of your current facilitators and facilitating couples.

The FOCCUS 4th Edition may not be used prior to January 6, 2014. Please continue using the current edition until then.

Although the material is changing, the process and procedures for using FOCCUS are not changing. Therefore, no Diocesan retraining sessions are being considered at this time. You may however wish to convene all your parish facilitators for coffee, dessert, distribution and conversation around the changes.

If you have any questions, please call Family Ministries and ask for Sue at ext. 1219.

Fall Family Time Insert

You are invited to use the enclosed insert as you see fit, but please use it. The strength of our parishes and our society is affected by the strength of family life.

Marriage & Family Enrichment cont.

Which Catholic (or other) Dating Website is Right for Me?

by Jason King, Chairman, Theology Department. St. Vincent College, Latrobe, PA

The United States has over 40 million people registered on over 1,500 online dating sites. These numbers are a bit overwhelming, so it is helpful to go over sites that might be most useful to Catholics. There are two basic types: General Dating Sites that have large numbers of people and those that are specifically Catholic Dating Sites.



To read this article in full, visit foryourmarriage.org. You have permission to copy and share but please note site and author.

Pastoral Care

contact: Michelle Herberger, mherberger@archlou.org

Coping with the Holidays

You are facing the holidays for the first time without your loved one and this can bring pain to your heart and tears to your eyes. Here are a few ideas to help you be gentle with your pain and cope with both memories and expectations.

1. Focus on the present moment. Instead of worrying about "how it's going to be" take one day at a time.
2. Pay attention to what you want to do, rather than what you think others expect of you. Be kind to yourself.
3. Relive the happy memories. Focus on the sweetness of past holidays, even if it triggers tears.
4. Balance solitude with social times. Being alone can quiet and strengthen you. When you choose to be with people, choose those whom you trust to love and accept you as you are.
5. Take a chance that you might actually enjoy doing something different. Have your special holiday dinner at a different home or even eat out. The more you try to make it the same as the past, the more obvious your loss will be.
6. Use "gift money" you would have spent on your loved one to contribute to a cause he or she loved.
7. Let yourself give to others, not out of effort but out of the natural love that still exists in you.
8. Let yourself be surprised by the goodness and wonder that the holidays can bring. Miracles can happen when you let your heart be open to the love around and within you.

Befriender Hospital Team Information Sessions

The Family Ministries Office is in the process of recruiting and training individuals for the Hospital Ministry Teams at Baptist Health, Kosair, University, Jewish and Sts. Mary & Elizabeth.

Adult Catholic men and women who are active and practicing their faith are invited to participate in this program. The training consists of weekly sessions from the end of January through mid April, 2014. Upon completion, a Hospital Ministry Team will be commissioned to serve Catholic patients and their families in the hospitals by providing a compassionate, non-judgmental listening ministry of care.

Open information sessions will be held at the Maloney Center, 1200 So. Shelby Street on the dates below:

Registration is required to attend one of these information sessions, please call the Michelle, 502-636-0296, ext. 1201.

10:30 - 11:30 a.m.

Nov. 5, Tuesday
Nov. 12, Tuesday
Nov. 19 Tuesday
Nov. 26, Tuesday
Dec. 11, Wednesday
Dec. 18, Wednesday



6:30 - 7:30 p.m.

Nov. 6, Wednesday
Nov. 13, Wednesday
Dec. 4, Wednesday
Dec. 11, Wednesday
Dec. 18, Wednesday.

Befriender Parish Ministry Trng.

Who are the people in your faith community who need a BeFriender?

Maybe it is a single parent struggling with raising children or a person living with a chronic illness. Perhaps it is an unemployed head of household weary from job hunting or a new mom adjusting to caring for a baby.

BeFrienders provide pastoral care for people in all kinds of difficult or transitional situations. They are trained lay volunteers who extend the care of a faith community.

A BeFriender is someone who:

- Listens with compassion.
- Accepts people as they are.
- Respects another's spiritual journey.
- Embodies the caring presence of God.

Mark your calendars for upcoming training.

April 8-11, 2014 at Maloney Center

Cost: \$749 per person before 3/11/14
\$799 after 3/11/14.

Contact Michelle for more information.









Fall Family Time in your Church of the Home

School has resumed, nights and days are cooler and family life has taken on a different pace. As we enter the holiday time of Thanksgiving and the preparation time of Advent, we would like to offer all families, regardless of structure, some questions to ponder with the hope that this pondering will lead your family to a greater awareness of God's presence in your home.



Family Table Talk

Gathering for a meal has become a luxury in today's busy schedule, but challenge your family to agree upon a set evening for a weekly meal – no exceptions / no cell phones. Use the questions below to stimulate deeper than normal conversation in your church of the home.

-  If you could be an animal, which one would you choose to be and what makes you want to be that animal?
-  Name one thing you like most about yourself. About each person at the table.
-  What are you most thankful for in your life?
-  How were you Jesus to someone today? Or, was someone else Jesus to you or another?
-  What did you hear in the homily on Sunday?
-  What is your favorite Thanksgiving family tradition and what makes it so?
-  What have you done for your family this week?
-  Looking ahead to Advent and Christmas:
 - What is your favorite Advent / Christmas family tradition? What makes it so?
 - If you could have one non-material gift for Christmas, what would it be? What makes you want this?



Family is holy not because it is perfect but because God's grace is at work... helping it to set out anew...everyday...on the way of love.

Follow the Way of Love
United States Conference of Catholic Bishops

Pro-Life

contact: Ed Harpring, eharpring@archlou.org

New Pro-Life Coordinator - introducing Ed Harpring



A few months ago, I would never have dreamed that I would be the new Pro-Life Coordinator for the Archdiocese of Louisville. As the saying goes, "If you want to make God laugh, tell him your plans." My name is Ed Harpring, and being a corporate business professional for the last 25 years, and now moving into the non-profit sector, has truly been a leap of faith. However, despite God's sense of humor, I am excited and energized by the opportunity to serve the Church and my faith community.

While my day job has been in business, I have spent the last 30 years actively involved in Pro-Life issues. Through my home parish, St. Barnabas, my wife and I have co-chaired our Social Concerns Committee for nearly 15 years. Through this committee, we have worked with our parishioners in supporting many Life Issues, including *Helpers of God's Precious Infants*, *40 Days for Life*, *Catholic Charities' Mother-Infant Care Program*, and the annual *Little Way* rose sale. In addition, we promote legislative action through Catholic Conference of Kentucky (CCK) contacting government officials and representatives about life issues pertaining to abortion, euthanasia, embryonic stem cell research, death penalty, immigration reform and other social justice issues. We have promoted "Catholics at the Capital"—and joined other fellow-Catholics to show a united front in an effort to sway life affirming legislation. I am a board member of Little Way Pregnancy Resource Center, and have been a "sidewalk counselor" at the local abortion center for nearly 30 years.

My wife Cathy and I have been blessed with four children. Our oldest daughter, Laura, is a Speed School Engineering graduate and works in Norfolk, VA. Our oldest son, Russell, is a Speed School graduate as well, and has spent the last 18 months doing service work for the Salesians in The Dominican Republic and San Antonio Texas. He also spent 3 months working at the United Nation headquarters in Geneva, Switzerland. Our younger son, Paul, is working in Louisville, and our "baby," Rebecca, is a junior at Bellarmine University.

I take it as a good sign that I began my Pro-Life Coordinator position in the month of October – Respect Life Month. I encourage all of us to continue to celebrate Respect Life Month year round and to ponder the theme, a favorite of Pope Francis, "Open Your Hearts to Life."

This theme offers us a refreshing reminder of the sanctity of all human life from conception to natural death.

Promoting the full spectrum of Pro-Life Issues is a daunting challenge that will require the continued and united support of all of us. With your help, and the grace of the Holy Spirit, I look forward to serving the Louisville Archdiocese and promoting the Gospel of Life.

Word of Life, USCCB

The *Word of Life* series from the USCCB Secretariat of Pro-Life Activities is a monthly liturgical resource containing prayer intentions, bulletin quotes, and occasional homily notes for use in the parish.

Nov 3 THIRTY-FIRST SUNDAY IN ORDINARY TIME

For the elderly the sick and the homebound:
that the Lord might inspire others to support them and renew their spirits;

Nov 10 THIRTY-SECOND SUNDAY IN ORDINARY TIME

For those nearing the end of life:
that they will place their faith in Christ, and be strengthened in hope for eternal life with Him;

Nov 17 THIRTY-THIRD SUNDAY IN ORDINARY TIME

For all those who stand for justice for the unborn:
that they may have the grace to speak with courage and charity;

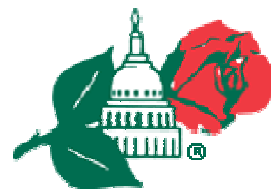
Nov 24 OUR LORD JESUS CHRIST, KING OF THE UNIVERSE

For all people:
that they will accept and adore Christ as their King and recognize His image in each and every human life;

March for Life - January 22, 2014

Youth Rally and Mass Washington DC

For information, please contact Pro-Life Coordinator, Ed Harpring by email above or 502-471-2154.



Pro-Life cont.

Conscience Rights

In order to keep you informed about the USCCB's urgings to our elected government officials, we offer the following for your reading:

Cardinal O'Malley & Archbishop Lori Letter to Congress Urging Conscience Rights Protection in Must-Pass Legislation - September 26, 2013

<http://www.usccb.org/issues-and-action/religious-liberty/conscience-protection/omalley-lori-letter-to-house-2013-09-26.cfm>

Prayerful Presence - the Unborn

Helpers of God's Precious Infants Mass

www.helperlouisville.org

7:00 a.m. Mass – Cathedral of the Assumption followed by prayer at Abortion Clinic

Sat., Nov. 9 Fr. Jeff Shooner presiding

Sat., Dec. 14 Archbishop Kurtz presiding

Recipes for Family Living

Retrouvaille - a ministry for hurting marriages

This international peer ministry provides a weekend experience and six post sessions. The next weekend retreat in the Louisville area is February 21 - 23, 2014

To learn more, visit www.HelpOurMarriage.org



Marriage Encounter

A weekend enrichment retreat for married couples

Indianapolis - November 8 - 10, 2013

Louisville: February 7 - 9, 2014

To learn more, visit www.wwme.org



For Retrouvaille and Marriage Encounter brochures contact, family@archlou.org

Anniversary Mass

A Mass of Thanksgiving for couples celebrating 5, 10, 15, 20 & 25 years of marriage in 2014 will be celebrated at St. Raphael, Saturday, **February 15**, at the 4:00 p.m. Mass.

Registration will be through the parishes.

Attn: Secretaries - look for information to arrive by email and in the December mailing from the Chancery.



Trainings

Marriage Preparation Trainings

Parish Sponsor Couple Training - Spring, 2014

Tuesdays, March 11, 18, 25 at 7:00 - 9:00 p.m.

Maloney Center

Attendance is necessary at all three sessions.

Cost: \$30 per couple. Registration is required: call 502-471-2142 or email - ckupper@archlou.org

FOCCUS Training - Spring 2014

Watch for dates.

Staff

Sue Brodfehr, Executive Director

Ed Harpring, Coordinator of Pro-Life Ministries

Michelle Herberger, Coordinator of Pastoral Ministries

Martine Bacci Siegel, Director of Counseling Services

Scott Fitzgerald, Safe Environment Coordinator

Carolyn Kupper, Secretary

Family Ministries Office, Archdiocese of Louisville
Maloney Center, 1200 So. Shelby Street, Louisville, KY 40203
www.archlou.org/family

We invite your comments & suggestions.

Contact: Family Ministries - 502-636-0296; family@archlou.org Counseling Services - 502-636-1044; counseling@archlou.org