



# Family Life

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

March - April 2014

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

We must restore hope to young people, help the old, be open to the future, spread love. Be poor among the poor. We need to include the excluded and preach peace.

Pope Francis

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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](mailto:sbrodfehrer@archlou.org)

from USCCB . . .

### New Spanish-Language Video on Marriage

"El Matrimonio: Hecho para el amor y la vida" ("Marriage: Made for Love and Life") is the newest short-length film from *Marriage: Unique for a Reason*.



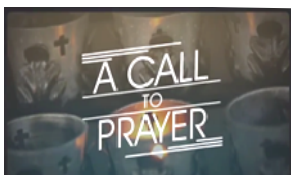
This film in Spanish (with optional English subtitles), invites viewers into a compelling story about a faithful marriage of fifty years and a young couple skeptical of marriage.

"El Matrimonio: Hecho para el amor y la vida" helps the viewer engage in and understand the unique meaning of marriage through reflection and discussion on five themes: sexual difference and complementarity, children, the common good, religious freedom, and persons who experience same-sex attraction. The study guide is bilingual.

Our office has a copy that you may preview; just give us a call. Materials are available on the website, [www.marriageuniqueforareason.org/la-familia-video/](http://www.marriageuniqueforareason.org/la-familia-video/) at no cost. Additional hard copies may also be purchased through [www.usccbpublishing.org](http://www.usccbpublishing.org).

### For Life, Marriage and Religious Liberty

[www.usccb.org/life-marriage-liberty](http://www.usccb.org/life-marriage-liberty)



The pastoral strategy is essentially a call and encouragement to prayer and sacrifice - it's meant to be simple. ... Life, Marriage, and Religious Liberty are not only foundational to Catholic social teaching but also fundamental to the good of society.

Archbishop Salvatore J. Cordileone

Link up with the Facebook group to connect with others who are participating in the Call to Prayer and/ or pledge to fast on Fridays at [www.usccb.org/fast](http://www.usccb.org/fast)

## A Doctoral Student is Seeking Help

Dasmain Joseph, a candidate for Doctor of Education from Argosy University in Florida, is in need of couples who have taken the FOCCUS Instrument and have been married at least one month and no more than 10 years, who are willing to be a part of his research for a doctoral dissertation. The survey consists of 14 multiple choice questions and takes about 10 minutes to complete.

His dissertation research study is "The perceived effectiveness of PREPARE-Enrich, RELATE, and FOCCUS: A comparative study of three assessment-based premarital counseling programs."

Participating couples go to [www.SurveyMonkey.com/s/DasmainDissertation](http://www.SurveyMonkey.com/s/DasmainDissertation)

## Marriage & Family Enrichment cont.

*Do Pretzels really have anything to do with Lent?* by Fr. William Sanders



The pretzel indeed has its origins as an official food of Lent. However, much of the information available is based on tradition that has been handed down through the ages. Nevertheless, the Vatican library actually has a manuscript illustrating one of the earliest pictures and descriptions of the pretzel (Manuscript Code no. 3867).

In the early Church, the Lenten abstinence and fasting laws were more strict than what the faithful practice today. Many areas of the Church abstained from all forms of meat and animal products, while others made exceptions for food like fish. For example, Pope St. Gregory (d. 604), writing to St. Augustine of Canterbury, issued the following rule: "We abstain from flesh, meat, and from all things that come from flesh, as milk, cheese and eggs." Second, the general rule was for a person to have one meal a day, in the evening or at three o'clock in the afternoon, and smaller snacks to maintain strength. So a need arose for a very simple food which would fulfill the abstinence and fasting laws.

According to pretzel maker Snyder's of Hanover, a young monk in the early 600s in Italy was preparing a special Lenten bread of water, flour and salt. To remind his brother monks that Lent was a time of prayer, he rolled the bread dough in strips and then shaped each strip in the form of crossed arms, mimicking the then popular prayer position of folding one's arms over each other on the chest. The bread was then baked as a soft bread.

Because these breads were shaped into the form of crossed arms, they were called *bracellae*, the Latin word for "little arms." From this word, the Germans derived the word *bretzel* which has since mutated to the familiar word *pretzel*.

Another possibility for the origins of the word *pretzel* is that the young monk gave these breads to children as a reward when they could recite their prayers. The Latin word *pretiola* means "little reward," from which *pretzel* could also be reasonably derived.

Here we find another "fun" tradition of our faith, just like Easter eggs or hot cross buns. Actually, a good Lenten family activity would be to make pretzels, explaining to the children their significance.

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### *A Word to Parents* from *At Home With Our Faith*

#### **Give Kids the Good Word**

By Annemarie Scobey

*It is often the small practices habitually do with our children that, as adults, they take into their families. Below are a few of those every day, practical practices that help children, and parents alike, recognize God in others and in our actions.*

**"Do your best and let God do the rest."** Sharen, mother of two, says this with her children every day before school. She says the first part, and the kids respond with the second part. "If I don't do it, the girls will loudly exclaim, 'Say it, Mama!' as if they can't leave the car and go into school without it," Sharen says.

**"What's one way you helped someone today?"** Nancy and Scott, parents of two, ask this question almost every evening at dinner in order to emphasize to their children that service to others is an important part of life.

**"Let the Holy Spirit nudge you today."** Maria, a mother of two, says this before dropping off her children at school to remind them to be open to God's movement in their lives.

**"God bless Max. Be with him during his math test."** John, a father of three, traces a cross on the forehead of each of his children before bed, with a blessing for an upcoming event.

From the pages of *At Home with Our Faith*, Claretian Publications' print newsletter for parents on nurturing spirituality in the home. Visit them on <http://homefaith.wordpress.com/about>. Like them on [Facebook](#) and follow Homefaith on [Twitter](#).

# Counseling Services

contact: Martine Siegel, [msiegel@archlou.org](mailto:msiegel@archlou.org)

## The Walk of Shame: Tips Toward Healing

by Dr. Beverly Weinhold

Everyone of us has experienced shame; from the warm wash of embarrassment to a scar that sears the heart like Hawthorne's *Scarlet Letter*. Downton Abbey's Anna spoke of the sting of shame: "My shame has no where to hide. I've been spoiled." Psychologist Brene Brown believes that shame "is an unspoken epidemic and the secret behind many forms of broken behavior" (Mar, 2012). Gershen Kaufmann, research pioneer on this same subject agrees: Shame is the affect which is the source of many complex and disturbing inner states: depression, alienation, self-doubt, isolating loneliness...compulsive disorders, splitting of the self, perfectionism, a deep sense of inferiority, inadequacy or failure, the so called borderline conditions and disorders of narcissism (1989).



Shame is no small thing. Unlike a fly in the coffee that can be plucked out, it's more like creme that colors the whole cup. Yet shame isn't all bad. Ignatian spirituality calls it the "grace of shame" because it keeps us humble. It also signals us to set boundaries. Functioning as a normal human emotion, shame flashes a yellow light when we cross a line that compromises our core values. That's not a bad thing in a shameless society with blurred lines. But when shame saturates our self-image and seals our identity, it becomes "a state of being" that is toxic and dehumanizing. (Bradshaw, 1988, p vii). Unlike guilt that says *you've made a mistake*, shame says *you are a mistake*.

Shame's sources are several. Society layers us with powerful lenses. Our worthiness can be based on money, class, status, race, roles and even norms. Citing Boston College researcher John Mahalick's study on gender norms, Brown says women are to "do it perfectly and never let them see me sweat," while men are never to be "perceived as weak" (ibid). But society isn't the only culprit. Graceless religion rates us with strict rules, dysfunctional families heap on secrets that we're told to sweep under the rug, abusive trauma taunts we're victims without a voice.

Like Anna said, the 'go to' solution is hiding. Shame, the first feeling word in the Bible (Genesis 2:25), sent Adam and Eve into hiding from God (Genesis 3:9-10). From rationalizing and denying to projecting and blaming, we've been hiding behind fig leaves ever since. Lewis Smedes says that grace is the solution to shame (1993, p 105). Secularizing grace, Brown says empathy's the antidote: "Put shame in a petri dish and it will grow in secrecy, silence and judgment. But expose it to empathy and it can't survive" (ibid). What are some tips toward healing our shame?

- **Own your story.** In a recent Bible Study the class was asked to tell a story that shaped them from childhood. The teacher had a strong family and fond memories. But as we circled the room, it was clear that few people fit that profile. Because their memories were painful, many people passed. Since safety is key, keeping their cards close to the chest was a smart choice. But telling our stories to trusted people in safe places is critical to healing. Despite the skeletons in the closet our histories aren't horrible mistakes that have to stay hidden. Hiding only gives them more power. Instead, speaking our stories and owning our histories makes our life more authentic. To deny who we are and where we came from only creates a false self. And when we opt for a false image over an authentic self, we abandon ourselves. Self-rejection is foundational to shame. A way to take small steps is to write short segments in a journal and read them out loud to a therapist, pastor or friend
- **Forgive your shamers.** Healing the shame that binds us requires dealing with feelings toward our shamers. While we can't rewrite our histories or change our circumstances, we can choose the way we think, feel and live with it. Revenge seems sweet for a season, but its a recursive loop that only escalates. Resentment isn't an option, because it eats away at joy and spirals downward into depression. Forgetting doesn't work either, because even when the mind forgets, the body holds the trauma. Hannah Arendt had it right: "The only possible redemption from the predicament of being unable to undo what one (or another) has done...is the faculty of forgiving." This includes forgiving ourselves.
- **Accept yourself.** Acceptance is different from forgiveness. While we forgive ourselves for *what we did*, we accept ourselves for *who we are*. When we forgive ourselves we heal our guilt. When we accept ourselves we heal the shame. Acceptance, according to psychologist Erik Erikson, is based on attachment (1950). Healthy attachment is nurtured when we see affirmation mirrored in the face of our early caregivers. Without experience of early approval, we see our lives through a lens of disapproval. This translates into the unworthiness that unleashes shame. Though a theory, it seems to hold water. As adults we're affected by what we see in someone's face. Christian scripture offers an alternative mirror to the scowl of our critics: "But we all with unveiled face, beholding as in a mirror the glory of God are being transformed..." (2 Corinthians 3:18). Visit this website for spiritual practices: [www.spiritualityandpractice.com/books/excerpts.php?id=14076](http://www.spiritualityandpractice.com/books/excerpts.php?id=14076)

# Pro-Life

contact: Ed Harpring, [eharpring@archlou.org](mailto:eharpring@archlou.org)

## Pro-Life Updates

### **Life Matters All Year Long - USCCB Call to Action**

by Deirdre A. McQuade

Over the past 41 years, millions of peaceful witnesses have come to Washington, D.C. each January to call for the overturning of *Roe v. Wade*, the 1973 Supreme Court decision that made abortion legal throughout the United States. The March for Life quickly became the largest annual human rights demonstration in the nation's capital.

To celebrate that joyful witness, the Secretariat has released a new, fast-paced one-minute video called "Life Matters." It features youthful Catholic participation in the 2014 March for Life and related prayer events. In addition to footage from Cardinal Sean O'Malley's pre-March for Life Mass with over 700 young people from Boston, it includes short interviews with teens and young adults. From exuberant cheers ("We love babies, yes we do!") to the quiet stillness of night prayer, they share their joy at participating in the March for Life and related events because "Life Matters!"

### **40 Days for Life Lenten Campaign**

**March 5—April 13**

[www.40daysforlife.com/louisville](http://www.40daysforlife.com/louisville)

The mission of this campaign is to bring together the body of Christ in a spirit of unity during a focused 40 day campaign of prayer, fasting, and peaceful activism. With the purpose of repentance, it seeks God's favor to turn hearts and minds from a culture of death to a culture of life, thus bringing an end to abortion and capital punishment and raising awareness to the dignity of all human life..

#### **The 40 Days for Life Pillars**

- I. Prayer and Fasting
- II. Peaceful Vigil
- III. Community Outreach

The 40-day campaign tracks Biblical history, where God used 40-day periods to transform individuals, communities, and the entire world. From Noah in the flood to Moses on the mountain to the disciples after Christ's resurrection, it is clear that God sees the transformative value of His people accepting and meeting a 40-day challenge.

Local Parish members are encouraged to witness to the sanctity of all human life from conception to natural death by participating in the campaign.

Please contact Adam and Laura Grijalba for information or to confirm that your church is going to pray with 40 Days for Life. [la.grijalba@att.net](mailto:la.grijalba@att.net) 502-384-4884; 502-475-5403.

## 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. Material is in both Spanish and English.

### **March 2 EIGHTH SUNDAY OF ORDINARY TIME**

For all families concerned with how to provide for their loved ones, especially expectant mothers: May they turn to the Lord, trusting in His providence, and experience the support of the Christian community;

### **March 9 FIRST SUNDAY OF LENT**

For medical workers who have renounced their involvement in abortion: May they obtain peace and consolation through the mercy of God, and may their conversions inspire others to respect the gift of life;

### **March 16 SECOND SUNDAY OF LENT**

For expectant parents being pressured to end the life of their unborn child: May they experience the encouragement of the Lord, as well as practical and life-giving support from communities like ours;

### **March 23 THIRD SUNDAY OF LENT**

For Christians who have become discouraged in their efforts to promote the dignity of human life: May the Lord give them a hope that sustains them in their mission and the grace to renew their spirits;

### **March 30 FOURTH SUNDAY OF LENT**

For men and women experiencing shame after participating in an abortion: May they have the courage to receive the Lord's forgiveness, healing and freedom.

For April's intercessions, visit Word for Life at: [www.usccb.org/prayer-and-worship/resources-for-the-eucharist/word-of-life/](http://www.usccb.org/prayer-and-worship/resources-for-the-eucharist/word-of-life/)

## Helpers of God's Precious Infants

Founded in 1989, **Helpers of God's Precious Infants** focuses on bringing sacramental graces to mothers, babies and families entering the local abortion center. Through these graces, they have helped close over 40 abortion centers around the world! The Helpers sponsor Mass (7:00 a.m.) followed by Eucharistic adoration at the Cathedral of the Assumption (second Saturday of each month.) After Mass, attendees may remain in Adoration or join in the walking Rosary Prayer Procession to the local abortion center. All return to the Cathedral for Benediction.



## Pro-Life cont.

### *Pope Francis affirms human dignity, warns against "throwaway culture"*

Pope Francis met with delegation from the Dignitatis Humanae Institute recently. Otherwise known as the Institute for Human Dignity, the DHI was founded in 2008 as a think tank with the aim of "protecting and promoting an authentic vision of human dignity."

In his talk the Pope emphasized that there is a dignity to "every man and woman that cannot be suppressed, that cannot be touched by any power or ideology"—that "the human person must always be an end and never a means."

But, unfortunately, "in our epoch, so rich in many accomplishments and hopes, there is no lack of powers and forces that end up producing a throwaway culture (*cultura di scarto*); and this threatens to become the dominant mentality. The victims of such a culture are precisely the weakest and most fragile human beings—the unborn, the poorest people, sick elderly people, gravely disabled people... who are in danger of being 'thrown out,' expelled from a machine that must be efficient at all costs. This false model of man and society embodies a practical atheism, *de facto* negating the Word of God that says: 'Let us make man in our image, according to our likeness' (cf. Genesis 1:26)." Pope Francis concluded

"All initiatives such as your own are, therefore, welcome, initiatives that aim to help people, communities and institutions to rediscover the ethical and social importance of the principle of human dignity, which is the root of liberty and justice. In view of this purpose efforts at raising awareness and formation are necessary. These will assist the lay faithful of every walk of life, and especially those who work in politics, to think according to the Gospel and the Church's social doctrine and to act consistently, dialoguing and collaborating with those who, with sincerity and intellectual honesty, at least share – if not the faith – a similar vision of man and society and its ethical consequences. There are not a few Christians and non-believers, who are convinced that the human person must always be an end and never a means."

<http://www.zenit.org/en/articles/pope-s-address-to-delegation-from-the-dignitatis-humanae-institute>

## Pastoral Care

contact: Michelle Herberger, [mherberger@archlou.org](mailto:mherberger@archlou.org)

### *Adult Prayer Blankets Needed*



The Catholic Pastoral Care Teams at Baptist Health, University of Louisville Hospital, Sts. Mary & Elizabeth Hospital & Jewish Hospital distribute blankets as part of their visitation to patients. At this time, there is a great need for adult blankets; none are available for distribution.

Blankets should be similar to a receiving blanket, about 29" x 29". They may be any pattern. A small pocket may be attached on the front in which a prayer can be placed.

We ask that you drop them off at the Maloney Center, 8:30- 4:30, Monday - Friday. Please ask for someone from the Family Ministries Office to assist you. We will gladly distribute them to our Hospital BeFriender teams.

Thank you in advance for sharing your prayers, time and talent.

### *Parish Befriender Ministry Training - see page 7*

# Recipes for Family Living

## Save the Date! - More to Come!



### 2014 NACFLM Conference

July 16 - 19

Dayton Ohio

"Home is a Holy Place"

## Prayerful Presence - the Unborn

### Helpers of God's Precious Infants Mass

[www.helpersloisville.org](http://www.helpersloisville.org)

7:00 a.m. Mass – Cathedral of the Assumption

followed by prayer at Abortion Clinic

Sat., March 8 Fr. Terry Bradshaw

Sat., April 12 TBD

## Marriage Encounter - a gift to any marriage

A weekend retreat for married couples who desire time away to enrich their marriage.

Next Louisville area weekend - Sept. 26-28

To learn more, visit [www.wme.org](http://www.wme.org)



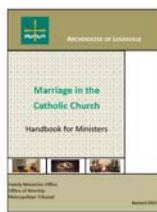
## Retrouvaille - a ministry for hurting marriages

This ministry provides a weekend retreat experience plus six post sessions. Next Louisville weekend - Sept. 19-21

To learn more, visit [www.HelpOurMarriage.org](http://www.HelpOurMarriage.org)



For Marriage Encounter and Retrouvaille brochures for your parish, contact, [family@archlou.org](mailto:family@archlou.org)



## Marriage in the Catholic Church: Handbook for Ministers

We are getting much closer to launching this updated resource onto the Archdiocesan website. Notification will be sent in the parish mailing from the Chancery as soon as it is available.

# Trainings

## Spring 2014—Marriage Preparation Trainings

### Parish Sponsor Couple Training

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

Maloney Center Cost: \$30 per couple

Attendance is necessary at all three sessions.

Deadline: March 1

### Training for use of FOCCUS Instrument

Tuesdays, April 1 & 8 from 6:45 - 9:15 p.m.

Maloney Center

Cost: \$65; \$10 for retraining

Deadline: March 21

To register for either training, contact Carolyn at 502-471-2142 or [ckupper@archlou.org](mailto:ckupper@archlou.org)

### Staff

**Sue Brodfehrer**, Executive Director

**Ed Harpring**, Coordinator of Pro-Life Ministries

**Michelle Herberger**, Coordinator of Pastoral Ministries

**Carolyn Kupper**, Administrative Support Staff

**Martine Bacci Siegel**, Director of Counseling Services,  
Victim Assistance Coordinator

**Scott Fitzgerald**, Administrative Support Staff,  
Safe Environment Coordinator

**Family Ministries Office, Archdiocese of Louisville**  
Maloney Center, 1200 So. Shelby Street, Louisville, KY 40203  
[www.archlou.org/family](http://www.archlou.org/family)

We invite your comments & suggestions.  
Contact: Family Ministries - 502-636-0296; [family@archlou.org](mailto:family@archlou.org)  
Counseling Services - 502-636-1044; [counseling@archlou.org](mailto:counseling@archlou.org)





## PARISH BEFRIENDER MINISTRY TRAINING

### A Listening Presence that Meets the Growing Needs for Pastoral Care In Your Parish

*The spirit of the Spirit of the Lord is upon me; therefore he has anointed me.  
He has sent me to bring glad tidings to the poor, to proclaim liberty to captives,  
recovery of sight to the blind and release to prisoners,  
to announce a year of favor from the Lord. Luke 4: 18-19*

#### DATE / TIME / LOCATION

**Monday – Thursday, April 7 - 10, 2014**

8:30 a.m. to 5:00 p.m. each day

Maloney Center

1200 South Shelby Street, Louisville, KY 40203

#### HOW CAN A BEFRIENDER MINISTRY PROGRAM BENEFIT YOUR PARISH?

- Extend high quality pastoral care to more people
- Build and deepen the sense of Christian community
- Provide ministry opportunities for people to live out their baptismal call
- Enhance lay volunteer's leadership skills
- Encourage spiritual growth for those involved in the ministry



#### WHO NEEDS A BEFRIENDER?

Is it 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. It could be someone who is hospitalized or a resident of a long time care facility.

A BeFriender is someone who listens with compassion, accepts people as they are, respects another's spiritual journey, embodies the caring presence of God. Befrienders provide pastoral care for people in all kinds of difficult and transitional situations. They are trained lay volunteers who extend the care of faith community.

#### WHO ATTENDS

A team of 2-5 from your church or organization including at least one staff person, (clergy, chaplain, deacon, parish nurse, director of pastoral care, pastoral minister, etc.) and one or more lay volunteers. This team will serve as program leaders for BeFriender Ministry in your parish. New program leaders for existing BeFriender Ministry program also attend the workshop.

**HAVE QUESTIONS?** Visit [www.befrienderministry.org](http://www.befrienderministry.org) or call Family Ministries, 502-636-0296, x1201