



Family Life

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

September - October 2013

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

To be children of God, and brothers and sisters to one another: this is the heart of the Christian experience.

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

News from FOCCUS

The last major update to the inventory was in 1997 when the binder was changed. Another update in 2000 allowed facilitators to purchase replacement pages for their manuals.



The launch of the FOCCUS 4th Edition will begin January 2014

Featuring...

the FOCCUS Inventory and Manual with statements addressing Pornography and Internet Use, Prayer in Marriage, Pets and a new Special Section for Couples with Children along with downloadable resources including a Reflection and Discussion Guide for Couples, as well as FOCCUS for the Future.

Announcing...

the Engaged Couple Guide with Catholic liturgy planning resource

Introducing...

REFOCCUS Online and REFOCCUS for the Future

All facilitators will need new FOCCUS Manuals along with new couple inventories!

The FOCCUS 4th Edition Facilitator Manual with 2 copies of the Couple Inventory will be sold at a reduced rate of \$25.00 + shipping through June, 2014. Manuals ordered after June 30, 2014 will be sold for \$50.00 plus shipping. **Note:** Materials will not be available for purchase until Jan 1, 2014.

If your parish did not receive this information from FOCCUS, contact our office and we will send out an order form.

Marriage & Family Enrichment Resources

At Home with Our Faith, a Claretian Publications’ print newsletter for parents on nurturing spirituality in the home, was honored with a fourth consecutive First Place award for Special Interest Newsletter from the Catholic Press Association at its convention this past June. Judges called the newsletter “an outstanding quick read for busy parents” and praised “the regular material on sustaining a faith life within marriage.”

They offer very low rates for parish use, as well as their free Moms’ Night Out monthly discussion guides.

Also available are their popular single-page parish handouts on handing on faith in the home and helping kids understand the Mass, Lent, and Advent.

Learn more by visiting the site at <http://homefaith.wordpress.com/about/>. Also like them on Facebook and follow Homefaith on Twitter.

Enrichment Resources cont.

Christian Family Movement



The Christian Family Movement announces the release of three new programs for 2013. CFM program guides make it easy to lead a small group meeting including prayer, scripture reflection, faith sharing and discussion questions. Starter Kits (\$40) contain everything you need to start a CFM group at your parish, including 4 program guides. Choose from a variety of programs to enrich and strengthen families at all stages: newlyweds, young families, grandparents.

Newest Programs:

We Hold These Treasures: Christian Families Sharing Our Gifts (8 meetings)

Wisdom and Grace for Marriage and Parenting (5 meetings)

Connected Christian Living: Faith, Marriage & Parenting in the Networked Age (3 meetings)

For a full list of programs: www.cfm.org. For information, contact CFM national office 800-581-9824, director@cfm.org

What Happens in Catholic Rite of Marriage - Newly released USCCB Video

A new 22 minute video, "Saying I Do: What Happens at a Catholic Wedding," introduces viewers to the Rite of Marriage and answers frequently asked questions about Catholic marriage. The video is intended for engaged couples, their families and people involved in marriage preparation, and anyone with questions about Catholic weddings.



"This will be a valuable addition to marriage preparation programs. The Catholic Rite of Marriage is profound and beautiful and I hope that engaged couples and their families will take this opportunity to learn more about it," said Bishop Kevin C. Rhoades, chairman of the Committee on Laity, Marriage, Family Life and Youth of the U.S. Conference of Catholic Bishops (USCCB).

The video includes a brief overview of the sacrament of marriage and an explanation of the three forms of the Rite of Marriage. It answers basic questions such as when and where Catholic weddings can be held and how non-Catholic clergy can participate in the ceremony. The video was produced by USCCB's Secretariat of Laity, Marriage, Family Life and Youth in collaboration with the Secretariat of Divine Worship and the Department of Communications.

It is available for viewing at www.ForYourMarriage.org/saying-i-do-what-happens-at-a-catholic-wedding.

Pastoral Care

contact: Michelle Herberger, mherberger@archlou.org

Grief Support

A Grief Support Group at St. Margaret Mary is beginning in January for anyone who has lost someone through death.

Opening Session: Saturday, January 25, 8:30 a.m. – 12:30 p.m.

Weekly sessions: Thursdays, January 30 - April 10, 6:30 p.m. – 8:30 p.m.

Contact Denise Ruiz at 502-426-1588, ext. 126 or druiz@stmm.org

Looking Forward: The sharing of life's unique journey for men after the loss of a spouse.

Group meets Tuesday mornings from 9:30 a.m. - 11:00 a.m., September 17 - October 22

Sponsored by Ratterman & Sons Funeral Home and held at Cornerstone Cottage, 3799 Bardstown Road
Call Dawn for details at 502-459-3800



Counseling Services

contact: *Martine Bacci Siegel RN MSN CNS, msiegel@archlou.org*

Depression

An estimated 19 million American adults are living with major depression. Depression is a very misunderstood illness and not a weakness. Like other illnesses, it can be treated with great success. Unfortunately, it goes untreated because the person who is suffering, as well as their loved ones, do not know the signs and symptoms to look for. Symptoms go unchecked for a long period of time worsening the quality of life for individuals living with it.

Depression can be mild or severe, and the symptoms can vary for individuals depending on their unique situation and health. There are some universal signs and symptoms that we all need to be aware of, not just for ourselves, but for those we love. Often times, those suffering from depression seek help because someone who loved them recognized that something “wasn’t right.” At times individuals have a difficult time recognizing these symptoms within themselves.

The following can be signs and symptoms of depression:

- Fatigue; lack of energy
- Persistent sadness, pessimism
- Feelings of guilt, worthlessness, helplessness or hopelessness
- Loss of interest or pleasure in usual activities
- Difficulty concentrating and complaints of poor memory
- Worsening of co-existing chronic disease such as diabetes or arthritis
- Insomnia or over sleeping
- Weight loss or gain
- Anxiety, agitation, irritability
- Thoughts of suicide or death
- Slow speech and movements
- Headaches, stomach aches &/or digestive issues



It is important to note that these symptoms must persist for awhile before a diagnosis of depression is considered.

Depression can present differently in children as well as in the geriatric population. Depression will often be missed in these age groups because people want to attribute their symptoms to some other cause.

The following are the signs and symptoms most often seen in children:

- Grumpy, sad or bored most of the time
- Weight gain or loss
- Hopelessness, worthlessness, guilt
- Trouble concentrating or making decisions
- Frequent thoughts of death or suicide
- The very young may lack energy or withdraw; show little emotion; hopelessness and trouble sleeping
- Grade schoolers tend to become very somatic complaining of headaches and stomach aches frequently; lose interest in their friends and activities
- Teens tend to sleep too much and sometimes experiment with alcohol and drugs to “feel better.”

Depression can be genetic and some may be more predisposed to developing the illness due to family history. The problem is that many don’t know their family history when it comes to depression. Just one generation back, people preferred not to discuss it. If diabetes or heart disease or any other illness ran in the family, we would caution family members that they may be predisposed to these illnesses. We’d tell them what symptoms to watch for. We have found that this is not true with depression and other mental illnesses for a variety of reasons. This is unfortunate, because the illness unnecessarily goes untreated.

Studies have shown that the greatest success for treatment comes with a combination of medication and therapy. This combination is better than either of these treatment modalities alone.

If you are having symptoms of depression, seek help. If someone you love is displaying these symptoms consistently over an extended period of time, encourage them to seek help. I am always here to answer any questions of concern, and steer you in the right direction for treatment. Your phone call is always confidential. No one needs to suffer with depression - it is treatable.

May God continue to bless you & your families with good health and peace of mind.

Martine

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 September 20 - 22.



To learn more, visit www.HelpOurMarriage.org

Marriage Encounter

A weekend enrichment retreat for married couples

Louisville: September 13 - 15

Indianapolis - November 8 - 10

To learn more, visit www.wvme.org



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

Anniversary Mass



A Mass of Thanksgiving for couples celebrating 30, 40, 50, 60 & 60 plus years of marriage in 2013 will be celebrated at the Cathedral of the Assumption, Sunday, **SEPTEMBER 29**, 2:00 p.m.

Registration will be through the parishes; deadline to Family Ministries is September 19.

Substance Abuse Ministry

This ministry is offered by St. Louis Bertrand Church to alcoholics, addicts, and family members and friends of those who deal with addiction.

Sessions held 2nd Tuesday of each month at 7:00 p.m. Holy Hour dedicated to this ministry held 4th Tuesday of each month at 7:p.m.

Phone ministry is also available, 502-650-3392.

JFCS offering Counseling

Jewish Family and Career Services is conducting a weekly clinic for couples and families who have a need for counseling with a reduced fee schedule. (Availability is limited. Must meet income guidelines to qualify.)

Relationship Solutions is scheduled on Tuesday evenings from 5:00 - 6:00 p.m. & 6:00 - 7:00 p.m.

Call: Sally Hollingsworth, 502-452-6341 ext. 240 for an appointment & mention the "Tuesday Night Clinic."

Senior Day Out

Tuesday, November 5, 8:00 a.m. - 1:30 p.m. at KY International Convention Center, Cascade Ballroom.

Day includes music, lunch, prizes, Bingo, health screenings & information from over 100 exhibitors.

Free lunch requires registration by October 21.

For additional information: contact Cindy Venable, Metro Office for Aging & Disabled Citizens, 502-574-5092 or visit: www.louisvilleky.gov/CSR/OADC



Trainings

Marriage Preparation Trainings

Parish Sponsor Couple Training - Fall 2013

Tuesdays, September 10, 17 & 24, 7:00 - 9:00 p.m.

Attendance necessary at all three sessions.

Cost: \$30 per couple. Registration is required.

FOCCUS Inventory Training - Fall, 2013

Tuesdays, October 8 & 15, 6:45 p.m. - 9:15 p.m.

Cost: \$40; (Fee reduction this training only! New materials will need to be purchased Jan.-June, 2014.

See pg. 1)

To register for either training, contact Carolyn at 502-471-2142 or ckupper@archlou.org

Staff

Sue Brodfehr, Executive Director
Michelle Herberger, Coordinator of Pastoral Ministries
Carolyn Kupper, Secretary

Martine Bacci Siegel, Director of Counseling Services
Scott Fitzgerald, Safe Environment Coordinator

Pro-Life

contact: family@archlou.org

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.

Sept 1 TWENTY-SECOND SUNDAY IN ORDINARY TIME

For all who have homes and jobs and good health: that the presence of so many families lacking these basic needs will remind us of our own dependency on God and prompt us to serve them with great compassion;

Sept 8 TWENTY-THIRD SUNDAY IN ORDINARY TIME

That the Holy Spirit will inspire all Catholics to renounce the security of human esteem for the sake of the Gospel of life;

Sept 15 TWENTY-FOURTH SUNDAY IN ORDINARY TIME

For all women and men who are grieving from an abortion: that through the intercession of Our Lady of Sorrows they will know the depths of God's mercy and allow him to heal their pain;

Sept 22 TWENTY-FIFTH SUNDAY IN ORDINARY TIME

For expectant parents who feel unprepared to provide for their child: that they will find peace in God's Providence and trust that their needs will be met as they faithfully follow his will;

Sept 29 TWENTY-SIXTH SUNDAY IN ORDINARY TIME

For all political leaders: that they will take seriously the call to defend life and never compromise the lives of the unborn for the sake of political gain;

For October's intercessions, visit Word for Life at www.usccb.org/prayer-and-worship/resources-for-the-eucharist/word-of-life/

USCCB Action Alert

The Obama Administration's contraceptive/abortifacient/sterilization mandate will begin to be enforced against nonprofit religious schools, charities and health care providers on January 1, 2014. In the weeks to come, Congress must decide whether to address this problem before that deadline. Urge your congress person to co-sponsor the Health Care Conscience Rights Act (H.R. 940, S. 1204), and to work for its approval in the next must-pass bill needed to keep the federal government operating.

Learn more about the need for better conscience protection at: www.usccb.org/conscience.

Prayerful Presence - the Unborn

Helpers of God's Precious Infants Mass

www.helpersloisville.org

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

Sat., Sept. 14 – Friar Paul Schloemer presiding

Sat., Oct. 12 – presider TBA

St. Bernadette - Diaper Bank

CHANGING DIAPERS CHANGES LIVES.

Did you know...

- there are some babies forced to stay in one diaper all day because people in need have to choose between paying the rent or buying diapers?
- one cannot use government assistance programs such as food stamps or WIC to buy diapers?
- cloth diapers are not an option because most laundromats, for sanitary reasons, do not allow them to be washed?
- a child cannot be put in daycare without a day's supply of disposable diapers?

So...St. Bernadette is starting a Diaper Bank Ministry!

What is a diaper bank ministry? Diaper banks collect, store and distribute diapers to agencies that work with the homeless and low income families.

Where does the diaper bank get diapers ?

The bank relies not only on churches, but also on local businesses, organizations, daycares and individuals to help with this silent need.



What can a parish do to support this endeavor?

A parish could use creative ways to collect diapers for the bank, for instance, hold a yearly diaper drive or have a pack of diapers as admittance into a parish activity. Most importantly, make individuals aware of the need. The more support the bank has, the more diapers donated to agencies in the community.

To learn more visit www.nationaldiaperbank.org or contact: St. Bernadette Coordinator, Deannarh2100@gmail.com

For your bulletin: The expense of disposable diapers makes it impossible for some families to afford them. For many, cloth diapers are not a solution.

St. Bernadette is trying to address this problem by creating a diaper bank for the Louisville area, and we are asking for help. For information on how you can help, contact Saint Bernadette Diaper Bank coordinator, Deanna Hornback, Deannarh2100@gmail.com

Pro-Life cont.

Immigration Reform - the Time is Now!

Frequently Asked Questions about the Catholic Church's Position on Immigration

Why does the Church care about immigration policies?

The Catholic Church has historically held a strong interest in immigration and how public policy affects immigrants seeking a new life in the United States. Based on Scriptural and Catholic social teachings, as well as her own experience as an immigrant Church in the United States, the Catholic Church is compelled to raise her voice on behalf of those who are marginalized and whose God-given rights are not respected.

The Church believes that current immigration laws and policies have often led to the undermining of immigrants' human dignity and have kept families apart. The existing immigration system has resulted in a growing number of persons in this country in an unauthorized capacity, living in the shadows as they toil in jobs that would otherwise go unfilled. Close family members of U.S. citizens and lawful permanent residents must wait years for a visa to be reunited. And, our nation's border enforcement strategies have been ineffective and have led to the death of thousands of migrants.

The Church has a responsibility to shine the message of God on this issue and help to build bridges between all parties so that an immigration system can be created that is just for all and serves the common good, including the legitimate security concerns of our nation.

Does the Catholic Church support illegal immigration?

The Catholic Bishops do not condone unlawful entry or circumventions of our nation's immigration laws. The bishops believe that reforms are necessary in order for our nation's immigration system to respond to the realities of separated families and labor demands that compel people to immigrate to the United States, whether in an authorized or unauthorized fashion.

Our nation's economy demands foreign labor, yet there are insufficient visas to meet this demand. Close family members of U.S. citizens and lawful permanent residents face interminable separations, sometimes of twenty years or longer, due to backlogs of available visas. U.S. immigration laws and policies need to be updated to reflect these realities.

Does the Catholic Church support "amnesty"?

The Catholic bishops are proposing an earned legalization for those in this country in an unauthorized status and who have built up equities and are otherwise admissible. "Amnesty," as commonly understood, implies a pardon and a reward for those who did not obey immigration laws, creating inequities for those who wait for legal entry. The bishops' proposal is not an "amnesty."

The Bishops' earned legalization proposal provides a window of opportunity for undocumented immigrants who are already living in our communities and contributing to our nation to come forward, pay a fine and application fee, go through rigorous criminal background checks and security screenings, demonstrate that they have paid taxes and are learning English, and obtain a visa that could lead to permanent residency, over time.

Visit www.justiceforimmigrants.org for more!

USCCB Respect Life Packets

Open Your Hearts to Life

The Respect Life Program begins anew each year on Respect Life Sunday, the first Sunday in October. The program is highlighted in liturgies and marked by special events. The USCCB Secretariat of Pro-Life Activities publishes a program packet each year to call attention to numerous human life issues. These materials are especially helpful for priests, parish groups and other organizations.

Packets are scheduled to arrive at your parish this month. For additional packet information, visit, www.usccb.org/about/pro-life-activities/respect-life-program/ or contact Family Ministries Office.



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