



# Family Life

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

March - April 2015

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

## Marriage & Family Enrichment

contact: Sue Brodfehrer, sbrodfehrer@archlou.org

### Virtual Marriage Retreats

Looking for a way to enrich marriages in your parish? Encourage your married couples to make one of these seven day virtual retreats!

The first *For Your Marriage* retreat is based on the USCCB pastoral letter *Marriage: Love and Life in the Divine Plan*. The second is based on Pope Francis's advice about marriage and family life.

Each day for seven days, time is set aside for prayer. The day has a theme, a real life scenario to reflect upon and closes with ways to strengthen marriage. Hopefully, spouses will be able to do this together, but it can be done separately.

Seven Day Retreat themes at a glance:

#### "Marriage: Love and Life in the Divine Plan"

- Marriage is a Blessing and a Gift
- Marriage is the Unique Union of a Man & a Woman
- Marriage is a Communion of Love and Life
- Marriage is a Sacrament of Christ's Love
- Marriage is the Foundation of the Family and Society
- Marriage is a Journey of Human & Spiritual Growth
- Marriage is a School of Love and Gratitude

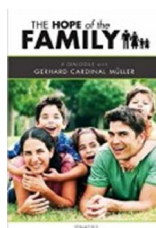


#### "A Retreat with Pope Francis"

- Marriage is the Icon of God's Love
- Christian Love is Concrete
- The Family is the Domestic Church
- Christ Gives Couples the Confidence to Say "Yes" Forever
- Three Pillars of the Spousal Relationship
- The Family as the Birthplace of Communicate and Love
- Take Forward the Meaning of the Family

The retreats can be found at [www.foryourmarriage.org/everymarriage/enrichment/seven-day-virtual-marriage-retreat/](http://www.foryourmarriage.org/everymarriage/enrichment/seven-day-virtual-marriage-retreat/) or at [www.facebook.com/foryourmarriage](https://www.facebook.com/foryourmarriage)

### October 2015 Synod on the Family Resource



#### The Hope of the Family: A Dialogue with Gerhard Cardinal Muller

Edited by Carlos Granados

A great read in preparation for the October Ordinary Synod on the Family! In Q&A format, the head of the Vatican's doctrine office provides clear teaching on issues such as divorce and remarriage, marriage preparation, and how to strengthen the family. Read review at [foryourmarriage.org](http://foryourmarriage.org).

The mission of the Christian family is to "proclaim, with the strength of the nuptial Sacrament, the love of God to the world."



December 15, 2014  
Pope Francis  
In a letter to Cardinal Paglia,  
President of the Pontifical Council  
for the Family

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"... 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 cont.

### The Date Night Opportunity

A report by the National Marriage Project at the University of Virginia identifies one-on-one "couple time" (such as going on a date), as an opportunity to strengthen marriage. The title of the report is: "The Date Night Opportunity."

Bradford Wilcox and Jeffrey Dew, authors of the report, write that "Date Night" programs are likely to strengthen the husband wife relationship in at least five ways:

1. **Communication** - going on a date with one's spouse can "foster much needed communication, mutual understanding and a sense of communion between the spouses."
2. **Novelty** - most couples after a few years of marriage experience a decline in the quality of their relationship because their life becomes routine and spouses take each other for granted. Date nights can break the monotony of daily life through activities that are new and fun for both.
3. **Eros** - Going on a date gives the spouses an opportunity to focus their attention on the relationship, share feelings, engage in romantic activities, and try new things. This can help spouses rekindle the romantic spark.
4. **Commitment** - Spouses that are making time to go on a date regularly solidify their commitment to each other. The one-on-one time spent together fosters a sense of togetherness and signals to one another and to friends and family that they take their relationship seriously.
5. **De-Stress** - Stress related to work, finances, parenthood, or illness can prove corrosive to the marital relationship because it causes spouses to become irritable with each other or withdrawn. Going on a date can relieve some of the stress by allowing spouses to enjoy time with one another away from the pressing concerns of day-to-day life.



For date night suggestions contact [sbrodfehrer@archou.org](mailto:sbrodfehrer@archou.org).

## Pastoral Care

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

### The Tasks of Grief: One Small Step at a Time

*"The reality is that you will grieve forever. You will not 'get over' the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but, you will never be the same. Nor should you be the same, nor would you want to."*

Elizabeth Kubler-Ross and John Kessler

People who are grieving often wonder how or if they will ever "get over" their loss. However, as Kubler-Ross says, there is no getting over. One enters the process of rediscovering who one is as a result of the loss experience. To those who are weary from loss, this task of grief can feel overwhelming. Where and how does one begin?

Mother Teresa said, "Be faithful in small things because it is in them that your strength lies." Applying this to grief, it could mean something as simple as getting out of bed in the morning, brushing your teeth, getting dressed, choosing to eat, and connecting with others...small, yet necessary steps.

What can happen over time is that after faithfully taking small steps day after day, one recognizes that he/she is learning to embrace life once more. Life isn't the same as before, but it remains a gift and a new joy can be experienced.

Let the Family Ministries Office resource your parish with:

- Materials for review if your parish is interested in beginning a short term support group.
- BeFriender Parish Ministry training (refer to 1/30/15 email) providing a way to implement and maintain a listening ministry of lay pastoral care for persons in your parish experiencing a variety of difficult or transitional situations. (See training dates under Recipes for Family Living pg. 4.)

## Pro-Life

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

### Pope Francis Prays for Victims of Human Trafficking

Pope Francis recently spoke about the International Day of Prayer and Awareness against Human Trafficking. The Day of Prayer occurred on February 8, the liturgical memorial of St. Josephine Bakhita, a Sudanese sister who, as a child, was herself a victim of slavery and human trafficking.

In his remarks, the Holy Father called for help for “the many men, women, and children who are enslaved, exploited, abused as instruments of labour or of pleasure, who are often tortured and mutilated.”

He called on government leaders to act decisively “to remove the causes of this shameful wound . . . a wound that is unworthy of civil society,” and said that everyone is called to be “a voice for these our brothers and sisters.”

Pope Francis concluded his remarks by leading the crowds in praying a “Hail Mary” for all the victims of human trafficking, and for those who are close to them.

#### Statistics of Human Trafficking:

- Of the 20.9 million victims of trafficking and human slavery worldwide, 9.1 million victims (44 percent) have been trafficked internally or internationally.
- 11.8 million are subjected to forms of modern slavery in their place of origin or residence within their own national borders.
- Nearly 1.5 million victims are currently laboring in conditions of forced labor, sexual exploitation and servitude in the United States, Canada and developed countries of the EU
- 55 percent of forced labor victims are women and girls, as are 98 percent of sex trafficking victims.
- Children aged 17 years and below represent 26 percent of total victims, representing a total of 5.5 million child victims worldwide.

To learn more see “How You Can Help” at: [www.usccb.org/issues-and-action/human-life-and-dignity/human-trafficking/](http://www.usccb.org/issues-and-action/human-life-and-dignity/human-trafficking/)

### Pro-Life Lenten Activities

#### 40 Days for Life Spring 2015 Campaign

Over the last 7 years of 40 Days for Life, 9,699 children were spared from abortion, 107 abortion clinic workers quit, 60 abortion clinics were closed, 650,000 people have participated in 27 different countries.

Your presence, in a peaceful, prayerful, loving way shows there are good, kind people who are willing to support a woman in this incredibly difficult time in her life. Let’s take these next 40 days to open our hearts to women and men in need, and do everything we can to empower them with the ability to choose life for their child.

### 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

#### Mar 1 SECOND SUNDAY OF LENT

For those who long for a child of their own: may the Lord assure them of his loving care for their lives;

#### Mar 8 THIRD SUNDAY OF LENT

For an end to the use of the death penalty in our country;

#### Mar 15 FOURTH SUNDAY OF LENT

For each person suffering from the loss of a child through abortion: may Christ console them in their grief and fill their heart with peace & hope;

#### Mar 22 FIFTH SUNDAY OF LENT

For those who grieve the loss of a child through miscarriage or any other reason: may they rest in the assurance of the Father’s love for their little one;

#### Mar 29 PALM SUNDAY OF THE LORD’S PASSION

For those near the end of their lives: may they be strengthened by God’s love and grace, and supported in their final days;

For April’s intercessions, visit Word of Life at <http://www.usccb.org/about/pro-life-activities/word-of-life/index.cfm>

### Helpers of God’s Precious Infants Mass

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

Saturdays, March 14 & April 11

Visit: [HelpersLouisville.org](http://HelpersLouisville.org)

## Recipes for Family Living



September 21 - 27, Philadelphia, PA

Visit: [www.archlou.org/worldmeeting/](http://www.archlou.org/worldmeeting/) for information & registration regarding the Archdiocesan Pilgrimage to World Meeting of Families and Papal Visit. Questions? Contact Sue at 502-471-2127.

### 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. 26-27  
To learn more, visit [www.wwme.org](http://www.wwme.org)



### Retrouvaille - a gift for struggling marriages

This ministry provides a weekend retreat experience plus six post sessions. Next Louisville area weekend - Sept. 18 - 20.

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



## Trainings

### Pastoral Care

#### Parish Befriender Ministry

Meet the growing need for Pastoral Care in your Parish  
Send a parish team to this training!



Tuesday - Friday, April 21- 24  
8:30 - 5:00 p.m., Maloney Center

For information or to register, contact:  
Michelle Herberger, 502-471-4249  
[mherberger@archlou.org](mailto:mherberger@archlou.org)

#### Hospital Teams Befriender Ministry

Seeking individuals to serve Catholic patients & their families in hospitals by providing a compassionate, non-judgmental listening ministry of care.

Information sessions to learn about ministry training  
Wednesdays at 10:00 a.m., Maloney Center  
May 13, 20, 27 & June 3

To register for session, contact: Michelle Herberger  
502-471-2149 or [mherberger@archlou.org](mailto:mherberger@archlou.org)

### Marriage Preparation Trainings

**Sponsor Couple:** One Day- Saturday, April 11, Maloney Center, 10:00 am - 4:00 pm.

\*Cost: \$30 per couple. (Light lunch included) Registration Deadline: March 30

**FOCCUS:** One Day - Saturday, April 25, Maloney Center, Louisville, 9:00 am - 4:00 pm

\*Cost: \$65 couple or individual; (Light lunch included) Registration Deadline: April 15

\*Registration required. For more information call: Carolyn Kupper, 502-471-2142, [ckupper@archlou.org](mailto:ckupper@archlou.org).

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