

May - June 2015

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

"...it is in the context of the family that we first learn how to communicate...in the family, we learn to embrace and support one another, to discern the meaning of facial expressions and moments of silence, to laugh and cry together with people who did not choose one another yet are so important to each other. This greatly helps us to understand the meaning of communication as recognizing and creating closeness..."



Pope Francis
2015 World Communications Day

INSIDE THIS ISSUE

Marriage & Family Enrichment	1-3
Pastoral Care	4
Pro-Life	5
Counseling Services	6
Recipes for Family Living . . .	7
Staff	7

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

Date Nights - How to Host . . .

Call the Family Ministries Office for contacts of parishes that have held "Date Nights" and for date night resources.

DINNER FOR TWO

Sarah and Jim had just returned home from a parish marriage enrichment; an event Jim wanted nothing to do with from the start. This discussion, like many others, lasted late into the evening and led to many more issues that had been stored in their "relationship closet;" issues they never found time to discuss. After the enrichment, Jim sheepishly admitted that the evening was fun and well worth it and that he was glad he attended. He enjoyed it so much that when the parish scheduled another, he registered without telling Sarah, and a week before, presented her with a dozen roses and a card with the registration.



Problem

Today, it is very difficult for married couples to find the time to enrich and strengthen their marital relationship; too many demands are placed on them, especially if they have children. Yet the strength of that relationship is vital for a stable and healthy marriage to survive. Studies have found that one way couples break away from the stress around them is to occasionally go out for dinner. It gives them a chance to share their feelings and to do something they have had little or no time to do and that is to communicate.

Finding a Solution

The idea surfaced to use the going out to dinner approach and it became an instant success! Not only was it a success for Sarah and Jim, but in reading evaluations and in discussions with participants after the event, it not only proved to be a fun evening but an excellent means of getting couples to empty out those closets of stored up issues. This became the foundation on which was built the "Dinner for Two" enrichment.

The Concept is Simple:

- The most successful evenings have been held in banquet halls or partitioned-off sections of restaurants or even church halls, if properly decorated.
- The ideal number of couples for the event is 25 to 30. An upfront charge is required to hold a reservation. The incurred cost is not to make a profit but to offset the expenses for the event.
- The most challenging factor is in selling it so couples fully understand its content and value. Once they understand it, or after the success of having one, couples will be coming to you wanting to know when and where the next one is!

(cont. next page)

Marriage & Family Enrichment cont.

- It is important to communicate with the registered couples well in advance with all the details—where the event is, start and ending times, agenda, maybe a little introduction to the speaker. More will attend if you can commission someone reliable to furnish babysitting.
- The atmosphere needs a mood of its own. Dimmed lights, possibly candles at each table, soft music plays an intricate part for the evening, a host to seat guests as they come in. Several parishes have had the couples bring mementos of their wedding or of a special event in their lives, to put on their table.
- The theme can be incorporated into the talk and marketing, and can serve as the main focus of discussion for the couples. If the dinner is a 5-course dinner, 5 questions can be placed in an envelope on each table, and with each course, a new question is opened and discussed.
- The speaker should be sensitive and able to relate to how the evening's theme and selected questions, play a significant role in the lives of married couples. The main talk is usually given after the meal before the renewal of wedding vows. Possible themes: positive communication, forgiveness, empathy, faith in each other and God, time together, commitment, appreciation, and coping through stress and crisis.
- Don't do buffet! It is not seen as being as special. Ask for volunteers to serve the couples.
- After the speaker, serve anniversary cake, followed by a renewal of vows and a nuptial blessing. Socializing and dancing can possibly complete the evening.
- Be sure to get evaluations, either then or through email to help in future planning.

Larry Spohr is a deacon in the Archdiocese of Chicago. He and his wife, Fran, have been married for fifty years and have two married sons and five grandchildren. Over the past 35 years Fran and Larry have been actively involved in the ministries of marriage preparation, enrichment, counseling and family empowerment. (Reprinted with permission, Archdiocese of Chicago)

Pilgrimage to World Meeting of Families, September 22-25



Due to a small response, it was necessary to cancel our pilgrimage to the World Meeting of Families and Papal visit. This does not however mean persons/families from our Diocese won't be attending. It does mean that transportation and lodging is the responsibility of the family unit. If you or any families in your parish are interested in attending this world event, visit: www.worldmeeting2015.org. There you will find meeting and lodging registration information.

We hope your parish makes use of the WMOF catechetical materials provided by OLFE.

Prayer connects us to one another and to a broader reality outside of self. We therefore encourage you to share the following prayer with your parishioners and to also use it at parish gatherings. Together let us pray for all attending this world event.

World Meeting of Families Prayer

God and Father of us all, in Jesus, your Son and our Savior, you have made us your sons and daughters in the family of the Church.

May your grace and love help our families in every part of the world be united to one another in fidelity to the Gospel.

May the example of the Holy Family, with the aid of your Holy Spirit, guide all families, especially those most troubled, to be homes of communion and prayer and to always seek your truth and live in your love.

Through Christ our Lord. Amen.

Permission to reprint from World Meeting for Families.

Marriage & Family Enrichment cont.

Summer Fun

How will you play as a family this summer?

- Gather a few relatives and plan a family reunion. Make sure you include games for all ages, family pictures and time for storytelling.
- Make homemade ice cream together. Use a non-electric churn so everyone can take a turn churning.
- Is there a trip to the zoo in the works? Or the Science Center on a rainy day?
- What about a hike in one of our parks followed by grilling hot dogs?
- Fly kites, take walks or bike rides together.
- Go to a free concert in the park.
- Plan several picnics and let the children take turns picking the menus.
- Catch fireflies in the early evening.



It isn't what you do or how much money is spent doing it. It is about building family memories and traditions. Begin now thinking about which summer memories you want to leave with your children.

From USCCB

Pope Francis Announces a 'Jubilee Year of Mercy'

"Dear Brothers and Sisters I have often thought how the Church can make more evident its mission to be a witness of mercy. It's a journey that begins with a spiritual conversion. For this purpose I have decided to proclaim an extraordinary Jubilee that will have as its center the mercy of God. It will be a Holy Year of Mercy. We want to live it in the light of the word of the Lord: 'Be merciful as your Father.'"

Pope Francis has called the worldwide Catholic Church to participate in the "Holy Year of Mercy" extending from December 8, 2015 to November 20, 2016.

To read the entire article visit: www.americamagazine.org.

Do you know about myUSCCB.org?

Empower your ministry by having information and answers come to you through the use of this site.

myUSCCB allows you to:

- Download content for distribution
- Connect with experts through webinars, videos, podcasts, and social networking
- Discover timely resources for liturgical planning and celebration
- Collaborate with other active Catholics in similar ministries across the country
- Create booklets, brochures, and other handouts with personalized info.

If you aren't already a member, you may want to look into this resource by visiting myUSCCB.org or calling toll free 855-846-8213.

XIV Ordinary General Assembly of the Synod of Bishops on the Family

On March 25, 2015, Pope Francis asked that Catholics renew the *Prayer for the Synod of Bishops on the Family* in preparation for the October synod. He hopes that prayer will help the bishops witness to "God's merciful love for all families." He asks that all cardinals, bishops, priests, men and women religious, and lay faithful pray for the synod.



"This Prayer . . . Hold On to It and Keep It with You . . . Recite It Often, With Holy Insistence, as Jesus Has Asked Us"
Pope Francis

Prayer cards, as pictured above, are available from USCCB Publishing featuring the prayer Pope Francis wrote for the synod on the back. They are available for purchase from the USCCB bookstore (50 for \$10). Product Code: 7-490.

Visit: usccbpublishing.org.

Marriage: Unique for a Reason marriageuniqueforareason@usccb.org

Check out this **Blog Series**

The series on *Evangelii Gaudium, Marriage and the Family*, applying the words of Pope Francis in his first Apostolic Exhortation to marriage, is continually being added to each Wednesday!

Pastoral Care

contact: Michelle Herberger, mherberger@archlou.org

DivorceCare



DivorceCare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. Don't go through separation or divorce alone.

Support Group will be held at St. Bernadette, 6500 Saint Bernadette Avenue, on Wednesday evenings May 13 - August 5, from 7:00 - 9:00 p.m. Child care will be available.

For additional information contact: Judy Montgomery - judy.montgomery@yahoo.com; 502-423-9724

Help for those grieving infertility

May and June are months brimming with opportunities to celebrate life, especially "new life." We celebrate Mother's Day, Father's Day, graduations, and weddings. Life seems full of hope and possibility. Yet, for some, especially those grieving their infertility, these reminders simply add to their pain.

There are a few things you might do to reach out to these often silent, yet grieving persons.

- Remember them in the Prayers of the Faithful
- Be mindful of their grief by offering them some grief resources such as a *Care Note (Bearing the Pain of Infertility)*, a *BeFriender*, or a particular staff person who is available to listen to their story of grief and loss
- Consider starting a 6 week grief support group for couples who have had a miscarriage or who are dealing with infertility.



For information on forming a support group or for other grief resources, contact Michelle Herberger

Seeking Prayer Blankets for Adults



The Catholic Pastoral Care Teams at Baptist Health, University of Louisville Hospital, Sts. Mary and Elizabeth Hospital and Jewish Hospital distribute these blankets as part of their visitation with patients and families. The blankets bring much comfort to those who receive them and are a visible reminder of our prayer and support.

Each blanket will be blessed and given to a hospital patient along with a prayer attached.

Please make sure that each blanket has a small pocket on the front of them for a prayer to be placed in it. The Blankets should be 29" x 29", similar to a receiving blanket.

For more information, please call Michelle Herberger 502-636-0296 ext: 1201.

Befriender Parish Training rescheduled for August 25 - 28, 2015. See pg. 7.

Pro-Life

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

Pope Francis at Audience: No child is a 'mistake'

The Holy Father continued his catechetical series on the family, focusing specifically on the role of children in family life, and especially on the duties of parents, of the Church, and of society toward children.

Calling children, "The most beautiful fruit of the blessing that the Creator bestowed upon man and woman," Pope Francis went on to say, "all of us adults are responsible for children, and each of us is duty-bound to do what he can," in order to guarantee that every child's basic needs are met and fundamental rights respected.

Visit: http://en.radiovaticana.va/news/2015/04/08/Pope_francois_at_audience_no_child_is_a_mistake/1135291

Abolish Death Penalty Movement

Join Catholic Mobilizing Network (CMN) for **Starvin' for Justice**, the 22nd annual Fast and Vigil to Abolish the Death Penalty in Washington, D.C.

Activists from around the U.S. will converge in front of the Supreme Court for 4 days, June 29 - July 2, to call for the abolition of the death penalty.

It is a week of training, advocacy, action, community and education. The opportunity for dialogue and discussion at a real grass-roots level is invaluable to the movement.

Additionally, each evening stories are told by murder victims' family members, death row exonerees, death row families and leaders in the national abolition movement.

Visit: www.abolition.org/fastandvigil for information.

Mother's Day Rose Sale

On Mother's Day, Respect Life Committee members will be offering beautiful long-stem roses for a donation of \$2 each or \$20 per dozen. These proceeds help Little Way Resource Center in their mission to offer truth, guidance, help, and hope to those who need it most.



Little Way is a non-profit organization, which served over 2000 clients in 2014. It offers alternatives to abortion, free pregnancy tests, ultrasounds, baby supplies, referrals, friendship, and prayers to those facing crisis pregnancies.

Word of Life, USCCB

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

"Where Love Grows"

A movie review by Ed Harpring

I attended the movie premier of a local film entitled "Where Hope Grows", starring David DeSanctis, a local actor with Down syndrome. In attendance were many friendly Down Syndrome youths and their families. Archbishop Kurtz and Fr. Pat Dolan were there as well, to support these amazing grace-filled individuals who have Down syndrome.



Afterward, David graciously answered our questions and shared some behind the scenes stories. He always wanted to be an actor, and after a nationwide search, was selected. His performance was so natural and authentic, that it is hard to believe he has never acted before.

In the film, "Produce," David's character's name, develops an unlikely friendship with a former down and out professional baseball player who has a serious drinking problem. As their friendship develops, we witness the valuable life lessons that can be learned from those with disabilities. We all have abilities and disabilities, but as David keenly states, "I want people to see me for my abilities, not my disabilities."

The movie is set for nationwide release on May 15th. Please spread the word, learn about the gift of Down syndrome, and enjoy a heartwarming story. You can help promote the movie by "Liking" it on Facebook, - <https://www.facebook.com/WhereHopeGrows?fref=ts>

Helpers of God's Precious Infants Mass

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

Saturdays, May 16 Fr. John Judie
June 13 Fr. Nick Rice

Visit: HelpersLouisville.org

Counseling Services

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

Help for Parents to Prevent Child Sexual Abuse

Sexual abuse affects both boys and girls of all ages, in all kinds of neighborhoods and communities. Children are more likely to be sexually abused by someone they know and trust than by a stranger. Abusers do not always use physical force. Many use games, gifts, lies, or threats to engage children and to keep them from telling anyone what has happened.

What You Can Do?

To prevent child sexual abuse, it is important to keep the focus on adult responsibility, while teaching children skills to help them protect themselves. Consider the following tips:

- Take an active role in your children's lives. Learn about their activities and people with whom they are involved. Stay alert for possible problems.
- Watch for "grooming" behaviors in adults who spend time with your child. Warning signs may include frequently finding ways to be alone with your child, ignoring your child's need for privacy (e.g., in the bathroom), or giving gifts or money for no particular occasion.
- Ensure that organizations, groups, and teams that your children are involved with minimize one-on-one time between children and adults. Ask how staff and volunteers are screened and supervised.
- Make sure your children know that they can talk to you about anything that bothers or confuses them.
- Teach children accurate names of private body parts and the difference between touches that are "okay" and "not okay."
- Empower children to make decisions about their bodies by allowing them age-appropriate privacy and encouraging them to say "no" when they do not want to touch or be touched by others, even in nonsexual ways.
- Teach children to take care of their own bodies (e.g., bathing or using the bathroom) so they do not have to rely on adults or older children for help.
- Educate children about the difference between good secrets (such as birthday surprises) and bad secrets (those that make the child feel unsafe or uncomfortable).
- Monitor children's use of technology, including cell phones, social networking sites, and messaging. Review contact lists regularly and ask about any people you don't recognize.
- Trust your instincts! If you feel uneasy about leaving your child with someone, don't do it. If you are concerned about possible sexual abuse, ask questions.
- If your child tells you that he or she has been abused, stay calm, listen carefully, and never blame the child. Thank your child for telling you. Report the abuse right away.



Should you have any questions or concerns at anytime, do not hesitate to reach out to Martine Siegel, Archdiocese of Louisville Director of Counseling Services/Victim Assistance Coordinator.

This tip sheet was adapted using information from Prevent Child Abuse America, the National Child Traumatic Stress Network, the Enough Abuse Campaign and Stop It Now.

For additional parenting tips visit:

www.childwelfare.gov/topics/preventing/promoting/parenting

Recipes for Family Living

Marriage Enrichment

Marriage Encounter

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



Retrouvaille

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



Teams of Our Lady

The purposes of this international movement of married couples are:

- growth in the spiritual life of the couple and family through a program of prayer and study
- growth in communication between husband and wife with a developing intimacy through shared prayer and regular in-depth talks
- a way of life designed to make their Christian faith a daily living experience.

Call
Family Ministries
for local contact.

Pastoral Care Trainings

Parish Befriender Ministry Rescheduled

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



Tuesday - Friday, August 25 - 28
8:30 - 5:00 p.m., Maloney Center

For information or to register, contact:
Michelle Herberger, 502-471-4249
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: 502-471-2149 or mherbeger@archlou.org

Support for Widowed Persons

On With Life - a Catholic Support Group

This group provides emotional support as well as opportunities to socialize on a regular basis.

Monthly meetings at 7:30 p.m.
St. Pius Campus - first Monday of the month
Mary Queen of Peace (St. Denis Campus) - third Tuesday

Widows Or Widowers (WOW)

This organization offers opportunities to socialize and reconnect.

Monthly meetings are 3rd Tues. at St Stephen Martyr.
Orientation for first timers: 7:00; Meeting at 7:30.

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

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

