

November - December 2015

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

"The Synod will be a space for the action of the Holy Spirit only if we participants vest ourselves with apostolic courage, evangelical humility and trusting prayer."



Pope Francis
October 5, 2015

INSIDE THIS ISSUE

Marriage & Family Enrichment	1-2
Counseling Services	2
Pastoral Care	3-4
Pro-Life	4
Recipes for Family Living . . .	5
Staff	5

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: Deacon Stephen Bowling, sbowling@archlou.org

"Ordinary Families in Ordinary Conditions" - The Synod on the Family Rome, October 4 - 25, 2015

In his official intervention in the opening days of the Synod on the Family in Rome, Archbishop Kurtz said "Evangelizing as a family is done in the very midst of family life," adding in the words of Pope Francis "a place where evangelical holiness is lived out in the most ordinary conditions."

I was struck by the powerful force of these words, how basic they are to what we believe as Catholics . . . the "extraordinary found within the ordinary."

As Archbishop Kurtz said so well from his intervention "People continue to be attracted and fascinated by every authentic love, by every steadfast love, by every fruitful love, by every faithful and enduring love. Families who by the grace of God model tenderness, forgiveness and the joy of family life make marriage credible and show that the Gospel of the family is truly good news."



People are inherently attracted to what is good; this is a teaching of the Church from the very beginning. The gospel is always "good news." Goodness can be found in the person of Jesus Christ as the Rich Young Man discovered in Mark's gospel ("Good teacher, what must I do to inherit eternal life?" Mark 10: 17). When Christ lives within the family, that which we call the Domestic Church, goodness abounds.

Goodness in the family is a manifestation of the presence of Christ. This goodness is a precious life unto itself, one which needs nurturing, care and love fostered upon it, just as parents do with their children. It seems that it is the job of all Christians everywhere to constantly aid in this "nurturing process" of families in order to better bring about the Kingdom as Christ instructed us. Family life is nourished, it grows and is duly celebrated best through everyone's assistance.

The many ways that the greater Church can nurture families are nearly infinite in possibilities, but as Archbishop Kurtz so perfectly laid it out, it is through human connections that the Spirit is often best passed along to others. Through the process of identifying, inviting and celebrating those praiseworthy families throughout the vast diversity found within the Body of Christ here on Earth, the Spirit within and flowing forth from them will begin to further water the entire Church, making her even that much more fertile in the vineyards of the Lord.

As the supernatural family of believers, the Church, let us ask for God's grace to be made even more manifest so as to further light our feet along the pathway towards goodness itself.

Marriage & Family Enrichment cont.

"Love is Our Mission" - World Meeting of Families, Philadelphia, 2015



Sometimes it truly is a matter of being at the right place at the right moment, especially concerning matters of the Holy Spirit.

The recent World Meeting of Families in Philadelphia was indeed one of those places. The Holy Spirit was very much there in every person you would encounter, as "what seemed to be tongues of fire that separated and came to rest on each of them." (Acts 2:3)

The languages were often different, but the One Spirit overcame any difficulty that there may have been. Everyone was so Catholic, joyously so, and nowhere was this more evident than when it came time for Mass. Ten cardinals, eighty bishops, an untold number of priests and deacons, as well as 18,000 lay people, all celebrating together some of the most beautiful liturgies that could be imagined. All of these coming together to discuss, learn and share what it means to be family; how that basic building block of our society can be best uplifted, enshrined and emboldened to better carry the Gospel of Christ to both new frontiers and new generations.

It was indeed ground zero of an event to remember forever . . . and I am deeply humbled and honored to have been able to partake in it.

Counseling Services

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

Holiday Stress

The upcoming holiday season can be a stressful time for many especially the post January 1st letdown. Here are some helpful ways to avoid stressing out this holiday season.

Keep expectations for the holiday season manageable by not trying to make the holiday "the best ever." Try to set realistic goals for yourself. Pace yourself. Organize your time. Make a list and prioritize the most important activities. Be realistic about what you can and cannot do. Do not spend too much time preparing for just one day (Christmas).

- Remember that the holiday season does not automatically banish reasons for feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them.
- Let go of the past! Don't be disappointed if your holidays are not like they used to be. Life brings changes. Each holiday season is different and can be enjoyed in its own way. You set yourself up for sadness if everything has to be just like the "good old days." Look toward the future.
- Do something for someone else. It is an old remedy, but it can help. Try volunteering some time to help others.
- Enjoy holiday activities that are free such as driving around to look at Christmas decorations. Go window shopping without buying anything.
- Don't drink too much. Excessive drinking will only make you more depressed.
- Don't be afraid to try something new. Celebrate the holidays in a way you have not done before.
- Spend time with people who are supportive and care about you. Make new friends if you are alone during special times. Contact someone you have lost touch with.
- Find time for yourself! Don't spend all your time providing activities for your family and friends.



Give some of these a try and you just might beat that holiday stress this year and start the New Year off on a positive note!

Pastoral Care

contact: Michelle Herberger, mherberger@archlou.org

Reflection on Grieving

A few years ago, I read a book about the tasks of grief. Even though I didn't look forward to facing those tasks, I took comfort in the thought that I could check them off my "to do" list and move on to the next task. Speaking of grief as a "task" seemed to give me some sense of control. I could schedule it when most convenient, get it done, and leave it behind me. This was prior to any experience of the kind of loss that would shake the very foundation of what I thought I knew about life, about God, and about myself.

Then a very natural part of life happened...in the form of death. Grief set in full force, the kind that breaks one's heart into tiny slivers and leaves it at one's feet. Suddenly I could do nothing but look into the abyss of loss with no clarity of what to do or how to accomplish it. The concept of tasks appeared useless in the face of what I was discovering.



Grief is a journey. It can't be scheduled; it can't be checked off a "to do" list; it certainly can't be fully understood. It is a process that one enters, and from its first moment of experience, things as one has known, will never quite be the same. It is a process of living with and in mystery.

However, one is not abandoned by God to a journey without markers, or "touchstones" as Alan Wolfelt, Ph.D., describes in his book *Understanding Your Grief*. There's no time-line that determines the beginning and the end of the journey. But, when one is willing to enter the journey, Wolfelt says the touchstones "are the signs that let you know you are on the right path." And, "When you learn to identify and rely on the touchstones, you will find your way to hope and healing."

Pastoral Care Resources

Fall is frequently a time when people reach out for resources to support those who are grieving. Here are some resources you may find helpful when working with the various losses people can experience.

The following are DVD's from Paraclete Press and each has a guide for individual or group use:

Journey Through the Shadows: Hope for Healing After Someone You Love Has Committed Suicide

Suicide is an earth-shattering experience...the suddenness, the inability to explain why our loved one chose to end his or her life. What did we do or not do? There is so much sorrow. Journey Through the Shadows offers help in grieving and shows you that you're not alone. Topics include:

- The Initial Impact
- The Question "Why?"
- Feelings of Guilt
- Why Suicide is So Hard to Talk About
- Finding Support
- How Friends and Family Can Help

Caring for a Loved One with Alzheimer's

This offers insight, hope, and understanding for anyone who cares for a loved one with Alzheimer's, it is ideal for support groups, adult education classes, pastoral care, parish nurses, friends and family. Topics include:

- Grieving the losses – of their life, and yours
- When it feels like your love no longer helps
- Feelings of failure and guilt
- How to handle frustration and anger
- How to care for yourself – while you care for someone else
- The courage and sacrifice of an Alzheimer's caregiver

(cont. pg. 4)

Pastoral Care cont.

Helping Children Grieve

This new resource offers helpful information to adults (parents, caregivers, professionals) on how to help children of all ages grieve with hope and heart. Topics include:

- Differences between how adults and children grieve
- How a parent can grieve while still helping a child to grieve
- Three common feelings expressed by all grieving children

Please contact the Family Ministries Office for assistance with starting or resourcing your grief support groups.

- How to be authentic and tell children the truth about death

Pro-Life

contact: Ed Harpring, eharpring@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. Material is in both Spanish and English.

Nov 1 SOLEMNITY OF ALL SAINTS

For those who have lost a loved one:

May they be comforted in praying for their loved one while trusting in the hope of eternal life;

Nov 8 THIRTY-SECOND SUNDAY IN ORDINARY TIME

For all those grieving from the loss of a child:

That they may find in our loving God strength, refuge and help in this time of distress;

Nov 15 THIRTY-THIRD SUNDAY IN ORDINARY TIME

For families: That they may follow Jesus' example and be witnesses of self-giving love;

Nov 22 SOLEMNITY OUR LORD JESUS CHRIST, KING OF THE UNIVERSE

For all people: That we may act with kindness and charity towards the elderly, migrants, the poor, and the unborn;

Nov 29 FIRST SUNDAY OF ADVENT

For the shepherds of the Church: That they may support and promote the dignity of each person as they guide all people towards Christ;

For December's intercessions, visit *Word of Life* at www.usccb.org/about/pro-life-activities/word-of-life/index.cfm

Helpers of God's Precious Infants

7:00 a.m. Mass – Cathedral of the Assumption followed by procession to local abortion facility

9:00 a.m. Return to Cathedral for Benediction

Saturdays, November 14 Fr. Jeff Shooner

December 12 TBA

Visit: HelpersLouisville.org

Angels in Disguise



"Do You See What I See?"

December 12, 7:00 p.m.

Brown Theater

Mark your calendars -and join Arch-bishop Kurtz at a fabulous Christmas Concert with Sujeet Desai, an accomplished musician on multiple instruments who has played at Carnegie Hall. Sujeet Desai happens to have been born with Down syndrome. Also entertaining will be Maddie Curtis with her brother Jonny and the Miracle Dancers.

Through musical concerts and other events, *Angels in Disguise* celebrates individuals with Down syndrome and their unique ability to enrich our lives, inform our souls and warm our hearts.

For tickets, call 502-526-1642 – Penny

March for Life

January 22, 2016

Washington DC

In Collaboration with Kentucky Right to Life - a trip is planned to Washington DC which is \$285 per person, includes bus transportation, 2 nights lodging, March for Life Expo, Holocaust Museum, Vigil Mass at the Basilica of the National Shrine of the Immaculate Conception, Congressional Breakfast, Pro Life Mass for Archdiocese of Louisville, and the March for Life.

Contact Ed Harpring, Pro-Life Coordinator, additional information & itinerary for youth and adults-502-471-2154

www.usccb.org/respectlife



Recipes for Family Living

REFOCCUS

Did You Know – REFOCCUS© Inventory for Remarriage Couples



One of the questions we often hear is “How do we effectively prepare a couple for a second marriage when the materials we have all seem geared towards those who have never done this before?”

Good question . . . and fortunately one with an easy answer.

We do indeed have the proper tools and even better, it’s something you already know how to use . . . it’s the REFOCCUS© Marriage Enrichment Inventory, a packet of five questionnaires that can be used by a married couple and is put out by the same company which provides the FOCCUS© inventory that many of our parishes use already.

REFOCCUS© helps couples look at their relationship at the current moment, recognize the unique dynamics within and outside the relationship, and explore the patterns that they might wish to affirm or modify in their marriage. REFOCCUS© deals specifically with such issues relevant to remarriage couples such as dealing with adult children both parties may bring into the marriage, or by providing financial advice from the perspective of those who have already spent time earning or planning significantly for the future for a number of years.

Certification for the use of REFOCCUS© was included in the original training facilitators received for the FOCCUS© inventory and all materials can be found and purchased online at www.foccusinc.com/refoccus-inventory.aspx. The price is only \$15 per couple and can be an excellent way of meeting people where they are and bringing them to the love and truth of Jesus Christ found so beautifully in the sacrament of matrimony.

ForYourMarriage.org



A USCCB initiative, this website has a wealth of resources and information pertaining to all aspects of married life. Tips and ad-

vice, as well as help and resources for any issue facing couples today, whether it be for those preparing for marriage or for those celebrating their diamond anniversaries and beyond.

Marriage Preparation Program for Spanish Speaking Catholic



Did you know that the Office of Multi-cultural Ministries offers a marriage preparation program in Spanish twice annually?

For more information about these sessions, including the upcoming schedule, please contact Eva Gonzales at 502-636-0296 or at egonzales@archlou.org.

Marriage Encounter

A weekend retreat for married couples who desire time away to enrich their marriage. Next Louisville area weekend - Feb. 5-7, 2016. To learn more, visit www.wwme.org



Retrouvaille (French for rediscovery)

This ministry is designed to help couples in troubled marriages to heal and renew. Next Louisville area weekend - Sept. 16, 2016. To learn more, visit www.HelpOurMarriage.org



Staff

Deacon Stephen Bowling, Director
Michelle Herberger, Associate Director
Ed Harpring, Coordinator of Pro-Life 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

