



Family Life

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

September 2016

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

Marriage & Family Enrichment

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The Need for Hope

Full of great content written by the Family Ministries team, the Family Life Newsletter is a source for information, resources and faith-based discussions about all manner of issues affecting families today.

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The strength of the family "lies in its capacity to love and to teach how to love."

Pope Francis "Amoris Laetitia"

In probably my favorite scene from the 2013 movie Man Of Steel, our hero Clark Kent, recently revealed to the world but not yet identified as the icon we all know, discussed what the letter on his chest meant with Pulitzer Prize-winning reporter Lois Lane.

Lois – "What's the S stand for?"

Clark – "It's NOT an S. – On my world, it means HOPE."

Lois – "Well, here . . . it's just an S"

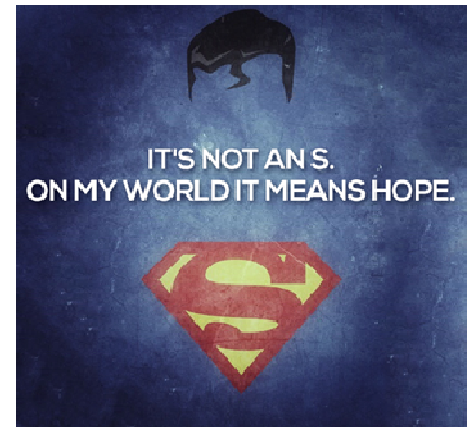
Oh, the power of perspective.

HOPE is something we all crave, but it means something very different for each of us depending on where we are. Folks who have lost their homes in a fire or tornado have a very different perspective on hope than those whose team is down by 3 going into the 9th inning. School kids who maybe did not study enough for a big test may hope for a snow day, however a person in a relationship filled with domestic violence often hopes for a very different turn of events on a given day.

HOPE is very different for each of us . . . but it is something we all need no matter where we might be.

Persons struggling with depression or thoughts of suicide is very much in need of hope . . . one might argue that they have become "dehydrated" from lack of it. Those who have lost a loved one to cancer may also be struggling with a lack of hope, although in a very different manner as befits their unique situation. Both of these are very much "in a dry and waterless place" as the U2 song "Unforgettable Fire" mentions, but both also provide a powerful opportunity for those of us who care for the well-being of others to assist in bringing the life-giving water of hope to them. Neither of them are very well-equipped to find it themselves where they currently are. Perspective may make things different, but it is up to us to know what to do in both cases.

Hope, like water, is absolutely necessary for life. Fortunately, it also is something that is infinitely abundant as well and able to be carried to those in need by those around them . . . a role which all of us can assume just by being the people God created us to be.



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Marriage & Family Enrichment

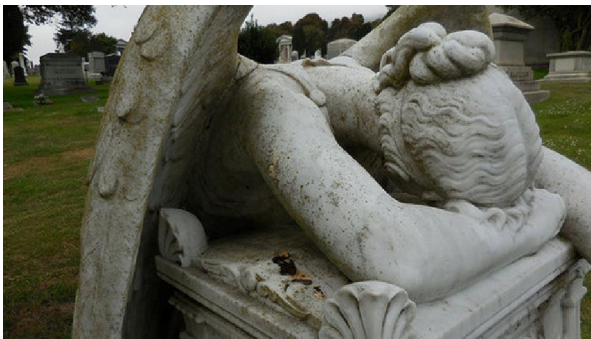
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Our challenge as followers of Jesus Christ is to learn to better recognize the multi-faceted seeds of hope present in the many situations of need around us, and to help our brothers and sisters who are thirsty access its wondrous properties. The best way to do this is through ever strengthening our right relationships with both God and each other. Relationships are the key to building and sustaining hope . . . and they are also the means of turning this world around us into a life-giving spring for those who thirst for a better day.

Pastoral Care

contact: Michelle Herberger, mherberger@archlou.org

When Someone You Love Dies from Suicide



“According to the CDC, each year more than 41,000 individuals die by suicide, leaving behind thousands of friends and family members to navigate the tragedy of their loss. Suicide is the 10th leading cause of death among adults in the U.S. and the 2nd leading cause of death among people aged 10-24; these rates are increasing.” (The National Alliance on Mental Illness)

Suicide occurs in the best of families as mental illness knows no boundaries. Those left behind are often besieged with unanswered questions as to “Why did he/she do it?,” as well as “Wasn’t there something I could have done to stop it?”

The guilt and anger that is often experienced makes it one of the most difficult deaths to mourn. Even when the death is viewed through the eyes of compassion, it is often accompanied by shame and can tarnish the memory of the deceased loved one.

Ronald Rolheiser, OMI, wrote in his 2013 article, *Struggling to Understand Suicide*, that it is important to keep in mind several things about suicide when seeking to redeem the memory of the one who died.

- “Suicide, in most cases, is a disease, not something freely willed.” He speaks of the potential role that bio-chemistry can play in suicide.
- “The person who dies in this way, almost invariably, is a very sensitive human being. Suicide is rarely done in arrogance, as an act of contempt.” Most often the person was suffering in a way that is difficult to understand. It is usually some time after the person’s death before one can get a sense of just how deep the wound from suffering was, thus making their death less surprising.
- Finally, Rolheiser reminds us of God’s understanding and compassion that infinitely surpasses our own. He speaks of God’s “judgment that intuits the deepest motives of the heart,” a heart locked in pain.

These things will not take away the grief experienced by the loss of a loved one. Suicide leaves scars on those who survive. However, you can move through your grief and move forward, engaging in life again. Be gentle and patient with yourself. Find someone/s to talk with about your loss. Allow yourself to be loved back into life by others and by God.

Resources: www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Risk-of-Suicide
www.ronrolheiser.com/suicide-reclaiming-the-memory-of-our-loved-one/?print=1#.V7sVsaKmC18

Counseling Services

contact: Martine Bacci Siegel, msiegel@archlou.org

Depression

Feeling down from time to time is a normal part of life, but when emotions such as hopelessness and despair take hold and just won't go away, you may have depression. Depression makes it tough to function and enjoy life like you once did. Just getting through the day can be overwhelming. But no matter how hopeless you feel, you can get better. Learning about depression—and the many things you can do to help yourself—is the first step to overcoming the problem.

Depression varies from person to person, but there are some common signs and symptoms. It's important to remember that these symptoms can be part of life's normal lows. But the more symptoms an individual has, the stronger they are, and the longer they've lasted—the more likely it is that the person is dealing with depression.

Here are some common signs to look out for.

- **Feelings of helplessness and hopelessness.** A bleak outlook—nothing will ever get better and there's nothing you can do to improve your situation.
- **Loss of interest in daily activities.** You don't care anymore about former hobbies, pastimes, social activities, or sex. You've lost your ability to feel joy and pleasure.
- **Appetite or weight changes.** Significant weight loss or weight gain—a change of more than 5% of body weight in a month.
- **Sleep changes.** Either insomnia, especially waking in the early hours of the morning, or oversleeping.
- **Anger or irritability.** Feeling agitated, restless, or even violent. Your tolerance level is low, your temper short, and everything and everyone gets on your nerves.
- **Loss of energy.** Feeling fatigued, sluggish, and physically drained. Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete.
- **Self-loathing.** Strong feelings of worthlessness or guilt. You harshly criticize yourself for perceived faults and mistakes.
- **Reckless behavior.** You engage in escapist behavior such as substance abuse, compulsive gambling, reckless driving, or dangerous sports.
- **Concentration problems.** Trouble focusing, making decisions, or remembering things.
- **Unexplained aches and pains.** An increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain.



As previously mentioned, depression often varies according to age and gender, with symptoms differing between men and women, or young people and older adults.

- **Depression in men.** Depressed men are less likely to acknowledge feelings of self-loathing and hopelessness. Instead, they tend to complain about fatigue, irritability, sleep problems, and loss of interest in work and hobbies. They're also more likely to experience symptoms such as anger, aggression, reckless behavior, and substance abuse.
- **Depression in women.** Women are more likely to experience symptoms such as pronounced feelings of guilt, excessive sleeping, overeating, and weight gain. Depression in women is also impacted by hormonal factors during menstruation, pregnancy, and menopause. Up to 1 in 7 women experience depression following childbirth, a condition known as postpartum depression.
- **Depression in teens.** Irritability, anger, and agitation are often the most noticeable symptoms in depressed teens—not sadness. They may also complain of headaches, stomachaches, or other physical pains.
- **Depression in older adults.** Older adults tend to complain more about the physical rather than the emotional signs and symptoms of depression: things like fatigue, unexplained aches and pains, and memory problems. They may also neglect their personal appearance and stop taking critical medications for their health.

Should you have any questions or concerns about depression, feel free to reach out to the Archdiocese of Louisville Director of Counseling Services Martine Siegel at 502-636-1044 or via email: msiegel@archlou.org.

The Dignity of Dying



Today, many people don't fear the idea of death as much as they fear the dying process. Experts tell us that these people are fearful of being kept alive, past life's natural limits by burdensome medical technology. They fear experiencing intolerable pain and suffering, losing control over bodily functions, or lingering with severe dementia. They worry about being abandoned or becoming a burden on others.

As Catholics, even though we believe in the dignity of every human life, we are not immune from these feelings of despair about our self-worth and losing the ability to "do our part."

After all, our culture, especially American culture, is built around the mantra of "self made man/woman, and a "can-do attitude." When life circumstances dictate that we must rely on someone (usually a family member) for care, these negative feelings can creep in.

This is where the truth, beauty and goodness of our Catholic teaching can make all the difference in restoring our sense of hope, purpose and eternal destiny. For the Church, there is no distinction between defending human life and promoting the dignity of the human person. The United States Conference of Catholic Bishops reminds all of us

"to live in a manner worthy of our human dignity, and to spend our final days on this earth in peace and comfort, surrounded by loved ones—that is the hope of each of us. Catholics should be leaders in the effort to defend and uphold the principle that each of us has a right to live with dignity through every day of our lives.

As disciples of one who is Lord of the living, we need to be messengers of the Gospel of Life. We should join with other concerned Americans, including disability rights advocates, charitable organizations, and members of the healing professions, to stand for the dignity of people with serious illnesses and disabilities and promote life-affirming solutions for their problems and hardships. We should ensure that the families of people with chronic or terminal illness will advocate for the rights of their loved ones, and will never feel they have been left alone in caring for their needs. We deserve to grow old in a society that views our cares and needs with a compassion grounded in respect, offering genuine support in our final days. The choices we make together now will decide whether this is the kind of caring society we will leave to future generations. We can help build a world in which love is stronger than death."

St. Pope John Paul II wrote eloquently on the dignity of human life telling us that "the way of love and true mercy" is demonstrated in a readiness to surround patients with love, support, and companionship, providing the assistance needed to ease their physical, emotional, and spiritual suffering. This approach must be anchored in unconditional respect for their human dignity, beginning with respect for the inherent value of their lives."



In particular, as a people of hope, let us recall Psalm 39:7, "And so, Lord, where do I put my hope?"

My only hope is in you."

Up & Coming

Anniversary Mass



Archdiocesan Celebration of Matrimony

For couples celebrating 30, 40, 50, 60 and 60 plus years of marriage in 2016

Sunday, October 23, 2:00 p.m. at Cathedral of the Assumption.

Information was sent Sept. 1 to the parishes from the Chancery.

FOCCUS Training

One day Training for Facilitators

Saturday, October 8, Maloney Center, 9:00 a.m. - 4:00 p.m.

Cost is \$75 per individual/couple; \$20 for refresher. Lunch is included.

Registration is required by September 28 -

contact Carolyn Kupper at ckupper@archlou.org of 502-471-2142.



Helpers of God's Precious Infants



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

9:00 a.m. - Benediction at Cathedral

Saturday, Sept 10 Fr. Gary Padgett

Visit: HelpersLouisville.org

Safe Environment Training

Thu, Sept 8	6:30 p.m.	St. Augustine, Lebanon
Sun, Sept 11	2:00 p.m.	St. Edward
Mon, Sept 12	6:30 p.m.	St. Andrew School
Thu, Sept 15	6:30 p.m.	St. Mary Academy
Mon, Sept 19	6:30 p.m.	St. Nicholas Academy
Thu, Sept 22	6:00 p.m. (CST)	Our Lady of the Caves, Horse Cave
Mon, Sept 26	6:30 p.m.	St. Francis Xavier, Mt. Wash.

Retrouvaille (French for rediscovery)

This ministry is designed to help couples in troubled marriages to heal and renew.

Next Louisville area weekend - Sept. 16 - 18

To learn more, visit www.HelpOurMarriage.org



Marriage Encounter

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

Cincinnati weekend - Sept. 30 - Oct. 2

To learn more, visit www.wwme.org



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



<http://archloufamilyministries.org>



<https://www.facebook.com/ArchdioceseLouisvilleFamilyMinistries>



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