



January 2018

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 triune God is a communion of love, and the family is its living reflection"

Pope Francis

Marriage & Family Enrichment

contact: Deacon Stephen Bowling, sbowling@archlou.org

Better Days . . .

I hope you won't think me too weird here, but I have a silly little ritual I always perform every New Year's Eve. It's something that forces me to look both backwards and forwards at the same time and spiritually reflect upon my life, and just how well I am fulfilling God's plan – or not, as the case may be.

On New Year's Eve, sometime before the ball drops at midnight, I go off to a quiet place and I play the song "[Better Days](#)" by the [Goo-Goo Dolls](#), several times, over and over. I am mesmerized by those particular words from the song that say, "Tonight's the night the world begins again." It reminds me that once again, we get another new start, or maybe a fresh perspective, or at least a renewed way of "doing better" in the coming year.

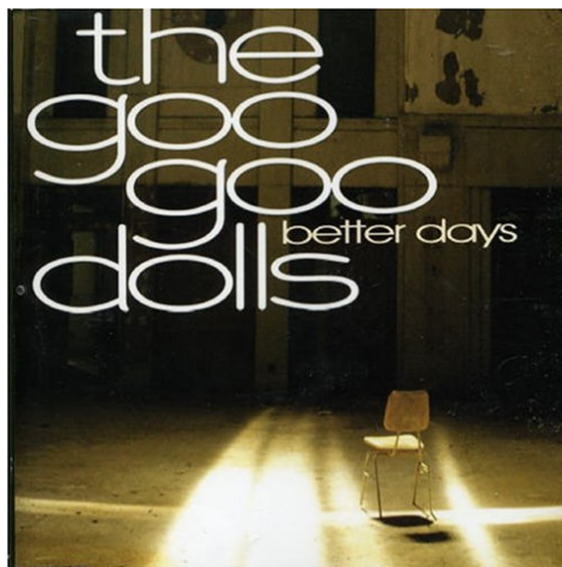
"Better" is really the operative word here . . . hence my love of the song.

As the song plays, I think of many things where we can "do better". How we can better work for the sanctity of life? How we can better serve families in need? How we can better be the face, hands and voice of Christ to everyone we encounter? And perhaps most important of all, how we can just be better at becoming saints, pure and simple?

Just as the song also says, "Take these words, and sing out loud, for everyone's forgiven now", so we need to remember that better days are always available to us at any time, not just as the year changes. Forgiveness for our sins and reorientation of our lives towards Christ is always available to us via the sacraments. Christ has indeed come . . . and he has brought healing with him.

"Better" is very much what we should always be about becoming . . . and Christ himself has shown us the way.

May "better days" be in your future . . . both now and always.



Pro-Life

contact: Ed Harpring, eharpring@archlou.org

Sharing Testimonies

Wounded Women & Men share their Pro-Life Testimonies at the Annual March for Life – Hundreds from Archdiocese Prepare for Pilgrimage

“Roe v. Wade made it too easy for me to make the fateful and fatal decision to abort my child. The doctor advised that the procedure would hurt no more than ‘having a tooth removed,’ However, the procedures damaged my cervix and forced her to miscarry another baby months later. The physical toll on her body and the emotional strain of the abortions led to the demise of my first marriage.”

Dr. Alveda King – niece of Dr. Martin Luther King
(Today, King is a proud mother of six and grandmother of six. As a Christian pro-life leader, she works with [Priests for Life](#) and [Silent No More](#) to stop abortion. Following in her uncle’s footsteps, she is fighting for the rights of the voiceless and inspiring students to do the same.)



Despite the tragic results of legalizing abortion on demand (over 60 million children’s lives lost) many courageous women and men speak about their abortion experiences in an effort to keep others from making the mistake and to affirm the sanctity of Life. Since 2003, the *Silent No More* witnesses have spoken in 17 countries and all 50 states, with 6,270 women and men sharing their abortion testimonies. There are 2,506 testimonies posted on the [Silent No More](#) website, with 421 that are shared via video!

Last year, Fr. Stephen Imbarrato, a priest, shared his painful story from the steps of the Supreme Court:

“In the 1970s, I was living with my girlfriend, away from my Catholic faith. I was responsible for her pregnancy and, like so many, I told my girlfriend how it was not a good time for us to have a child, giving her all the lies that many men give to convince her that abortion is the best way out of their problem.

Being the coward, I was I didn’t even go with her. She went to the abortion mill all by herself. I rationalized later that maybe if I had gone with her, I would have stopped her at the last moment. A rationalization because, truly, I was a coward and this was nothing more than conscience easing.

My girlfriend’s behavior quickly changed after the abortion, a change that was parallel to the guilt I was feeling. We went to confession and saw a priest a couple of times for counseling but soon fell back into the same sinful lifestyle.

It wasn’t until decades later when I was in the seminary that I received permission from my spiritual director to look her up. At the meeting, I apologized for not standing up for her and our baby. In my apology, I mentioned that I had named our baby Mary, and I believed she was in heaven. She then stunned me with, “We have two babies in heaven. I never told you. They were twins.”

A large part of my ministry involves speaking to men about the importance of protecting women from the wounds of abortion. I encourage all men who have been wounded by an abortion to learn the lesson Jesus’ mercy has taught me and to be Silent No More.”

These heart-wrenching accounts of the pain of abortion, and a desire to make a difference by attempting to build a culture that promotes the dignity of every human “Life” is really at the heart of what the March for Life is all about. That’s why we put up with long overnight bus rides, lack of sleep and cold, snowy weather. It’s totally worth it! As Archbishop Kurtz said, “That small action (often a silent prayerful action) is a public declaration that life is worth standing up for. Every one of us needs to find the courage to have some public declaration.”

Pro-Life cont.

March for Life Events 2018

It's not too late to join with hundreds of local pilgrims from the Archdiocese of Louisville for the 45th annual March for Life on January 19 in Washington DC. Our pilgrimage includes:

St. John Paul II Shrine

The Saint John Paul II National Shrine is a place of pilgrimage, learning, and prayer. It was designated as a National Shrine by the U.S. Conference of Catholic Bishops in 2014. The 30,000-square-foot building is built on 12 acres adjacent to The Catholic University

Daily Mass in the Redemptor Hominis Chapel

Venerate first-class blood relic of Saint John Paul II.

Permanent Exhibit - The shrine also houses a state-of-the-art exhibit on the life and legacy of St. John Paul II. Called *A Gift of Love: The Life of St. John Paul II*, the exhibit leads the pilgrim on a spiritual itinerary through Karol Wojtyła's early years and the maturing of his vocation as a priest and bishop amidst some of the darkest moments of the twentieth century.

Personal artifacts - texts, images and interactive displays combine to illustrate the pope's historic election, his passion for "Christ, the Redeemer of Man" and his courageous defense of the dignity of the human person.



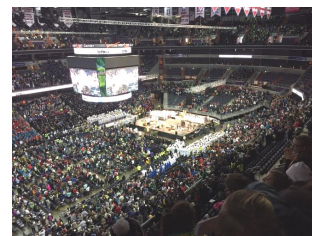
National Prayer Vigil for Life at the Basilica of the Immaculate Conception

Over 20,000 pilgrims attend the annual Vigil Mass, held the eve of the March for Life, with hundreds of priests, deacons, bishops and cardinals processing in at the beginning of the Mass. **Archbishop Kurtz will be participating along with several seminarians. Cardinal Timothy Dolan, Chairman of the USCCB's Committee on Pro-Life Activities, will be the principal celebrant and homilist.**



Youth Mass and Rally – Capital One Arena

The Rally (with over 20,000 attendees, including youth, cardinals, bishops, priests, religious and seminarians) strives to encourage the youth participating in the national March for Life in their witness as disciples of Christ and promoters of the Gospel of Life, through inspiring motivational speakers, inspirational speakers and the Holy Mass.



March for Life – 2018 theme, "Love Saves Lives"

The mission of the March for Life is to provide all Americans with a place to testify to the beauty of life and the dignity of each human person. Over 500,000 pilgrims attend from across the country.



Local Activities:

Walk for Life - Locally, the Youth Ministry office will sponsor the prayer walk for students, families and anyone who wants to make a stand for the sanctity of Life on Friday, January 19, gathering at 4:30 p.m. in the Cathedral of the Assumption's Undercroft.

Pro-Life Memorial Mass - On Sunday, January 21, more than 150 parishes, schools and organizations come together to witness to the sanctity of human life. The Pro-Life Mass is dedicated to the protection of the unborn and to lift our hearts to the Lord to help change the hearts of our country from a culture of death to a culture that celebrates Life and defends all lives from conception to natural death. All are welcome.

As an additional incentive for those considering attending the March for Life, "Cardinal Donald Wuerl, Archbishop of Washington, and Bishop Michael Burbidge of Arlington, Virginia, have issued a joint letter announcing that a [plenary indulgence](#) can be obtained by the faithful who "take part in the sacred celebrations, along with the great assembly of people, throughout the whole course of the annual event that is called 'March for Life.'"

I hope you will join us. Feel free to contact me if you have any questions. Ed Harpring – 502-472-4575

Pastoral Care

contact: Michelle Herberger, mherberger@archlou.org

Beginning Anew

If you have had an abortion or love someone who has, the following message is for you.

Perhaps you thought you had no choice. No matter how you looked at your pregnancy, it seemed impossible to continue. After the abortion, there may have been some regret, even sadness. You remind yourself, though, that you did the only thing you could do under the circumstances. However, time has passed and the nagging pain deepens. Perhaps no one knows you've had an abortion and you feel as though you are locked into this pain forever.



Please know there is help. There is hope. There is healing.

Project Rachael is a ministry to those who have experienced abortion. It is one-to-one, non-judgmental, and confidential. It helps you to fully realize that you need healing. It helps you to truly acknowledge your abortion and the fact that you did indeed experience it. It is a safe place where you can allow yourself to grieve. God's forgiveness is yours and Project Rachael can help you to accept that loving forgiveness. Maybe you blame others for your abortion and are stuck in a pattern of blame. However, many times the most difficult person to forgive is you. You may sense God's forgiveness, but simply cannot forgive yourself. Project Rachael can help you to forgive others and yourself in order to experience healing. It's possible that you have grieved silently for a long time. This ministry is one where you can talk about the child you have mourned and perhaps name and memorialize him/her.

Finally, Project Rachael seeks to help restore your hope. Your life is precious in the sight of God and you can know joy again.

Let this New Year be the beginning of a new you. Your life is precious in the sight of God and you can know joy again.

Please call the Family Ministries Office to speak confidentially to someone, (502-471-2149), or Project Rachael, (502-471-2155).

Counseling Services

contact: Martine Bacci Siegel, msiegel@archlou.org

Teaching our Children the Sanctity of Life

As we prepare to celebrate Sanctity of Life Sunday on January 22 now might be a good time to find ways to talk with your children about the sanctity of life. Here are some helpful ideas to get you started.

- **For pre-school children**

Using bubble solution, blow bubbles into the air while encouraging your children to clap them, pinch them or catch them in their hands. Ask how the bubbles feel against their skin. Ask what is inside the bubbles. Air? No, breath. Let them take a turn blowing the bubbles. Now share this truth: Just as we can fill a bubble with our breath, that's how God filled man with his breath when he created us. Since it is easy for a bubble to pop or burst, it must be treated with care. In the same way, human life is fragile and must be protected because it is so valuable.

For older kids, conversation is a great starting point. Here are some excellent ideas for starters:

- **For "tween age" kids (between 8 and 12)**

How do you know if something is alive? Where does life come from? What is the difference between human and animal life?

- **For teenagers**

Do not let culture be the one to shape your teens concept of "Who am I?" Make sure your teen knows that their human dignity is inherent, not earned. This may one day mean the difference between life and death. What does sacred mean? What gives your life value?

Having conversations now will pay dividends for both you and your children in the future.

Up & Coming

Journey of Hope



A 15 week divorce recovery ministry program addressing concerns of divorced or separated Catholics.

Thursdays beginning January 11, but registration available until February 1

7:00 p.m. - 9:00 p.m. Basilica of St. Joseph, Bardstown

Cost is \$50, visit <https://www.archlou.org/journeyofhope> or call Henry at 502-349-3922 for more information

Anniversary Mass

Archdiocesan Celebration of Matrimony

Saturday, January 20, 4:00 p.m. - St. Raphael

For couples celebrating 5, 10, 15, 20 & 25 years of marriage in 2018.



Worldwide Marriage Encounter

Marriage Encounter Weekends are a special time for a married couple to get away from all distractions: work, kids, bills, and other pressures and concerns. Weekends take place at a local hotel or facility where communication tools are taught to help couples better connect in healthy, constructive ways on areas that can deepen their relationship.

The next Louisville area weekend is February 2 - 4.

To learn more or register, visit www.wwme.org



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

Sat, Jan 13 - TBD

Visit: HelpersLouisville.org

Safe Environment Training

Mon, Jan 8 6:30 p.m. - St. Margaret Mary

Wed, Jan 17 6:30 p.m. - Immaculate Heart of Mary

Mon, Jan 22 6:30 p.m. - St. Paul

Mon, Feb 5 6:30 p.m. - Holy Spirit

Visit www.archlou.org/restoringtrust/safe for additional dates



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