



March 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 most beautiful thing that God made, the Bible says, was the family. And a family is truly a family when it is able to open its arms and receive all of God's love."



Pope Francis

Marriage & Family Enrichment

contact: Deacon Stephen Bowling, sbowling@archlou.org

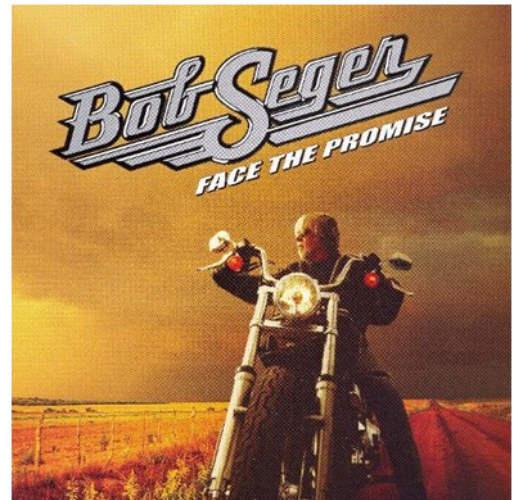
Face the Promise

Did you ever have the desire to just get in a car and drive?

Did you ever want to take a long road trip to nowhere in particular . . . with maybe just you and God, viewing and experiencing his creation?

Yeah, me too. There's nothing better sometimes than a good road trip.

Rock legend [Bob Seger](#) sang of this desire in the title track to his 2006 album [Face The Promise](#) . . . and his words really struck a chord with me. Like all good "journey motifs" such as with Homer's [Odyssey](#) or St. Luke's [Road to Emmaus Story](#), it speaks of someone embracing a new inspiration, exploring a new potentiality and embracing a renewed sense of purpose. All of this by simply having the courage to set out "on the road" and following it where it leads. That is something that appeals greatly to, I think, just about all of us.



In ministering to families, we are constantly looking to be better at what we do every day and now is no exception. We are looking at "facing the promise" of better serving families throughout the Archdiocese by creating new avenues of service in cooperation with [Catholic Charities of Louisville](#) in the arena of "Family Services." As Dr. Brian Reynolds remarked to me recently, we usually do a good job of helping families in their times of difficulties or special circumstances, but should we not, first and foremost, be helping and empowering families in ordinary, everyday ways?

As always, well said . . . and indeed, we should.

I invite you to "stay tuned to this channel for further updates" as we continue to revamp, reimagine and reignite this bold new "promise" that we are happy to ride out to face. I think folks will be delighted by the new outlook they are about to see from us . . . very soon!

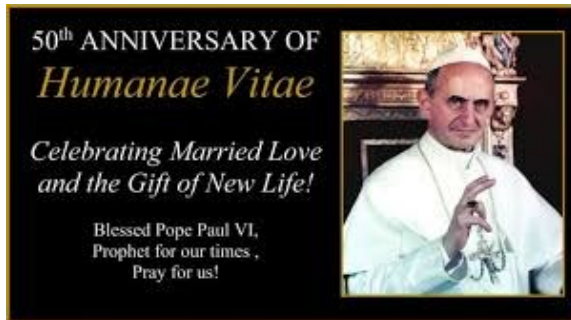
As fast Spring approaches now, perhaps it is a good time to just get in the car and drive somewhere . . . new horizons are always within reach. As Bob Seger himself put it . . . we're all about now "facing the promise of the Promised Land."

Pro-Life

contact: Ed Harpring, eharpring@archlou.org

The Promise of Humanae Vitae

The Promise of Humanae Vitae Realized at the Pope Paul VI Institute: Better Health, Better Marriages, Better Families and a Better Society



This year, the Church celebrates the 50th anniversary of the of the encyclical [Humanae Vitae](#). Humane Vitae reaffirmed the Church's teaching regarding married love, responsible parenthood, and the moral concerns of artificial contraception.

Many articles have been written about the negative outcomes that Pope Paul VI predicted if artificial contraception became widely accepted. Pope Paul VI prophetically foresaw the following looming societal consequences including marital infidelity, general lowering of moral standards, sexual objectification of women, and government coercion toward contraception and abortion.

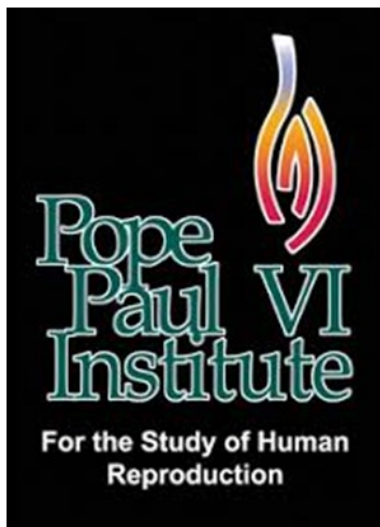
As we now know, 50 years later, Pope Paul VI's prophecies have sadly rung true with contraception being the catalyst to a host of social ills that has exponentially accelerated abortion, human trafficking, divorce, and domestic abuse.

And while Humanae Vitae is known by some skeptics as simply a ban on contraception, it is also a ratification of the Church's high regard for marriage and how the sacramental union of husband and wife point to the ultimate sign of man's union with God, "The marriage of those who have been baptized is, in addition, invested with the dignity of a sacramental sign of grace, for it represents the union of Christ and His Church."

And yet, Pope Paul VI was not blind to the modern-day struggles of marriage, especially those couples who experience infertility. He spoke directly to scientists and medical professionals to provide "right counsel and to point them in the proper direction."

A doctor, who heard this call, eventually developed some of the most promising fruits of Humanae Vitae. "When I first read Humanae Vitae, I was a senior medical student attending the University of Minnesota, and Pope Paul VI's words struck a real chord with me, both as a Catholic and as

a soon-to-be member of the medical profession. In the Humanae Vitae, he appealed directly to doctors and healthcare professionals to "pursue only those solutions that are in accord with faith and right reason." (<https://www.popepaulvi.com>). Years later, the inspiration of Pope Paul VI led to the creation of the Pope Paul VI Institute. Founded in 1985 by Thomas W. Hilgers, MD, the Pope Paul VI Institute has advanced breakthrough discoveries in women's health care through its major developments - Creighton Model FertilityCare System and NaProTECHNOLOGY.



However, like most dreams, Dr. Hilgers path to founding the Pope Paul VI Institute was full of road blocks and direct conflicts with his Catholic Pro-Life beliefs:

He was released from the residency Program at the Mayo Clinic in Rochester, Minnesota when he refused to participate in an abortion procedure. Next, he entered

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Pro-Life cont.

the Navy school of Medicine residency, but there too, he was required to perform abortions and he refused. Eventually, he graduated from the University of Minnesota School of Medicine in 1969. Finally, Dr. Hilgers, began his groundbreaking research into fertility awareness at St. Louis University and eventually Creighton University where the Creighton Model Fertility Care System (CrMS) "Creighton" method" name was coined. However, even at Creighton, a Catholic College, he ran into obstacles, when he suggested a stand alone research institute for fertility awareness. They said it was "too singular point of view" which he took to mean as "too Catholic."

Despite this major setback, Dr. Hilgers persisted. By 1985, he had the money to open his own small facility. "We were crammed into about 1,000 square feet," he recalled. He admits that, at first, they had no idea of what they were doing, and by year's end, they were \$250,000 in debt. "But what proved to be the salvation of the institute was really good medicine."



The institute has grown to a bustling three-story brick building on Omaha's Mercy Road, with a chapel on the top floor where the Blessed Sacrament is reserved. <http://thewandererpress.com/>

NaProTECHNOLOGY is especially appealing because trained physicians diagnose the root causes of reproductive diseases and conditions including infertility, recurrent miscarriage, and many others. Once a problem is identified, it is treated with NaPro's medical and surgical practices. Unlike traditional medicine that typically treats most women's problems with dangerous synthetic hormones (similar to birth control pills), NaProTECHNOLOGY (Natural Procreative Technology) is a new women's health science that monitors and maintains a woman's reproductive and gynecological health.

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NaProTECHNOLOGY provides medical and surgical treatments that cooperate completely with the reproductive system in many areas of women's healthcare including Infertility evaluation and treatment, recurrent ovarian cysts, repeated miscarriages and postpartum depression.

Astonishingly, Dr. Hilgers's team has helped more than 80 percent of couples to successfully achieve a pregnancy. Women now have an opportunity to know and understand the causes of the symptoms from which they suffer.

The Pope Paul VI Institute has trained nearly 1000 skilled NaProTechnology surgeons and Creighton practitioners. It offers a fellowship program for obstetricians. Dr. Hilgers has written several books on NaProTECHNOLOGY including, In Their Own Words: Women Healed "Testimonies of 50 women (and their husbands) whose lives have been enriched by the medical care, education and research efforts" of the institute. (www.drhilgers.com).

The Pope Paul VI Institute has been an answer to prayer for many couples who thought they would never conceive children. The Institute's website provides testimonies of women who desperately sought out a variety of fertility options, including IVF, but eventually turned to Dr. Hilgers and the institute.

One woman writes: "I had always dreamed of becoming a mother. Holding my child in my arms, rocking her to sleep, with that unmistakable scent a baby has, with the wisps of hair on her nearly bald head, and those tiny hands, just thinking about it puts a smile on my face."



Promising Indeed!

Pastoral Care

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Life's Promise

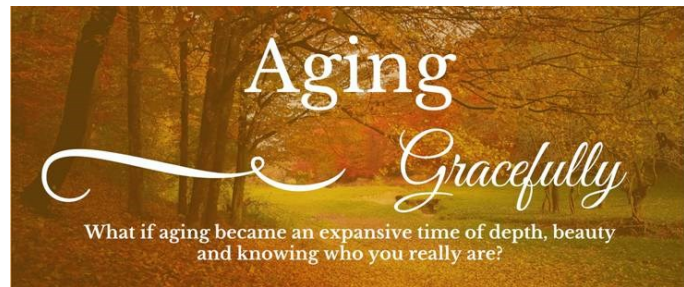
The theme for the newsletter, as you've probably discovered, is Promise. I found it challenging to look at that theme in light of some requests from parishes for resources for senior adult spirituality. After all, much of life is spent trying to reap the benefits of the *promise*, "If you work hard enough...believe hard enough...connect with the 'right people'...there is no end to what you might accomplish." But, how is that meaningful for a person who has done many of those things and has now moved into retirement?

[Sr. Joan Chittister](#) in her book, [THE GIFT OF YEARS, Growing Older Gracefully](#), writes, "So much in life is aimed at either youth or middle age. Almost nothing points us to the day when time alone will be our guide, our companion, our goal. We have few or no *promises* about the glories of being less busy, less harried, less consumed by everything." Chittister goes on to say, "The later years of life are given to us to bring in the harvest of all that effort." In able to enter into the mystery of the later years, one must let go of the *promises* of the earlier part of life and embrace the *promise* given by Jesus in Matthew's gospel. "And behold, I am with you always, until the end of time."

The invitation and gift of later years, is to perceive life through the constant awareness of God's abiding presence. Time then, becomes the opportunity to embrace the wonder and awe of life. In her book, Chittister quotes Henry Wadsworth Longfellow.

For age is opportunity no less
Than youth itself, though in another dress,
And as the evening twilight fades away
The sky is filled with stars, invisible by day.

For resources for senior adult ministry,
contact the Family Ministries Office.



Counseling Services

contact: Martine Bacci Siegel, msiegel@archlou.org

A Time to Renew Relationships

While March weather can be unpredictable, the month is often looked upon as a time of renewal. As the long cold winter gives way to warmer days, new vegetation is seen coming to life. The season can also serve as a time to renew our relationship with those close to us. Psychotherapist Moshe Ratson offers up some helpful advice for bringing about a new beginning.

1. Understand the reasons why the relationship is broken. Carefully analyze each stage of your relationship and figure out where things went wrong. You can't fix what you don't know is broken.
2. Once you understand what went wrong, take positive steps to forgive each other's mistakes. "We are not responsible for what breaks us, but we can be responsible for what puts us back together again" – Bishop Desmond Tutu.
3. Welcome the new relationship. Don't try to renew the old relationship with the same passion, drama, dynamics, etc. . . . Hanging on to the past will keep you focused on what has been lost, not what the future holds.
4. Renew your commitment. Let the other person know you will do your best and will try to avoid mistakes. Be sure to realize those mistakes and ensure yourself you will not make them in the future. Realize you cannot change the past, but you do have the power to change the future.
5. Embrace love as a renewable energy. Love is a positive energy that takes place through three events and can be replicated at anytime.
 - (1) A sharing moment of positive emotions between you and another.
 - (2) There is a harmony and synergy between you and another's behavior and biochemistry.
 - (3) There is a mutual desire to invest in each other's well being and care for one another.



Take this change in the seasons to see if it's time for a change in the season in your relationships.

Up & Coming

Joined by Grace Training



Companion Couple - "Joined by Grace" Parish based Marriage Preparation Training Sessions

Thursdays, April 12 & 19	6:30 - 9:00 p.m.	St. Thomas More
Saturday, April 26	9:00 a.m. - 3:00 p.m.	St. Joseph, Bardstown
Thursdays, May 17 & 24	6:30 - 9:00 p.m.	St. Gabriel

Contact Dcn. Stephen Bowling for more information sbowling@archlou.org or 502-471-2127

Finance Workshop

Financial Workshop for Engaged or Newly Married Couples

Saturday April 7, 8:30 a.m. - 12:30 p.m.

St. Gabriel Parish, Loft 1, 5505 Bardstown Road

Cost \$49 per couple

Presented by certified financial planner Jerry Zimmerer from D. Scott Neal, Inc.

For questions or details email sbowling@archlou.org

Budgeting and Cash Flow Workshop

Part of the "Building Your Financial Foundation" Series For Newly Married and Engaged Couples



Register at: <http://bit.ly/2ouvYsQ>

Retrouvaille (French for rediscovery)

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

Cincinnati - April 6

To learn more, visit

www.HelpOurMarriage.org



Marriage Encounter

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

Indianapolis - April 27

Louisville area - August 17

To learn more, visit www.wmme.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, April 14 - Fr. Gary Padgett

Visit: HelpersLouisville.org

Safe Environment Training



Mon, Mar 19 6:30 p.m. -

St. Andrew Academy

Tue, Mar 20 6:30 p.m. -

St. Helen, Glasgow

Sat, Mar 24 1:00 p.m. (Spanish)

St. James, Elizabethtown

Mon, Apr 9 6:30 p.m. - Incarnation

Visit www.archlou.org/restoringtrust/safe

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<http://archloufamilyministries.org>



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