

# Family Matters

E-Newsletter of the Family Life Office  
Archdiocese of Dubuque, IA

July/August 2017

## Catholic Social Teaching

*Learn about the principles of Catholic Social Teaching and their importance in practicing the faith.*

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## Family Summer Fun

*Discover ways to celebrate the Catholic faith this summer with educational and uplifting activities all ages will enjoy.*

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## Prayers for Our Nation

*As we celebrate Independence Day, join together as a family to pray intercessions for our nation and our world.*

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"The relationships within the family bring an affinity of feelings, affections and interests, arising above all from the members' respect for one another."

(No. 2206, Catechism of the Catholic Church)

The office of Family Life offers support and training to parishes and individuals interested in this ministry. We invite you to volunteer for any of these ministries or to offer suggestions to our office.

### We're on the Web!

See us at:  
[www.dbqarch.org/familylife](http://www.dbqarch.org/familylife)

## Catholic Social Teaching and the Family

The Catholic faith begins in the Catholic family home – the domestic church. One element of Catholic faith is to understand the principles of Catholic Social Teaching. Love of God and love of neighbor cannot be separated. To help us keep these two connected, the Church provides us with Catholic social teachings, which promote justice and dignity for all human beings.

### Seven Principles of Catholic Social Teaching:

- Life and Dignity of the Human Person
- Call to Family, Community and Participation
- Rights and Responsibilities
- Preferential Option for and with People who are Poor and Vulnerable
- Dignity of Work and the Rights of Workers
- Solidarity
- Care for God's Creation



To learn more about Catholic Social Teaching, see the following links:

Principles of Catholic Social Teaching for Ages Seven and Up:

<http://www.anneneberger.com/curriculum-ideas/social-justice/catholic-social-teaching-ages-7-and-up>

Loyola Press - Catholic Social Teaching: <http://www.loyolapress.com/our-catholic-faith/scripture-and-tradition/catholic-social-teaching>

CST Learning Activities: <https://www.wearesaltandlight.org/learn-together/learning-activities-catholic-social-teaching/>

Resources from U.S. Conference of Catholic Bishops (USCCB):

<http://www.usccb.org/beliefs-and-teachings/what-we-believe/catholic-social-teaching/>

For Your Marriage - A Call to Charity and Justice:

<http://www.foryourmarriage.org/the-common-good-a-call-to-charity-and-justice/>

# July



## July 4 – Independence Day

The Catholic Culture web site ([www.catholicculture.org](http://www.catholicculture.org)) reminds us that the Independence Day holiday “gives us time to thank God for the birth of our nation, and give thanks for the gift of life, and petition God to preserve our country...” Independence Day is a great time to strengthen our faith while spending time with family and friends. To read about faith-filled ways to celebrate the holiday see:

Catholic Culture:

<https://www.catholicculture.org/culture/liturgicalyear/activities/view.cfm?id=1116>

Reflection: Life, Liberty and the Pursuit of Happiness:

<http://www.catholic.org/news/national/story.php?id=46865>

## July 23 – National Parents’ Day



In 1994, Congress established the fourth Sunday of July as Parents’ Day, a day set aside for “recognizing, uplifting, and supporting the role of parents in the rearing of children.” Parents’ Day offers “a wonderful opportunity for communities, organizations, churches...to honor exemplary parents and to encourage families everywhere to invest in our most precious resource – our children.” For more information and resources, see: <http://www.parentsday.com/>

<http://www.nationaldaycalendar.com/national-parents-day-fourth-sunday-in-july/>

<https://www.care.com/c/stories/3691/8-ways-to-celebrate-national-parents-day/>

## Family Activities to Enjoy in July

Check out these links for fun July activities to share as a family:

10 July Activities for Catholic Families (Free Printable):

<http://www.reallifeathome.com/10-july-activities-for-catholic-families-free-printable/>

Feast Day Fun – July Saints: <http://catholicmom.com/2014/07/18/equipping-catholic-families-with-feast-day-fun-july-saints/>

July - Catholic Family Celebrations:

<http://www.catholicfamilycelebrations.com/july.html>

10 Wonderful Activities Every Catholic Family Can Do This

Summer: <http://epicpew.com/10-catholic-things-family-summer/>

Strong Catholic Family Faith: Find online retreat experiences, articles, parent and child faith formation videos, marriage enrichment resources, and online resources for faith sharing: <http://www.catholicfamilyfaith.org/parent-faith-formation.html>



Be a Catalyst for Change!

Perhaps you steer clear of political conversations and flip the TV channel when a political ad comes on. Maybe you're just frustrated with the way things are. One great (and peaceful) way to serve others is to contact your local and national representatives regularly by letter or email concerning issues that are important to you. Find contact information for state legislators here: <https://www.legis.iowa.gov/contacts>

# August

## Learning About Servants of God

Dorothy Day was the co-founder of the Catholic Worker Movement. Learn about Dorothy Day, St. Francis of Assisi, Oscar Romero, Dietrich Bonhoeffer, Martin Luther King, Jr., Desmond Tutu, Pope Francis, and other servants of God who have challenged people inside and outside the Catholic Church to practice works of mercy, to open their doors to people in need, to work for peace, and to address social issues. To learn more about those who lived out the principles of Catholic Social Teaching, see the following links:

Servant of God-Dorothy Day: <http://www.catholicworker.org/dorothyday/servant-of-god.html>

Servant of the Servants of God-Pope Francis: <http://adw.org/wp-content/uploads/2014/02/13Papacy-Pope-Francis-Servant.pdf>

Oscar Romero: Bishop of the Poor: <http://www.uscatholic.org/culture/social-justice/2009/02/oscar-romero-bishop-poor>

Archbishop Desmond Tutu on "Dignity":

<http://blog.amnestyusa.org/africa/archbishop-desmond-tutu-on-dignity/>

Martin Luther King-The Power of Prayer and Action:

<http://www.usccb.org/news/2015/15-008.cfm>

## The Power of Pennies

Consider taking on this summertime family challenge: Challenge family members to save their loose change for a purpose. Make it a contest to see who can save the most coins. Have everyone guess how much there will be when you combine all the coins for a given amount of time (one week, two months, etc.). At the end of the contest, find a purposeful way to donate the money:

- Donate it to your church
- Purchase something special for someone in a nursing home
- Buy toiletries for a homeless shelter
- Shop for school supplies for children in your school
- Consider saving coins until Christmas and donating gifts to a needy family in your parish or community.

This exercise can show family members the importance of saving, as well as discovering the joy of serving others.

## August is Family Fun Month!

Find ways to celebrate your family on these August dates designated especially for family:

August 1: Respect for Parents Day

August 6-12: Family Week (Knights of Columbus)

August 6: National Kids Day

American Family Day

August 12: International Youth Day

August 21: National Senior Citizen's Day



## Symbols in the Sky

Parents often encourage their children to gaze at the sky with wonder, and many have seen their lives and beliefs reflected in the heavens. As the days of summer draw shorter, spend some family time in your backyard, stargazing or watching the clouds or the storms roll in, or sighting the rainbows. Share images of your faith and life experiences that might be reflected in the heavens.

# Resources for Marriage and Family Enrichment



## Practicing Marital Virtues: Fidelity

Marital Virtue for July/August: In this series, various writers address virtues that characterize a holy and happy marriage. In this issue, Mary Ann Paulukonis, a speaker, writer, and Leadership and Pastoral Ministry consultant addresses the virtue of **Fidelity**:

<http://www.foryourmarriage.org/i-promise-to-be-true-to-you/>

## Web Site Spotlight

**Family Matters/Living Lightly:** <http://www.susanvogt.net>

In this website, which includes the "Living Lightly" blog, author, speaker and life coach Susan Vogt invites you to enrich your marriage, inspire your children, deepen your faith, and simplify your life. Susan offers suggestions on how to:

- Negotiate the complicated and murky times
- Deepen the most important relationships in your life
- Increase your communication skills
- Deepen your values and spirituality
- Achieve a more satisfying and fulfilling lifestyle.

Susan's goal is "to help you become the best person, spouse, or parent you can be, because your family is your job!"



**How To Raise Kids Who Care:**

<http://www.loyolapress.com/our-catholic-faith/family/catholic-teens/making-moral-choices/how-to-raise-kids-who-care>

Education professor William Damon tells us that "one of the first and most important steps in raising moral children is to nurture their ability to feel empathy." This article offers tips for cultivating and nurturing empathy through normal daily situations.

## NFP Information Station

Check out the new **Natural Family Planning website** for the Archdiocese of Dubuque, which includes promotional items, instructor contact information, Top Ten Reasons to Use NFP, and a series of informational and witness videos meant to raise greater awareness and understanding of the Church's teaching on NFP. The website can be found here: [www.dbqarch.org/nfp](http://www.dbqarch.org/nfp)

### **NFP VIDEOS NOW AVAILABLE!**

NFP videos for marriage preparation programs are now available on USB flash drive at \$15 per copy. If your parish Sponsor Couples, etc. would like a copy, or if you have questions, please contact Matt Selby at [dbqcfi@dbqarch.org](mailto:dbqcfi@dbqarch.org).



Eben and Lindsey Krapfl will be offering a new set of **NFP classes** for the Couple to Couple League beginning on August 21. They will host classes from their home. For more information, contact the Krapfls at (563)599-3661 or by email at [Lindsey@Krapfl.org](mailto:Lindsey@Krapfl.org) or register at <http://register.ccli.org/>

For more information about NFP, see: <http://www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/>

<http://www.foryourmarriage.org/connections-living-natural-family-planning/>

## Strong Catholic Families



The Archdiocese of Dubuque is partnering with pastors, parishes and school leaders to engage parents in the life and mission of the family, the domestic church. This process of evangelization, titled *Strong Catholic Families*:

*Strong Catholic Youth*, engages families as they grow in faith. Through reflection, evaluation and implementation of strategies, participants become part of an ongoing movement to empower and support family faith growth. To learn more about *Strong Catholic Families: Strong Catholic Youth*, check out the Archdiocese of Dubuque website:

<https://www.dbqarch.org/offices/family-life/strong-catholic-families/>

## Praying the Headlines

Look at the headlines in your local, national and international news. Consider current events, as well as the anniversary of national disasters, international conflicts, and local events of historical significance. Reflect on how your faith might cause you to consider the pros and cons of political and natural crises around the world, and how you can respond in prayer without becoming discouraged, anxious or overwhelmed.

## Prayers and Reflections



### Intercessions for Our Nation and the World

The following prayer intentions from the USCCB would be especially appropriate during the month of July. They also highlight principles of Catholic Social Teaching:

- For the people of the United States, that we may be united in building a society in which everyone can have the opportunity to live with dignity and hope
- For the Church, that we may be a witness to Christ's love by practicing charity and promoting justice and peace throughout the world
- For Catholics throughout our nation, that the values of our faith may guide us as we exercise our responsibility as voters
- For the members of this community, that we may find ways to help build a world of greater respect for human life and human dignity
- For those who serve in elected office, that they may lead with courage and wisdom, reflecting the Church's teaching that the moral test of our society is how the weak, the poor, and the vulnerable are faring
- For all citizens of the United States, that our participation in upcoming elections may lead to a world of greater respect for life and commitment to justice and peace
- For those who are suffering from poverty and injustice, that the decisions of our legislators may lead to policies and programs that help them live in dignity
- For parishioners who have been elected to public office, that they might use their offices to protect the unborn and promote the dignity of the poor and vulnerable
- For the earth, that our nation's leaders will be inspired by God's Spirit to protect all of His creation
- For workers around the world, especially children who work long hours for little pay, that we might all seek ways to promote fairness, justice, and dignity in their lives
- For leaders around world, that they might find ways to bring an end to war and violence, and promote peace and development for all nations

<http://www.usccb.org/issues-and-action/faithful-citizenship/liturgy-and-prayer-suggestions.cfm>

### Stewardship Prayer

Lord and Creator,  
You are the source of wisdom and grace,  
the author of human freedom and creativity.  
We thank you for these gifts,  
and ask that you teach us to be  
good stewards of our creative spirits.  
Show us how to quiet ourselves,  
and to learn the art of re-creation,  
reflection and relaxation  
so that we might recharge and refill ourselves  
for the work you have planned for us.  
Help us never to be too busy to pause  
and realize your gracious presence  
all around us:  
In nature, in other people, in ourselves.  
Slow us down, Lord,  
and teach us to be stewards  
of our time of recreation.  
Amen.

<http://catholicstewardship.com/stewardship-prayers/263-stewardship-prayer-for-july-263>

### A Prayer for Summer

Father, Creator of All,  
Thank you for summer!  
Thank you for the warmth of the sun  
and the increased daylight.  
Thank you for the beauty I see all around me  
and for the opportunity to be outside  
and enjoy your creation.  
Thank you for the increased time I have  
to be with my friends and family,  
and for the more casual pace of summer.  
Draw me closer to you this summer.  
Teach me how I can pray no matter  
where I am or what I am doing.  
Warm my soul with the awareness of your  
presence, and light my path  
with your word and counsel.  
As I enjoy your creation,  
create in me a pure heart  
and a hunger and a thirst for you.  
Amen.

<https://devoutlycatholic.wordpress.com/2013/06/18/a-prayer-for-summer/>

## “Sit With Me” The Rosary for the Homebound, Sick and Dying

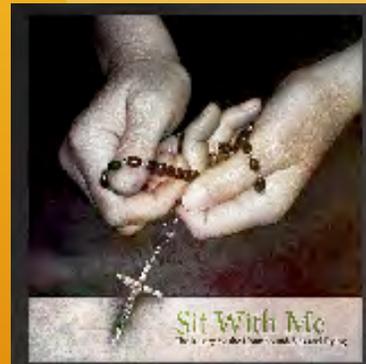
Produced by the Office of Family Life – Archdiocese of Dubuque, we offer this resource to those who reach out to the homebound, sick and dying.

Prayer is led by Archbishop Emeritus Jerome Hanus, OSB.

This 2-CD set includes the Joyful, Luminous, Sorrowful and Glorious Mysteries.

Reflections and prayers for each of the mysteries were written by the deacons and wives of Formation Class XIII, and have been recorded by them, as well as parish nurses who visit the homebound, sick and dying in our parishes.

The 2-CD set is available through the Family Life Office.



Cost: 2-CD set \$10 each  
5 or more sets \$8 each  
(\$3/set shipping fee)

To order, please contact  
Lynne Chapman at  
[dbqcfilsec@dbqarch.org](mailto:dbqcfilsec@dbqarch.org)

### UPCOMING EVENTS:

#### July:

(No events currently scheduled)

#### August:

21 Couple-to-Couple NFP classes begin (see pg. 4)

#### September:

30 Two Become One: Remarriage, AMRH-Cedar Falls

30 Pre-Cana, St. Ludmila-Cedar Rapids

30 Pre-Cana, Newman High School-Mason City

#### October:

14 Strong Catholic Marriage Event  
(For info: <https://www.dbqarch.org/events>)

27-29 Worldwide Marriage Encounter, AMRH-Cedar Falls

#### November:

4 Pre-Cana, Clarke University-Dubuque

10-12 Engaged Encounter, AMRH-Cedar Falls

18 Pre-Cana, St. Ludmila-Cedar Rapids

#### December:

(No events currently scheduled)



**ARCHDIOCESE**  
of **DUBUQUE**

Meet the new  
Director of Family Life for the  
Archdiocese of Dubuque...

### **MATTHEW SELBY**



Matthew comes to us from St. Joseph Parish in Marion, where he was the Director of Adult Faith. He and his family have relocated to Dubuque, where he begins his ministry in the Family Life Office on July 1<sup>st</sup>.

Welcome, Matthew!