

Family Matters

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

March/April 2017

Communication

Communication is a key element in living a successful marriage. *For Your Marriage* offers these Top Ten Reasons to Communicate:

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Lent/Easter Ideas

Consider the many ways your family can strengthen their faith this Lenten season, in anticipation of Easter!

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The Art of Accompaniment: Radical Listening

Don't miss the opportunity to register for this wonderful workshop taking place on March 9-11!

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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

Communication

Effective communication is an important life skill that enables us to better understand and connect with one another. It allows us to build respect and trust, resolve differences and foster environments where problem solving, caring, affection and creative ideas can thrive. *For Your Marriage*, from the USCCB, offers these Top Ten Reasons to Communicate:

1. **Communication Saves You Money.**
2. **It Saves You Time.**
3. **It Earns You Points For the Future.**
4. **Communication is Good For Your Health.**
5. **It Allows You to Concentrate on Other Things.**
6. **Communication Builds Up Your Relationship.**
7. **You Learn More About Yourself.**
8. **It Creates Less Hassle.**
9. **You Might Learn Something New.**
10. **It's Fun!**

For deeper reflection on these Ten Reasons to Communicate, check out the USCCB's *For Your Marriage* article here:

<http://www.foryourmarriage.org/top-10-reasons-to-communicate/>





March

Celebrating St. Patrick's Day – March 17

St. Patrick has become one of the most celebrated saints in history. See these sites to learn more about St. Patrick... To watch a video and learn the history of St. Patrick's Day: http://www.catholic.org/saints/saint.php?saint_id=89
 Ten things you might not know about St. Patrick and Ireland: <http://www.catholic.org/news/saints/story.php?id=45045>
 Saints Fun Facts – St. Patrick: http://www.catholic.org/saints/fun_facts_arch.php?saint=89
 A video prayer about St. Patrick: <http://www.catholic.org/prayers/prayer.php?p=185>

Embracing Lent

Sometimes we anticipate Lent as a time for penance rather than a time to prepare for Easter, the greatest feast of the liturgical year. Sam Guzman reminds us that “a good Lent takes focus and discipline, and it can be easily wasted.” Guzman offers some helpful and practical ways to have a good Lent:

<http://www.catholicgentleman.net/2015/02/dont-waste-lent-7-ways-good-lent/>

Living Lent to the Fullest - Lisa Klewicki, Ph.D. offers simple Lenten commitments that can strengthen our worldly and heavenly relationships:

<http://www.catholicdigest.com/articles/faith/lent/2014/02-26/living-lent-to-the-fullest>

Ways to “Live” Lent



Traditionally, the three main components to Lent included Prayer, Fasting, and Almsgiving. Consider the many ways you might “live” the Lenten season this year.

25 Ways to live the Lenten season:

<http://www.catholicnewsagency.com/cw/post.php?id=63>

40 Ways to Get More Out of Lent from Dr. Marcello D’Ambrosio:
<http://www.integratedcatholiclife.org/2014/03/dambrosio-40-ways-to-get-more-out-of-lent/>

7 Ways to Practice Lent – A Free eBook by Joe Paprocki, D.Min.:
<http://www.loyolapress.com/our-catholic-faith/liturgical-year/lent/articles/seven-ways-to-practice-lent-ebook>

Lent and Easter Reflections

Most people think of Easter as a single day. Rev. Larry Rice reminds us that Easter is a whole season: <http://www.foryourmarriage.org/easter-as-a-season/>

Stations of the Cross for Married Couples and Families:

<http://www.foryourmarriage.org/stations-of-the-cross-for-marriages-and-families/>

Lenten Resolutions for Married Couples-Inspired by Pope Francis:

<http://www.foryourmarriage.org/lenten-resolutions-for-married-couples-inspired-by-pope-francis/>

Approaching Easter with Joy

<https://www.osvparish.com/TeachingCatholicKids/Article/TabId/1698/ArtMID/16598/ArticleID/19347/Approaching-Easter-with-Joy.aspx>

Seven-Day Virtual Marriage Retreats:

<http://www.foryourmarriage.org/everymarriage/enrichment/seven-day-virtual-marriage-retreat/>

April



Holy Week and Easter Activities for Your Family

Five suggestions for growing in holiness as individuals and as a couple during Holy Week:

<http://www.foryourmarriage.org/five-suggestions-for-holy-week/>

Examination of Conscience for Kids:

<https://staustin.org/examination-of-conscience-for-children>

Praying the Way of the Cross as a Family:

<http://www.foryourmarriage.org/praying-the-way-of-the-cross-as-a-family/>

Easter Activities from Loyola Press:

<https://www.loyolapress.com/our-catholic-faith/liturgical-year/easter/easter-resources>

A Family Easter Celebration: It Lasts 50 Days by Janet Schaeffler, OP:

<http://www.faithformationlearningexchange.net/blog/a-family-easter-celebration-it-lasts-50-days-janet-schaeffler-op>

Holy Week in Handprints – A Craft for Every Day of Holy Week:

<http://www.catholicicing.com/holy-week-in-handprints/>

April is Couple Appreciation Month

National Couple Appreciation Month was founded to encourage couples to do something special to reinforce and celebrate their relationship – to let your spouse know he or she is respected and desired. Let your loved one know just how special and appreciated they are and how much you value them this month. For ideas to celebrate National Couple Appreciation Month: <https://worksmartlivesmart.com/national-couple-appreciation-month-april/>

Check out these weekly dating ideas from *For Your Marriage*:

<http://www.foryourmarriage.org/marriage-resources/tips-and-advice/weekly-dating-ideas/>

Take time to consider all the joys that marriage brings. Here are some reminders from Sarah's Blog, "My Catholic Marriage": <http://www.foryourmarriage.org/the-joys-of-marriage/>

April 22 – Earth Day

Earth Day 2017's Campaign is "Environmental & Climate Literacy."

Earth Day is a day to think about our planet and what we can do to keep it special; to think about saving water and energy, reducing pollution, recycling, protecting our animals, trees and plants, and getting young people interested in protecting their environment. The first Earth Day was celebrated on April 22, 1970. More than 1 billion people now participate in Earth Day activities each year, making it the largest civic observance in the world.

History of Earth Day: <http://www.earthday.org/about/the-history-of-earth-day/>

To learn more about Earth Day 2017: <http://www.earthday.org/earthday/>

50 Earth Day Activities for Kids: <http://tinkerlab.com/fifty-earth-day-activities/>

Read Pope Francis' Encyclical *Laudato Si': On Care for Our Common Home*: http://w2.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html



April 1st is National Love Our Children USA Day.
This special day is celebrated annually on the first Saturday of April to honor children, strengthen families and raise awareness for efforts to keep children safe. The day was created to acknowledge the value of children, and to educate parents on the importance of giving them love, protection and respect. To learn more about National Love Our Children USA Day: <http://www.loveourchildrenusa.org/index.php>

Resources for Marriage and Family Enrichment

Practicing Marital Virtues: Forgiveness

In this series, various writers address virtues that characterize a holy and happy marriage. In this issue, Kathy Heskin addresses the virtue of **Forgiveness**:

<http://www.foryourmarriage.org/forgiveness-healing-the-hurts-in->



Web Site Spotlight

Catholic Family Faith: <http://www.catholicfamilyfaith.com/>

Check out this blog, "designed to enhance the faith development of the Domestic church, the Catholic family." This site offers daily prayers, devotions, scripture readings, books, media, activities and other resources to help your family grow in your Catholic Christian faith.

Building Family Faith: Conversation

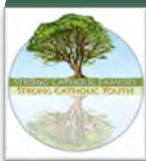
Conversation is at the heart of every relationship. Develop a ritual of having a "family meeting," or spending at least fifteen minutes in conversation about the Catholic faith a few times a week.

This practice can assist family members in understanding, forgiving and celebrating one another. It will refresh and revitalize the relationship between God, parents and children, and can bring families closer by enriching their faith. How would a family meeting bless your family?

<http://catholicmom.com/2014/09/18/our-first-family-meeting/>



Set Family Faith Goals: Plan ahead on ways to strengthen and empower you family in the Catholic faith. Talk with each other about your faith. Study scripture and pray together in ways that are comfortable and comforting to all. Create traditions to mark important family events and special moments. Reach out in service and support of your faith community and all those in need. Discover new ways to learn about and practice your faith.



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/>

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

NFP VIDEOS NOW AVAILABLE! NFP videos for marriage preparation programs are now available on USB flashdrive at \$15 per copy. If your parish Sponsor Couples, etc. would like a copy, or if you have questions, please contact Linda Manternach at dbqcfi@dbqarch.org.

Eben and Lindsey Krapfl will be offering two new sets of NFP classes for the Couple to Couple League. The first will start on March 27, 2017, and the second will start on August 21. They will host both classes from their home. For more information, contact the Krapfls at (563)599-3661 or by email at 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/>

“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 dbqcfsec@dbqarch.org

Prayers and Reflections

An Easter Prayer

Lord,
the resurrection of Your Son
has given us new life
and renewed hope.

Help us to live as new people
in pursuit of the
Christian ideal.

Grant us wisdom to know
what we must do,
the will to want to do it,
the courage to undertake it,
the perseverance
to continue to do it,
and the strength
to complete it.

Amen.

[New Saint Joseph People's Prayer Book](#)

St. Patrick's Breastplate

Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart
of everyone who thinks of me,
Christ in the mouth of everyone
who speaks of me,
Christ in every eye that sees me,
Christ in every ear
that hears me.

<http://www.ourcatholicprayers.com/st-patricks-breastplate.html>

Prayer to Care for Our Common Home

Father of all,
Creator and ruler of the universe,
You entrusted your world to us as a gift.
Help us to care for it and all people,
that we may live in right relationship
with You,
with ourselves,
with one another,
and with creation.

Christ our Lord,
both divine and human,
You lived among us and died for our sins.
Help us to imitate your love
for the human family
by recognizing that we are all connected
to our brothers and sisters around the world,
to those in poverty impacted by
environmental devastation,
and to future generations.

Holy Spirit,
Giver of wisdom and love,
You breathe life in us and guide us.
Help us to live according to your vision,
stirring to action the hearts of all ---
individuals and families,
communities of faith,
and civil and political leaders.

Triune God,
Help us to hear the cry of those in poverty,
and the cry of the earth,
so that we may together
care for our common home.

Amen.

This prayer from the United States Conference of Catholic Bishops is based on Pope Francis' Laudato Si': On Care of Our Common Home.

March is the Month of St. Joseph

Who was St. Joseph?

<http://catholicstraightanswers.com/who-was-st-joseph/>

Video, Extended Biography and Fun Facts about St. Joseph:

http://www.catholic.org/saints/saint.php?saint_id=4

Prayers to St. Joseph:

<http://www.ourcatholicprayers.com/prayers-to-st-joseph.html>

Novena to St. Joseph from EWTN:

<https://www.ewtn.com/Devotionals/novena/joseph.htm>



Save the Date!

Mark your calendars for

The Art of Accompaniment: Radical Listening

**This workshop will be held at American Martyrs Retreat House
March 9-10, 2017 (8:30 AM – 5:00 PM each day)**

Facilitator: Barb Schwery

Executive Director of BeFriender Ministry

Participants will have the opportunity to:

- * Increase awareness of their impact on ministry
- * Enhance listening skills
- * Receive facilitator training for Making Meaning Workshop

For more information:

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

Sponsored by the Family Life Office, Archdiocese of Dubuque

UPCOMING EVENTS:

March:

- 9-10 Radical Listening Workshop, AMRH
- 10-12 Engaged Encounter, AMRH-Cedar Falls

April:

- 1 Catholic Men's Conference
- 1 Pre-Cana, Dubuque
- 7-9 Worldwide Marriage Encounter, Dubuque
- 21-23 Engaged Encounter, AMRH-Cedar Falls
- 22 Pre-Cana, Cedar Rapids
- 28-29 Pre-Cana, Ames
- 29 Pre-Cana, Mason City

May:

- 6 Pre-Cana, Dubuque

June:

- 9-11 Engaged Encounter, AMRH-Cedar Falls
- 17 Pre-Cana, Cedar Rapids



21st Annual Catholic Men's Conference

Saturday, April 1, 2017

Xavier High School, Cedar Rapids

Featuring Keynote Speaker:

Doug Barry

Doug is a devoted husband and father of five. He is the founder and director of the Catholic ministry RADIX, and co-host on EWTN's "Life on the Rock."

Register by March 17th and save \$10!

Advance registration:
\$35 Adults, \$5 Students, \$50 Family rate

Registration 8:00 AM
Conference begins at 9:00 AM

For more information, or to register online:

www.CatholicMenOnline.org