

Family Matters

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

May/June 2017

Social Media

Is your faith challenged by the constant presence of social media? Learn how to use social media as a way to strengthen your faith.

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Celebrating Parents

Read about ways to celebrate our mothers and fathers during the months of May and June through family activities, prayer and support.

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Summer Vacation

Use your family's summer vacation as a time to learn more about each other and about your faith.

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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

The Challenges of Social Media

Social media has become a way of life. Yet, even in a world of Facebook, Skype and texting, friendships and family relationships can change, leaving an individual feeling abandoned, lonely and disconnected. St. Paul often told his friends that every time he thought about them he thanked God for them.

"I thank my God in all my remembrance of you, always offering prayer with joy in my every prayer for you all..." (Philippians 1:3-4)

Try following Paul's example. When you check Facebook, post a prayer on a friend's or family member's timeline. When you visit with someone on Skype, offer to pray not only *for* them, but *with* them. They will know you are thinking of them, and they, too, will be thankful for the gift of your friendship.

Pope Francis reminds us that social media can be a place for evangelization. To learn more: <http://www.ewtnnews.com/catholic-news/Vatican.php?id=13526>

Check out these web sites addressing the topic of social media and today's Catholic:

Social Media and the Catholic Church:

<http://www.catholic.org/news/hf/faith/story.php?id=36943>

USCCB – Social Media Guidelines: <http://www.usccb.org/about/communications/social-media-guidelines.cfm>

When Your Phone Becomes Your Prayer Book:

http://www.huffingtonpost.com/sister-mary-ann-walsh/when-your-phone-becomes-y_b_3640887.html

Catholic Tech Talk: <http://catholictechtalk.com/>

Today's Parish – Social Media Resources:

<http://www.thereligionteacher.com/todaysparish/>



Memorial Day – May 29th

We should all remember those who gave their lives for country and freedom. At the same time, we should also pray for peace and hope for solutions that will not require war and bloodshed. In addition, we should try to unite with the poor who are often victimized by war. Learn more about why we celebrate Memorial Day: <http://www.loyolapress.com/our-catholic-faith/family/holidays-and-special-occasions/other-special-occasions/why-we-celebrate-memorial-day>

May



May is the Month of Mary

May is “the month which the piety of the faithful has especially dedicated to Our Blessed Lady...During this month Christians, both in church and in the privacy of the home, offer up to Mary from their hearts an especially fervent and loving homage of prayer and veneration.” (Paul VI: Encyclical on the Month of May).

In her article, “**Tips on Praying a Family Rosary**,” Kathryn Marcellino encourages families to begin or continue joining together in prayer:

<http://www.catholic.org/featured/headline.php?ID=3252>

Exercise for Health and Faith-Building

Exercising for a Reason: Do you and your family members enjoy exercising together, going for walks together or alone, jogging, biking or hiking? Many charitable organizations sponsor walks, marathons, or rides to raise awareness of their cause and to raise funds during the summer. Join one of these events to get some exercise, meet new people, share your faith, and support some good work in your church or community.

If your summertime plans include exercise, check out these **7 Bible Verses to Motivate You to Exercise:** <http://www.beliefnet.com/faiths/galleries/7-bible-verses-to-motivate-you-to-exercise.aspx>

Consider these **Exercise Tips for Your Soul:**

<http://www.catholicstand.com/exercise-your-soul/>



Celebrating Mother’s Day

Millions of people around the world take one day during the year to honor their mothers, to thank them for giving them life, for raising them, for being their constant support, and for being their mother. Learn more about the history of Mother’s Day:

<http://www.catholic.org/news/hf/family/story.php?id=46113>

If God Were In Charge of Mother’s Day: <http://www.loyolapress.com/our-catholic-faith/family/holidays-and-special-occasions/mothers-day/if-god-were-in-charge-of-the-mothers-day-celebration-what-would-it-be-like>

Mother’s Day Inspiration:

<http://www.loyolapress.com/our-catholic-faith/family/holidays-and-special-occasions/mothers-day/mothers-day-inspiration>



My Mother’s Eyes:

<http://www.loyolapress.com/our-catholic-faith/family/holidays-and-special-occasions/mothers-day/my-mothers-eyes>



June

Summer Vacation



The Month of June is traditionally dedicated to the Sacred Heart of Jesus. Catholics are urged to show their devotion to the Heart of Jesus, because "it expresses the 'good news' of love in a simple and authentic way, encapsulating the mystery of Incarnation and Redemption." (Pope Benedict XVI) For more information about the Sacred Heart, prayers and more: http://catholicism.about.com/od/prayers/tp/Prayers_June.htm

Feast of the Most Sacred Heart of Jesus – June 23rd

Who is your child's best teacher of the Catholic faith? YOU ARE! In a society that does all it can to steal away your child's attention, it is so important for parents to be "the first and best teachers" of the faith. Parents teach what forgiveness and kindness look like, how to be honest, how to choose wisely, and to learn lessons through life experiences.

This summer, while you take a family vacation or spend a lazy Sunday afternoon resting by the pool or at the campground, remember that you are always teaching life lessons to your kids. Consider these gentle lessons that can build up their faith while you strengthen your own:

- Seek natural wonders and enjoy the gifts of creation.
- Enjoy the beauty of a Catholic church. Sit in silence and gaze at the windows, candles and statues of saints.
- Talk about how your faith connects you with God, and pray, read scripture or sit quietly with your child.
- Read 1 Corinthians 13 with your child and encourage daily attitudes that St. Paul describes: patience, kindness, helpfulness, mercy, etc.
- Tell stories about your faith.
- Create unique family experiences and traditions of faith.
- Plan something your family can do together after Sunday Mass.

www.homefaith.com

A thought for June from USCCB's For Your Marriage...

Do you remember which scriptures were read at your wedding? Look them up and read them to each other. Do they say something different to you today than they did on your wedding day? <http://www.foryourmarriage.org/>

Father's Day Ideas

How will you be celebrating Father's Day with the dads in your life this year? Consider ideas for making your dad feel special, not just for one day, but throughout the year:

Five Ways to Celebrate a Catholic Dad on Father's Day:
<https://carmelitesistersocd.com/2014/fathers-day/>

A Letter to My Children by Randy Hain:
<http://www.integratedcatholiclife.org/2016/06/andy-hain-letter-to-my-children/>

How Mothers Can Support Fathers:
<http://www.integratedcatholiclife.org/2014/06/patti-armstrong-how-mothers-can-support-fathers/>

Five Important Lessons from St. Joseph:
<http://www.integratedcatholiclife.org/2013/06/andy-hain-five-important-lessons-from-saint-joseph/>

Celebrate Father's Day Every Day: <http://www.loyolapress.com/our-catholic-faith/family/holidays-and-special-occasions/other-special-occasions/3-easy-ways-to-celebrate-fathers-day-every-day>



Resources for Marriage and Family Enrichment

Practicing Marital Virtues: Perseverance

Marital Virtue for May/June: In this series, various writers address virtues that characterize a holy and happy marriage. In this issue, Mary Jo Pedersen addresses the virtue of **Perseverance**:

<http://www.foryourmarriage.org/perseverance-love-never-ends/>



Web Site Spotlight

Check out these web sites focused specifically to Catholic moms and dads:

Catholic Mom: <http://catholicmom.com/>

Founded by speaker and writer Lisa Hendey, this site is chock full of tips, tools and reference materials for Catholic moms. The site includes features such as:

- Daily Gospel Reflections
- Tech Talk
- Book Notes
- Lectionary-based activities
- Weekly give-away of Catholic resources



Catholicmom.com also offers moms "various ways to connect and build community by joining in book-club discussions or the Small Success linkups." If you're a Catholic mom, check out this great website for your family!

Catholic Dads: <http://www.catholicdadsonline.org/>

This website is a great resource "for Catholic dads looking to build community and strengthen their Catholic faith in the process." Topics include guy-focused themes such as:

- Work
- Finance
- Family Life
- Culture Concerns



It is also "a place to engage with other fathers who may share your same interests and concerns." If you're a Catholic dad, visit this site and be sure to check out the community sections!

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 flash drive at \$15 per copy. If your parish Sponsor Couples, etc. would like a copy, or if you have questions, please contact Linda Manternach at dbqcf1@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 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/>



Family Prayer Idea

Lightning Bug Prayers:

School's out and kids are looking forward to the many fun activities that summer brings. Use the warm summer days and nights as an opportunity to grow closer to your kids as they grow closer to God. Try to count lightning bugs as they twinkle in the skies and in the fields. Remind children of the story of Abraham, and his covenant with God:

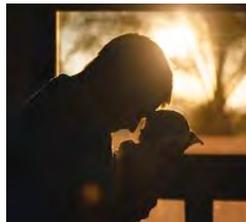
"I will make your descendants as numerous as the stars in the sky and will give them all these lands, and through your offspring all nations on earth will be blessed..."
(Genesis 26:4)

Since prayer is always in season, use this activity to help your family be in conversation with God all summer long.

Prayers and Reflections

Mother's Day Prayer

All-loving God, we give you thanks and praise for mothers young and old.
We pray for young mothers, who give life and count toes and tend to our every need;
May they be blessed with patience and tenderness
to care for their families and themselves with great joy.
We pray for our own mothers who have nurtured and cared for us;
May they continue to guide us in strong and gentle ways.
We remember mothers who are separated from their children
because of war, poverty, or conflict;
May they feel the loving embrace of our God who wipes every tear away.
We pray for women who are not mothers
but still love and shape us with motherly care and compassion.
We remember mothers, grandmothers, and great-grandmothers
who are no longer with us but who live forever in our memory
and nourish us with their love. Amen.



<http://lordcalls.com/prayers-for-different-people/a-prayer-for-mothers>

Father's Day Prayer

We give our thanks, Creator God, for the fathers in our lives.
Fatherhood does not come with a manual,
and reality teaches us that some fathers excel while others fail.
We ask for Your blessings for them all and forgiveness where it is needed.
This Father's Day we remember the many sacrifices fathers make
for their children and families, and the ways--both big and small--
they lift children to achieve dreams thought beyond reach.
So too, we remember all those who have helped fill the void
when fathers pass early or are absent: grandfathers and uncles,
brothers and cousins, teachers, pastors and coaches
and the women of our families.
For those who are fathers, we ask for wisdom and humility
in the face of the task of parenting.
Give them the strength to do well by their children and by You.
In Your Holy name, O God, we pray. Amen.

- by Rev. Chuck Currie

<http://www.xavier.edu/jesuitresource/online-resources/Fathers-Day-Prayers.cfm>

Memorial Day Reflection

Heavenly Father, Today is yours. We thank you for giving us this beautiful opportunity to honor the men and women who so bravely served this country in the past as well as in the present. Father we ask you to bless and strengthen those brave souls who selflessly give of themselves without asking anything in return. We ask you to heal our wounded warriors who returned home in pain after they gave their all for this great land. Bless them. Restore their souls. Heal their bodies. Bring salvation to the lost. Father we ask you to bless the families of our military who stay behind while their loved one goes into battle. Keep them safe and provide for their needs according to your abundance. Lord, we pray for a special blessing upon the families whose loved one gave his or her life to this country. Keep them safe and comfort their hearts. Lord, we ask you to anoint our Chaplains and others who bring the Word to our military. Bless their ministry and bring a great harvest of souls from their efforts. Father, we ask you to forgive the sins of this nation as well as the sins of the leaders who have forgotten how to pray. Have mercy on all Americans and bring us to a state of repentance in these difficult times. We ask you to forgive our pride as a nation and deliver us from the evil that has come upon us. You alone are righteous and holy. You alone are worthy of praise. We thank you for hearing our prayer!
In the name of Jesus Christ. Amen.

<http://www.beliefnet.com/faiths/galleries/15-inspirational-prayers-for-memorial-day.aspx>

"Sit With Me" The Rosary for the Homebound, Sick and Dying

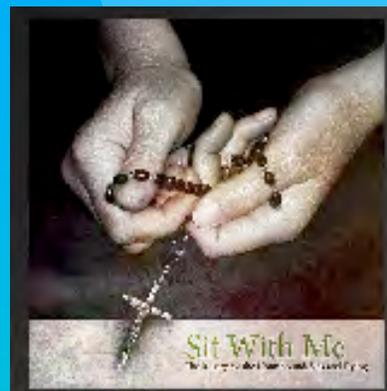
Produced by the Office of Family Life – Archdiocese of Dubuque, we offer this resource to those who reach out to the homebound, sick and dying.

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
dbqcfllsec@dbqarch.org

UPCOMING EVENTS:

May:

6 Pre-Cana, Clarke University-Dubuque

June:

9-11 Engaged Encounter, AMRH-Cedar Falls

17 Pre-Cana, Cedar Rapids

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

October:

27-29 Worldwide Marriage Encounter, AMRH-Cedar Falls

Summer Prayer

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 the summer season.
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.

http://stmarymora.org/WHP5a66_Summer_Prayers.pdf

