

FAMILY MATTERS

E-Newsletter of the Family Life Office, Archdiocese of Dubuque
1229 Mount Loretta, Dubuque IA 52003

Jan-Feb 2015

This symbol will indicate resources for a comprehensive plan of care for families.



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Please Don't Tell Me How Busy You Are

I say this with love...and a complete, empathetic understanding of your over-scheduled life... but you've got to stop blaming your decisions on your busy calendar. When we blame our busyness for everything, we're missing out on the opportunity to take ownership for our decisions and to stand firmly for what we believe are the right choices for ourselves. I used to have lunch with a friend regularly but I found myself canceling on her all the time. I told her that I was "just so busy." She only knew

that I was no longer available to her. And our friendship suffered. Eventually we had a difficult conversation about the reason. She thanked me for being honest. So the next time I ask you to do something - just tell me if I can count on you. I won't love you any less; I'll appreciate your wide-open heart. And you will get the opportunity to stand firm in the decisions you make for yourself and your family.

For the complete article by Theresa Ceniccola, go to www.CatholicMom.com.

If It's Fear, It's Not God

Marge Simpson, of the cartoon *The Simpsons*, often reads *Fretful Mother Magazine*. Any episode with the magazine is likely to get a laugh of recognition from parents—who among us does not have fears when it comes to our children? But while a little bit of worrying is normal and serves to protect our children, too much fear can be a symptom of not enough faith.

Kristin Armstrong, in *Heart of my Heart* (FaithWords) puts it this way: "Fear traps us and cajoles us into playing small. It whispers to us that we can't, we aren't enough and it's not possible. It's the voice of the enemy, wanting to ensure that God's people are held back. Do you know that the voice of fear is never from God? He

speaks words of power and healing and love over us."

Our worries and fears we hold for our children should not become so large that they eclipse where God may be leading our family. We need to learn to differentiate between the feeling of fear that leads to a legitimate need to protect, and the feeling of fear that is unreasonable and serves to unnecessarily keep our children on the sidelines. By Annemarie Scobey

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Just Because It's Spiritual Doesn't Mean You Have to Give It Away

Some people are under the impression that if what you do for a living has a spiritual component to it, you should not charge reasonable fees for your services. Or sometimes, some people expect you to do it for free.

But in practice, the recipients of the freebies fall short of the results they desire because they 1) didn't really invest in what you offer to the same degree as customers paying a fee; 2) lack commitment; 3) don't have the same amount of confidence in you and your ability to help them solve their problem, because you have lowered your value in their eyes. On an unconscious level, they don't work as hard because there was no sacrifice for them to pay for the services or products.

In one apostolate, we had a fund for those unable to pay for the registration fee. Around 75 - 80% of the people who received free registrations were more sporadic and less dedicated to virtue building than the people who paid the fee.

When you value what you offer and learn to enroll clients who value it too, you have a greater impact on the universe. Your customers are committed and truly learn what you have to teach them. And the Holy Spirit's creativity and ingenuity flows, leads to even better products, services, and results for your clients, and in you because you are treating yourself with dignity.

For the complete article by Christina M. Weber, go to www.CatholicMom.com.

Save the Date: Catholic Men's Conference

Mark your calendars now for the chance to come together at the Catholic Men's Conference coming Saturday, March 21, 2015 at Xavier High School in Cedar Rapids. Archbishop Michael Jackels is the keynote speaker. More information will be made available in the next newsletter. Contact Dan Rouse at djrouse@mchsi.com if you have any questions.

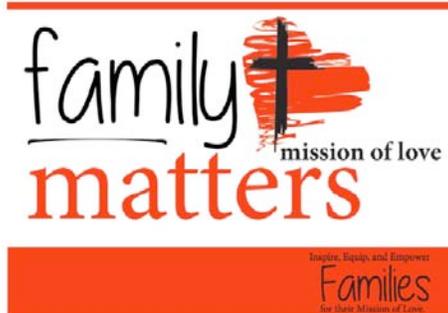


THE LORD IS MY SHEPHERD

A Sunday School teacher decided to have her young class memorize one of the most quoted passages in the Bible - Psalm 23. She gave the youngsters a month to learn the chapter. Little Rick was excited about the task - but he just couldn't remember the Psalm. After much practice, he could barely get past the first line.

On the day that the kids were scheduled to recite Psalm 23 in front of the congregation, Ricky was so nervous. When it was his turn, he stepped up to the microphone and said proudly, "The Lord is my Shepherd, and that's all I need to know."

Family Matters



Feast of the Holy Family: for a catechetical opportunity for parishes go to...
<http://www.dbqarch.org/offices/family-life/feast-of-the-holy-family/>



Every Monday
February 2- March 9
6-8 pm free meal at 5:30
St Benedict School
402 Rural Ave, Decorah
Free Day Care Available

Nurtured Heart Approach

Would you like to learn parenting tools that are easy and won't interrupt your normal routine?

- Do you feel like you are struggling as a parent?
- Does it seem like methods of parenting are not working?
- Do you have a child you would describe as intense, maybe even challenging?

This class is offered **FREE** thanks to grants from Prevent Child Abuse Iowa. Go to www.difficultchild.com for more information about the Nurtured Heart Approach. Catholic Charities is partnering with Helping Services for Northeast Iowa to offer these parenting classes, taught by Catholic Charities counselor, Lori Eastwood. The Nurtured Heart Approach is a philosophy for creating healthy relationships within your family.

Radical Listening, April 9-10

All pastoral ministers of Archdiocese of Dubuque FFL, Youth Ministers, Mentor Couples, Pastoral Associates, Deacons, Priests, Principals, Parish Nurses, small group facilitators are encouraged to attend this program which will:

- Increase awareness of your worldview and assumption and the impact they have on your ministry
- Enhance listening skills for ministry
- Learn Making Meaning: a small group process for reflecting on your ministry experience
- Receive Facilitator Training for Making Meaning

The workshop facilitator is Barb Schwery, Executive Director BeFriender Ministry.

Cost is \$75 for commuter, \$140 for overnight accommodations

Register online at www.DBQArchEvents.org



Archangels Prayer

Four angels gathered round my bed,
Ariel, angel of light, at my head,
Gabriel, messenger at my feet, watch over me now as I sleep.
Michael, defender on my right, keep me safe all through the night.
Raphael, healer at my left, stay and bring me strength for a brand new day.
Four angels watching, bending near, protect me now from harm and fear.

Morning Prayer

I arise today through God's strength to pilot me
God's might to uphold me
God's wisdom to guide me
God's eye to look before me
God's ear to hear me
God's way to lie before me
God's shield to protect me
God' angels to save me from harm.

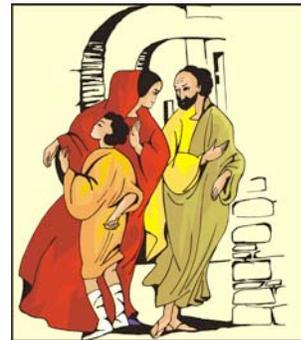


Prayer to the Holy Family

Father, we gather today as members of a family with a past history and future hope. We celebrate and proclaim the sacredness of our family with willingness to pray, love, forgive, and share with one another.

Each one of us can make a difference in our family this year, by undertaking the following promises (have family repeat)...

I promise to do my best...
To pray with and for my family
To share with my family through word and example
To show love and affection
To forgive and to reconcile
To communicate honestly and openly
To share my time and treasures
To do my share of the work
To always show respect for each other and all who enter our home



Let us pray: May the Holy Family strengthen our resolve to contribute to the strengthening of our family. May the Holy Family help our us become a community of life and love. And may the peace of Jesus Christ be with us always.

Everyone: Amen

Adapted from prayer in Family Rituals and Celebrations, John Roberto.

Go to www.dbqarch.org/family for more info and ideas for parish and family resources.

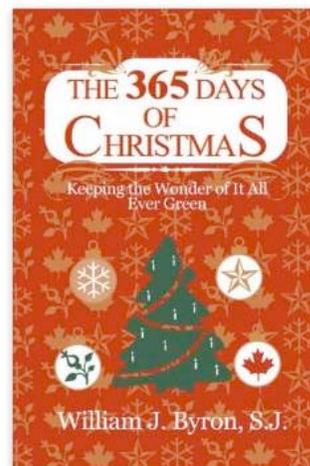


The ultimate DIY keepsake, *What I Love About You, Mom* is a guided journal that helps each of us celebrate what's special about our mothers. In your own words, express your love by sharing reflections such as:

- One of my earliest memories of you is...
- I'm thankful you brought me up to try to be...
- Thank you for not...
- I'm really looking forward to having you in my life as I...

Okay, so for the person purchasing this book, be informed that it will take a while to fill this whole book out! But believe me, it will be worth it...my mom pored over every page and, since it was a group gift that each kid (ranging in age from 18-38) in my family picked up and filled out on their own, she had so many memories and pictures nicely compiled. Take your time, enjoy finding some photos, mementos, and memories to fill it with, and you'll have really nice, personal gift for a mom in your life.

Although Christmas comes but once a year, it doesn't have to go away. The meaning of Christmas, if grasped and understood, will remain in the mind of the Christian all year long. The Spirit of Christmas, if drawn into the heart, will sustain the believer - heart and soul - for all 365 days of the year, not just the 12 days following Christmas. Each chapter helps to enhance the year-round meditative moments of contemporary Christians who might be ready to catch a glimpse of the deeper meaning of Christmas. This warm source of inspiration is ideal for individuals, families, and small groups, for preachers and for teachers. Keep the wonder of Christmas ever green! Available in the Resource Center, # 263031.



*As Christmas turns into Epiphany,
and Epiphany reopens the door to
"ordinary time" and ordinary life,
you can consider anew your opportunity to be a saint,
to let that little light of yours shine
and brighten your corner of a troubled world.*

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Archdiocese of
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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

Upcoming Events

January:

- 1 Solemnity of Mary
- 4 Epiphany
- 16-18 Engaged Encounter, AMRH
- 20 Divorce & Beyond Training,
Manchester
- 23-24 PreCana, Cedar Falls
- 25 PreCana, New Hampton
- 30-31 PreCana, Ames
- 31 Two Become One, Cedar Falls

February:

- 7 PreCana, Dubuque
- 7 PreCana, Mason City
- 13-15 Engaged Encounter, AMRH
- 14 PreCana, Cedar Rapids
- 20-22 Worldwide Marriage Encounter,
Dubuque
- 21 PreCana, Dyersville

March:

- 7 PreCana, Waukon
- 13-15 Engaged Encounter, AMRH
- 20-22 Worldwide Marriage Encounter,
Ankeny

Advisory Committee

Deacon Gary & Kay Aitchison
Karen Bonfig
Jennifer Clancy
Michael Erikson
Dan Hunt
Annette Kestel
Katie Pfiffner
Fr. Phil Schmitt
Eric Stromberg

Please pray for the work of
this committee. If you have
ideas for outreach and/or
ministry to families, please
feel free to contact one of
these people.

