

FAMILY MATTERS

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

July/Aug. 2016

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Archdiocese of Dubuque

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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

Highlights

This edition of *Family Matters* highlights back-to-school, and the ways families can be involved in school activities. We focus on the next two corporal works of mercy, "Clothe the naked" and "Shelter the homeless," with suggestions for searching out and serving the needs in our own communities. There is a segment on World Youth Day 2016, to be held in Krakow, Poland this year, as well as ways the USA will be celebrating this event. If you are planning a second-marriage, check out the information about Two Become One, as well as an article about becoming a blended family. The Marital Virtue highlighted this month is Gratitude. And don't miss the information on National Natural Family Planning Awareness Week, coming up during the last week in July.

Back-To-School

As summertime comes to a close, and the new school year begins, family time may seem to take a backseat to school activities. Consider these ways to engage your family in the extra-curricular activities the school year brings:

- Play math and reading games with elementary school students
- Help middle-school students with their homework
- Establish appropriate boundaries for high school students
- Engage in conversation and problem-solving
- Respond to the importance/influence of friends and peers
- Volunteer to help on school committees
- Attend or participate with your family in special events, science fairs, talent shows, plays, athletic events, concerts and service projects

When parents, families, and members of the community are involved with school activities, all children can benefit. Adult and family participation and support sends the message that school and the work children do there is important and meaningful.

Your ideas and suggestions...

We welcome your ideas and suggestions for topics to include in *Family Matters*. Also, if you know of anyone who might enjoy receiving this e-Newsletter, please send contact information (name and e-mail address) to Lynne Chapman at DBQCFLsec@dbqarch.org.

THE YEAR OF MERCY



The *Extraordinary Jubilee Year of Mercy* is now in full swing, offering us many opportunities to receive God's mercy, especially by receiving the sacraments, and to show mercy to others through acts of kindness and forgiveness. Parishes in the Archdiocese of Dubuque are coming up with wonderful ways to practice the corporal works of mercy. Watch for stories about parish projects for the Year of Mercy in *The Witness*: <https://www.dbqarch.org/offices/witness/local-news/> and on the Archdiocese website: <https://www.dbqarch.org/yearofmercy/service-project/> During the week of July 10-16, works of mercy will be based on "Clothing the Naked." Works of mercy for the week of August 28-September 3, will focus on "Sheltering the Homeless." How will your family develop lasting habits based on these acts of mercy?

"Clothe the Naked"

"I was naked, and you clothed me." (Matt 25:36)
Clothing the naked means more than just giving of our excess. Philip Kosloski suggests that "When we search out the 'naked' of our local community...we should look for those who are rejected, alone and forgotten."
Read Kosloski's article about the 3rd corporal work of mercy here:
<http://www.ncregister.com/blog/philip-kosloski/3rd-corporal-work-of-mercy-clothe-the-naked>

Week of July 10-16

What can your family do to clothe the naked?

- Have a "back-to-school" clothing drive and donate proceeds to needy families
- Contribute blankets or socks to a local mission
- Donate clothing to a retirement home
- Take a needy relative or neighbor shopping for new clothing or shoes
- Donate diapers and baby blankets to a women's/unwed mothers' shelter

"Shelter the Homeless"

"I was a stranger and you welcomed me." (Matt 25:35)
Many circumstances can lead to someone becoming a person without a home. Christ encourages us to go out and meet these people, affirming their worth and helping them to resolve the challenges they face. Consider the ways you might shelter the homeless.



- Volunteer to help in the upkeep of a homeless shelter
- Welcome an adopted child, an aging or ill family member into your home
- Lend a hand with Habitat for Humanity, building homes for the poor and underprivileged
- Become a mentor to a foster child
- Support the efforts of Catholic Charities and other agencies that provide aid to immigrants
- Experience "homelessness" for a day - turn off cell phones, electronics, TV, etc., and connect with the less fortunate

To Learn More

For more information about the *Extraordinary Jubilee Year of Mercy*, see the following:

- Year of Mercy Message from Archbishop Jackels:
<https://www.dbqarch.org/yearofmercy/message-from-archbishop-jackels/>
- Archdiocesan Works of Mercy Projects, Activities, Media, Prayers, Music Resources and More:
<https://www.dbqarch.org/yearofmercy/>

RESOURCES FOR MARRIAGE ENRICHMENT

Marital Virtue of the Month: GRATITUDE

In this series, various writers will address virtues that characterize a holy and happy marriage. This month, Dolores R. Leckey, former director of the USCCB Secretariat of Family, Laity, Women and Youth, addresses the virtue of **Gratitude**: <http://www.foryourmarriage.org/virtue-of-gratitude/>

Two Become One: Remarriage

Are you planning a second-marriage? The Archdiocese of Dubuque offers Two Become One: Embracing the Sacrament of Remarriage, a preparation program for couples celebrating remarriage. For more information and to register for Two Become One, see:

<https://www.dbqarch.org/offices/family-life/marriage-preparation-program/remarriage-program/>

Remarrying With Children

Remarriage often involves the blending of two families. Read this article to learn helpful tips on ways to avoid the hurdles that many stepfamilies face:

<http://www.foryourmarriage.org/remarrying-well-with-children>



National Natural Family Planning (NFP) Awareness Week is July 24-30

An updated list of Natural Family Planning (NFP) instructors of several NFP methods, including the Creighton FertilityCare System, Couple to Couple League Symptothermal Method, and Family of the Americas Ovulation Method can be found here:

<https://www.dbqarch.org/offices/family-life/ministry-to-marriage/natural-family-planning/>

If you know of someone who teaches, but is not on the list, please contact the Family Life Office.

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/>

A closer study of the Church's teaching on the truth of the act of love as God's creative action shared by spouses can be found here:

<http://www.foryourmarriage.org/why-natural-family-planning-differs-from-contraception/>

To learn more about living out Catholic faith and sharing it through Natural Family Planning:

<http://www.foryourmarriage.org/be-her-joseph/>



PRAYERS AND REFLECTIONS

Prayer for World Youth Day 2016

God, merciful Father,
in your Son, Jesus Christ, you have revealed your love
and poured it out upon us in the Holy Spirit,
the Comforter,
We entrust to you today the destiny of the world
and of every man and woman.
We entrust to you in a special way
young people of every language, people and nation:
guide and protect them as they walk
the complex paths of the world today
and give them the grace to reap abundant fruits
from their experience of the World Youth Day.

Heavenly Father,
grant that we may bear witness to your mercy.
Teach us how to convey the faith to those in doubt,
hope to those who are discouraged,
love to those who feel indifferent,
forgiveness to those who have done wrong
and joy to those who are unhappy.
Allow the spark of merciful love
that you have enkindled within us
become a fire that can transform hearts
and renew the face of the earth.
Mary, Mother of Mercy, pray for us.
Saint John Paul II, pray for us.
Saint Faustina, pray for us. Amen.

http://www.krakow2016.com/en/official_prayer

Prayer for the Year of Mercy

Pope Francis has composed a special prayer for the Jubilee Year of Mercy. In the prayer, the Holy Father entreats the Lord to make the Jubilee of Mercy a year of grace so that the Church, "with renewed enthusiasm, may bring good news to the poor, proclaim liberty to captives and the oppressed, and restore sight to the blind."

For text of the Pope's Prayer for the Year of Mercy:

<http://www.news.va/en/news/pope-francis-prayer-for-jubilee-year-of-mercy>

A Prayer to Begin the School Year

God of wisdom and might,
We praise you for the wonder of our being,
for mind, body and spirit.
Be with our children
as they begin a new school year.
Bless them and their teachers and staff.
Give the strength and grace
as their bodies grow;
Wisdom and knowledge to their minds
as they search for understanding;
And peace and zeal to their hearts.
We ask this through Jesus Christ our Lord.
Amen.

<http://thecatholiccatalogue.com/prayers-to-begin-a-school-year/>

A Natural Family Planning Prayer

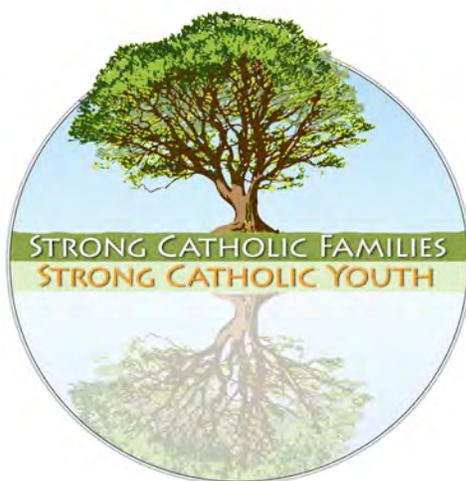
Eternal Father, through Natural Family Planning we have come to appreciate the sanctity of all human life. Give us the grace to recognize in ourselves the virtues You know we need most. Strengthen our marriage, so that we may be living examples of a chaste and holy marriage.

We are called to be open to life and to raise up children for Your honor and glory in accordance with Your will. Please come into our hearts and fill us with knowledge, prudence, wisdom, grace, and generosity of spirit, so that we may know what You are calling us to do with our fertility at this time.

Lord Jesus, born into a loving and caring human family, we come to You, asking that You touch our hearts and make known Your Holy Will regarding our family. Led by the Spirit, we submit ourselves humbly to your Church, and we call upon Mary and Joseph to keep us always in communion with You and the will of Your Father. Amen.

<http://livingthesacrament.com/2013/10/04/a-natural-family-planning-prayer/>

STRONG CATHOLIC FAMILIES



Partnering with Parents to Bring Home the Faith

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/>

WORLD YOUTH DAY 2016

World Youth Day (WYD) will be held in Krakow, Poland July 25 - 31, 2016.

The Organizing Committee is hard at work planning the many important and interesting events which make up the WYD festivities. This year's theme is "Blessed are the merciful, for they shall obtain mercy" (Matt 5:7).

To learn more about World Youth Day, check out the following links:

<http://www.krakow2016.com/en/temat-en>

<http://worldyouthday.com/>

To see how the United States will be celebrating WYD, see this page:

<http://www.usccb.org/about/world-youth-day/stateside-wyd-celebrations.cfm>



To learn more about the symbolism behind the WYDUSA logo, click here:

<http://www.usccb.org/about/world-youth-day/upload/WYDUSA-Logo-Description-High-Resolution.pdf>

SAVE THE DATE

Upcoming Events

July:

(no events currently scheduled)

August:

- 6 50+ Anniversary Mass, Reinbeck
- 7 50+ Anniversary Mass, Charles City
- 13 50+ Anniversary Mass, Dubuque
- 14 50+ Anniversary Mass, Cedar Rapids

September:

- 24 Pre-Cana, Cedar Rapids
- 24 Two Become One: Remarriage

October:

- 21-23 Worldwide Marriage Encounter, Cedar Falls

November:

- 4-6 Engaged Encounter, Dubuque - Shalom
- 19 Pre-Cana, Cedar Rapids



ROMAN CATHOLIC
ARCHDIOCESE
of **DUBUQUE**
Share Jesus Love

Women's Conference - February 4, 2017

Mark your calendar and save the date:

Archdiocese of Dubuque Women's Conference

Saturday, February 4, 2017

at St. Pius X in Cedar Rapids

Theme: "Beauty in Christ"

Keynote Speakers:

Leah Darrow and Kelly Nieto

Mass with Archbishop Jackels

Plan now to attend this awesome conference,
and bring a friend!

50+ ANNIVERSARY MASSES

The Archdiocese will be honoring all couples who are witnesses to God's love through fifty years or more in the Sacrament of Marriage. These couples are invited to join Archbishop Michael Jackels as he celebrates a Mass of Thanksgiving at the following churches in the archdiocese:

Saturday, August 6, 2016:

Holy Family Parish/St. Gabriel,
Reinbeck - 4:00 PM

Saturday, August 13, 2016

Cathedral of St. Raphael,
Dubuque - 4:30 PM

Sunday, August 7, 2016

Immaculate Conception,
Charles City - 2:00 PM

Sunday, August 14, 2016

St. Ludmila,
Cedar Rapids - 2:00 PM



Formal invitations will be sent out, and couples should register and respond by RSVP for this event as soon as possible. **The deadline for receiving RSVPs is July 24th.** If you are aware of a couple who did not receive an invitation, please contact your parish to add them to the mailing list.