

# FAMILY MATTERS

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

**Sept/Oct 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](http://www.dbqarch.org/familylife)

## Highlights

In this edition, we look at the various facets of "family." In September, we celebrate the rich diversity among the generations, and we learn more about blended families. October calls us to a greater awareness of the value and dignity of human life with Respect Life Month as well as Domestic Violence Awareness Month, and the corporal work of mercy "Visit the Sick." It is also the month of the Holy Rosary. Enjoy this edition, and please contact us if you have ideas for upcoming issues.

## YEAR OF MERCY

### "Visit the Sick"

**Week of October 9-15**

*"Rise and go; your faith has made you well." Luke 17:17*

In this passage from Luke, Jesus cured the ten lepers who begged for healing from their disease. Each of us knows someone who is sick or suffers from an illness. During this week of mercy, we are especially invited to visit them, or to send a note of love, hope and encouragement. By showing compassion and love to the sick, we are bringing Jesus to them.

How will your family practice this corporal work of mercy?

- Visit nursing home residents
- Bring meals to ill family members and friends
- Drive elderly folks to appointments and errands
- Call, e-mail or send get-well cards to someone who is ill
- Visit the sick or homebound
- Volunteer at a hospital, Hospice or Meals-On-Wheels



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/>

### SEPTEMBER



#### Intergeneration Month

During this month, we are called to focus on intentionally connecting generations to better communicate age-related needs, and to show gratitude for the gifts and wisdom each generation contributes to the family. For more information about Intergeneration Month, and for suggested intergenerational activities see: <http://intergenerationmonth.org>

Are you a member of the "sandwich generation," caring for both your children and your aging parents? If so, it may be hard to shake the feeling that if you focus on one generation you're losing sight of the needs of the other. Read more about the Sandwich Generation here: <http://www.foryourmarriage.org/the-sandwich-generation/>

For helpful hints on *Caring for Children While You Care for Aging Parents*, click here: <http://www.foryourmarriage.org/caring-for-children-while-you-care-for-aging-parents/>

#### National Grandparents Day - September 11

"Grandparents are our continuing tie to the near-past, to the events and beliefs and experiences that so strongly affect our lives and the world around us." ~ President Jimmy Carter, Sept. 6, 1979

Grandparents create special relationships and impart lessons that last a lifetime. This day is set aside to focus on the family legacy, heritage, faith and tradition offered by the "older and wiser" generation. In this article, Deacon Gary and Kay Aitchison from Ames, Iowa share the role of grandparents as Models, Mentors, and Memory-Makers:

<http://www.foryourmarriage.org/grandparents-models-mentors-and-memory-makers/>

For information about Grandparents Day, and suggestions for celebrating our grandparents, see:

<http://www.grandparents.com/grandkids/you-and-your-grandkids/its-grandparents-day>

<http://www.nationaldaycalendar.com/national-grandparents-day-sunday-after-labor-day/>



#### National Stepfamily Day - September 16

Over 30% of the under-18 population in the USA live in a stepfamily environment. For information about National Stepfamily Day, as well as activities to share as a blended family, see:

<http://www.nationalstepfamilydayandweek.com/home.html>

The Archdiocese of Dubuque offers *Two Become One: Embracing the Sacrament in Remarriage*, a marriage preparation program which addresses a couple's concerns for blending families through a second marriage. For more information or to register for the upcoming session on September 24, 2016:

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



#### Family Day - September 26

Family Day is "a national movement to celebrate parental engagement as an effective tool to help keep America's kids substance free." The National Center on Addiction and Substance Abuse launched the first Family Day in 2001. For more information about ways to celebrate Family Day in your home or community, see: <http://casafamilyday.org/familyday/>

## OCTOBER

### National Respect Life Month

During the month of October, the Church stresses the value and dignity of human life. This month is dedicated to increasing a greater culture of life in areas of public information and education, pastoral care, public policy and prayer. For Respect Life program materials, ideas and resources from the USCCB:

<http://www.usccb.org/about/pro-life-activities/respect-life-program/>

Respect Life sample Prayers of the Faithful:

<http://catholicmobilizing.org/6786/respect-life-sunday-sample-prayers-of-the-faithful/>



### Month of the Holy Rosary

October is also the month Catholics dedicate to the Holy Rosary. To read more about the Month of the Holy Rosary, see: [http://www.catholicculture.org/culture/liturgicalyear/overviews/months/10\\_1.cfm](http://www.catholicculture.org/culture/liturgicalyear/overviews/months/10_1.cfm)

The Archdiocese of Dubuque offers *Sit with Me - The Rosary for the Homebound, Sick and Dying*, a resource to pastors, deacons, parish nurses, and all who reach out with compassion to the homebound, sick and dying. This 2-CD set includes the rosary, reflections and prayers led by Archbishop Emeritus Jerome Hanus, OSB. For more information: <https://www.dbqarch.org/offices/family-life/>

Pro-Life Meditations on the Mysteries of the Rosary: <http://www.priestsforlife.org/prayers/Rosary.html>



### Domestic Violence Awareness Month

The gospel message is of love, respect, kindness and gentleness to others. Domestic violence replaces love with anger and fear. When domestic violence shatters the peace that should reside in relationships, especially within the family, the Church is called to respond. In 1992, the U.S. bishops responded to domestic violence with their statement "When I Call for Help." The statement is available online: <http://www.usccb.org/issues-and-action/marriage-and-family/marriage/domestic-violence/when-i-call-for-help.cfm>

To read more about Domestic Violence Awareness Month:

<http://www.foryourmarriage.org/october-domestic-violence-awareness-month/>



### National Day of the Deployed - October 26

National Day of the Deployed honors all of the brave men and woman who have been deployed and are sacrificing, or have sacrificed, their lives to ensure freedom for our country. It also acknowledges the families they are separated from. Invite your family and your parish to offer special prayers for the deployed and their families on this day. For more information:

<http://militaryoneclick.com/national-day-of-the-deployed/>

<http://nacflm.org/helping-children-deal-with-a-parents-deployment-2/>

## RESOURCES FOR MARRIAGE AND FAMILY ENRICHMENT

### Marital Virtue of the Month: PLAY

Marital Virtue of the Month: In this series, various writers will address virtues that characterize a holy and happy marriage. This month, Donald J. Paglia addresses the marital virtue of **Play**:

<http://www.foryourmarriage.org/play-a-virtue-to-take-seriously/>

### Natural Family Planning (NFP)

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 any instructors who are 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/>

View a couple's witness story about the benefits of using NFP:

<https://www.youtube.com/watch?v=xwmd5V1A4Oo>



### 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/>



*Partnering with Parents  
to Bring Home the Faith*



## PRAYERS AND REFLECTIONS

### Prayer for Grandparents

Lord Jesus,  
You were born of the Virgin Mary,  
the daughter of Saints Joachim and Anne.  
Look with love on grandparents the world over.  
Protect them! They are a source of enrichment  
for families, for the Church and for all of society.  
Support them! As they grow older,  
may they continue to be for their families  
strong pillars of Gospel faith,  
guardians of noble domestic ideals,  
living treasuries of sound religious traditions.  
Make them teachers of wisdom and courage,  
that they may pass on to future generations  
the fruits of their mature human and  
spiritual experience.

Lord Jesus,  
Help families and society  
to value the presence and roles of grandparents.  
May they never be ignored or excluded,  
but always encounter respect and love.  
Help them to live serenely and to feel welcomed  
in all the years of life which you give them.  
Mary, Mother of all the living,  
keep grandparents constantly in your care,  
accompany them on their earthly pilgrimage,  
and by your prayers, grant that all families  
may one day be reunited in our heavenly homeland,  
where you await all humanity  
for the great embrace of life without end. Amen!

~ Pope Benedict XVI, 2008

### 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>

### Prayer for Respect of Life

Almighty God, giver of all that is good,  
We thank you for the precious gift of human life.  
For life in womb, coming from your creative power.  
For the life of children, making us glad  
with their freshness and promise.  
For the life of young people, hoping for a better world.  
For the life of people with disabilities,  
teaching us humility.  
For the life of the elderly, witnessing the ageless values  
of patience and wisdom.  
Like Blessed Mary, may we always say yes to your gift.  
May we defend it and promote it  
from conception to its natural end  
and bring us at last, O Father,  
to eternal life, in Jesus Christ our Lord. Amen.

<http://www.buffalodiocese.org/Evangelization/ProLife/RespectLifePrayer.aspx>



### For Those Deployed to Military Service

Lord and Holy Protector,  
you called Abraham and Sarah to leave their homeland  
and to journey far away from their own people.  
Yet you kept them safe wherever they went.  
Protect our children, our husbands and wives,  
our mothers and fathers,  
and our friends and loved ones  
who now must leave to fight for our freedom.  
Walk by their side and calm any fear;  
Be their companion and guide their thoughts;  
Encircle them with your light,  
and keep them from harm;  
And when their service is ended,  
lead them safely home again.  
For you, O God, are our shelter in every storm  
and our refuge in times of danger.  
We ask this through Christ our Lord. Amen.

Compiled by Diana Macalintal. Copyright © 2003, Diocese of San José.  
For more information, contact the Associate for Liturgy,  
408/983-0136 - macalintal@dsj.org.

## SAVE THE DATE

### Upcoming Events

#### September:

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

#### October:

- 1 Pre-Cana, Mason City
- 21-23 Worldwide Marriage Encounter, Cedar Falls

#### November:

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

#### December:

(No events scheduled)



ARCHDIOCESE  
of DUBUQUE

### COMING SOON!

Watch for a new  
**Natural Family Planning website**  
which will include 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.

For a preview of the series, watch the  
introductory video at YouTube:  
<https://youtu.be/hQ7-wPIQoJs>



## WOMEN'S CONFERENCE

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!*