

FAMILY MATTERS

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

Jan-Feb 2016

Family Life Office
Archdiocese of Dubuque

1229 Mt. Loretta St.
Dubuque IA 52003
563-556-2580
800-876-3546

Family Life Director:
Linda Manternach
DBQCFL@dbqarch.org

Secretary:
Lynne Chapman
DBQCFLsec@dbqarch.org

*"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

Ring in the New Year

It's time to hang up a new calendar and welcome a new year. This can also be a wonderful time to reminisce with your family about all experiences of the past year. Look at pictures from a family vacation. Remember loved ones who have died in the past year, and hold new babies close.

The new year is also a traditional time for making resolutions. Think about good practices/habits that you, as a family, can develop. What changes can you make in order to become stronger in your faith? Resolve to slow down and free up time for kids and parents. Check out these links for more resolution ideas:

<http://www.sheknows.com/parenting/articles/851161/top-new-years-resolutions-for-families> or <http://www.pbs.org/parents/holidays/making-new-years-resolutions-child/>

March for Life 2016

The 43rd Annual March for Life will take place on January 22, 2016 in Washington D.C. This year's theme is "Pro-Life and Pro-Woman Go Hand in Hand." For more information about the March for Life, see: <http://marchforlife.org/> The Midwest March for Life will take place in Des Moines, IA on January 16, 2016. For more information, see: <http://www.iowartl.org/midwest-march-for-life/>

World Marriage Day

World Marriage Day is celebrated on the 2nd Sunday in February, which appropriately lands on Valentine's Day, February 14 this year. For more information about World Marriage Day, see the Worldwide Marriage Encounter website: <http://wmd.wmme.org/>

Celebrate the day as a family with these ideas:

http://www.theholidayspot.com/valentine/family_celebration.htm

Write "love letters" to your spouse and other family members. Share your memories, hopes and dreams. Check out this link to learn how to write a great love letter: <http://www.buzzfeed.com/rachelwmiller/how-to-write-a-love-letter#.ilwDEAQjg>

Natural Family Planning

An updated list of Natural Family Planning (NFP) instructors in the Archdiocese of Dubuque is now available. This list provides contact information for instructors of several NFP methods, including the Creighton FertilityCare System, Couple to Couple League Symptothermal Method, and Family of the Americas Ovulation Method. The list of instructors 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.

THE YEAR OF MERCY



On December 8, 2015, we began the *Extraordinary Jubilee Year of Mercy*. This Year of Mercy offers 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. Throughout this year, parishes in the Archdiocese of Dubuque will be working together to develop charitable habits based on the corporal works of mercy, which will then carry through into the future. During the week of January 17-23, works of mercy will be based on "Giving Drink to the Thirsty." Works of mercy for the week of February 28-March 5 will focus on "Visiting the Imprisoned." How will your family develop habits based on these acts of mercy?

"Give Drink to the Thirsty"

Week of January 17-23

As human beings, we all experience a physical thirst. Some lack the water they need for staying healthy, and fulfillment of basic physical needs. Others might have all the water they need, but are experiencing other spiritual and psychological thirst.



Do you know someone who thirsts for justice, or knowledge? Is your spouse or child thirsting for your love or attention? Does an elderly neighbor thirst for a visit from a friend? Do you have a classmate who simply thirsts for acceptance?

Visit this link: <http://dynamiccatholic.com/year-of-mercy/best-advent-ever/give-drink-to-the-thirsty/>

"Visit the Imprisoned"

Week of February 28-March 5

Prison can be a lonely place where few people dare to visit. But those in prison need our support, love and prayers. Prison does not always involve locks and bars. All people can be imprisoned by fear, loneliness, shame, sin and sadness.

How might we show mercy to the imprisoned?

- Participate in jail and prison ministry.
- Spend time with the lonely or homebound.
- Pray for families of people in jail.
- Visit someone who struggles with depression.

Additional links about ministry to the imprisoned:

<http://onlineministries.creighton.edu/CollaborativeMinistry/OrdinaryTime/wm-RansomCaptive.html>

<http://catholickey.org/2015/10/23/visiting-the-imprisoned-and-true-freedom/>

<https://www.dbqarch.org/jail-and-prison-ministry-is-expanding-efforts/>

<https://www.youtube.com/watch?v=VDuxj8yfuN8>



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/>

PRAYERS AND REFLECTIONS

Married Couple's Prayer

Dear Heavenly Father,
Thank you for this life, for the gift of love, and the blessing of our marriage.
We give you praise for the joy you've poured into our hearts through this love,
For the contentment of family, and the happiness of our home.
May we always treasure the experience of loving each other in this holy union.
Help us to remain forever committed to our vows, those we made to each other and to you, Lord.
Develop within us the character of your Son, Jesus, that we might love each other as he loved us,
With patience, respect, understanding, honesty, forgiveness and kindness.
Holy Spirit, guide us through the difficult moments of life, and comfort us in our grief.
May our life together bring glory to you, and be a testament of your love.
In Jesus' Name we pray. Amen.



~ Mary Fairchild

<http://christianity.about.com/od/prayersforspecificneeds/qt/couplesprayers.htm>

As the New Year Begins...

When the songs of angels is stilled,
When the star in the sky is gone,
When the kings and princes are home,
When the shepherds are back with their flocks,
The work of Christmas begins:
To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoner,
To rebuild the nations,
To bring peace among the people,
To make music in the heart.



~ Howard Thurman

<http://www.workersforjesus.com/workofchristmas.htm>

Prayer for the Year of Mercy

Pope Francis has composed a special prayer for the Jubilee Year of Mercy, which will run from 8 December 2015 to 20 November 2016. 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 for Engaged Couples

Dear Lord,
Thank you for the privilege of love,
intimacy, and friendship.
We ask that you be with us, guiding us
as we seek to know each other more fully,
to understand one another more deeply,
and to learn how to support
and care for each other.
Come weave a beautiful tapestry
of worship and praise
into our ever-growing love.
Fill our hearts and minds with your dreams,
and fill us with excitement about the future.
We seek to reflect you in our relationship,
to reveal you to our friends and family,
and to honor you with our minds and words.
As we plan our special wedding day,
we pray it may be a day full of your truth,
hope and love. Amen.

~ from www.lords-prayer-words.com

SAVE THE DATE

Catholic Men's Conference



Mark your calendars now for the chance to attend the Catholic Men's Conference coming Saturday, March 12, 2016 at Xavier High School in Cedar Rapids. Fr. Scott Courtney will be the keynote speaker. For more information, follow this link:

<http://www.catholicmenonline.org/>

CATHOLIC MEN'S FELLOWSHIP

Archdiocese of Dubuque

Upcoming Events

January:

- 1 Solemnity of Mary, Mother of God
- 3 Epiphany
- 15-17 Engaged Encounter, AMRH
- 22-23 PreCana, Ames
- 22-23 PreCana, Cedar Falls
- 30 Two Become One, Cedar Falls
- 31 PreCana, New Hampton

February:

- 6 PreCana, Dubuque
- 12-14 Worldwide Marriage Encounter, Ankeny
- 13 PreCana, Cedar Rapids
- 13 PreCana, Mason City
- 19-21 Engaged Encounter, AMRH
- 20 PreCana, Dyersville
- 20 PreCana, Waukon

March:

April:

- 2 PreCana, Dubuque
- 8-10 Engaged Encounter, AMRH
- 9 PreCana, Cedar Rapids
- 16 PreCana, Mason City
- 22-23 PreCana, Ames
- 28-29 Radical Listening, Cedar Falls

Radical Listening

April 28-29, 2016

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 will be held at American Martyrs Retreat House, Cedar Falls, from 8:30 AM-5:30 PM both days.

Facilitator is Barb Schwery, Executive Director BeFriender Ministry.

Cost is \$110 for commuter, \$165 for overnight accommodations

Register online at www.DBQArchEvents.org



ROMAN CATHOLIC
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Share Jesus Love