

To Teach As Jesus Did

October 2018

SACRED SPACE:

Giving Thanks to God for the Gift of Human Life

God our Creator,
we give thanks to you,
who alone have the power to impart the breath of life
As you form each of us in our mother's womb;
Grant, we pray,
that we, whom you have made stewards of creation,
may remain faithful to this sacred trust
and constant in safeguarding the dignity of every human life.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.
Amen.

From the *Roman Missal*, Mass for Various Occasions, 48/1. "For Giving Thanks to God for the Gift of Human Life"

SCRIPTURE PASSAGE:

Teaching As Jesus Did

"Whoever wishes to be great among you will be your servant; whoever wishes to be first among you will be the slave of all. For the Son of Man did not come to be served but to serve and to give his life as a ransom for many." (Mark 10:43b-45)

To be a Missionary Disciple means to have the attitude of humble, joyful service to others that Jesus commands in this Gospel message. How might you be of service to others? Jesus challenges us to move out of our comfort zone, to be the servant. In doing so, we realize the depth of our faith. Faith begins with our recognition of God's gifts to us, and is nurtured when we humbly share these gifts with others. Life itself is our greatest gift from God. To humbly share this life and our faith in service to others is the greatest gift we can give back to God.

HIGHLIGHTING YOUTH MINISTRY CURRICULUM:

Jesus Christ's Mission Continues in the Church Objectives #3 & 4

For those catechists following the Youth Ministry Curriculum offered by the Archdiocese of Dubuque, Theme #3, "Jesus Christ's Mission Continues in the Church" begins in August, 2018. This theme focuses on the role of the Church in helping us come to know and love Jesus, and to know what our responsibilities are to the Church in return. Participants should recognize that faith is a communal experience that is strengthened by a community of believers that we know as the Church.

Objectives #3 & 4 invite us to:

- * Understand that the Church exists to bring God's saving love to everyone.
- * Appreciate that the Church is founded by Christ, entrusted to people from the time of the Apostles, and guided by the Holy Spirit.

For more information, see: <https://www.dbqarch.org/offices/adolescent-formation/new-high-school-religious-education-curriculum/>

FOR YOUR FORMATION:

Self-Care Challenge: *It's OK to Start With You*

In *It's OK to Start with You*, therapist Julia Marie Hogan, LCPC, makes the case for making self-care a priority – beginning with reclaiming your own worth. Julia offers deep insights into the reasons why we neglect to take care of ourselves and provides the tools needed to change our habits of thinking and acting so we can show up fully in our lives and relationships. Julia challenges you to focus on self-care for the next 5 days. Are you ready to take the challenge?

Introduction Video: <https://www.youtube.com/watch?v=OcTu5BhALXM>

Day One of the 5-Day Challenge :

<https://www.youtube.com/watch?v=aeYya6Ne77w&index=2&list=PLi-SQslQDBjKKN5bB8uH-HCNrhF0uynp8>

Book: <https://www.osvatholicbookstore.com/product/it-s-ok-to-start-with-you?ref=youtube>

SAINT OF THE MONTH:

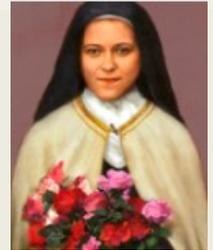
St. Thèrése of Lisieux Patron Saint of the Missions

Thèrése was born in France in 1873. Her mother died when Thèrése was only four years old. Her sister, Pauline, took care of her for five years, before entering the Carmelite convent. Soon after, Thèrése developed a serious illness. When Thèrése saw her sisters praying to a statue of Mary, she also prayed. Thèrése saw Mary smile at her and suddenly she was cured. At age 14, Thèrése entered the Carmelite convent. She always wanted to be a saint, and made sacrifices by performing small deeds and kindnesses. In 1896, Thèrése developed tuberculosis. Yet, she remained cheerful until her death, at age 24. Thèrése's "little way" of trusting in Jesus to make her holy reminds those who feel they can do nothing, that it is the little things that keep God's kingdom growing. Learn more about St. Thèrése of Lisieux at https://www.catholic.org/saints/saint.php?saint_id=105.

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<https://www.dbqarch.org/offices/family-life/newsletter/>



TEACHABLE MOMENTS:

October is Respect Life Month

Host a Respect Life and Social Justice Event in October!

Is your parish interested in hosting an event in October for your area for Respect Life and Social Justice Month? Maybe you want to collaborate with several parishes for one big event. A resource guide has been developed on the Respect Life and Social Justice website. Check out the resource guide here: <https://www.dbqarch.org/offices/respect-life-and-social-justice-month-october-2018/>.

Also check out "Respect Life and Social Justice Month for Kids and Families" here: <https://www.dbqarch.org/offices/respect-life/october-respect-life-and-social-justice-month-for-kids-and-families/> Contact Mark Schmidt in the Office of Respect Life and Social Justice at dbqrlsj@dbqarch.org or 563-556-2580 ext. 287 to find out more!

LOOKING AHEAD:

Upcoming Opportunities for Teaching the Faith

October 1: St. Thèrése of the Child Jesus

October 2: Feast of the Holy Guardian Angels

October 4: St. Francis of Assisi

October 7: Feast of Our Lady of the Rosary

October 11: Pope St. John XXIII

October 13: Celebration of Life Mass – 5:00 PM, St. Athanasius, Jesup

October 14: Mass for Mental Illness Awareness – 2:00 PM, St. Patrick, Cedar Rapids

October 18: St. Luke, Apostle and Evangelist

October 20: Youth Jam – 2:00-7:30 PM, Blessed Maria Assunta Pallotta Middle School, Waterloo, Grades 6-8

October 22: Pope St. John Paul II

November 1: All Saints Day

November 2: All Souls Day

ENGAGING TEENS **The Sacramental Component of Youth Ministry**

This month, we continue our focus on the *Sacramental* component of Catholic youth ministry:

Effective Catholic youth ministry brings teens to a face-to-face encounter with Christ in the Blessed Sacrament, providing them with ample time for silent prayer and reflection in Eucharistic Adoration.

It is important that we offer Adoration as an experience to young people. During Adoration, Christ has the opportunity to speak to their hearts. It gives them the opportunity to experience the Eucharist and to encounter Christ in a new and powerful way. Our world is busy, it's noisy, and it's chaotic, especially for young people. Adoration gives them a chance to be silent. To just sit, be and contemplate.

For ideas to promote Eucharistic Adoration with teenagers in your parish, check out this resource:

https://glorifyprovidence.com/documents/2015/2/YCM_Adoration_Resource_2.pdf

How are you promoting the full, conscious and active participation of young people in the Sacraments?

SUPPORTING PERSONS WITH DIVERSE ABILITIES: **Upcoming Events**

Encourage participation in the following upcoming events:

Celebration of Life Mass – Saturday, October 13, 2018

St. Athanasius Church, Jesup at 5:00 PM.

The Celebration of Life Mass recognizes, remembers, and honors all people living with disabilities, their families and those who support and empower them.

Mass for Mental Illness Awareness – Sunday, October 14, 2018

St. Patrick Church, Cedar Rapids, at 2:00 PM.

People with mental illness, as well as their families, friends, caregivers, and health providers are welcome to join together for the Mass for Mental Illness Awareness. The purpose is to create a spiritual environment of hope, education and awareness to decrease the stigma of mental illness.

Fall Retreat Day – November 3, 2018

The Office of Disability Inclusion will sponsor a Fall Retreat Day. This retreat will be held at St. Matthew Church in Cedar Rapids.

For additional information and resources for inclusion of persons with diverse abilities, please contact [Mindy Hart](#), Director of the Office of Disability Inclusion.

EDUCATION RESOURCE CENTER SPOTLIGHT:

October is an absolutely fabulous month to be Catholic!! There are so many saints and celebrations that attract the human spirit into the joy of the Catholic church. We might not have time for the plethora of opportunities that abound, but choosing even one or two helps us and others to encounter Christ anew and draws everyone deeper into the community of faith we so deeply cherish. Check out the Pinterest boards listed below for a variety of ways to share the joy of the Catholic faith, or contact the ERC for additional resources to help you form Missionary Disciples and Spread the Message with Media!

Kim Feldman: 563.556.2580 ext.210 or dbqmed@dbqarch.org

Tricia Tranel: 563.556.2580 ext. 214 or dbqmed1@dbqarch.org

Archdiocese of Dubuque Pinterest Page: www.Pinterest.com/DBQArch

Saints: Thérèse Of Lisieux (Oct. 1)

<https://www.pinterest.com/dbqarch/saints-th%C3%A9r%C3%A8se-of-lisieux/>



Angels (Oct. 2: The Holy Guardian Angels, as well as Sept. 29: Sts. Michael, Gabriel, Raphael)

<https://www.pinterest.com/dbqarch/angels/>

Saints: Francis of Assisi (Oct. 4)

<https://www.pinterest.com/dbqarch/saints-francis-of-assis/>

ENGAGING PARENTS AND FAMILIES: **Teaching about the Dignity of Human Life**

It's never too early for parents to teach their children about the beauty and dignity of every human being's life. Teaching kids how to live out the gospel of life doesn't have to be complicated. Here are some creative ideas to get families involved in respect life activities:

- * **Pray together:** October 7 is the feast of Our Lady of the Rosary. Praying together as a family builds unity. Use family prayer time to encourage your kids to pray for the most vulnerable members of our society – unborn babies, senior citizens, people with disabilities, the poor. Pray for people who are lonely or who have no one to pray for them. Remind older children that the rosary is a powerful way to pray.
- * **Bring joy to others:** Reach out to people in your neighborhood who are hurt, alone, or vulnerable. Visit a nursing home as a family and interact with the residents. Think of activities that the family might do with residents, such as board games, puzzles, craft projects or sing-alongs.
- * **Have fun together:** Celebrate the joy of life with family activities such as a family movie night followed by discussion. Encourage the kids to identify where the characters made good or selfish choices. Your kids will be learning how to follow the example of others and how to discern right from wrong, especially in the media.

For more ideas, check out the Respect Life Toolbox found here:

<https://www.pbgrace.com/your-respect-life-month-toolbox/>

DISCIPLINE IN THE CLASSROOM:

Joe Paprocki's Ten Tips for Maintaining Discipline

As a catechist, you will inevitably encounter discipline problems at some point, especially in working with children and adolescents. Discipline is a necessary part of faith formation. Each Lent, we practice the disciplines of prayer, fasting and giving alms. The idea is that, in order to be a *disciple* of Jesus, one needs *discipline*. When you maintain discipline in your learning environment, you are acting in the image of God – in whose name you teach. In his "Ten Tips for Maintaining Discipline," Joe Paprocki suggests helpful ideas for providing a positive learning environment while avoiding the distractions a lack of discipline can bring to the classroom.

Tip #6: Ride Your Eye, Use Names, and Move Around

Stay on the move. Walk around the room as you teach and keep your eyes moving around as you speak. As you answer questions, look around the room, so that it is clear you are speaking to everyone. Most importantly, learn and use your participants' names. One of the most effective ways of getting a participant's attention is to call his or her name out loud, pause, and direct the question or task to that person.

(Watch for more tips in upcoming issues!)

From *The Catechist's Toolbox* by Joe Paprocki © 2007, p. 74.

Prayer: The Rosary (Oct. 7: Our Lady of the Rosary, and the entire month of October)

<https://www.pinterest.com/dbqarch/prayer-the-rosary/>

Sacred Heart of Jesus / Immaculate Heart of Mary (Oct. 16: St. Margaret Mary Alacoque)

<https://www.pinterest.com/dbqarch/sacred-heart-of-jesus-immaculate-heart-of-mary/>

St. Pope John Paul II (Oct. 22)

<https://www.pinterest.com/dbqarch/saints-heroes-st-pope-john-paul-ii/>

Special Days: Fall (Oct. 31: Halloween and Nov. 1-2: All Saints / All Souls)

<https://www.pinterest.com/dbqarch/special-days-fall/>

(The Pinterest boards on the various themes for Respect Life are not yet complete, but feel free to contact the ERC for media related to these themes.)

Note: It is easy to sign up for a free Pinterest account, and you can assure that you will receive NO email notifications by choosing the correct settings in Pinterest. To find out how to sign up and set your notifications, go to the ERC home page at <http://www.dbqarch.org/offices/education-resource-center/>.

