Beatification of Predecessor

Pope Paul VI Declared Blessed

Pope Francis Concludes Synod of Bishops with Beatification of Predecessor

By Junno Arocho Esteves
VATICAN CITY.

“By our apostolic authority we declare that the Venerable Servant of God Paul VI, Pope, shall henceforth be called Blessed…”

With these words, Pope Francis beatified Paul VI at the closing Mass of the Synod of Bishops.

The celebration comes at the conclusion of a two week meeting where the Pope, along with Bishops and Cardinals from around the world, discussing the challenges of the family.

Pope Emeritus Benedict XVI, who was made a Cardinal by the newly Blessed in 1977, was present at the beatification. He was greeted warmly by Pope Francis at the start of the Mass.

Benedict XVI had declared Paul VI ‘Venerable’ in December 2012.

Pope Francis wore a gold chasuble that belonged to Blessed Paul VI as well as the newly beatified’s, pastoral cross.

The Holy Father reflected on the Synod, noting that pastors and lay people worked together “in order to help today’s family walk the path of the Gospel with their gaze fixed on Jesus.”

“It has been a great experience, in which we have lived solidarity and collegiality, and felt the power of the Holy Spirit who constantly guides and renews the Church,” he said. “For the Church is called to waste no time in seeking to bind up open wounds and to rekindle hope in so many people who have lost hope.”

The Pope expressed his hope that the Holy Spirit would continue to “guide the journey which, in the Churches throughout the world, is bringing us to the Ordinary Synod of Bishops on October 2015.”

Paul VI: A Prophetic Witness of Love

Referring to Blessed Paul VI as a “tireless apostle”, Pope Francis recalled his predecessor’s establishment of the Synod as a way of adapting to the “growing needs of our times”.

“When we look to this great Pope, this courageous Christian, this tireless apostle, we cannot but say in the sight of God a word as simple as it is heartfelt and important: thanks!” he exclaimed as the faithful applauded. “Thank you, our dear and beloved Pope Paul VI! Thank you for your humble and prophetic witness of love for Christ and his Church!”

During his pontificate, Blessed Paul VI led the Church during the sexual revolution of the 60s. It was in that time that he wrote his famed encyclical “Humanae Vitae” (Human Life) which reaffirmed the Church’s stance on conjugal love, parenthood, and the Church’s stance on contraception.

Though facing opposition from both outside and within the Church, Paul VI staunchly defended “the design established by the Creator.”

It was his humility, Pope Francis concluded, where “the grandeur of Blessed Paul VI shines forth.”

“Before the advent of a secularized and hostile society, he could hold fast, with farsightedness and wisdom — and at times alone — to the helm of the barque of Peter, while never losing his joy and his trust in the Lord.”

Bishop Bradley shares third pastoral letter

The Church: A Center of Hope; Living our Faith with Joy

Just in time for the Advent season signaling the new liturgical year, Bishop Bradley will release his third pastoral letter.

“The Church: A Center of Hope; Living our Faith with Joy.”

Bishop Bradley has written the letter to all the faithful in the nine counties of the diocese to shed further light on parish partnerships and to invite all people to help make their parishes “Centers of Hope.”

“…we face an amazing opportunity to allow our hearts to be centered on Jesus as our one true hope, to build our communities of faith, and to work toward a better world for generations to come,” he writes in the introduction. He details about his hope for the diocese that all people “…can be renewed in living our faith through greater collaboration and in ‘partnerships’ for the purpose of strengthening of our parishes to be ‘centers of hope’ and beacons of light shining in this world.”

Within the context of the letter Bishop Bradley details five building blocks, or indicators, of a vibrant parish. Those indicators include parishes that: develop a sense of community, have foundational and comprehensive catechesis, practice joyful and reverent worship, take care of those in need through outreach and charitable acts and use responsible governance and administration.

Earlier this year Bishop Bradley announced the formation of parish partnerships with the goal to help parishes come together to share resources and best practices. The partnerships may include anywhere from two to five parishes within the six diocesan deaneries.

Generosity keeps fires burning: Diocesan Heating Assistance Program Collection November 22–23

The Diocesan Heating Assistance Program (DHAP) provides emergency heating assistance to needy persons residing within the nine counties of the Diocese of Kalamazoo (Allegan, Barry, Berrien, Branch, Calhoun, Cass, Kalamazoo, St. Joseph, and Van Buren counties). The program begins the first Monday in January and ends March 30th (earlier if no funds remain). The program helps those in need defray heating expenses and obtain heating resources (fuel oil, natural gas, electricity, firewood).

The DHAP is funded through a special collection which will be taken November 22 and 23 — with funds contributed from more than 50 parishes and missions across the Diocese of Kalamazoo. Parishes and Missions may keep 20 percent of the funds collected for local use, serving the poor and vulnerable. The remaining 80 percent is contributed to the DHAP Fund and given out to families in need.

Last winter the Diocesan Heating Assistance Program assisted 286 families (a total of 895 people) with heating assistance funds. In total, $64,085 was given to those in need. Seven DHAP volunteers oversaw the disbursement process at the Catholic Charities offices and an additional 52 volunteers assisted with the collection of funds at parishes and missions across the Diocese.
FROM THE EDITOR
By Victoria Cessna
Communication Director & Editor of The Good News

Some have lilies, others sunsets. Some are adorned with poems, others with comforting scripture verses.

Each of these sympathy cards with varying designs sits on my living room mantle in the same place they’ve occupied since the day I received them, shortly after July 7th of this year when my daddy passed away.

And here’s the thing, I can’t seem to bring myself to put them away. Maybe it’s because each time I catch sight of one, or sit in my comfy chair, I’m reminded of the love that surrounded me in my grief and, even more importantly, I remember my dad.

November is the month we set aside to remember all our loved ones who’ve passed away. We light candles, say special prayers, maybe visit their graves and go to Mass and dedicate our intentions to them. We take comfort in our faith that our lives are not just for this world.

And for me, day by day, the remembering is slowly transitioning from heartache to hopefulness. From images of my dad weak from lung cancer to a more robust man who loved to fish and give his grandchildren rides on his lawn mower. From the worry of his ever-present earthly pain to the peacefulness knowing his new life is far more than I can even imagine.

Of the many comforting words that Bishop Bradley gifted me with in the days after my dad passed away were these: “I hope that you find peace and comfort now that the formal parts of this important event are over.”

That does bring me peace. Because even when some reminder of my dad stings me with loneliness that constricts my throat and balls up a knot in my stomach I can take a deep breath, close my eyes and give a shout out to him in his new life.

Maybe my prayers are helping him as he’s in the purgatory waiting room. Or maybe his number’s been called in which case my prayers float up with the hope that he’s putting in a good word for me. Because I certainly need it. I dare say, we all do.

So this month amid the football playoffs and thanksgiving preparations may you find some time to give your own “shout out” to your saints in waiting. I’m sure they’d love to hear from you.

Pope Francis NOVEMBER Intentions
Lonely people. That all who suffer loneliness may experience the closeness of God and the support of others.

Mentors of seminarians and religious. That young seminarians and religious may experience the closeness of God and the support of others.

Memoriam
Sr. Maureen Lewis, CSJ passed away last month and services were held at Nazareth. Lucille Lammons was born in Ottawa, Ohio on March 2, 1922, the daughter of Albert and Edna (Ricker) Lammons. She was a member of St. Anthony Parish in Columbus Grove, Ohio at the time of her entrance into the Congregation of the Sisters of St. Joseph of Nazareth on July 1, 1946. She received the name Sister Maureen at her reception on January 3, 1947.

Sr. Marlene earned a Bachelor of Arts degree in History from Nazareth College and a Master’s certificate in Theology from Mundelein College in Chicago. She also pursued graduate classes at the Graduate School of Education at Wayne State University. Sister Marlene enjoyed the rich and challenging opportunity to travel to Europe to study school systems in Greece, Italy, Switzerland, France and England. Sr. Marlene taught in several of the Congregation’s schools including: St. Patrick in Portland, St. Joseph in St. Johns and St. Henry, Chicago; Sr. Maureen served at several schools in the Congregation’s schools including: St. Patrick in Portland, St. Joseph in St. Johns and St. Henry, Chicago; Sr. Marlene taught in several of the Congregation’s schools including: St. Patrick in Portland, St. Joseph in St. Johns and St. Henry, Chicago. She ministered for eleven years at St. Francis Home in Detroit and she served as an exchange teacher for one year at Maryknoll School in Hawaii. In 1988 Sister Marlene moved to Nazareth and worked as a ward clerk in Fontbonne Manor.

Sr. Maureen Lewis, CSJ passed away last month and services were held at Nazareth. Charlotte Lewis was born in McKeesport, Penn., on March 30, 1924, the daughter of Charles and Mary Margaret (O’Leary) Lewis. Charlotte was a member of St. Rita’s Parish in Detroit at the time of her entrance into the Congregation of the Sisters of St. Joseph of Nazareth on June 18, 1939.

Sr. Marlene earned a Bachelor of Arts degree in Music from Nazareth College and a Master of Arts degree in Music from the University of Notre Dame. Sister taught for twenty-five years in several schools of the Congregation including St. James, Ferndale, St. Henry, Lincoln Park, and St. David, Detroit. Sister Maureen served for two terms as Secretary General of the Congregation, and then as office manager at St. Mary Cathedral in Gaylord and at the Marquette Diocese Department of Education. Sister Maureen also did volunteer data entry work at Borgess Medical Center and established a computer lab in the SSJ motherhouse for the use of all the sisters.

U.S. Bishops to meet November 10-13 in Baltimore; hear address of Archbishop Kurtz, celebrate 225th anniversary of archdiocese

WASHINGTON—The U.S. Conference of Catholic Bishops (USCCB) will meet in Baltimore, November 10-13, for their annual Fall General Assembly. The bishops will hear the first presidential address of Archbishop Joseph E. Kurtz of Louisville, Kentucky, president of USCCB, who was elected to a three-year term in November 2013. Archbishop Carlo Maria Vigano, apostolic nuncio to the United States, will also address the bishops.

The afternoon of Monday, November 10, the bishops will concelebrate Mass at the Basilica of the Assumption of the Blessed Virgin Mary in honor of the 225th anniversary of the establishment of the Archdiocese of Baltimore. Baltimore is the “premier see” or first diocese founded in the United States.

Archbishop George J. Lucas of Omaha, chairman of the Committee on Catholic Education, and Bishop Daniel E. Flores of Brownsville, Texas, chairman of the Committee on Cultural Diversity in the Church, will present to the bishops on underserved communities and Catholic schools. Bishop Michael F. Burbidge of Arlington, Virginia, chairman of the Committee on Clergy, Congregations and Life and Vocations, will present on plans for the observance of the Year of Consecrated Life and on “The Guidelines for the Reception of Ministers in the United States, Third Edition” and its plans for implementation.

The bishops will vote for the USCCB secretary-elect, the chairman-elect of five USCCB committees and board members of Catholic Relief Services (CRS) and the Catholic Legal Immigration Network, Inc. (CLINIC). They will also vote on the 2015 Conference budget, the 2016 diocesan assessment, liturgical action items including a proposal to revise “Guidelines for the Celebration of the Sacraments with Persons with Disabilities,” and a proposal to proceed on a revision to the “Ethical and Religious Directives for Catholic Health Care Services.”

Archbishop Paul S. Cooley of Oklahoma City, chairman of the CRS board, will present with Carolyn Woo, president of CRS, on CRS work on capacity building. Bishop Richard E. Pates of Des Moines, Iowa, chairman of the Committee on International Justice and Peace, will present on the recent pilgrimage of prayer for peace in the Holy Land. Cardinal Theodore E. McCarrick, archbishop emeritus of Washington, will present on USCCB engagement with the Church in Africa. Bishop Richard J. Malone of Buffalo, New York, chairman of the Committee on Laity, Marriage, Family Life and Youth, will invite the bishops to the Lay Ecclesial Ministry Summit. The bishops will also conduct the canonical consultation on the sainthood cause of Father Paul Wattson.


Bishop Bradley welcomes new priest from Colombia
Shown above is Bishop Bradley with Rev. Raul Humberto Gomez Aguilar, of the Diocese of Malaga-Soata, Colombia. Fr. Raul will be assigned to pastoral ministry for the Diocese of Kalamazoo for three years after completing his English Studies later this year.
"A time of change; a time to plan"

As we witness the signs signaling the upcoming changing of the seasons — early morning frost on the grass and the constant falling of the leaves from the now-almost bare trees — I am reminded of this profound verse from the Book of Ecclesiastes. While some children might wish for a time machine to jump to Christmas and some adults (including me) might already be dreaming of Spring, we know that everything is in God’s provident hand; as Solomon reminds us, there is “an appointed time for everything.”

The seasonal changes within nature are to be expected every year. However, culturally we are witnessing monumental changes which are unexpected, especially in regard to the most basic and foundational cell of society: the family. When our diocese conducted our “Envisioning for the Future” planning process a few years ago, we recognized the challenges our families were experiencing, which led to designating “Strengthening the Domestic Church” as one of our three major diocesan priorities. And over these last few years, our diocese has launched a number of new initiatives to address that very important reality of trying to find ways to help strengthen our families from a faith perspective. As you peruse this November edition of The Good News, and our many other diocesan communications, you can see evidence of these initiatives, from “The Energizer,” a new monthly family faith formation gathering, to new marriage preparation programs (“Joy Filled Marriage”), to a variety of other ministries and services. We are trying to offer a variety of faith-based resources to strengthen our families, the Domestic Church, the place where the roots of our faith are sown and lived out on a daily basis. As Pope Francis taught in a recent homily given while celebrating the Sacrament of Marriage for 20 couples in Rome: “It is impossible to quantify the strength and depth of humanity contained in a family: mutual help, educational support, relationships developing as family members mature, the sharing of joys and difficulties. Families are the first place in which we are formed as persons, and at the same time, the bricks for the building up of society.”

Within the Church our “appointed time” has come, through the guidance of the Holy Father, who calls us (in his words) to do some real “heavy lifting” as we examine the real challenges facing family life. We began that process a year ago when our Holy Father asked every Catholic in the world for their opinion about the challenges of family life. In every diocese, including here in the Diocese of Kalamazoo, information was gathered from parishioners through a questionnaire that had been prepared in Rome and distributed through each national Conference of Bishops. All responses from our diocese were collated and sent to the United States Conference of Catholic Bishops, which gathered information from all dioceses, and then sent everything to Rome. It was this material from our Catholic people which helped to form the framework for the agenda of the Extraordinary Synod on “The pastoral challenges on the family in the context of evangelization” which just completed its work in recent weeks.

It is obvious that the secular media gave great attention to this synod, perhaps more than ever before; unfortunately, they also created widespread confusion and drew many false conclusions, such as that the Church was considering changing our moral teaching. That, of course, is the furthest thing from the truth.

First of all, let us consider what a synod is. The word literally means, “to journey together” and this “Extraordinary” synod was called for by Pope Francis as a precursor to the Ordinary Synod which is scheduled for October 2015. The Synod gathered together representatives from every country as well as many lay experts, including a married couple from nearby La Crosse, Wisconsin.

Since the purpose of this “extraordinary” synod was to help better prepare for the “ordinary” synod next October, Pope Francis let it be known from the very beginning that synodal participants were to feel very free to have open discussion. He encouraged no one to “hold back” or worry about editing his/her thoughts. In such a setting, there are bound to be lively discussions and divergent opinions; however the result of such open discussion is to have much greater insight into and awareness of what the real issues in family life are, and begin to focus on how pastoral care can be provided for these divergent and perhaps new “changes” in family structures and family life.

But perhaps what’s most important, and what was certainly ignored by the secular media reports which focused only on one or two controversial areas of family life while ignoring the more than 50 other areas that were discussed, is that the Church is listening. As always, the Church is called to be engaged and understand the complexities of modern family life. Our response should always be rooted in the love of Christ and in our true desire to reach out in Christ-like care to all who need us.

THE BISHOP’S PERSPECTIVE

Hay un momento para todo, y un tiempo para cada cosa bajo el sol: un tiempo para nacer y un tiempo para morir, un tiempo para plantar y un tiempo para arrancar lo plantado; (Eclesiastes 3: 1-2).

“Un tiempo de cambio; un tiempo para planificar”

Al ser testigos de los signos que señalan el próximo cambio de las estaciones — heladas temprano en la mañana y la caída constante de las hojas de los arboles ahora casi desnudos — me acuerdo de este profundo verso del libro de Eclesiastés. Mientras que algunos niños podrían desear una máquina del tiempo para saltar a la Navidad y algunos adultos (incluyéndome a mí) podrían estar soñando con la primavera, sabemos que todo está en la mano providente de Dios; como Salomón nos recuerda, que hay “un tiempo señalado para todo.”

Los cambios estacionales en la naturaleza son de esperar cada año. Sin embargo, culturalmente estamos siendo testigos de los cambios monumentales que son inesperados, especialmente en lo que se refiere a la catedral más básica y fundamental de la sociedad: la familia. Cuando nuestra diócesis condujo nuestro proceso de planificación “visualizando el futuro” hace unos años, nos dimos cuenta de los desafíos que nuestras familias estaban experimentando, lo que llevó a la designación de “Fortalecimiento de la Iglesia doméstica”, como una de nuestras tres principales prioridades diocesanas. Y durante estos últimos años, nuestra diócesis ha puesto en marcha una serie de nuevas iniciativas para hacer frente a esta realidad muy importante, de tratar de encontrar la manera de ayudar a fortalecer nuestras familias desde una perspectiva de fe. Al holgar esta edición de noviembre de The Good News, y nuestras muchas otras comunicaciones diocesanas, puede ver evidencia de estas iniciativas, desde “El Energizador”, una nueva reunión mensual de formación en la fe familiar, a los nuevos programas de preparación para el matrimonio (“Matrimonio Lleno de alegría”), a una variedad de otros ministerios y servicios. Estamos tratando de ofrecer una variedad de recursos basados en la fe para fortalecer a nuestras familias, la Iglesia doméstica, el lugar donde las raíces de nuestra fe son sembradas y vividas diariamente. Como el Papa Francisco enseñó en una homilía reciente dada durante la celebración del sacramento del matrimonio de 20 parejas en Roma: “Es imposible cuantificar la fuerza y la profundidad de la humanidad contenida en una familia: ayuda mutua, amor, relaciones de desarrollo al ir madurando los miembros de la familia, el intercambio de alegrías y dificultades. Las familias son el primer lugar en el que nos formamos como personas, y al mismo tiempo, los ladrillos para la construcción de la sociedad.”

Dentro de la Iglesia ha llegado nuestra “hora señalada”, a través de la guía del Santo Padre, que nos llama (en sus palabras) a hacer algo de verdadero “trabajo pesado” al examinar los desafíos reales que enfrentan la vida familiar. Comenzamos este proceso hace un año cuando el Santo Padre les pidió a todos los católicos en el mundo su opinión acerca de los retos de la vida familiar. En esta diócesis, incluso aquí en la Diócesis de Kalamazoo, se obtuvo información de los feligreses a través de un cuestionario que se había preparado en Roma y distribuido a través de cada Conferencia Nacional de los Obispos. Todas las respuestas de nuestra diócesis se recopilaron y se enviaron a la Conferencia Estadounidense de Obispos Católicos, que recogió información de todas las diócesis, y luego la enviaron a Roma. Fue este material de nuestro pueblo católico que ayudó a formar el marco de la agenda del Sínodo Extraordinario sobre “Los desafíos pastorales de la familia en el contexto de la evangelización”, que acaba de terminar su trabajo en las últimas semanas.

Es obvio que los medios de comunicación seculares dieron una gran atención a este sínodo, tal vez más que nunca; por desgracia, también crearon confusiones generalizadas y sacaron muchas conclusiones falsas, como que la Iglesia estaba considerando la posibilidad de cambiar nuestra enseñanza moral. Eso, por supuesto, es lo más alejado de la verdad. En primer lugar, vamos a considerar lo que es un sínodo. La palabra significa literalmente “caminar juntos” y este sínodo “extraordinario” fue llamado por el Papa Francisco como un precursor para el Sínodo Ordinario que está previsto para octubre del 2015. El Sínodo reunió a obispos representativos de cada país, así como muchos laicos expertos, entre ellos un matrimonio cercano de La Crosse, Wisconsin.

Puesto que el propósito de este sínodo “extraordinario” era ayudar a prepararse mejor para el sínodo “ordinario” del próximo octubre, el Papa Francisco hizo saber desde el principio que los participantes sindicales debían sentirse muy libres de tener discusión abierta. Alentó a que nadie “contenga” o se preocupe en cómo modificar sus pensamientos. En un escenario tal, habrán debates animados y opiniones divergentes; sin embargo, el resultado de dicha discusión abierta es tener mucho mayor conocimiento y conciencia de cómo se enfrentan los problemas reales en la vida familiar, y comenzar a centrarse en cómo puede proporcionarse el cuidado pastoral para estos desafíos y tal vez nuevos “cambios” en las estructuras familiares y la vida familiar.

Pero tal vez lo más importante, y lo que estaba ciertamente ignorado por los informes de los medios seculares que se centraron sólo en una o dos áreas polémicas de la vida familiar, ignorando las otras más de 50 áreas que fueron discutida, es que la Iglesia está escuchando. Como siempre, la Iglesia está llamada a comprometerse y entender las complejidades de la vida familiar moderna. Nuestra respuesta siempre debe tener sus raíces.
New resource for building stronger marriages available

The Diocese of Kalamazoo is offering a new resource for strengthening marriages. “Discovering Our Deepest Desire” is a dynamic curriculum, or series of reflections, to help assist in building stronger relationships between husband and wives. It is intended for priests, deacons and wives, marriage and family ministers, and married couples. The program consists of two parts: 1- God’s Plan for a Joy-Filled Marriage, and 2- Living a Joy-Filled Marriage. The weekend begins with living a Joy-Filled Marriage, which covers the how to conduct and embrace living the virtues in their marriage (faith, hope, love, prudence, justice, fortitude, and temperance). This section is designed to allow the couples to establish a personal foundation and understanding of the good of marriage. The next section, God’s Plan for a Joy-Filled Marriage, covers Catholic doctrine and Theology of the Body teaching.

The program will accept tips by phone, text message, email, “Safe2Tell” program. The hotline launched on September 2 and has already field more than 100 tips.

Diocece hosts first weekend with new marriage preparation program

On October 18th & 19th, 2014, the first Joy-Filled Marriage preparation weekend was held at Transformations (Retreat Center) with nine engaged couples. The event also included priests, deacons and their wives, marriage preparation coordinators, and others who work in marriage ministry who were on-hand to see the new program in action, says Socorro Truchan, Associate Director, Domestic Church.

On his exhortation at the conclusion of the Synod, Pope Francis thanked everyone for their frank and open discussion while at the same time affirming “the fundamental truths of the sacrament of marriage: the indissolubility, the unity, the faithfulness, the fruitfulness, that opening to life.” And then, based on this great example of how the Church benefits from important gatherings such as the Extraordinary Synod, he went on to describe the Church in these beautiful words:

“…this is the Church, the vineyard of the Lord, the fertile Mother and the caring Teacher, who is not afraid to roll up her sleeves to pour oil and wine on people’s wounds; who doesn’t see humanity as a house of glass to judge or categorize people. This is the Church, One, Holy, Catholic, and Apostolic and composed of sinners, needful of God’s mercy. This is the Church, the true bride of Christ, who seeks to be united to her spouse and to her doctrine. It is the Church that is not afraid to eat and drink with prostitutes and publicans. The Church that has the doors wide open to receive the needy, the penitent, and not just the just or those who believe they are perfect! The Church that is not ashamed of the fallen brother and pretends not to see him, but on the contrary feels involved and anointed to lift him up and to encourage him to take up that journey again and accompany him toward a definitive encounter with her Spouse, in the heavenly Jerusalem.”

My dear sisters and brothers, in our own journey of faith, we need to be living our faith and reaching out to people in ways that will invite them along with us. So in this, our appointed time, in the midst of great change, let us find ways to plan for ways to respond to those changes. Let us pray for the guidance of the Holy Spirit, as the Church at every level — the universal Church, our diocesan Church, our parish Church and our domestic Churches — discerns the best ways to strengthen our families. Let these beautiful words of St. Paul in his Letter to the Ephesians be our prayer in this regard:

For this reason I kneel before the Father from whom every family in heaven and on earth is named, that He may grant you in accord with the riches of His glory to be strengthened with power through His Spirit in the inner self, and that Christ may dwell in your hearts through faith; that you, rooted and grounded in love, may have strength to comprehend with all the holy ones what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God. (Eph. 3:14-18)
Young adults start Theology on Tap series in the St. Joseph area

Food, brew, faith and fellowship are what’s on tap during a new series beginning this fall. The Lakeshore Catholic Young Adults are presenting a Theology on Tap series at On the River Tavern in St. Joseph. The series is entitled, “Holy Men and Women: Saints for Our Time” and will focus on saints who are great models of faith in a particular way for young adults of today.

The series kick-offed last month on October 30th with guest speaker Bishop Bradley. This month’s speakers include:

- November 6th, 8pm — Dr. Tim O’Malley, Ph.D., Director of the Notre Dame Center for Liturgy, will be speaking on St. Augustine
- November 13th, 8pm — Ms. Scott Boyle, Campus Minister at Roncalli High School in Indianapolis will be speaking on St. John XXIII
- November 20th, 8pm — Ms. Raquel Falk, Staff Member at St. Peter Claver Catholic Worker House in South Bend, Ind., will be speaking on Dorothy Day and the Catholic Worker Movement

The evening will include time for food, drinks, socialization, the featured speaker, discussion, and Q&A. There will be deals on food and drinks. All people, ages 18-39, are invited to attend.

For more information, visit the group’s Facebook page Lakeshore Catholic Young Adults, our event page Theology on Tap — St. Joseph, MI or contact Nathan Williams, 540-454-5862; nathanewchond@gmail.com

Caring Network’s Prayer Place: Lifting Them Up In Love

Each year, Catholic Charities’ Caring Network Program serves hundreds of pregnant and parenting women and families who are dealing with difficult situations and challenging decisions. The agency’s services are designed to offer much-needed assistance with physical, mental, and emotional needs as we help mothers to prepare for the birth of their baby and families to create safe and loving homes. Caring Network is now inviting people to help families spiritually through the newly established Caring Network Prayer Place.

Every Monday and Wednesday from Noon — 1 p.m. volunteer Prayer Partners are gathering at the Caring Network’s Van Domenecen Center (1441 South Westnedge) to lift up mothers, babies, and families through prayer. Throughout the week, clients and staff are encouraged to submit specific prayer requests and prayer partners gather to pray, offering the grace, peace, health, and hope that only God can give to each mother and family.

The Prayer Place is open between 8:30 am and 5 pm Monday through Friday. Caring Network has resources available to assist you volunters. If you would like more information about this opportunity, please contact Jeanine Boehm at 269-381-9800 or Sue at 269-548-8954.

Advent Vespers held at Nazareth

The Sisters of Saint Joseph invite you to join them for evening Taize Vespers during Advent in the beautiful and prayerful sacred space of Holy Family Chapel, at Nazareth. Deepen your observance of Advent, as we prepare our spirits for Christmas, by participating in this peaceful, reflective service involving prayer and simple song in the quiet of Holy Family Chapel. The vespers will be held from 6:30 to 7:15 p.m. on the following Sundays: November 30; December 7, 14, 21. Nazareth is located at 3427 Gull Road, Kalamazoo. Free will donations will be accepted. Participants are asked to enter the chapel through the main entrance at Nazareth Center. No pre-registration needed, but call 269-381-6290 for barrier free access directions.

Diocesan student art contest entries deadline is next month

The “Family Fully Alive Student Contest” deadline is fast approaching. Prizes and educational scholarships will be awarded to the winners in each of the categories: art, writing, music, video. Send in your entries soon, and before December 15th, 2014 in order to qualify for prizes. For details on how to enter this contest, visit our webpage at: www.diocesecatholic.kalamazoo.org/domesticchurch or email: strucharia@dioceseofkalamazoo.org

Questions? Call Soccoro at 269-903-0199.

Find out more about the Catholic Charismatic Renewal in November

The Catholic Charismatic Renewal group in the Diocese of Kalamazoo will be holding a special Life in the Spirit seminar for all those interested in learning more. “The Servants of the Lord Jesus Christ”, is a group of women and men who are in the process of praying for the baptism of the Holy Spirit. The group will be offering a one and-a-half-day version of this seminar in early November. Please contact 269-382-1246 or text 1 ½ day condensed version to explain basic Catholic teaching on the Baptism of the Holy Spirit, Salvation, the Church, the Sacrament of the sick is administered after Mass in the church. Everyone is welcome. To find out more information, please e-mail Soccoro at 269-903-0199.

Monthly Energizer offers family faith time

The Energizer offers something for the whole family! Join us as we begin our second year as we walk through the World Meeting of Families book entitled, “Love Is Our Mission: The Family Fully Alive”. We’ll meet at St. Augustine Cathedral’s Crowley Center (542 W. Michigan Avenue, Kalamazoo, MI 49007) from 5:30 – 7:30 pm. The Energizer consists of food and fellowship, praise and worship music, a 25 minute talk led by Deacon Kurt Lucas for youth and adults alike, a coinciding craft lesson for the kids under 12, and closes with prayer as we adore our Lord in the Blessed Sacrament. The cost is free with a free will donation being accepted. Please join us, bring your family and friends, as together we get energized about our faith!
COMFORT FOR THOSE WHO MOURN and WEEP

A Guide to Roman Catholic Funerals for Catholics and their Family Members

Why should we celebrate the funeral?
The Catholic Church has a long-standing tradition of accompanying the family and friends of the deceased from the time of death to the burial with the various prayers and the liturgical rites found in the Order of Christian Funerals (OCF).

What is the significance of the funeral?
The Church teaches that Christ is present with us when the funeral rites are celebrated. He will console us in our grief just as he consoled Martha and Mary at the death of Lazarus as we read in the Gospel of John, chapter 11:21-36.

How many funeral rites are there?
There are three: the vigil prayer service, the funeral liturgy and the committal service.

THE VIGIL PRAYER SERVICE

Does the Church provide a service for use during visitation?
Yes. The vigil prayer service provides the first opportunity for the presence and prayer of the Christian community with your family in the presence of the deceased. (OCF #54) The vigil prayer service expresses our Christian belief in the resurrection through the use of Sacred Scripture and special prayers of hope and consolation. (OCF #56)

Should we have a vigil prayer service?
Yes. During the celebration of the vigil prayer service, the Church community, gathered in the name of Christ, consoles you, your family and the other mourners.

When may a member of the family or a friend speak about the deceased?
The appropriate time for family members and friends to speak or show pictures on behalf of the deceased is during visitation following the vigil prayer service. This will allow for longer antidotes and stories about your loved one than can be accommodated either at the vigil prayer service or the funeral liturgy. A time of remembrance may also take place during visitation at the funeral home or at a gathering or meal following the funeral.

THE FUNERAL LITURGY

What is the purpose of the funeral liturgy?
The celebration of the funeral liturgy is intended to offer comfort and hope to you, your family and the other mourners. At the same time the funeral liturgy expresses the Christian belief in the resurrection through the ritual use of various sacred symbols. The symbols used in the rituals of the funeral liturgy are the baptismal water, the baptismal garment (the pall), Sacred Scriptures, the light of Christ (the Easter candle), the distribution of the Body and Blood of Christ (when Mass is celebrated) and the presence of the Christian community gathered in the act of worship.

Should the funeral liturgy be held for a Catholic who has died?
Yes. The funeral liturgy within Mass or outside of Mass is the most important of the three funeral rites. The funeral liturgy celebrates the life of the deceased, the Christian meaning of death and the Christian belief in the resurrection of the body.

What may our family do at the funeral?
You, your family members and friends are invited to participate in several ways, such as:
• placing the pall on the coffin once the body of your loved one has been brought into the church (the pall is a symbol of the white garment received at baptism);
• laying Christian symbols, such as a cross or a Bible, on the pall that covers the coffin after the procession into the church;
• presenting the gifts of bread and wine at the preparation of the gifts when Mass is celebrated.

Catholic family members or Catholic friends may also:
• read the Scripture passages before the Gospel reading;
• lead the General Intercessions;
• assist the priest as a server.

What type of music should be chosen for the funeral?
Christian hymns, songs and acclamations are an essential part of the funeral liturgy. Secular lyrics are not permitted. (OCF #157) The melodies should be familiar or simple enough so that your family, friends and community members can easily take part. The music will console you and your family.

Is there protocol for using flags at the funeral?
The use of flags or insignia are subject to specific civilian, military and religious regulations. (OCF #132) Upon entering the church the flag is removed and the pall is placed over the coffin. The flag may again be draped over the coffin after it is taken from the church.

THE COMMITTAL SERVICE

What is the committal service?
The tradition of Christian burial includes the practice of committing the body to its final resting place. This act of love and reverence for the body of the deceased is expressed in the Gospel of Mark 15:46: “Joseph of Arimathea… took Jesus down from the cross, wrapped him in the shroud, and laid him in a tomb…”.

Where is the committal service celebrated?
You may celebrate the committal service at the grave, tomb, mausoleum, crematorium or at sea. (OCF #206)

May the family participate in the committal service?
Yes. After the rite concludes, you and your family members may make a final gesture of farewell, for
example, by placing flowers or soil on the coffin or place of interment. (OCF #210)

**FAQ’S**

What should I do when a loved one is seriously ill or in danger of dying?

You should ask the parish priest to celebrate the Sacrament of the Anointing of the Sick, which includes Holy Communion, with your loved one. They should also continue to receive Holy Communion regularly, especially as death approaches. This is known as Viaticum.

What should I do when death occurs?

If you are the closest relative or the one responsible for making funeral arrangements you should contact the parish office and a funeral home prior to or immediately following the death of your loved one. The priest or his delegate may be available to come at the time of death to pray with you in the presence of the deceased or you may offer prayers for the deceased.

Does the Catholic Church allow cremation?

Yes. If necessary, you may choose cremation when the reasons for doing so are not contrary to Christian belief. If at all possible, cremation should be delayed until after the funeral liturgy so that the body of the deceased may be honored at the funeral.

The brochure “The Church and Cremation” will answer many of your questions. It is available through your parish or by contacting the Diocesan Office of Christian Worship. The address is included at the end of this article.

Who will schedule and prepare the funeral liturgies?

Contact the parish office to arrange for the parish priest or his delegate and the music director to help you schedule and prepare the funeral liturgies.

**CONCLUSION**

The Catholic Church continues the Christian tradition of offering consolation and hope through the celebration of these rites. You can be assured that Christ, who comforts those who mourn and weep, will comfort you, your family and friends in your time of need.

The Leader’s edition of A Guide to Catholic Funerals and the brochure, The Church and Cremation, are available by contacting the Office of Christian Worship 215 N. Westnedge Avenue, Kalamazoo, MI 49007-3760 Contact: David Reilly 269-903-0193 email: dreilly@dioceseofkalamazoo.org

**Bishop Bradley released the following statement on the Extraordinary Synod:**

“The recent conclusion of the Extraordinary Synod held in Rome on “Pastoral challenges to the family in the context of evangelization” was a beautiful example of all that is good and holy about the Catholic Church and reaffirmed how essential marriage and family life are to the Church and to society. Being keenly aware of the serious challenges facing family life in all parts of the world, Pope Francis called for an Extraordinary Synod to discuss these important matters. It is especially important to note that this Extraordinary Synod was the first of a two-part event. Discussions of the recently concluded Extraordinary synod, and the concluding document, were not designed to reach definitive conclusions but instead were designed to be used as the context for the agenda for a larger meeting of bishops in the XIV Ordinary General Assembly, to be held in October, 2015. The theme of that synod gathering will be, “Jesus Christ reveals the mystery and vocation of the family.” At the conclusion of next year’s synod the participants will offer proposals for the Pope’s approval for a final synod document.

“Understanding this structure and process of the Church is of crucial importance, especially in light of significant amount of confusion and misunderstanding caused by much of the secular media occasioned when the synod’s “mid-term” report was distributed. It is very important to state clearly that the teachings of the church have not changed, nor have the Truths of our faith been compromised. The Extraordinary Synod reaffirmed the sanctity of marriage and the protection and dignity of all human life. What was accomplished through this Extraordinary Synod was a new openness, transparency and willingness to discuss the real issues challenging the most basic cell of society and of the Church: the family.

“While the media coverage of offering consolation and hope through the celebration of these rites is a deep desire to understand, to listen and to respond with meaningful and innovative pastoral solutions to the challenges facing the family. These challenges include the need to help build strong marriages, the call to reach out to all those estranged from the Church and the plan to create avenues for healing and reconciliation.

“We are on a journey—the very heart of what the word “synod” means: to journey together. It is in this spirit that we continue to be open to the guidance of the Holy Spirit.”

**St. Pope John Paul II Pilgrimage**


A 7 Day pilgrimage ~ Walk in the Footsteps of St. Pope John Paul II, Stay in Kraków’s City Center near Medieval Market Sq., See the Black Madonna, Tour the legendary Wielicza Salt Mine, Experience Auschwitz & Birkenau, Visit the cell of St. Maximilian Kolbe...

Excursion Price: $3,485 (includes airfare budgeted at $1200 +/-)

LIMITED TO 26 TRAVELERS.

For details contact: Chris Dougherty ~ Pilgrimage Coordinator 419-345-2812 or cdougherty@pinnaclesoutrexiene.com

www.pinnaclepilgrimages.com

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**HOUSEHOLDS IN AMERICA**

A snapshot of the family in the United States

- MARRIED-COUPLE FAMILIES: 48%
- FEMALE-HEADED FAMILY, NO HUSBAND PRESENT: 13%
- MALE-HEADED FAMILY, NO WIFE PRESENT: 5%
- NONFAMILY HOUSEHOLD: 34%

**Averages**

- Population in all households: 305,885,362
- Average family size: 3.25
- 29% of all households include children under 18
- Total households: 115,906,540
- Median household income: $44,162
- Unmarried cohabiting households: 5.3%
- Unmarried opposite-sex couples households: 5.78%
- Same-sex married couples households: 0.55%

*Data from the U.S. Census Bureau 2012 American Community Survey
© 2014 CNS Graphics

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www.pinnaclepilgrimages.com
Research by Catholic school students destroyed when NASA rocket exploded

Science work will be recreated and launched at a later date.

KALAMAZOO, Mich. (Oct. 29, 2014) —

“Science is all about trial and error, and unfortunately an error occurred with Mission Six. All we can do is give science another try and move forward.”

Those are the words of Grace Brennan, one of four local Catholic School students, whose research was being carried on an unmanned NASA-contracted rocket, which exploded Tuesday evening just six seconds after launch from the Wallops Flight Facility in Wallops Island, Va.

Brennan and her science team-mates Natalie Moyer, Mackenzie Ortlieb and Delaney Hewitt, all freshman at Hackett Catholic Prep, had visited the launch site one day earlier, along with Becky Reits, principal of St. Monica Catholic School. The girls created their experiment during their 8th grade year at St. Monica, last spring.

The group from Kalamazoo had high hopes of watching the rocket launch, which was originally scheduled for Monday night. They shivered on the beach in anticipation, but the Monday launch was scrubbed during the final countdown, when a boat was discovered in the launch area. The group returned to Kalamazoo on Tuesday.

When NASA rescheduled the launch on Tuesday, all four girls watched it, along with Reits, from cell phones and screens in a Hackett Catholic Prep hallway. They were as shocked as NASA officials when the vehicle exploded just six seconds after lift-off around 6:22 p.m. Tuesday night.

“Everything started out being great and we all stood with our arms around each other, as the rocket started going up,” said Hewitt, describing the scene in Hackett’s gym, last night. “Then all of a sudden the rocket turned into a massive fireball.”

“The vehicle suffered a catastrophic failure,” the Orbital Sciences Corporation reported, in a press release issued Tuesday night. “According to NASA’s emergency operation officials, there were no casualties and property damage was limited.”

An estimated 5000 lbs. of international cargo, however, was destroyed in the blast, according to CNN reports. Some of that cargo included supplies for astronauts working on the International Space Station, in addition to professional research projects studying everything from Alzheimer’s Disease to headaches.

NCESSE released a statement saying their staff “is absolutely committed to re-flying the M6 payload — including the student work, which will have to be recreated. All costs will be underwritten by NCESSE,” the statement said.

The girls say they are absolutely committed to moving forward. “You have to be ready to deal with all of the crazy things that life throws at you,” said Moyer. “I feel, ultimately, that this has helped us grow as students.”

The girls’ experiment — titled “Microgravity’s Effects on Dry Lake Fairy Shrimp” — was part of what was to be the sixth mission, sponsored by the Student Spaceflights Experiments Program (SSEP), which is headquartered in Ellicott City, Md., and is overseen by the National Center for Earth and Space Science Education (NCESSE). The experiment was created as part of a STEM (Science, Technology, Engineering and Math) curriculum, which involved 406 middle school students from across the Diocese of Kalamazoo, in schools also including St. Augustine Cathedral School, Kalamazoo, St. Joseph Middle School, Battle Creek and St. Stanislaus Catholic School, Dorr.

Through this program, students are able to create experiments, have them reviewed by a national team of scientists, and watch them shuttled into space for activation at the International Space Station.

Also destroyed in Tuesday’s blast were two emblems, designed by Brigid Roth, a 5th grader at St. Augustine, and Hannah Oo, a 7th grade student at St. Joseph Middle School. These young artists were looking forward to having their art work returned to them, with an insignia saying their emblems had flown in space. They, too, will have an opportunity for a relaunch.

Mission Six was originally scheduled to fly on Oct. 24, but was rescheduled later in the month due to damage suffered to a tracking station in Bermuda, following Hurricane Gonzalo.

Bishop Bradley shares third pastoral letter — continued cover story

Some parish staffs within the partnerships have begun by combining youth group activities or confirmation classes while others are exploring sharing maintenance and accounting resources.

Incorporated into the letter is Bishop Bradley’s invitation for all faithful to set-aside all Fridays within the new liturgical year as a special time of hope and renewal. In his letter he writes, “Given all the current challenges confronting us and all of society, and given our conviction that there is nothing more powerful than prayer, I call on our entire Catholic family of faith to make this upcoming new liturgical year a time for special prayer, fasting, acts of charity and personal growth and ongoing education in the faith.”

The Bishop is inviting all Catholic to join him in observing each Friday throughout the liturgical year, November 22, 2014 through June 7, 2015, as a designated “Day of Prayer and Sacrifice.”

Included within the letter are special prayer intentions and a robust appendix including a parish assessment tool and a listing of Church Canons.

Visit www.dioceseofkalamazoo.org to download a copy of the pastoral letter. Printed copies will be distributed in parishes the weekend of November 22 and 23.
Sacred Permission to be Human and the Tools to Handle Frustration

By Timothy McNamara

Sometimes certain texts in the Bible make you wonder: Is this really the word of God? Why is this text in scripture? What’s the lesson here?

For example, we have verses in the Psalms, in passages that we pray liturgically, where we ask God to bash the heads of the children of our enemies against a rock. How does that invite us to love our enemies? We see passages in the Book of Job where Job is in despair and curses not on only the day he was born but the very fact that anyone was born. It’s impossible to find even a trace of anything positive in his lament. Similarly, in a rather famous text, we hear Qoheleth affirm that everything in our lives and in the life of this world is simple vanity, wind, vapor, of no substance and of no consequence. What’s the lesson here? Then, in the Gospels, we have passages where the apostles, discouraged by opposition to their message, ask Jesus to call down fire and destroy the very people to whom they are supposed to minister. Hardly an exemplar for ministry!

Why are these texts in the Bible? Because they give us sacred permission to feel the way we feel sometimes and they give us sacred permission to help us deal with the shortcomings and frustrations of our lives. They are, in fact, both very important and very consoling texts because, to put it metaphorically, they give us a large enough keyboard to play all the songs that we need to play in our lives. They give us the laments and the prayers we need to utter sometimes in the face of our human condition, with its many frustrations, and in the face of death, tragedy, and depression.

To give a simple example: A friend of mine shares this story: Recently he was in church with his family, which included his seven-year-old son, Michael, and his own mother, Michael’s grandmother. At one point, Michael, seated beside his grandmother, whispered aloud: “I’m so bored!” His grandmother pinched him and chided him: “You are not bored!” as if the sacred ambience of church and an authoritative commentator could change human nature. They can’t. When we’re bored, we’re bored! And sometimes we need to be given divine permission to feel what we’re spontaneously feeling.

Some years ago, for all the noblest of intentions, a religious community I know wanted to sanitize the Psalms that they pray regularly in the Divine Office to rid them of all elements of anger, violence, vengeance, and war. They had a council of their own scripture scholars do the work so that it would be scholarly and serious. They succeeded in that, the product was scholarly and serious, but stripped of all motifs of violence, vengeance, anger, and war what resulted was something that looked more like a Hallmark Card than a series of prayers that express real life and real feelings. We don’t always feel upbeat, generous, and faith-filled. Sometimes we feel angry, bitter, and vengeful. We need to be given sacred permission to feel that way (though not to act that way) and to pray in honesty out of that space.

My parents, and for the most part their whole generation, would, daily, in their prayers, utter these words: To You do we send up our sighs, mourning and weeping in this valley of tears. Our own generation tends to view this as morbid, as somehow denigrating both the beauty and joy of life and the perspective that faith is meant to give us. But there’s a hidden richness in that prayer. In praying in that way, they gave themselves sacred permission to accept the limits of their lives. That prayer carries the symbolic tools to handle frustration; something, I submit, we have failed to sufficiently give to our own children. Too many young people today have never been given the symbolic tools to handle frustration, nor sacred permission to feel what they are feeling. Sometimes, all good intentions aside, we have handed our children more of Walt Disney than Gospel.

In the Book of Lamentations we find a passage that while sounding negative on the surface, is paradoxically, in the face of death and tragedy, perhaps the most consoling text of all. The text simply states that, sometimes in life, all we can do is put our mouths to the dust and wait!

That’s sound advice, spoken from the mouth of experience and the mouth of faith.

The poet, Rainer Marie Rilke, once wrote these words to a friend who, in the face of the death of a loved one, wondered how or where he could ever find consolation. What do I do with all this grief? Rilke’s reply: “Do not be afraid to suffer, give that heaviness back to the weight of the earth; mountains are heavy, seas are heavy.” They are, so too is life sometimes and we need to be given God’s permission to feel that heaviness.

Sacred Music at the Cathedral 2014-15 concert season

Ss. Peter and Paul Choral Scholars

Matthew Sprinkle, artistic director

Friday, 14 November 2014
7pm

St. Augustine Cathedral
542 W. Michigan Ave.
Kalamazoo, MI 49007 • 269.345.5147
Open to the public with a free-will offering

Scouting Committee releases deadlines for religious badges/honors

By Timothy McNamara

With school in full swing, it is that time of year to begin work on your religious emblems. Following are important deadlines and information.

Fall/Winter 2014/2015

Begin and continue working on Catholic religious emblems for Scout’s age group. Scouts working on the Light of Christ, Parvuli Dei Boy Scout workbooks and Scouts working on the Family of God, I Live My Faith Girl Scout workbooks can complete the workbook with their parents or pack/troup leadership. The Ad Altare Dei, Pope Pius XII (please see below information)/Mary, the First Disciple, The Spirit Alive medal programs require a trained counselor. To find a counselor contact Tim McNamara at the Diocese of Kalamazoo at 269-903-0139 or at tmcnamara@dioceseofkalamazoo.org.

March 1st, 2015

Deadline for nominations for adult Catholic religious emblems (contact Tim McNamara at 269-903-0139 or at tmcnamara@dioceseofkalamazoo.org).

March 15th, 2015

Deadline for Scouts to submit applications for Catholic religious emblems. Please submit only the signed application form from the back of the workbook. Please include payment for the medals with the application. Forms and payments can be sent to: Diocese of Kalamazoo, c/o Tim McNamara, 215 N. Westnedge Ave., Kalamazoo, MI 49007.

April 19th, 2015

Diocesan Scout Mass with Bishop Bradley presiding, 3 p.m. at St. Augustine Cathedral (542 W. Michigan Ave., Kalamazoo, MI 49007). All Catholic Scouts (Boy Scouts, Girl Scouts, CampFire, and American Heritage Girls), Scouters, Committee Members, Family and Friends, are invited. At this Mass the Scouts who earned Catholic religious medals will receive them from Bishop Bradley and the adult awards will be presented as well. All Scouts and Scouters in attendance will receive a participation patch. A reception will follow in the St. Augustine Crowley Center.

Please contact your Pack/Troop leader and ask about starting these programs based on your scout’s grade level. If you don’t have a religious emblem coordinator, are a Catholic in a non-Catholic Pack/Troop, need information about workbooks and programs, or have any other questions, please contact Tim McNamara at tmcnamara@dioceseofkalamazoo.org.
Síntesis de la Familia Convocada por el Papa Francisco

Del 5 al 19 de octubre de 2014 en Roma se tuvo la III Asamblea General Extraordinaria del Sínodo de Obispos, convocada por el Papa Francisco con el lema “Los desafíos pasionales de la familia en el contexto de la evangelización”.

Para este Sínodo se reunieron alrededor de 200 Obispos de los diferentes países del mundo. Fue un Sínodo muy participativo; se les pidió a todos los católicos del mundo expresar sus ideas a través de una encuesta a nivel parroquial que luego se elevó a nivel diocesano, nacional y los Obispos escucharon la voz de todos.

¿Qué Es la Vocation a la Vida Consagrada?

Por Roberto Jose Guerrero

Seminario de la Diócesis

Esta, es una de las preguntas que en medio de tantas, brosta del corazón de alguien que desea en virtud de su libertad, optar por la vida consagrada. La vocación es un don que parte de Dios, y que se entiende desde la perspectiva bondadosa de Dios, quien llama y confirma su invitación atraves de su fidelidad consagrada.

¿Qué Es la Vocación a la Vida Consagrada?

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La Misa bilingüe en la Catedral. Preside Nuestro Obispo Paul J. Bradley — As in past years, the Most Rev. Paul Bradley will preside the bilingua lMass in honor of the Feast of Our Lady of Guadalupe. This year it will take place on Thursday, December 11, 2014 at 6:30 p.m. in St. Augustine Cathedral, 542 W. Michigan Ave., Kalamazoo, MI 49007. We hope you can reserve some time to accompany the Virgin Mary on her day. It is suggested to dress in traditional clothing of different countries of origin. It is also suggested for families to bring roses to offer the Virgin Mary. There will be a reception after Mass.

Programa de Consejería en Español: Programa de Recuperación de Trauma

Ya hemos trabajado con el primer grupo en español; los participantes han expresado que se han beneficiado bastante de este programa. Si usted conoce a alguna persona que se encuentra en su infancia o de adulto sufra cualquier tipo de trauma (físico, sexual, negligencia etc) y quiere ayudarle, por favor remítalos a una de las siguientes personas: Licenciada Mira-Amaya (269) 929-7844 o Fanny Tabares (269) 903-0209.

El Programa de Recuperación de Traumas está basado en el Modelo de Trauma, un modelo psico-educacional que ayuda a las personas a aprender cómo integrar sus sentimientos, pensamientos y comportamientos. Las investigaciones actuales indican que los recuerdos en la memoria, en el mejor de los casos, son de poco fiar. Por lo tanto, este modelo infunde vivir eficientemente en el presente en vez de restablecer reperos reprimidos. La curación no toma lugar en el nivel de los recuerdos. La curación ocurre en el nivel del procesamiento e integración de los sentimientos, pensamientos, percepciones, y comportamientos. El trauma es un suceso o una serie de sucesos combinados con la vulnerabilidad de una persona que crea un obstáculo en el normal desarrollo humano.

Fortaleciendo las Familias en la Fe (Reflexión #10)

Por Verónica Rodríguez

“Los niños aprenden a fiarse del amor de sus padres. Por eso, es importante que los padres cultiven prácticas comunes de fe en la familia, que acompañen el crecimiento en la fe de los hijos” (Papa Francisco, Encíclica Lumen Fidei).

Actividad para hacer en familia este mes de Noviembre: Ahora en el mes de noviembre se celebra el Día de Acción de Gracias o “Thanksgiving”. Es un día para reunirse en familia y dar gracias por todas las bendiciones que nos ha dado Dios. Algunas parroquias tienen una cena de “Thanksgiving” para familias necesitadas, esta sería una excelente oportunidad para ayudar en familia a servir los platos de comida o entregar despensas de comida. Así toda la familia asiste y compartiendo con la familia extendida, la familia parroquial. Si no celebran “Thanksgiving,” por qué no comenzar esa linda costumbre y quizás el primer paso sería aprender sobre la historia del Día de Acción de Gracias.
November 11: Catholic Business Persons lunch, Mangia Mangia, Kalamazoo, 11 a.m. – 1 p.m. Cost is $10 for lunch. Please RSVP to Jamin Herold herold@dioceseofkalamazoo.org.

November 12: “Praying the Mass” by Jamin Herold, Associate Director, New Evangelization, Diocese of Kalamazoo, Holy Angels, Sturgis, 6 p.m.

November 13 and 20: Theology on Tap series at On the River Tavern in St. Joseph. November 13th, 8 p.m.- Mr. Scott Boyle, Campus Minister at Roncalli High School in Indianapolis will be speaking on St. John XXIII and Thursday November 20th, 8 p.m. – Ms. Raquel Falk, staff member at St. Peter Clever Catholic Worker House in South Bend, IN will be speaking on Dorothy Day and the Catholic Worker Movement. For more information, visit the group page Lakeshore Catholic Young Adults, or contact Nathan Williams at 540-454-5862 and nathanechond@gmail.com

November 14: Faith to Overcome Fear: An Evening with Dale Spencer, 7 p.m. Rose Center, St. Joseph. Contact the Parish Office 269-983-1575.

November 15: 11th annual fair trade Marketplace at Saint Catherine of Siena, Portage. Contact Ed Bachleda via e-mail at eddie128@gmail.com or phone: 269-327-1192.

November 16: Diocesan Confirmation with Bishop Bradley, St. Augustine Cathedral, 3 p.m.

November 19: Charities Dine to benefit Catholic Charities Diocese of Kalamazoo, all day at participating restaurants. Visit www.ccdok.org for more information.

November 21: Theology on Tap: The Catholic Connection Group of Albion College and St. John Parish is co-hosting Theology on Tap at 7 p.m. at Cascarelli’s of Albion. Theology on Tap is a program for college age young adults, married or single, Catholic or non-Catholic. It is an opportunity to learn about the Catholic faith and gather for fellowship and conversation while engaging your questions or concerns. Contact Tim at tmcmamara@dioceseofkalamazoo.org or Carolyn at carolyn@stjohn-church.org

November 22: Day of Reflection for Adults with Cognitive/Developmental Disabilities, Retreat Center, Pretty Lake Vacation Camp, 9:123 Q Avenue, Mattawan. This day of retreat and prayer will examine the “Secret Code” of the Carol The 12 Days of Christmas. Cost: $15. Scholarships available. Contact: Lisa Irwin, irwin@dioceseofkalamazoo.org

November 22: Diocesan Monthly Energizer, Crowery Center, St. Augustine Cathedral, Kalamazoo, 5:30 p.m. Participants come together for food, praise and worship music, talks for all age groups and adoration. Contact: Jamin Herold at herold@dioceseofkalamazoo.org

November 22: Our Lady of the Lake Dedication Mass with Bishop Bradley and celebration, 4 p.m., Edwardsburg.

November 30: “Praying the Mass” by Jamin Herold, Associate Director, New Evangelization, Diocese of Kalamazoo, St. Mary in Paw Paw, 4 p.m.

December

Diocesan Pastoral Council quarterly meeting with Bishop Bradley, 10 a.m. – 2 p.m., Crowley Center, St. Augustine Cathedral.

December 6: St. Nicholas Day with Bishop Bradley, 3-5 p.m. St. Catherine of Siena, Portage.

Trauma Recovery Program helps survivors learn to remember, not relive, their painful pasts

By Sharon Froom

The lives of adult survivors of childhood trauma are often severely limited due to their efforts to avoid reminders of their painful pasts. If they have not learned to regulate their feelings they experience these reminders as if they were reliving traumatic events. As a result, their thoughts, feelings, and behaviors are disproportionate to here-and-now situations so they tend to either over or underreact to triggering events.

In the Trauma Recovery Program we make a distinction between re-living and remembering. Our goal is to teach trauma survivors to regulate their feelings so their thoughts, feelings and behaviors are consistent with what is happening in the here-and-now rather that what they are re-living reminders from their pasts. With these new skills survivors become less fearful of trigger situations therefore free to focus on building more satisfying lives.

If your life is dictated by what you fear rather than what you want to embrace you may benefit from the Trauma Recovery Program. In a small group setting, facilitated by mental health professionals we will help you understand what provokes you to make limiting choices and teach you skills to break this destructive cycle. The program is free to any adult Catholic struggling with issues from childhood due to any kind of abuse or severe neglect.

There is hope for healing.

Information for side bar

Groups are forming now for winter/spring 2015.

Sign up soon to assure a spot.

Choose an a.m. or p.m. group.

a.m. group meets 9:30 to noon on February – 9, 16, 23

March – 2, 9, 16, 21

(Sat., 9:00 to noon), 23, 30

April – 6, 13, 20

p.m. group meets 9:30 to noon on February – 9, 16, 23

March – 2, 9, 16, 21

(Sat., 9:00 to noon), 23, 30

April 13 (no p.m. group on Easter Monday, April 6)

Contact Sharon Froom, 269-381-8917 (ext. 222) for more information and to register.

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CEO, TITLE, OR EMAIL

SPEAKER NAME

THE ART & PRAYER OF JOURNALING FOR WOMEN

Sponsored by the Diocese of Kalamazoo, the class will include time for prayers, reflection, sharing of methods, and suggestions as well as quiet time to engage in your own conversation with the Holy Spirit.

Centering Prayer Retreat Day with Betty Mehang, CSJ & Nikole Gustman

Saturday, Dec. 13

Listen for the still, small voice of God away from all the day to day things that fill, and sometimes drown, out your heart and mind.

More info & registration

The Presence Kalamazoo 2015:

Friday, February 6th – Sunday, February 8th, Haskell Catholic Center in Kalamazoo.

This Eucharistic encounter with Our Lord present amongst His people is a retreat for high school youth. Information: http://thepresencekalamazoo.org. Please contact Tim McNamara at tmcmamara@dioceseofkalamazoo.org.

Bishop calls for volunteers for sisters diocese committee

Bishop Bradley has called for a special committee to be formed to explore ways we can further connect and collaborate with the Diocese of Lodwar to strengthen our “sister” diocese relationship. If you are interested in participating in this committee please contact Vicki Cessna, Diocese of Kalamazoo, vossina@dioceseofkalamazoo.org.

An initial meeting will be planned for November or early December.

December 11: Bilingual Mass with Bishop Bradley for the Feast of Our Lady of Guadalupe. St. Augustine Cathedral, Kalamazoo, 6:30 p.m.

SAVE THE DATE:

December 15: “Praying the Mass” with Bishop Bradley, 9:30 to 11 a.m., group meets 9:30 to 11 a.m., Cathedral, 3 p.m.

December 22: Day of Reflection for Adults with Cognitive/Developmental Disabilities, Retreat Center, Pretty Lake Vacation Camp, 9:123 Q Avenue, Mattawan. This day of retreat and prayer will examine the “Secret Code” of the Carol The 12 Days of Christmas. Cost: $15. Scholarships available. Contact: Lisa Irwin, irwin@dioceseofkalamazoo.org

December 22: Diocesan Monthly Energizer, Crowery Center, St. Augustine Cathedral, Kalamazoo, 5:30 p.m. Participants come together for food, praise and worship music, talks for all age groups and adoration. Contact: Jamin Herold at herold@dioceseofkalamazoo.org

November 22: Our Lady of the Lake Dedication Mass with Bishop Bradley and celebration, 4 p.m., Edwardsburg.

November 30: “Praying the Mass” by Jamin Herold, Associate Director, New Evangelization, Diocese of Kalamazoo, St. Mary in Paw Paw, 4 p.m.

DECEMBER

Diocesan Pastoral Council quarterly meeting with Bishop Bradley, 10 a.m. – 2 p.m., Crowley Center, St. Augustine Cathedral.

December 6: St. Nicholas Day with Bishop Bradley, 3-5 p.m. St. Catherine of Siena, Portage.


Making a Report of Sexual Misconduct

A report of sexual misconduct may be initiated at the Diocese of Kalamazoo’s Sexual Misconduct Question and Reporting Line: 877-802-0115. A caller will be requested to provide his or her name and telephone number. All calls regarding sexual misconduct will be returned, usually within one hour. This toll-free telephone number has been established as a part of the diocese’s effort to protect children, young people and other vulnerable people in our schools, parishes and ministries. This line is for reporting suspected sexual misconduct or child abuse within diocesan institutions and ministries only. If you have some other concern about diocesan schools, parishes or ministries, please contact the appropriate diocesan school, parish or office directly. In all cases of sexual abuse you are encouraged to report all cases to the local police or protective services.
St. Monica Catholic School opens its doors to home-schooled students

For the first time in its 56-year history, St. Monica Catholic School will open its doors to home-schooled students who may wish to try a traditional classroom experience for an hour or two a day.

Home-schoolers in grades K-8 can enroll in core curriculum classes in math, science, theology, English Language Arts (reading and writing) and social studies. Home-schooled students will be placed in classrooms on a space-available basis, and each course will cost $700 per year.

Enrollment is open to any home-schooled student who is a member of St. Monica Parish, or any one of the seven parishes that financially support St. Monica Catholic School: St. Ann, St. Catherine of Siena, St. Thomas More Student Parish, St. Ambrose, St. Augustine, St. Mary’s and St. Joseph.

Principal Becky Reits said the school decided to open its doors to home-schoolers “when I was approached by a prospective parent, last spring, who mentioned that there is a need for and an interest in creative educational options such as these, among home-schooled families.”

Students collect non-perishable food items for WeCare

In honor of St. Vincent de Paul feast day in October, students and families of Saint Basil Catholic School generously collected non-perishable food items that were donated to WeCare Inc. to help those in need in the local community.

Lake Michigan Catholic

During the month of October, all Lake Michigan Catholic third-graders were involved in a Christian community service project called Trick or Treat So Our Community Can Eat! The students collected donations of non-perishable items such as soups, boxed macaroni and cheese, cereal or toiletries (shampoo, shaving cream, toilet paper). All items are placed in “boo-tifully” decorated trick-or-treat bags and will be delivered to the Catholic Community Center.

Your Health Today

Losing Weight Leads to Gaining Life

If you’re struggling to maintain a healthy weight, you’re far from alone. Obesity affects nearly one in three Americans, and in Michigan, it’s estimated that more than 60 percent of residents are overweight.

While there is no cure for obesity, the American Medical Association has recognized it as a disease, a condition that with hard work and lifestyle modification, can be successfully managed. Obesity can lead to many health problems, as well as emotional suffering from the emphasis our society places on appearance. Although losing weight is far from easy, even shedding a modest amount of weight can improve or prevent serious health issues.

How is Obesity Measured?

Body mass index (or BMI) is a number health care providers use to determine if patients are at risk for weight-related diseases. This number is calculated from your weight and height to estimate how much body fat you have. In general, if your BMI is 30 or greater, you should talk to your doctor about what you can do to lose weight. (To calculate your BMI, visit cdc.gov/healthy weight/assessing/bmi.)

Losing Weight = Gaining Life

By losing only 5 to 10 percent of your total body weight, you can see improvements in your health. Successful weight loss hinges on making these important lifestyle changes:

• Eating right—That means more fruits, vegetables and whole-grain carbohydrates, and limited amounts of salts, sugars and fats. Emphasizing lean meats (and proteins like beans, lentils and soy), as well as eating fish twice per week, is also ideal. Your provider can also help you review how many calories you normally take in each day, and make recommendations on where you can cut back.

• Working out—The American College of Sports Medicine recommends that people who are obese get at least 150 minutes a week of moderate physical activity. For significant weight loss, you may need to get 250 to 300 minutes of exercise weekly. Before beginning any exercise regimen, talk to your doctor first. (Remember, some exercise is always better than no exercise.)

• Embracing support—Therapy with a trained professional can help you get to the root of any emotional or behavioral issues related to your eating habits, as well as learn how to develop healthier coping mechanisms. You can also find understanding and camaraderie by joining a support group where others share similar health challenges.

Your provider may recommend weight-loss medications or surgery if other methods haven’t worked, or if you already have health complications stemming from obesity.

For more on maintaining a healthy weight, or to make an appointment with Dr. Rumana Yunus, call Borgess Family & Internal Medicine, at (269) 565.9120.