

# FAMILY MATTERS

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

**Nov./Dec. 2016**

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Archdiocese of Dubuque

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*"The relationships within the family bring an affinity of feelings, affections and interests, arising above all from the members' respect for one another." (No. 2206)  
Catechism of the Catholic Church*

The office of Family Life offers support and training to parishes and individuals interested in this ministry. We invite you to volunteer for any of these ministries or to offer suggestions to our office.

**We're on the Web!**

See us at:  
[www.dbqarch.org/familylife](http://www.dbqarch.org/familylife)

## Highlights

In this edition, we highlight a number of topics, from the closing of the Year of Mercy, to Thanksgiving and the Advent/Christmas season. We look at a variety of national dates of celebration, including Parents As Teachers Day, Election Day, National Adoption Month, and Family Life Sunday. We also hold in prayer the faithful departed and those who grieve the loss of a loved one.

As the holiday season quickly approaches, the Family Life Office wishes your family a joy-filled Thanksgiving, a holy Advent Season, and a blessed Christmas!

## YEAR OF MERCY

### "Bury the Dead"

Week of November 6-12

The final corporal work of mercy for this Year of Faith calls us to "bury the dead." November has traditionally been a month to remember and pray for those who have gone before us during the past year, and to pray with those who grieve the loss of loved ones.

How might your family practice this corporal work of mercy?

- Attend parish wakes/funerals and visit those who have lost loved ones
- Volunteer to help care for the parish cemetery
- Take friends or relatives to visit the cemetery.
- Offer daily prayers for the terminally ill and for those who have died
- Light a candle in memory of recently deceased loved ones



The Year of Mercy officially ends with the Feast of Christ the King, November 20, 2016. The Archdiocese of Dubuque will celebrate a closing of the Year of Mercy with a Mass at the Cathedral of St. Raphael in Dubuque on November 20<sup>th</sup> at 5:30 PM, with Archbishop Michael Jackels as the presider.

For more information about the *Extraordinary Jubilee Year of Mercy*, see the following: <https://www.dbqarch.org/yearofmercy/>

## Hospice and Home Care Awareness Month

During November, the home care and hospice community honors the millions of nurses, home care aides, therapists, and social workers who make a great difference for the patients and families they serve. Learn more about Hospice or Home Care: <http://www.nahc.org/> or <http://www.nhpco.org/nhpco-0> Contact the Family Life Office to learn about Bereavement Ministry Order "Sit with Me" - *The Rosary for the Homebound, Sick and Dying* here: <https://www.dbqarch.org/wp-content/uploads/2014/06/SITWITHMEorderform.pdf?x92987>

## NOVEMBER



### National Vocations Awareness Week

National Vocations Awareness Week will be observed from November 6-12, 2016. It is "an annual week-long celebration of the Catholic Church in the United States dedicated to promote vocations to the priesthood, diaconate, and consecrated life through prayer and education, and to renew our prayers and support for those who are considering one of these particular vocations" (usccb.org).

We pray not only for vocations to priesthood and religious life, but also for those married in the Church, as well as single persons dedicated to service as they say "yes" to God's plan for their lives. May all members of the Body of Christ be faithful, with good and generous hearts, and dedicated to the unique way of life God has planned for them.

For information on Vocations in the Archdiocese of Dubuque:  
<https://www.dbqarch.org/offices/vocations/>



### Election Day - November 8



Election Day is November 8<sup>th</sup>. Be an informed voter, and teach children about moral decision-making. For more information:  
[www.dbqarch.org/faithfulcitizenship-2/](http://www.dbqarch.org/faithfulcitizenship-2/) or  
[www.faithfulcitizenship.org](http://www.faithfulcitizenship.org)



### November is National Adoption Month

National Adoption Day is celebrated on the Saturday before Thanksgiving each year. This year, it falls on November 19<sup>th</sup>. For more information on National Adoption Day, see:  
<https://focusoncampus.org/content/adoption-5aa27774-1bca-43f9-a0b4-784f6a8a7d66>



### Thanksgiving Day - November 24

Thanksgiving encourages us to reflect with gratitude on what is happening in our lives and on the many gifts God provides for us. This is a wonderful time to explore with your own family the variety of ways that the Thanksgiving holiday enables you to focus on food, family and faith, both in our homes and in the wider community.

Gather your family to share these Prayers of Thanksgiving:

<http://www.catholic.org/prayers/prayer.php?p=890>

<http://www.catholic.org/prayers/prayer.php?p=492>

<http://www.americancatholic.org/features/thanksgiving/prayers.aspx#F2>



During Thanksgiving and the upcoming Advent and Christmas season, consider the many ways your family might start new traditions. Check out this article on The Power of Catholic Family Traditions:  
[http://www.paulthigpen.com/?page\\_id=694](http://www.paulthigpen.com/?page_id=694)

## DECEMBER



### Advent in the Home

Advent can be a perfect time to gather as a family in anticipation of the Savior's coming. Make it a time to develop new habits that will carry through not only the Advent and Christmas season, but throughout the entire new year.

Develop family prayer time by gathering as a family to decorate a Jesse Tree:

<https://www.loyolapress.com/our-catholic-faith/liturgical-year/advent/the-jesse-tree>

Find free printables here: <http://www.catholicicing.com/jesse-tree-readings-ornaments-and-free-printables/>

Build and display an Advent wreath in your home, and come together as a family to light the candles each week:

<https://www.catholiccompany.com/getfed/the-advent-wreath-tradition-meaning/>

Video: Discover how families can prepare their homes and their hearts for Jesus:

<https://www.youtube.com/watch?v=wV5zALUosFO&list=PLRcI1ZoM8rj3I-X7LBOd5wzpkV1Fx-2YF&index=57>

### Keeping Jesus in the Season

In the hustle and bustle of the season, we often forget the true meaning of Christmas. Consider reflecting as a family on the miracle of that first Christmas Eve. Let this be an opportunity for teaching lessons of faith. May it be a time to strengthen your commitment to the Church and to one another as a family - as the domestic church. In addition to attending Christmas Mass as a family, consider the following suggestions for making the season bright.

Display a crèche in your home, and involve even the youngest family members. Develop a ritual for placing the figures of the Holy Family, as well as the animals and angels, into the scene:

<http://www.sadlier.com/religion/we-believe-and-share/prayer-for-setting-up-the-cr%C3%A8che>

Watch the story of the first Christmas: <https://www.youtube.com/watch?v=L5m2GE6DFeM>

Read the story of the Nativity from the Gospel of Luke (Luke 2:1-20):

<https://www.biblegateway.com/passage/?search=Luke+2%3A1-20&version=NABRE>

Learn about how Christmas is celebrated in other cultures:

<https://www.dwci.edu/News/News/More-than-Christmas-trees-and-holly.aspx>



Buy or make at least one gift for each family member this Christmas that encourages them to grow in their Catholic faith. A specifically religious gift that they can use throughout the whole new year. What would they appreciate? What would help them in their state of life, or their spiritual state? This may be a patron saint medal, Catholic books, a rosary, or a saint statue. Anything that will encourage faith, hope, and love in their hearts.

### Feast of the Holy Family

Family Life Sunday is traditionally celebrated in conjunction with the Feast of the Holy Family of Jesus, Mary and Joseph. This year, because Christmas Day falls on a Sunday, we honor the Holy Family on Friday, December 30<sup>th</sup>.

Learn more about the Feast of the Holy Family here: <http://www.churchyear.net/holyfamily.html>

Join together as a family and pray with this reflection on the feast day:

<https://www.dbqarch.org/offices/family-life/faith-formation-sessions/feast-of-the-holy-family/>



## RESOURCES FOR MARRIAGE AND FAMILY ENRICHMENT

### Marital Virtue of the Month: HUMILITY

Marital Virtue of the Month: In this series, various writers will address virtues that characterize a holy and happy marriage. This month, Tim Lanigan addresses the virtue of **Humility**:

<http://www.foryourmarriage.org/humility-foundation-for-marital-happiness/>

### New Website for Natural Family Planning (NFP)

Check out the new **Natural Family Planning website** for the Archdiocese of Dubuque, which includes promotional items, instructor contact information, Top Ten Reasons to Use NFP, and a series of informational and witness videos meant to raise greater awareness and understanding of the Church's teaching on NFP. For a preview of the series, watch the introductory video at YouTube:

<https://youtu.be/hQ7-wPIQoJs>

The website can be found here: [www.dbqarch.org/nfp](http://www.dbqarch.org/nfp)

Two new names were recently added to the list of Natural Family Planning instructors in our area. For an updated list of instructors, see:

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

For more information about NFP, see:

<http://www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/>

<http://www.foryourmarriage.org/connections-living-natural-family-planning/>



### STRONG CATHOLIC FAMILIES

The Archdiocese of Dubuque is partnering with pastors, parishes and school leaders to engage parents in the life and mission of the family, the domestic church. This process of evangelization, titled *Strong Catholic Families: Strong Catholic Youth*, engages families as they grow in faith. Through reflection, evaluation and implementation of strategies, participants become part of an ongoing movement to empower and support family faith growth. To learn more about *Strong Catholic Families: Strong Catholic Youth*, check out the Archdiocese of Dubuque website:

<https://www.dbqarch.org/offices/family-life/strong-catholic-families/>



*Partnering with Parents  
to Bring Home the Faith*

November 8<sup>th</sup> is National Parents as Teachers Day. Parents, as leaders of the domestic church, are the first teachers of their children. Learn more about Parents as Teachers Day here:

<http://www.nationaldaycalendar.com/national-parents-as-teachers-day-november-8/>



## PRAYERS AND REFLECTIONS

### Thanksgiving Table Prayer

O Gracious God,  
we give you thanks  
for your overflowing generosity to us.  
Thank you for the blessings of the food we eat  
and especially for this feast today.  
Thank you for our home and family and friends,  
especially for the presence of those gathered here.  
Thank you for our health, our work and our play.  
Please send help to those who are hungry, alone,  
sick and suffering war and violence.  
Open our hearts to your love.  
We ask your blessing through Christ your Son.  
Amen.



From *Celebrating Faith: Year-round Activities For Catholic Families*, by Mary Cronk Farrell

### Prayer Before an Election

Lord God, as the election approaches,  
we seek to better understand the issues and concerns  
that confront our city/state/country,  
and how the Gospel compels us to respond  
as faithful citizens in our community.  
We ask for eyes that are free from blindness  
so that we might see each other  
as brothers and sisters,  
one and equal in dignity,  
especially those who are victims  
of abuse and violence,  
deceit and poverty.  
We ask for ears that will hear the cries  
of children unborn and those abandoned,  
Men and women oppressed  
because of race or creed, religion or gender.  
We ask for minds and hearts that are open  
to hearing the voice of leaders who will bring us  
closer to your Kingdom.  
We pray for discernment  
so that we may choose leaders who hear your Word,  
live your love,  
and keep in the ways of your truth  
as they follow in the steps of Jesus and his Apostles  
and guide us to your Kingdom of justice and peace.  
We ask this in the name of your Son Jesus Christ  
and through the power of the Holy Spirit.  
Amen.



<http://www.usccb.org/prayer-and-worship/prayers-and-devotions/prayers/prayer-before-an-election.cfm>

### Prayer for Families

God and Father of us all,  
in Jesus, your Son and our Savior,  
you have made us your sons and daughters  
in the family of the Church.  
May your grace and love help our families  
in every part of the world  
be united to one another  
in fidelity to the Gospel.  
May the example of the Holy Family,  
with the aid of your Holy Spirit,  
guide all families, especially those most troubled,  
to be homes of communion and prayer  
and to always seek your truth  
and live in your love.  
Through Christ our Lord. Amen.  
Jesus, Mary and Joseph, pray for us!



World Meeting of Families — Philadelphia 2015

### A Prayer for Vocations

Saint Raphael,  
Angel Guardian of our Archdiocese of Dubuque,  
who stands before the Divine Majesty,  
and is sent by God to bring healing to those who suffer  
and help to those who journey, hear our prayer.  
As you were an Angel Guide to Tobias,  
attend now to people still on the way  
towards discovering, embracing, and living God's plan,  
whether to be: a priest or deacon  
in the Archdiocese of Dubuque;  
a religious sister, brother or father; a wife or husband;  
or a dedicated single person.  
And then, once having arrived at that destination,  
be our constant companion as we do our part  
to carry on the Church's mission,  
as we imitate Jesus' gift of self in service of others,  
and as we make our pilgrim way through this life  
to our true home in heaven.  
St. Raphael the Archangel, pray with us  
that we will all hear, answer, and live our vocation,  
for the glory of God and the benefit of others.  
And pray too that we will always have priests  
to heal and help us in the future.  
Conscious of our need and confident of God's help,  
we say, Amen! May it be so!

<https://www.dbqarch.org/offices/vocations/>

## SAVE THE DATE

### Upcoming Events

#### November:

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

#### December:

- 2-4 Worldwide Marriage Encounter, Iowa City

#### January 2017:

- 13-14 Pre-Cana, Ames
- 27-28 Pre-Cana, Cedar Falls
- 29 Pre-Cana, New Hampton

#### February:

- 4 Archdiocesan Women's Conference
- 4 Pre-Cana, Dubuque
- 11 Pre-Cana, Cedar Rapids
- 11 Pre-Cana, Mason City
- 18 Two Become One, AMRH-Cedar Falls
- 25 Pre-Cana, Dyersville



ARCHDIOCESE  
of DUBUQUE

### *The Art of Accompaniment: Radical Listening*

Mark your calendars for

#### ***The Art of Accompaniment: Radical Listening***

This workshop will be held at American Martyrs  
Retreat House on **March 9-10, 2017**

**Facilitator: Barb Schwery**

Executive Director of BeFriender Ministry

Participants will have the opportunity to:

- \* Increase awareness of their impact on ministry
- \* Enhance listening skills
- \* Receive facilitator training for Making Meaning Workshop

For more information:

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

## WOMEN'S CONFERENCE

Mark your calendar and save the date:

### ***Archdiocese of Dubuque Women's Conference***



**Beauty  
In Christ**  
Archdiocesan Women's Conference

**Saturday, February 4, 2017**

at St. Pius X in Cedar Rapids

**Theme: "Beauty in Christ"**

**Keynote Speakers:**

Leah Darrow and Kelly Nieto

**Mass with Archbishop Jackels**

Register at: <https://www.archwomensconference.org/registration/>

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