

# FAMILY MATTERS

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



Mar/Apr 2014

This symbol will indicate resources for a comprehensive plan of care for families.



## Feature Articles:

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## First 2000 Days, Lent for Little Ones

Much of how little people learn is through doing at this age. Lent is a season full of possibilities in working with small children... Reciting a decade of the rosary regularly allows children to learn the basic prayers. Ask them what they see during a walk through church to view the Stations of the Cross. Have children receive ashes during Mass on Ash Wednesday (they like this because they can come forward and receive just like adults). The whole family can participate in the Rice Bowl program and talk about other children around the world that do not have food or

drink available as they do. Share a simple meal each week and donate the savings. Cut back on the amount of TV or computer usage for Lent in order to have more time for prayer and almsgiving. Holy Thursday with the washing of the feet and Good Friday with the veneration of the cross are rich traditions they can participate in. Always talk to your children and explain the significance of our faith practices as they experience them. If Lent is a special time of prayer and reflection for parents, it will become that for the little ones also.

## Multilingualism: Good or Bad?

God has provided us with a great gift in our nation, state, archdiocese, schools and families of which we sometimes complain or do not take advantage...multiple languages!

Many myths about the effect of raising a child with two or more languages have been promoted in the past tarnishing the God given gift. One myth is that learning two or more languages will stunt the development of the child or negatively affect intelligence. Did you know that Einstein was raised with German and Italian languages and did not speak until he was 3 years old? Many would agree that his intelligence was not stunted and that perhaps speaking multiple languages added

to his capacity to see God's creation in a new way. A child will perhaps need more time to organize the increased information from multiple words, but in the long run, the child will have a more developed brain function, flexibility of thought and understanding of language.

So let's end the myths of multilingual children and support them to learn multiple languages. If you are interested in learning more about the myths of multiple language learning, check out YouTube, *Myths about Bilingual Children* by Brenda Gorman or the website (also in Spanish):

[www.asha.org/public/speech/development/BilingualChildren](http://www.asha.org/public/speech/development/BilingualChildren).





## Is Your Family Ready for Disasters?

Do you have a plan put together in the event your family experiences some type of disaster? Does everyone know where to meet? Do you have the necessary food and water on hand at all times? What about first aid kits, clothing, sanitation supplies? Have you considered the needs of young children or the elderly? In preparation for disaster response, Catholic Charities provides invaluable tools and resources that are available to you. Take advantage of these and begin to prepare and plan for your family by accessing the following: <http://catholiccharitiesdubuque.org/catholic-charities-services/disaster-services/parish-disaster-coordinator-resources>.

## Are All Invited and Welcomed?



March is nationally recognized as Intellectual and Developmental Disabilities Awareness Month. Just as Jesus recognized and cared for people with disabilities over 2000 years ago, it is our responsibility to reach out and welcome those who seek to participate in our communities. Approximately 4.6 million Americans live with a developmental disability. People with disabilities "bring with them a special insight into the meaning of life; for they live, more than the rest of us perhaps, in the shadow of the cross. And out of their experience, they forge virtues like courage, patience, perseverance, compassion, and sensitivity that should serve as an inspiration to us all." So, let's welcome and include persons with disabilities, but also work to break down any attitudinal, architectural, and programmatic barriers to inclusion. For more information, contact Mindy Hart, Office of Persons with Disabilities, [dbqcpwd@DBQArch.org](mailto:dbqcpwd@DBQArch.org).



## Give Up, Take Up, Lift Up



In his Lenten message for 2014, Pope Francis takes inspiration from the words of St. Paul, and asks us to contemplate Paul's invitation to live "a life of evangelical poverty." We can begin to embrace this call by fasting from or "giving up" material things, including foods, that are superfluous to our basic needs; "taking up" charitable habits that are directed to helping and caring for others; and "lifting up" our brothers and sisters who are in need through giving alms, praying and participating in devotional practices. "In the poor and outcast we see Christ's face; by loving and helping the poor, we love and serve Christ." By taking an active approach to the three traditional pillars of Lenten observance, prayer, fasting and almsgiving, we recognize that to be evangelists, we must first be evangelized ourselves. As a daily reminder of our evangelical call, spiritual suggestions and inspirational words from Pope Francis are available on the USCCB's downloadable Lenten calendar. For the calendar and other Lenten resources visit: <http://www.usccb.org/prayer-and-worship/liturgicalresources/lent/index.cfm>.



## Worldwide Marriage Encounter



Give your marriage a new spark! The Worldwide Marriage Encounter is coming to Cedar Rapids, Altoona, and Cedar Falls in the coming months. Over the course of a weekend, attending couples are encouraged to communicate with one another with mutual respect, but always based upon the essential premise of inviting God into their lives. To learn more and to register, go to [www.wwme.org](http://www.wwme.org).



*"The weekend was nothing like we expected, but much more than we could have imagined."*



## Prayers for Vocations

Archbishop Jackels will celebrate Holy Hours for vocations throughout our Archdiocese. These Holy Hours will provide an opportunity for Eucharistic Adoration, to hear the witness of a seminarian's experience of God's call, and to invite those who you believe may have a vocation. These Holy Hours will be held from 9-10 am on Saturday mornings at the following dates and locations. Please support the one nearest to you by your presence and invitation. A full Church would certainly be lovely.

March 1 - Queen of Peace, Waterloo

March 22 - St. Mark, Iowa Falls

April 12 - St. Joseph, State Center

May 3 - St. Mary, Manchester

May 31 - St. Patrick, Cedar Rapids

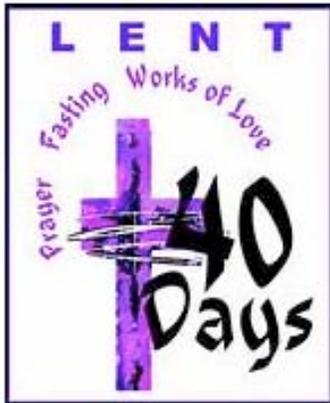
June 14 - Our Lady of Lourdes, Lourdes

July 12 - St. Patrick, Monona

August 2 - Sacred Heart, Monticello

August 16 - St. Joseph Church, Epiphany Parish, Mason City

A Sunday School teacher began her lesson with a question, "Boys and girls, what do we know about God?" A hand shot up in the air. "He is an artist!" said the kindergarten boy. "Really? How do you know?" the teacher asked. "You know - Our Father, who does art in Heaven... "



## Lenten Prayer



Thank you for this new day, and another opportunity to give the traditions of Lent genuine meaning in my life. Help me to be a good steward of this day; to use it wisely to reflect on my words and deeds, review my habits, and correct my faults. Inspire me to live as Jesus did, to embrace his cross, and live the great Paschal mystery in a way that gives hope to others. Be merciful to me this day. Forgive me my failings and weaknesses. Cultivate in me a humble and repentant heart. Prepare me for the renewal of my baptismal vows, today and throughout the season of Lent so that at Easter I may truly rejoice in Christ Jesus, who lives and reigns with you and the Holy Spirit, One God, forever and ever. Amen.

Taken from International Catholic Stewardship Council Parish Enews  
For monthly prayers and articles, go to:  
[www.arch.pvt.k12.ia.us/Stewardship/ICSCNewsletters.html](http://www.arch.pvt.k12.ia.us/Stewardship/ICSCNewsletters.html)

Daily prayer is not an easy discipline to develop. Having it be a constructive experience seems impossible, but it's not. These four steps will help you get started:

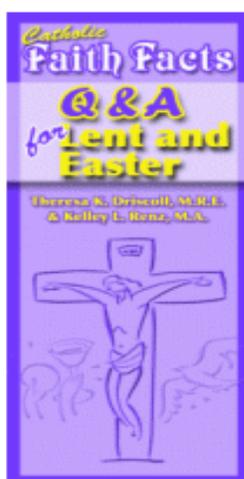
1. **Set up a daily appointment with God.** Give yourself at least fifteen minutes the same time each day and be there. The time you choose should be one that you will find easy to keep. Two good possible times are either when you first get up in the morning or before you go to sleep at night. If you have a better time, fine; just keep it. Having a consistent, special time will help you focus on prayer.
2. **The place you choose should be isolated and conducive to prayer.** Your thoughts can easily be distracted with much on your mind. As with time, having a consistent location will help you set the mood. The place itself will serve to remind you of why you are there.
3. **Center your thoughts on God.** Begin your prayer time by relaxing for a moment and clearing your mind of other thoughts. Ask God to speak to you during this time together. Thank God for being present. There are many techniques that people use to pray. Some use music or periods of meditation. I suggest that you do whatever helps you to be in God's presence.
4. **Read the reflection.** It begins with My Life, to help you relate to the upcoming message. Setting the Scene helps you to understand where you are in the Scripture story, kind of like finding out where you are when you come in the middle of a movie.

Each daily devotion ends with a suggestion for prayer relative to the thought for the day and a Journal/Activity. The Journal/Activity offers you an opportunity to write or do something to experience more deeply the reflection of the day.

After finishing the daily devotion, you may want to continue with prayer. If you have any needs, bring them to God. One tool I use is a prayer list, containing those people and things for which others have asked me to pray. When finished, remember to thank God for the time you had together. Commit your day to God.

## The Odd Life of Timothy Green

This video is a story of self-sacrifice and love, of family and friendship, of the things that make us unique and the things we hold in common. Cindy and Jim Green are a happily married couple who cannot wait to start a family but, unable to have children, can only dream about what their child would be like. When young Timothy shows up on their doorstep one stormy night, Cindy and Jim, and their small town of Stanleyville, learn the value of love that is given away. The fact that Timothy has leaves growing on his legs is not the only unusual aspect of this child's life, nor is it the only symbolic reminder in this film of deeper realities and mysteries. Available in the Resource Center, #31046

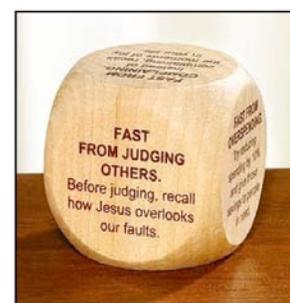


## Catholic Faith Facts

**Catholic Faith Facts: Questions and Answers for Lent and Easter** is written so that we might realize ever more deeply the meaning behind what we can experience during the Lenten and Easter seasons. Quiz yourself and others with fascinating faith facts. Each card features three questions of varying degrees of difficulty about one aspect of Lent or Easter. Each question builds upon the previous one and traces the Lenten and Easter seasons chronologically. Available in the Resource Center, #04162.

## Fasting Prayer Cubes

These cubes teach us how to fast and sacrifice in ways that are both meaningful and beneficial. Each side of the wooden cube suggests a specific fast and a generalized action to apply to daily life. Examples include "Fast from Complaining. Instead of complaining, recall the moments of joy in your life." and "Fast from Discouragement. Remember Jesus' promise that He has a perfect plan for you." (Kit includes twelve wood cubes, 1-5/8" diameter.) Available in the Resource Center, #04645.1.



*Watch your thoughts; they become words.  
Watch your words; they become actions.  
Watch your actions; they become habits.  
Watch your habits; they become character.  
Watch your character; it becomes your destiny.*

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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)

**Upcoming Events**

**March:**

- 5 Ash Wednesday
- 8 PreCana, Waukon
- 8-9 PreCana, Dyersville (cancelled)
- 10-13 BeFriender Training, Cedar Falls
- 14-16 Engaged Encounter, Cedar Falls
- 17 St. Patrick's Day
- 19 St. Joseph's Feast Day
- 25 Annunciation

**April:**

- 4 Engaged Encounter, Cedar Falls
- 12 PreCana, Dubuque
- 20 Easter
- 25 PreCana, Ames
- 26 PreCana, Cedar Rapids

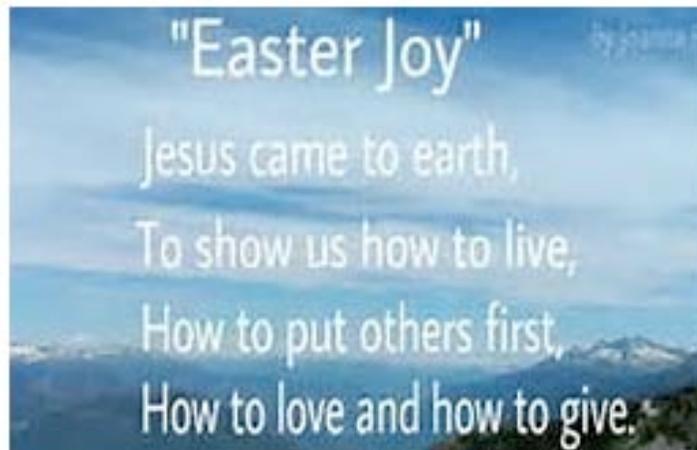
**May:**

- 3 PreCana, Dubuque
- 3 PreCana, Mason City
- 16-18 Worldwide Marriage Encounter,  
Cedar Falls
- 29 Ascension

**Advisory Committee**

Deacon Gary & Kay Aitchison  
Karen Bonfig  
Jennifer Clancy  
Michael Erikson  
Dan Hunt  
Annette Kestel  
Katie Pffifner  
Fr. Phil Schmitt  
Amy Shannon  
Eric Stromberg  
Diane Walston

Please pray for the work of  
this committee. If you have  
ideas for outreach and/or  
ministry to families, please  
feel free to contact one of  
these people.



If you would like details about the programs highlighted in this newsletter, go to [www.dbqarch.org/familylife](http://www.dbqarch.org/familylife) for our *Family Life Programs and Services* flyer.