

Dear Catechetical Colleagues,

Happy New Year! I hope you are continuing to enjoy the blessings of our Christmas season, even as we return to our parish and school ministries. As we begin 2014, I would like to remind you about this year's Faith Formation presentation and luncheon on **Thursday, February 13th at the Archbishop Brunett Retreat Center at the Palisades.**

This year's topic will be **"Opening the Doors to Evangelization"** and our speaker is Dr. Carole Eipers. Carole is a gifted presenter, who combines practical insights with a delightful sense of humor. I hope to see many of you at this event. More information can be found in the attached flyer.

This is **National Migrant Week**. Our U.S. Bishops have several resources available to help us learn more about the challenges of this very vulnerable population. We are also moving closer to our annual **Mass of Life on January 21st**.

This week's newsletter contains multiple articles based on recent talks by Pope Francis. I particularly enjoy the "Top Ten Resolutions" list. Toward the end of the newsletter, you can find information about a new book from Joe Paprocki and a short video on "Make a Difference."

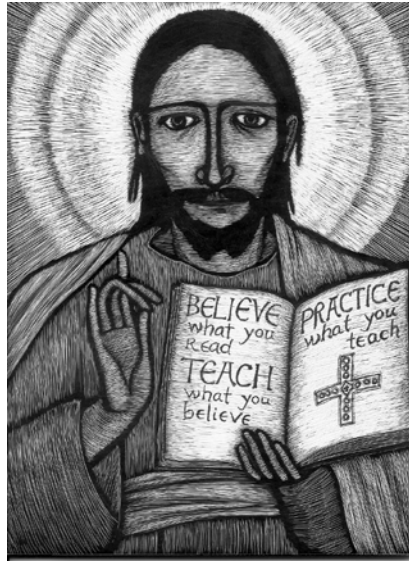
You are in my ongoing prayers for a grace filled 2014!

In Christ,

Anne

Anne Frederick, Ed.D.
Director of Parish and School Faith Formation

FOUNDATIONS OF OUR CATHOLIC FAITH CATECHIST CERTIFICATION PROGRAM



ADULT FAITH FORMATION

- ✚ Advent
- ✚ Lent
- ✚ Retreats

CATECHIST CERTIFICATION

- ✚ Faith Formation for Parish Staff
- ✚ For Competent, Confident, and **Capable** Catechists
 - Certify at least one per grade level
 - Identify & Prepare Next Year's Catechist
- ✚ RCIA team
 - Identify & Prepare Next Year's Team

SCHEDULE AND REGISTRATION at www.seattlearchdiocese.org/ccp

ANNUAL FAITH FORMATION LUNCHEON

Date: Thursday, February 13, 2014
Place: Archbishop Brunett Retreat and Faith Formation
Center at the Palisades, Federal Way
Time: 9:30 am - 1:00 pm
Cost: \$25/person (presentation and lunch)
Audience: Priests, Deacons, Catechetical Leaders, Principals,
Religion Teachers, and all those involved in parish
and school ministry

PRESENTER AND TOPIC

Opening the Doors of Evangelization

Presenter: Carole Eipers, D.Min

Sponsored by William H. Sadlier, Inc.



Dr. Carole Eipers is the Director of Catechetics at William H. Sadlier, Inc.. She was a key member of the development team for Sadlier We Believe, a catechetical program for K-8. Carole also assists with the content of Sadlier's web presence and marketing efforts, and continues as a presenter in evangelization, catechesis and related topics both nationally and internationally.

Carole has published many articles on catechesis and related topics and has been presented at major conferences throughout the country and internationally.

RSVP to ocff@seattlearch.org or 206-382-4096

by **Thursday, February 6th**

ARCHDIOCESE OF SEATTLE • Office of Catholic Faith Formation
710 Ninth Avenue • Seattle, WA 98104



ARCHDIOCESE
OF SEATTLE

Archbishop J. Peter Sartain
invites you to participate in the

Mass for Life

Tuesday, January 21, 2014

9:30 A.M.

Marcus Pavilion

Saint Martin's University, Lacey



*"We must all commit
ourselves with clarity
and courage so that every
human person...[is] always
defended and protected."*

Pope Francis

Due to limited parking, parishes are encouraged to use buses or carpool.
Directions to Saint Martin's and maps for parking will be available online at
www.seattlearchdiocese.org/CFF/Resources.aspx by November
For questions about Mass details, contact the Liturgy Office at 206-382-4878.
For questions about parking and other logistics, email ocff@seattlearch.org.

Sponsored by the Liturgy Office • Chancery Operations • Office of Catholic Faith Formation
ARCHDIOCESE OF SEATTLE • 710 Ninth Avenue • Seattle, WA 98104

Upcoming Archdiocesan Events

Liturgy Office Workshops:

<http://www.seattlearchdiocese.org/Liturgy/workshops.aspx>

The Joy of the Gospel Event:


When

Friday February 28, 2014 at 4:00 PM PST
-to-
Sunday March 2, 2014 at 1:00 PM PST

 [Add to Calendar](#)

Where

Archbishop Brunett Retreat Center
4700 SW Dash Point Road
Federal Way, WA 98023



[Click HERE for Driving Directions](#)

Questions, Please Contact:

Helen Nguyen, Welcoming Coordinator
Archbishop Brunett Retreat Center
(206) 748-7991
helen.nguyen@seattlearch.org

The Joy of the Gospel

*Living Our Faith in the Workplace and the Community
A reflection on Pope Francis' "Evangelii Gaudium"*



Led by: Fr. Lukasz Misko and Deacon Eric Paige

Inspired by Pope Francis' recent document *Evangelii Gaudium*, this retreat will reveal practical ways to live out our faith with joy in school, at work, at home, and in our communities.

This retreat is especially designed for Catholic young adults, professionals, and homemakers, and has something for everyone. In addition to full-group presentation and prayer times, there will be break-out sessions for adults and young adults.

You can visit the registration page [here](#).

Pope's Intentions for January 2014



Universal Papal Intention - That all may promote authentic economic development that respects the dignity of all peoples.

Evangelization Intention – That Christians of diverse denominations may walk toward the unity desired by Christ.



New Year's Resolutions: The Pope Francis List

This post on [Rappler](#) by Paterno Esmaguél II is an *amazing* overview of Pope Francis' primary concerns. “He preaches against gossip, reminds us to finish our meals, and even tells us not to fear marriage. Described as the “[world's parish priest](#),” Pope Francis goes beyond abstract theology, and gives us advice we can use daily. What lessons from him can we bring into 2014?”

Rappler compiles 10 of the Pope's most memorable quotes in the form of New Year's resolutions. This is the Pope Francis list.

1. **Don't gossip.** It's one of our hobbies. For Francis, it's also one of the most evil activities.



The Catholic leader denounces gossip as “murder.” He feels so strongly about it that in less than a year as pontiff, Francis has preached against gossip in at least 6 different instances. He says when we gossip, we “are doing what Judas did,” and “begin to tear the other person to pieces. Every time we judge our brother in our hearts or worse when we speak badly of them with others, we are murdering Christians,” Francis says. “There is no such thing as innocent slander.”

2. **Finish your meals.** No leftovers, please. Named after a 12th-century saint who lived in poverty, Francis slams a “culture of waste” that neglects the plight of the hungry. The Pope says: “We should all remember... that throwing food away is like stealing from the tables of the poor, the hungry! I encourage everyone to reflect on the problem of thrown away and wasted food to identify ways and means that, by seriously addressing this issue, are a vehicle of solidarity and sharing with the needy.”



3. **Make time for others.** Tending to 1.2 billion members, Francis seems too busy for anything else. That is, until he calls up strangers. Or entertains a random biker. Or sends a handwritten letter to a Jesuit he has never met. The Jesuit who got the letter, Fr James Martin, says “If the Pope can find time to be kind to others, if he can pause to say thank you, if he can take a moment make someone feel appreciated, then so can I. So can we.”



4. **Choose the 'more humble' purchase.** The Pope preaches against materialism.

“Certainly, possessions, money, and power can give a momentary thrill, the illusion of being happy, but they end up possessing us and making us always want to have more, never



satisfied. 'Put on Christ' in your life, place your trust in him, and you will never be disappointed!"

5. Meet the poor 'in the flesh.' "It is not enough to mediate this commitment through



institutions, which obviously help because they have a multiplying effect, but that is not enough. They do not excuse us from our establishing personal contact with the needy. The sick must be cared for, even when we find them repulsive and repugnant. Those in prison must be visited. Charity that does not change the situation of the poor isn't enough."

6. Stop judging others. In the same way he denounces gossip, Francis condemns prejudice. He reminds "intolerant" Catholics, for one, to respect atheists. "If we, each doing our own part, if we do good to others, if we meet there, doing good, and we go slowly, gently, little by little, we will make that culture of encounter: we need that so much. We must meet one another doing good."



7. Befriend those who disagree. "When leaders in various fields ask me for advice, my response is always the same: dialogue, dialogue, dialogue. It is the only way for individuals, families, and societies to grow, the only way for the life of peoples to progress, along with the culture of encounter, a culture in which all have something good to give and all can receive something good in return. Others always have something to give me, if we know how to approach them in a spirit of openness and without prejudice."

8. Make commitments, such as marriage. The Pope says: "Today, there are those who say that marriage is out of fashion; in a culture of relativism and the ephemeral, many preach the importance of 'enjoying' the moment. They say that it is not worth making a life-long commitment, making a definitive decision, 'forever,' because we do not know what tomorrow will bring. I ask you, instead, to be revolutionaries, to swim against the tide; yes, I am asking you to rebel against this culture that sees everything as temporary and that ultimately believes that you are incapable of responsibility, that you are incapable of true love. I have confidence in you and I pray for you. Have the courage 'to swim against the tide.' Have the courage to be happy."



9. Make it a habit to 'ask the Lord.' "Dear young people," he says, "some of you may not yet know what you will do with your lives. Ask the Lord, and he will show you the way. The young Samuel kept hearing the voice of the Lord who was calling him, but he did not understand or know what to say, yet with the help of the priest Eli, in the end he answered: 'Speak, Lord, for I am listening' (cf. 1 Sam 3:1-10). You too can ask the Lord: What do you want me to do? What path am I to follow?"



10. Be happy. The true Christian, says the Pope, exudes great joy. He says keeping this joy to ourselves "will make us sick in the end. Sometimes these melancholy Christians' faces have more in common with pickled peppers than the joy



of having a beautiful life." Francis says, "The Christian sings with joy, and walks, and carries this joy." This joy, he reminds us, should translate to love of neighbor

Pope: In New Year, Step Outside Your Comfort Zone, Get Involved



The new year will be brighter only if everyone steps outside their safe havens, gets involved and works together to solve local problems with generosity and love, Pope Francis said. As 2013 comes to a close, let everyone ask God for forgiveness and thank him for his patience and love, the pope said as he presided over a Dec. 31 evening prayer service in St. Peter's Basilica. May Mary "teach us to welcome God made man so that every

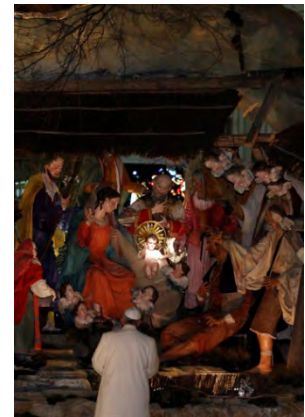
year, every month, every day be overflowing with his eternal love," he said on the eve of the feast honoring her as Mother of God.

Leading the annual "Te Deum" prayer service to thank God for his blessings in 2013 and the gift of salvation in Christ, the pope asked people to reflect on how they have spent the past year -- the precious days, weeks and months the Lord has given as a gift to everyone. "Have we used it mostly for ourselves, for our own interests or did we know to spend it for others, too? How much time did we set aside for being with God, in prayer, in silence, in adoration?"

People should also reflect on how they used their time to contribute to their communities. The quality of life in a community -- how it runs and looks -- depends on everyone, he said in his homily, which he delivered standing from a lectern. "A city's face is like a mosaic in which the tiles are all those who live there," he said. While public officials and other leaders certainly have more responsibility, "everyone is co-responsible, for the good and bad."

"Have we contributed, in our small way, to making (our communities) livable, orderly, and welcoming?" the pope asked. "What will we do, how will we act in the new year to make our city a little bit better?" As the bishop of Rome, the pope looked at the Italian capital in particular, noting its "extraordinary" spiritual and cultural riches. "And yet, Rome also has many people marked by material and moral poverty, people who are poor, unhappy and suffering, who prick the consciences of every citizen," he said.

"Everyone has the right to be treated with the same attitude of welcome and fairness because everyone possesses human dignity" and are part of the same human family, he said. Pope Francis said Rome, like all communities, will be more beautiful, hospitable, welcoming and kind "if all of us are attentive and generous toward whoever is in difficulty; if we know how to collaborate with a constructive and caring spirit for the good of all people."



Every community will be a better place "if there are no people who watch it 'from afar,' like a picture postcard, who observe its life only 'from the balcony' without getting involved" directly

with the many problems of the men and women who, "whether we want it or not, are our brothers and sisters."

The pope underlined the important work and duty of the church in contributing to people's lives and future, and how, with the leaven of the Gospel, the church is a sign and instrument of God's mercy. After the prayer service, Pope Francis traveled by popemobile to St. Peter's Square to get a close look at the Nativity scene.

Are Our Souls Open to Receive the Lord-Do They Have a 'Do Not Disturb' Sign?



Is our soul open to receive the Lord or is it closed with a sign that says "Do not Disturb?" This was the question Pope Francis posed. The Holy Father reflected on the approaching Christmas celebration. "We, as the Church, accompany Our Lady in this path of waiting," the Pope said. "The Lord comes two times: that which we commemorate now, the physical birth and when he comes to conclude history."

However, he noted, there is a third coming of

the Lord: that which occurs every day."

"The Lord visits His Church every day!" the Pope exclaimed. "He visits each one of us and our souls enters into this similarity: our soul resembles the Church, our soul resembles Mary. The fathers of the desert say that Mary, the Church, and our souls are feminine and that which is said of one, can similarly said about the other. Our soul is also waiting, in this waiting for the coming of the Lord, an open soul that cries: 'Come, Lord!'"

"For this the Church invites us to pray this "Come!", to open our soul and that our soul be, in these days, vigilant in waiting. To keep watch! What happens in us if the Lord comes or if he doesn't come? If there is a place for the Lord or if there is a place for parties, for shopping, for making noise...Is our soul open like the Holy Mother Church and how Our Lady was open? Or is our soul closed and we have attached a sign on the door, very courteous, that says: 'Do not disturb!'"

Concluding his homily, Pope Francis encouraged the faithful to repeat the prayer calling for the Lord to come into our souls this time of Christmas. "May it be an open soul, a big soul, to receive the Lord in these days and that you may hear that which the antiphon the Church will recite tomorrow: 'Know that today the Lord comes! And tomorrow you will see his glory!'" the Pope exclaimed.

Pope: Gospel Must Be Preached Gently, With Fraternity and Love



"The power of the Church does not lie within itself and its ability to organize, but it is hidden in the deep waters of God,"

Pope Francis said at Mass in the Mother Church of the Jesuits in Rome, the Church of the "Gesù". The Holy Father also said the Gospel cannot be proclaimed "with inquisitorial beatings of condemnation" but must be "preached gently, with fraternity and love", with an open heart, "always longing " for God, like that of Father Peter Faber.

The Pope said an authentic faith always implies a deep desire to change the world. "Does our zeal devour us," he asked, "or are we mediocre and are satisfied with our laboratory like apostolic programming? Let us remember always: the power of the Church does not live in itself and in its ability to organize, rather it hides itself in the deep waters of God," the Pope went on. "And these waters agitate our desires and desires expand the heart. Without desires you go nowhere and this is why it is important to offer our desires to the Lord".

But the Pope said there is a temptation "that maybe many of us experience" of "linking the proclamation of the Gospel with inquisitorial beatings of condemnation. No, the Gospel is preached gently, fraternally , with love."

And he recalled how St. Ignatius' first recruit was devoured by the "intense desire" to communicate the Lord. "If we do not have his own desire, then we need to pause in prayer and with fervent silence, ask the Lord, through the intercession of our brother Peter, to once again fascinate us. That fascination that led Peter to do all these crazy apostolic things."

Pope Francis: "Jesus is the Light Who Brightens the Darkness"



"God loves us, he so loves us that he gave us his Son to be our brother, to be light in our darkness." These were the words proclaimed by Pope Francis during his homily at Midnight Mass on Tuesday night. The Pope began his homily reflecting on the first reading from the prophet Isaiah which he said "never ceases to touch us" The reading, he explained, is not an emotional or sentimental matter but rather, it states our reality of light and darkness in our lives.

"In this night, as the spirit of darkness enfolds the world, there takes place anew the event which always amazes and surprises us: the people who walk see a great light. A light which makes us reflect on this mystery: the mystery of walking and seeing," he said.

The Pope explained that throughout in the history of salvation, the image of walking begins with Abraham who was called by God to go to the land He would show him. From that point our identity has been related to a people on pilgrimage towards the promised land. "This history has always been accompanied by the Lord! He is ever faithful to his covenant and to his promises. Because he is faithful, God is light, and in him there is no darkness at all," he said. However, in our own personal history, there are moments of both light and darkness.

“If we love God and our brothers and sisters, we walk in the light; but if our heart is closed, if we are dominated by pride, deceit, self-seeking, then darkness falls within us and around us,” the Holy Father noted. The Christmas celebration reminds us that in this journey, Christ has taken on our humanity and thus, entered our history and shared our journey.

The 77 year old Pontiff noted that shepherds, the least in society, became the first to receive the news of Christ’s birth. We, as Christians, are called to keep watch as they did. “Together with them, let us pause before the Child, let us pause in silence. Together with them, let us thank the Lord for having given Jesus to us, and with them let us raise from the depths of our hearts the praises of his fidelity: We bless you, Lord God most high, who lowered yourself for our sake. You are immense, and you made yourself small; you are rich and you made yourself poor; you are all-powerful and you made yourself vulnerable,” he said.

Concluding his homily, Pope Francis called on the faithful to share “the joy of the Gospel” which proclaims God’s love for us in giving us his Son. “To us the Lord repeats: “Do not be afraid!”. As the angels said to the shepherds: “Do not be afraid!”. And I also repeat to all of you: Do not be afraid!,” he exclaimed. “Our Father is patient, he loves us, he gives us Jesus to guide us on the way which leads to the promised land. Jesus is the light who brightens the darkness. He is mercy: our Father always forgives us. He is our peace.”

"Let Us Never Lose the Courage of Prayer!"



Pope Francis delivered his Urbi et Orbi address on Christmas Day. Beginning the traditional address, the Holy Father took up “the song of the angels” in praising God for the birth of Jesus. “I ask everyone to share in this song: it is a song for every man or woman who keeps watch through the night, who hopes for a better world, who cares for others while humbly seeking to do his or her duty,” he said.

Referring to song of praise given by the angels to the shepherds of Bethlehem, the Pope expressed his hope that in giving glory to God, all may come to know the true face of God that brings peace. The Holy Father stressed that true peace cannot be achieved by a balance of opposing forces or facade that conceals divisions, but rather a daily commitment. “Looking at the Child in the manger, Child of peace, our thoughts turn to those children who are the most vulnerable victims of wars, but we think too of the elderly, to battered women, to the sick... Wars shatter and hurt so many lives!,” he exclaimed.

“Too many lives have been shattered in recent times by the conflict in Syria, fueling hatred and vengeance. Let us continue to ask the Lord to spare the beloved Syrian people further suffering, and to enable the parties in conflict to put an end to all violence and guarantee access to humanitarian aid. We have seen how powerful prayer is! And I am happy today too, that the followers of different religious confessions are joining us in our prayer for peace in Syria. Let us never lose the courage of prayer! The courage to say: Lord, grant your peace to Syria and to the whole world. And I also invite non-believers to desire peace with that yearning that makes the heart grow: all united, either by prayer or by desire. But all of us, for peace.”

The Holy Father continued his appeal for peace in the Central African Republic, Nigeria and in particular South Sudan, where he noted that tensions threatened “peaceful coexistence in that young state.”

Regarding the Middle East, the Holy Father asked the Lord to “bless the land where you chose to come into the world.” The Pope prayed for a favorable outcome to the ongoing peace talks between Israel and Palestine as well as, for peace in Iraq, which is “struck by frequent acts of violence.”

The Holy Father also brought attention to the plight of immigrants and those persecuted by the faith. “Lord of life, protect all who are persecuted for your name. Grant hope and consolation to the displaced and refugees, especially in the Horn of Africa and in the eastern part of the Democratic Republic of the Congo,” he said. “Grant that migrants in search of a dignified life may find acceptance and assistance. May tragedies like those we have witnessed this year, with so many deaths at Lampedusa, never occur again!”

Pope Francis prayed for those robbed of their childhood through war and human trafficking. To those engaged in human trafficking, the Holy Father asked the Christ Child to “touch the hearts of all those engaged in human trafficking, that they may realize the gravity of this crime against humanity. Lord of heaven and earth, look upon our planet, frequently exploited by human greed and rapacity. Help and protect all the victims of natural disasters, especially the beloved people of the Philippines, gravely affected by the recent typhoon,” he said.

Before imparting his blessing “to the city and to the world”, Pope Francis prayed that God would touch the hearts of all in order to be peacemakers “each day, in our life, in our families, in our cities and nations, and in the whole world.”

Pope: Religious Must Wake Up the World



Religious should be able to “wake the world up” and attract others through being effective witnesses to the Gospel, Pope Francis has said. Father Antonio Spadaro, editor-in-chief of the Society of Jesus-owned periodical, La Civiltà Cattolica, was with the 120 superiors general attending the meeting. His 15 page article recounts the free and spontaneous conversation that covered a wide range of issues.

Asked by one of those present what are the priorities for religious, Pope Francis answered by making an explicit reference to Benedict XVI who stressed that the Church grows through witness, not by proselytism. “The witness that can really attract is that associated with attitudes which are uncommon: generosity, detachment, sacrifice, self-forgetfulness in order to care for others,” the Pope said. “This is the witness, the martyrdom of religious life.”



He went on to say that religious life ought to promote growth in the Church by way of attraction. “The Church must be attractive,” he said. “Wake up the world! Be witnesses of a different way

of doing things, of acting, of living!” He stressed the Church is speaking of “an eschatological outlook, of the values of the Kingdom incarnated here, on this earth.”

But the Holy Father said evangelical radicalness is not only for religious: it is demanded of all, and it is necessary to follow the Lord in a prophetic way. Not only should religious live lives that wake up the world, he said, but they should also recognize their sinfulness and weakness, which “doesn’t negate” their witness but “reinforces it.”

“What I expect of you therefore is to give witness,” he said. The [Full text](#) of document is available on line.

The Best Dressed Man of 2013: Pope Francis

This decision by *Esquire* magazine, is a great lead into discussing what your clothes say about you. This is a conversation starter among youth, if not adults. You may say this is an unconventional choice to be sure, but hear *Esquire* out.



While Bradley Cooper, Chris Pine, and Joseph Gordon-Levitt have all had banner years, their sartorial choices begin and end on the proverbial red carpet. Meanwhile, Pope Francis's sartorial decisions have subtly signaled a new era (and for many, renewed hope) for the Catholic Church.

"His mode of dressing really does reflect the mindset behind it," says Mark-Evan Blackman, assistant professor of menswear design at FIT, of Pope Francis. "I remember when John Paul II was buried in those opulent bright red shoes. When the current pope was elected and chose not to wear the red shoes I thought that was very reflective of his approach to being a person functioning in a role." The pope garnered praise for his wardrobe's sincerity and symbolism.

Pope Francis has been big on symbolic gestures—paying his own bill at a hotel owned by the Church or washing the feet of inmates (two of whom were female) on Holy Thursday—and the black shoes and unadorned, simplistic regalia are just an outward acknowledgement of his progressive orthodoxy. "Pope Francis understands that menswear is meant to express the character of the man wearing the clothes," says Mary Lisa Gavenas, author of *The Fairchild Encyclopedia of Menswear*, before adding: "No rapper-style popewear for him."

National Migration Week 2014: January 5-11

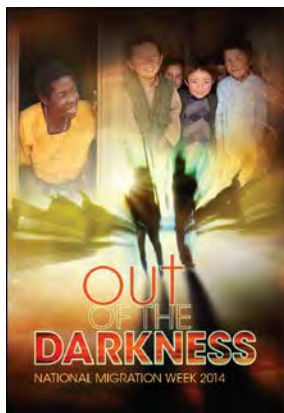


National Migration Week 2014 will take place January 5-11 with the theme, "Out of the Darkness." Migrants and particularly the most vulnerable migrants: children, the undocumented, refugees, and victims of human trafficking, often find themselves existing in a kind of figurative darkness where their options remain limited and their ability to live out their lives in its fullness severely restricted. Often at risk of violence or exploitation these vulnerable populations need to be provided the support needed so that they can thrive.

- *Migrant Children* are one of the most vulnerable migrant populations, open as they are to exploitation and abuse. Special protections should be given to them to ensure their safety and well-being. To learn more about what the Church is doing to support child migrants, please click [here](#).
- *Undocumented immigrants* are often referred to as "living in the shadows." Their marginal status has led advocates for reform to call for a legalization process that will bring them out of the shadows and provide them with the opportunity to contribute to society and live out their lives in dignity. To learn how you can help the bishops pass comprehensive immigration reform, please visit the [Justice for Immigrants](#) website.
- All too many *Refugees* who are left mired in refugee camps around the world never have the opportunity to realize the full potential of their God-given skills and talents. Long term solutions need to be implemented so that refugees are not forced to remain in camps but can reintegrate into society and become contributing members of it. Click [here](#) to learn how you can support the refugee resettlement system in the United States.
- Enslaved and treated like objects for profit rather than as human beings, *victims of human trafficking* require liberation from their bondage and support to help them start anew. Those who enslaved them need to be brought to justice and punished accordingly so that they will not have the opportunity to hurt anyone else in the future. Find out more [about Human Trafficking](#) and what you can do to spread awareness during National Migration Week and beyond.



It is our call as the Church to bring the light of Christ to these populations, banish the darkness, and help to bring them from the margins of society to its center. Doing so will provide vulnerable migrants with a protected space in which they can flourish as human beings. This requires prayer for those who are marginalized, alongside an active presence in the public square to demand that protections are provided to those who need them most.



In the coming weeks USCCB Migration and Refugee Services plan on providing a number of resources that reflect on the central theme for this

year's National Migration Week. Please check back regularly to see what new resources are available for your use. Some of these items will be available for download only while others will be available in bulk for a nominal cost through the USCCB Bookstore. If there are resources that you think would be helpful for your ministry, please [contact them](#) and they will do what they can to meet your needs. To purchase National Migration Week materials, please visit the [USCCB Bookstore](#) on-line. You can also find links to order each of the 2014 National Migration Week materials below.

[National Migration Week 2014 Prayer Card](#)

[National Migration Week Bulletin Insert](#)

[National Migration Week Bulletin Insert Color](#)

[Days for Prayer, Penance, and Pilgrimage](#)

In advance of the commemoration of Roe v. Wade next month, the USCCB has put together a special resource for all ages, but in particular with an eye to youth and young adults who are comfortable in today's digital landscape. The "Nine Days for Prayer, Penance, and Pilgrimage" is a great way for young people across America to stand in solidarity with the one another in their prayers and actions for the defense and protection of all life, most especially on the anniversary of Roe v. Wade.



Please visit www.usccb.org/prolife over the next couple weeks for updated information. As well as being made available in this year's [Respect Life Program liturgy guide \(en español\)](#) and on our website, people can sign up to receive the novena directly each day by email, text message, or through a new app (available for both Android and iOS), which is currently in the works and will be ready in January. In prayerful recognition, "Nine Days of Prayer, Penance and Pilgrimage" will take place January 18-26, 2014.

[National Right to Life 2014 Pro-Life Essay Contest Deadline Approaching](#)



Each year, National Right to Life sponsors a Pro-Life Essay Contest for students in grades 7-12. For 2014 the essay should address the question, "Why I Am Pro-life." The deadline for submission is January 22.

This is an excellent way to educate young people to the true meaning of abortion and how many lives are lost each year. With more than 3,300 abortions a day, many of their peers are not in their class room today because of abortion.

There are two separate competitions. There is a Senior Essay Contest for grades 10 – 12; and a Junior Essay Contest for grades 7 – 9. Essays will be read and judged on originality, content, and accuracy. The announcement of winners will be announced as soon as possible, but judging time depends on the numbers of entries received.

Essays must be postmarked no later than January 22, 2014. First place winners will receive \$200, Second place winners will receive \$150, and Third place winners will receive \$100. Prizes are awarded for both the Junior and Senior contests. The two first-place essays will appear in the National Right to Life Yearbook and in National Right to Life News Today. If you need additional information on the National Right to Life 2012 Pro-Life Essay Contest, visit www.nrlc.org/students/essaycontest

14 Reasons #WhyWeMarch For Life In 2014!

To see the reasons and the videos, please go to [Why We March for Life!](#)

Nine Days for Prayer, Penance, and Pilgrimage

In advance of the commemoration of Roe v. Wade next month, the USCCB has put together a special resource for all ages, but in particular with an eye to youth and young adults who are comfortable in today's digital landscape. The "Nine Days for Prayer, Penance, and Pilgrimage" is a great way for young people across America to stand in solidarity with the one another in their prayers and actions for the defense and protection of all life, most especially on the anniversary of Roe v. Wade.



Please visit www.usccb.org/prolife over the next couple weeks for updated information. As well as being made available in this year's [Respect Life Program liturgy guide \(en español\)](#) and on our website, people can sign up to receive the novena directly each day by email, text message, or through a new app (available for both Android and iOS), which is currently in the works and will be ready in January. In prayerful recognition, "Nine Days of Prayer, Penance and Pilgrimage" will take place January 18-26, 2014.

Also, more information on some of the other Catholic events in the D.C. area around the time of the March for Life will be available on www.usccb.org/about/pro-life-activities/january-roe-events/washington-area-events.cfm. Information on the National Prayer Vigil for Life can be found at www.usccb.org/about/pro-life-activities/january-roe-events/index.cfm. We are in the process updating the information, so please check back soon.

Feb. 8 Designated as Day to Pray for Victims of Human Trafficking



The U.S. Conference of Catholic Bishops (USCCB) Committee on Migration designated February 8 as an annual day of prayer for survivors and victims of human trafficking. February 8 is the feast day of St. Josephine Bakhita, who was kidnapped as a child and sold into slavery in Sudan and Italy. Once Josephine was freed, she dedicated her life to sharing her testament of deliverance from slavery and comforting the poor and suffering.

“On that day, we will lift our voices loudly in prayer, hope, and love for trafficking victims and survivors,” said Bishop Eusebio Elizondo, M.Sp.S., auxiliary bishop of Seattle and chairman of the Committee. “If just one person realizes from this day that they or someone they know is being trafficked, we will have made a difference.”

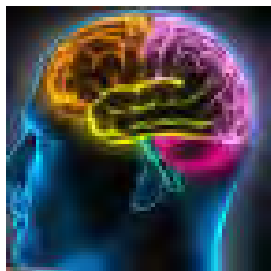
The USCCB’s Anti-Trafficking program is encouraging Catholics to host or attend prayer services, to reflect on the experiences of those who have suffered through human trafficking and exploitation. Catholics are invited to pray for the emotional, physical, and spiritual healing, and make a personal commitment to work against human trafficking. Catholics are also encouraged to host awareness-raising events educating their parishes and communities about human trafficking in whichever way they choose, be it a Mass, a film screening, or an information session.



In early 2014, USCCB will work to educate parishes throughout the country on human trafficking, with release of educational materials during National Migration Week (January 5-11) and the Day of Prayer for Survivors and Victims of Human Trafficking. USCCB’s Anti-Trafficking Program advocates for better protection for victims of human trafficking, provides training and technical assistance to service providers, and educates the public on the prevalence of human trafficking. In 2013, USCCB launched the Amistad Movement to empower immigrants and local leaders to prevent human trafficking in their communities.

USCCB is a founding member of the Coalition of Catholic Organizations against Human Trafficking, whose main goals are to educate Catholics about human trafficking, to promote responsible consumer practices, and to support national legislation that combats human trafficking. More information on the work of USCCB’s Anti-Trafficking Program is available at: www.usccb.org/about/anti-trafficking-program/.

Thicker Brain Sections Tied To Spirituality



For people at high risk of depression because of a family history, spirituality may offer some protection for the brain, a new study hints. Parts of the brain's outer layer, the cortex, were thicker in high-risk study participants who said religion or spirituality was "important" to them versus those who cared less about religion.

"Our beliefs and our moods are reflected in our brain and with new imaging techniques we can begin to see this," Myrna Weissman told

Reuters Health. "The brain is an extraordinary organ. It not only controls, but is controlled by our moods."

While the new study suggests a link between brain thickness and religiosity or spirituality, it cannot say that thicker brain regions cause people to be religious or spiritual, Weissman and her colleagues note in JAMA Psychiatry. It might hint, however, that religiosity can enhance the brain's resilience against depression in a very physical way, they write.

Previously, the researchers had found that people who said they were religious or spiritual were at lower risk of depression. They also found that people at higher risk for depression had thinning cortices, compared to those with lower depression risk.

For the new study, the researchers twice asked 103 adults between the ages of 18 and 54 how important religion or spirituality was to them and how often they attended religious services over a five-year period. In addition to being asked about spirituality, the participants' brains were imaged once to see how thick their cortices were.

All the participants were the children or grandchildren of people who participated in an earlier study about depression. Some had a family history of depression, so they were considered to be at high risk for the disorder. Others with no history served as a comparison group.

Overall, the researchers found that the importance of religion or spirituality to an individual - but not church attendance - was tied to having a thicker cortex. The link was strongest among those at high risk of depression.

Dr. Dan Blazer, the J.P. Gibbons Professor of Psychiatry at Duke University Medical Center in Durham, North Carolina, said the study is very interesting but is still exploratory. "I think this tells us it's an area to look at," Blazer, who was not involved in the new study, said. "It's an area of interest but we have to be careful."

For example, he said there could be other areas of the brain linked to religion and spirituality. Also, spirituality may be a marker of something else, such as socioeconomic status. Blazer added that it's an exciting time, because researchers are actively looking at links between the brain, religion and risk of depression. "We've seen this field move from a time when there were virtually no studies done at all," he said.

The abstract on this research can be found at [Religiosity and Depression](#).

Insights Into the Life of One Person in Poverty



This is an eye opening blog entitled [*This is Why Poor People's Bad Decisions Make Perfect Sense*](#) by Linda Tirado, who is described as a Night Cook, Essayist, and Activist. It makes me wonder how much we really know about the poor in this country. That question was partially answered in the following quiz.

Do you live in a bubble? Find out with [this handy online quiz](#) that asks about everything from whether you've ever bought Avon cosmetics, walked a factory floor or can identify military insignia. The most telling question: "Do you now have a close friend with whom you have strong and wide-ranging political disagreements -- not counting disagreements on the same side of the political spectrum?"

Seven Lies About Christianity -- Which Christians Believe

Stephen Mattson has contributed for *Relevant Magazine* and the *Burnside Writer's Collective*, and studied Youth Ministry at the Moody Bible Institute. He is now on staff at Northwestern College in St. Paul, Minn. This is a piece he wrote about "the most common stereotypes that Christians have about Christianity that are wrong." If you care to read more, you can read his complete blog at [Seven Lies](#).



You're Always Happy: There's an unhealthy expectation within many faith communities that we're always supposed to be joyful, as if being anything other than a smiling, peaceful, and jolly spiritual cheerleader is detrimental to Christianity.

Your Problems Will Disappear: Some people use Christianity as a form of escapism, a crutch, and a way to avoid the pain, suffering, and struggles of life.

You'll Be "Blessed": If you're seeking wealth, prosperity, comfort, and security, Christianity isn't the place to go.

Missions and Ministry Is Fun and Rewarding: Don't get me wrong, it often is rewarding, but . . . Missions and ministry is hard work. . . . Being a full-time missionary and minister requires constant service, with very little recognition and plenty of conflict.

All Your Questions Will Be Answered: Christianity is full of doubt, uncertainty, nuance, and complexity.

The Christian Community Is Great: Many people leave the Christian faith not because they hate Jesus, but because they hate the people who represent him. Christians hurt people. They fight, argue, yell, scream, and do horrible things.

It Makes You Better Than Others: This is the hardest truth for Christians to swallow, that they aren't any better than anyone else. . . . The problem with romanticizing Christianity is that we turn our faith into a product, using various selling points to make it look more attractive. . . . Instead of promoting Christianity as a set of benefits, we need to promote Christ.

The 16 Habits of Exuberant Human Beings

This is something you might want to read before you make your new year's resolutions. It is always wonderful when we can now scientifically prove the benefits of having a spiritual life. It appears as one of the habits in this article. Here is an introduction to the article. If you wish to read the complete article, please go to [Exhuberant Human Beings](#).

Martin Seligman, the father of positive psychology, theorizes that while 60 percent of happiness is determined by our genetics and environment, the remaining 40 percent is up to us. [In his 2004 Ted Talk](#), Seligman describes three different kinds of happy lives: The pleasant life, in which you fill your life with as many pleasures as you can, the life of engagement, where you find a life in your work, parenting, love and leisure and the [meaningful life](#), which "consists of knowing what your highest strengths are, and using them to belong to and in the service of something larger than you are."

After exploring what accounts for ultimate satisfaction, Seligman says he was surprised. The pursuit of pleasure, research determined, has hardly any contribution to a lasting fulfillment. Instead, pleasure is "the whipped cream and the cherry" that adds a certain sweetness to satisfactory lives founded by the simultaneous pursuit of meaning and engagement. . . . happy people have habits you can introduce into your everyday life that may add to the bigger picture of bliss. Joyful folk have certain inclinations that add to their pursuit of meaning -- and motivate them along the way.

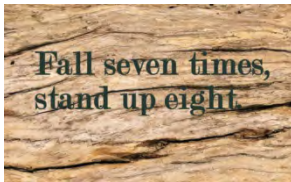
They surround themselves with other happy people.

Joy is contagious.

They smile when they mean it.

Even if you're not feeling so chipper, cultivating a happy thought -- and then smiling about it -- could up your happiness levels and make you more productive.

They cultivate resilience.



Happy people know how to bounce back from failure. Resilience is like a padding for the inevitable hardship human beings are bound to face.

They *try* to be happy.

Yep -- it's as simple as it sounds: just *trying* to be happy can boost your emotional well-being.

They are mindful of the good.

It's important to celebrate great, hard-earned accomplishments, but happy people give attention to their smaller victories, too.

They appreciate simple pleasures.



Happy people take the time to appreciate these easy-to-come-by pleasures.

They devote some of their time to giving.

Even though there are only 24 hours in a day, positive people fill some of that time doing good for others, which in return, does

some good for the do-gooders themselves.

They let themselves lose track of time. (And sometimes they can't help it.)



When you're immersed in an activity that is simultaneously challenging, invigorating and meaningful, you experience a joyful state called "flow." Happy people seek this sensation of getting "caught up" or "carried away."

They nix the small talk for deeper conversation.

Those who take part in more substantive conversation and less trivial chit chat experienced more feelings of satisfaction.

They spend money on other people.

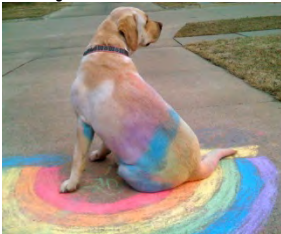
They make a point to listen.

"When you listen you open up your ability to take in more knowledge versus blocking the world with your words or your distracting thoughts."

They uphold in-person connections.

"There's a deep need to have a sense of belonging that comes with having personal interactions with friends.

They look on the bright side.



Optimism touts plenty of health benefits. The optimists believe defeat is not their fault: Circumstances, bad luck, or other people brought it about.

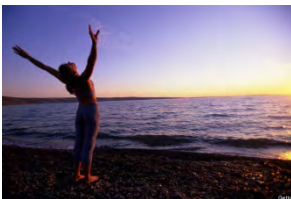
They value a good mixtape.

Music is powerful. So powerful, in fact, that it could match up to the anxiety-reducing effects of massage therapy.

They unplug.

Whether by meditating, taking a few deep breaths away from the screen or deliberately disconnecting from electronics, unplugging from our hyper-connected world has proven advantages when it comes to happiness.

They get spiritual.



Spirituality offers what the 20th-century sociologist Emile Durkheim referred to as "sacred time," which is a built-in, unplugging ritual that elicits moments of reflection and calm

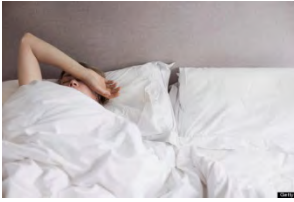
They make exercise a priority.

A wise, [albeit fictional Harvard Law School student once said](#), "Exercise gives you endorphins. Endorphins make you happy."

They go outside.

Want to feel alive? Just a 20-minute dose of fresh air promotes a sense of vitality. Nature is fuel for the soul.

They spend some time on the pillow.



When you're running low on zzs, you're prone to experience lack of clarity, bad moods and poor judgment. "You get more emotional stability with good sleep."

They LOL.

A good, old-fashioned chuckle releases happy brain chemicals that, other than providing the exuberant buzz we seek, make humans better equipped to tolerate both pain and stress.

They walk the walk.

Ever notice your joyful friends have a certain spring in the step.

Three Things Big Data Tell Us About How People Who Use the Bible

YouVersion



We're in the age of big data. Twitter, apps, Facebook—they're each giving science new ways to look at what people do and why. This includes religion. Big data is a social scientist's dream come true. We are now able to track how millions of people practice their religion. YouVersion, a popular Bible app, released its summary of its [Bible usage data from 2013](#), showing how people use their apps to read and share the Bible.

With over 120 million installs since 2008 and a billion opens or uses in 2013, YouVersion provides a unique window into how many Christians read the Bible. The YouVersion data tells us how people use their apps to read and share the Bible, but it's not clear how representative these people are. An evangelical pastor once stated that in his "traditional" worship service, he hears the rustle of thin paper but in his "contemporary" service he sees the lights from iphones. YouVersion Bible reading may or may not be typical, but it's still an interesting look into how millions of people use new technology to read the Bible.

1. People look up favorite verses for personal encouragement.

The most popular verse isn't John 3:16. It is not about God's love, forgiveness, justice, or power. In fact, it doesn't mention "God" at all. The most popular verse is about the individual's ability to do anything with God's help.

Philippians 4:13 *I can do all this through him who gives me strength.*

People look up verses that remind them of God taking care of them in hard times. The top five most popular verses encourage people to not be afraid or anxious because God will strengthen them.

Here are the other verses in YouVersion's top five:

- Isaiah 40:31 *but those who hope in the Lord will renew their strength...*
- Matthew 6:13 *And lead us not into temptation, but deliver us from evil*

- Joshua 1:9 ...*Be strong and courageous. Do not be afraid; do not be discouraged...*
- Philippians 4:6 *Do not be anxious about anything...*

2. People use the Bible in social media to make a point

YouVersion also lists off the top ten verses that its users shared through Twitter, Facebook, or email. A couple of the verses are from the most popular list, but most aren't. The most popular verse (Philippians 4:13) wasn't on the top-ten. The most frequently shared verse was Psalm 118:24:

This is the day the LORD has made; let us rejoice and be glad in it.

Number two on the list: 1 Peter 5:6. Unlike the most popular verse *I can do all things...*, this one begins with the more somber *So humble yourselves under the mighty power of God...*

The other gem on the list is part of the back-and-forth over marriage and gender roles. Most of Ephesians chapter five deals with how people should serve others. One verse says that wives should submit to their husbands. This is followed by Ephesians 5:25-26, the seventh most shared verse:

Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water through the word.

No evidence of whether this is used to justify views of wives needing to submit to their husbands (i.e., yeah, wives should submit but it's ok because husbands are required to do a lot, too) or call for equal and mutual submission (i.e, Paul is saying the same thing just in different ways). Either way, it's an unusual choice. Of the 31,000-plus verses in the Bible, this is one of the most shared on social media.

3. People like chapters with big ideas

The bible is organized (though I use the term loosely) into books, chapters, and verses. **People like verses with simple messages. They like chapters with profound ideas.** Their favorite chapters, however, took on deeper theological topics including salvation, sin, love, and ethics. Indeed, they cannot be summarized simply (so, excuse the brief descriptions):

- Romans 8 — Living a spiritual life and hope for eternal life
- Romans 12 — Loving God, the church, and others
- Matthew 5 — The Sermon on the Mount
- 1 John 4 — God is love
- Hebrews 12 — Why God allows hardship and how Christians should respond

See more at: [Three Things Bible App Tells Us](#) or check out the [Infographic](#).

Make a Difference



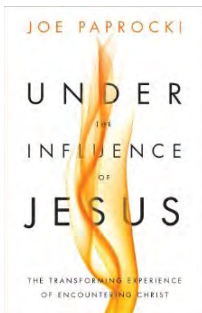
We all know it feels nice to give. But how many of us would give away a sudden windfall, particularly if it meant foregoing some luxuries that you'd never dreamed possible? This lovely little film, set in rural India, illustrates just how fun generosity can be when done with sensitivity, spontaneity, and stealth. You can watch [Make a Difference](#).

Giving Thanks



From familiar prayers to ancient blessings, Katherine Paterson has collected expressions of gratitude that put heart-stirring feelings into words. This would be a good resource for daily meditation. The illustrations are gorgeous. Pamela Dalton is a master of scherenschnitte (the art of papercutting). You can purchase [Giving Thanks: Poems, Prayers, and Praise Songs of Thanksgiving](#) from the NCCL Amazon Bookstore.

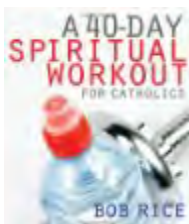
Under the Influence of Jesus



Joe Paprocki writes that “I am more excited about this book than any I have written! My goal is to recapture the enthusiasm of the early Church that led people to believe the Apostles had been drinking when, in truth, they were inebriated with the Holy Spirit! It is my hope that those who read this book will truly find that the Gospel is good news – a formula for living a life that is uninhibited by fear, anger, anxiety, or despair.”

You can order [Under the Influence of Jesus: The Transforming Experience of Encountering Christ](#) from the NCCL Amazon Bookstore.

A 40-Day Spiritual Workout for Catholics



Bob Rice has a long relationship with youth ministry and this book would be helpful to many adults as well. The book is written in such a way that you have a short reading or readings each day from the bible; then quotes from Catholic authors, the Catechism or church writings. Teaching concludes the sections and you might appreciate Bob's style of teaching as well as his insights. You can purchase [A 40-Day Spiritual Workout for Catholics](#) from the NCCL Amazon

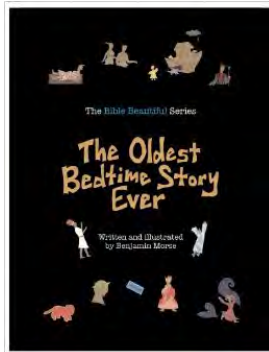
Bookstore.

[Hail Mary](#)



This lovely little book takes readers of all ages phrase by phrase through this much loved prayer, while offering prayerful commentary on the actual words. In addition to the devotional reflections, the author provides a short history of the Hail Mary. The first part, drawn directly from the Gospel of Luke, offers a short, but compelling summary of the Mary's entire story, while the second part was formed slowly over many centuries. It took its current form as late as AD 1500. You can order [Hail Mary](#) from the NCCL Amazon Bookstore.

The Oldest Bedtime Story Ever



There are many books of Bible stories for children, but this book of Old Testament stories is unique. Morse, both biblical scholar and artist, takes the familiar (and not so familiar) stories, manages to get the gist of each story in short manner, and fills in the blanks with wonderfully original artwork. Working against shiny coal-black backgrounds, he produces collage-style pictures and papercuts to take readers from Genesis through Esther. Everything is minimalist here. This is probably best used as a jumping-off point for Bible stories which is probably why there is an appendix that directs readers to longer versions of the stories. You can purchase [The Oldest Bedtime Story Ever](#) from the NCCL Amazon Bookstore.

Ever Thought Of Attending A Faith-Based Educational Technology Conference?



What if you could rub shoulders and soak in knowledge from folks like you who are Cultivating Digital Ministries? What kinds of digital ministries? Well check out the types of Learning Sessions (<http://bit.ly/19NosIe>) at the 5th Annual Interactive Connections Conference in Orlando.

When attendees were asked what the conference offered them, this is what they said:

Just having the opportunity to hear about what others are using, the latest and the greatest, gave me some ideas to take back and use immediately as well as ideas for the future...Michelle

Prior to attending the conference I was aware of the need to incorporate technology in evangelization, catechesis, and pastoral ministry. This conference has heightened that awareness and given me the confidence to continue this effort. Tammy Graves

Affirmed the need to seize any and all tools for the Evangelizing mission of the Church. Brian Lemoi

Running from Tuesday, January 28th through Friday, January 31, 2014 you have the option to learn more about Digital Ministries Tuesday evening through Wednesday and also attend the Florida Educational Technology Conference on Thursday and/or Friday. Why? You can learn what is exciting and motivating to public school students in their learning environments. You can meet technology vendors to learn what they are offering as well as to engage them in conversations about what we need in ministry. Learn more about the conference by visiting – Interactive Connections - <http://bit.ly/19UNNDV>. Early Registration Fees available.