

Dear Catechetical Colleagues,

As we draw closer to the beginning of Lent, I encourage you to check out the following programs sponsored by the Archdiocese:

- On **March 25th**, *Confirming Young Disciples* will be a great workshop for all those preparing adolescents for this sacrament. I hope to see you there!
- On **April 4th**, I am very excited about having our first workshop on **inclusion for children with special needs into our religious education programs**. This event is a great opportunity to find ways to welcome all families into our parish catechetical ministries. Please do join us for this program and the **Mass on April 5th with Archbishop Sartain for families with special needs!**

In this newsletter, I also recommend the upcoming **CRS webinar on Rice Bowl** that will be held online on Thursday, February 20th. Camille Pauley is from our Archdiocese and has collaborated with Fr. Robert Spitzer, SJ for many years. Her **“Life Principles Academy”** offers compelling methods to share our Catholic pro-life position with others. Please check out and attend one of her upcoming seminars!

Did you know that **Pope Francis is continuing to catechize on the sacraments and is beginning to prepare on new encyclical on ecology**? Have you had a chance to check out the great source of **free webinars through the United States Conference of Catholic Bishops (USCCB), Paulists Evangelization Ministries, Ave Maria and Loyola Press**? If not, please check out their websites for many ways we can prepare for Lent.

The Olympics continue. There is an inspiring story in this newsletter about an **Olympic skier from Denver, who is also a young Catholic mother**. The USCCB just released some new material about **marriage** and Dan Mulhall will be offering a webinar on **chaste living and human sexuality**. Once again, toward the end of this newsletter look for some great short videos and recommended books!

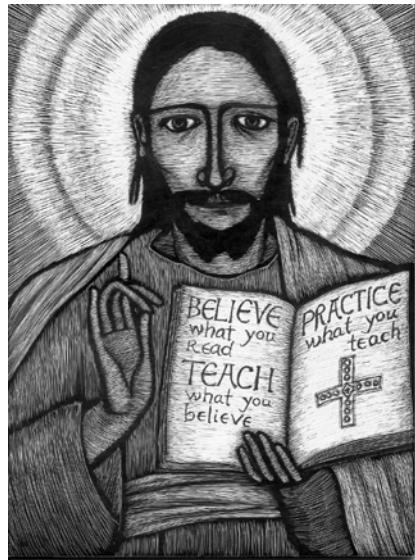
With the peace of Christ,

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

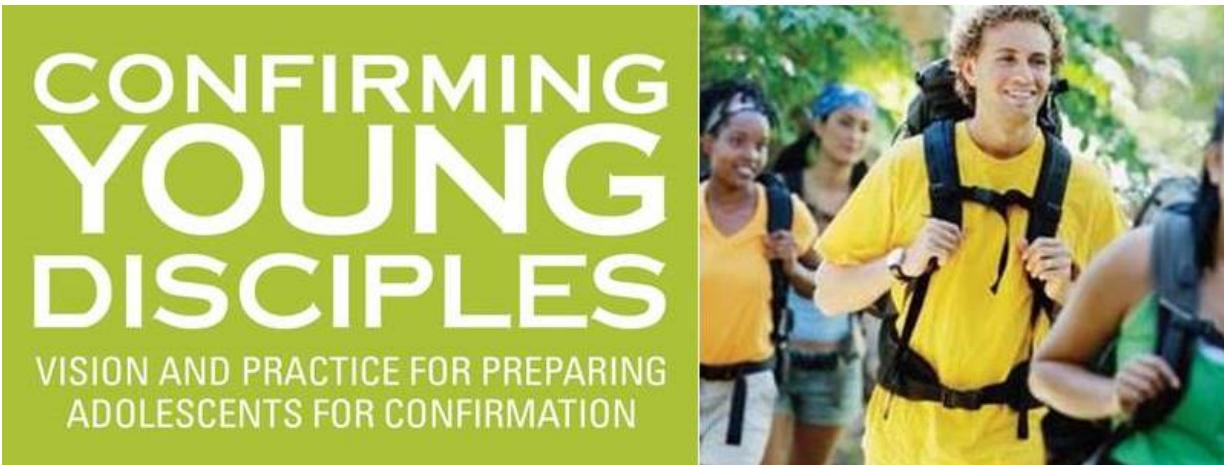
Catechist Certification

- ✚ 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/ccb

Liturgy Office Workshops:

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



**Register now for March 25, 2014
Isaac Orr Conference Center, Chancery (910 Marion Building)**

Confirmation for adolescents is the strengthening of young disciples who are joined more closely with the Church as they witness to the love of Christ in their hearts. Preparing youth for confirmation is an opportunity for families, parishes and communities to be renewed by the Holy Spirit as young people are transformed for faithful lives of mission.

Parish communities are finding new ways to help youth encounter Christ, be formed as disciples and respond in faith and mission to their Confirmation.

This workshop will help leaders

- Explore a vision for confirmation preparation that is rooted in Catholic doctrine, best practices for comprehensive youth ministry and dynamic adolescent catechesis
- Engage families of youth and involve the parish community in the preparation process
- Identify areas for growth and improvement to enhance confirmation preparation
- Build a confirmation preparation team and select effective resources
- Develop dynamic follow-through opportunities for confirmed youth

Join us for this workshop designed especially for parish ministry leaders and catechists who support the preparation of youth for Confirmation.

Workshop fee is \$54.00, which includes lunch and the handout packet. For more information or to register:

<http://events.constantcontact.com/register/event?llr=t7vhocab&oeidk=a07e8mcoaml1b179011>



Life Principles Academy is a pro-life training event that teaches how to intelligently and effectively communicate the pro-life position to others. Attend one of the two scheduled for March!

Presented by: Camille Pauley, President of Healing the Culture

Saturday, March 1, 2014

Holy Rosary Parish, Seattle, WA

or

Saturday, March 8, 2014

St. Mary's Catholic Church, Anacortes, WA

11:30 a.m. - 4:00 p.m.

Includes light lunch, free parking and materials

What is "Life Principles"?

A unique, comprehensive pro-life curriculum that takes the ten greatest principles of ethics, logic, and justice, and reveals how violations of these principles led to the greatest atrocities known to man -- including Roe v. Wade, which permitted abortion on demand.

**For more information or to register:
HealingtheCulture.com; (425) 481-6563**

HOW TO

Welcome, Include, AND Catechize

Children with Autism and other Special Needs

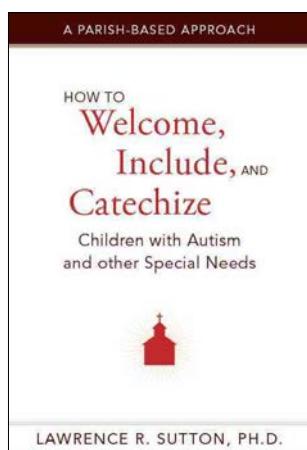
Presenter: Deacon Lawrence R. Sutton

Date: Friday, April 4, 2014

Time: 9:30 am – 3:00 pm

Location: Isaac Orr Conference Center (910 Marion Bldg)

Cost: Provided by *Loyola Press*; lunch included



In his book, Deacon Larry, a nationally recognized expert in the field of autism, provides the insights needed to build an effective faith formation program for all children. By sharing stories of success and inspiration that affect everyone – pastor, parent, student, teenager, and catechist – he delivers the unexpected: that catechizing children with special needs actually nurtures the faith of the entire parish. By the end of this workshop, participants will have an effective guide to offer religious education programs across cognitive, physical and developmental levels.

RSVP by March 28th to ocff@seattlearch.org or 206-382-4096

Free Rice Bowl Seminar – Thursday, February 20, 2014 – 2:00 pm EST

Please join CRS for a free Rice Bowl webinar developed for directors of religious education and parish catechetical leaders about how Rice Bowl can be used in faith formation this Lent.



7379899828 when prompted) To RSVP: [Click here](#)

When: Thursday, February 20, 2014

Time: 2:00-3:30 PM Eastern Standard Time

Where: <http://catholicreliefservices.adobeconnect.com/r3z93ox62k5/>

(If you choose to participate by phone instead of online, please call 1-866-386-4210 and enter the passcode

7379899828 when prompted) To RSVP: [Click here](#)

Please review the **important tips** below prior to **February 20** to ensure that you have the necessary software to access the webcast.

IMPORTANT TIPS

- It is recommended that you test your computer connection prior to attending a meeting. You can do this by going to:
 - http://catholicreliefservices.adobeconnect.com/common/help/en/support/meeting_test.htm
 - Get a quick overview: http://www.adobe.com/go/connectpro_overview
 - The Connection Test checks your computer to make sure all system requirements are met. If you pass the first three steps of the test, then you are ready to participate in a meeting.
- When the meeting time arrives, click on the online meeting room link or enter the URL into your **Internet Explorer, Safari or Firefox web browsers**. Please **do not** use Google Chrome.

Pope Francis Continues Catechesis on Sacraments: Eucharist

“Let us live the Eucharist with a spirit of faith and prayer, of forgiveness, of penance, of community joy, of concern for the needy and for the needs of so many brothers and sisters, in the certainty that the Lord will fulfill that which he promised us. eternal life.” This was the invitation made by Pope Francis today to the faithful gathered in St. Peter’s Square for his weekly General Audience.



The Holy Father continued his catechetical series on the Sacraments, focusing again on the Eucharist. While last week he reflected on the communion with Christ that the Eucharist brings us, the Pope concentrated on our personal relationship with the Eucharist. “How do we live the Eucharist?” he asked the faithful. “Is it only a moment of feasting, a consolidated tradition, an occasion to find oneself? Or is it to feel all right or something else?”

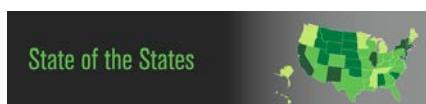
“In the Eucharist, Christ always acts again, giving the gift of Himself that He gave on the Cross. His whole life is an act of total sharing of Himself out of love; for this reason he loved being with the disciples and with those people he was able to know.” The Holy Father went on to say that in participating in Holy Mass, which is comprised of many different people, through this same love of Christ, we become brothers and sisters.

Another important aspect of the Eucharist the Holy Father reflected on was the grace that comes from being forgiven and the willingness to forgive. One who goes to Mass does not go to feel better than others but rather to be “received and regenerated by the mercy of God.”

“If each one of us does not feel in need of the mercy of God, does not feel as a sinner, it is better that they don’t go to Mass,” the Pope said. We go to Mass because we are sinners and we want to receive the forgiveness of God, to participate in his redemption, in his forgiveness.”

Reflecting on his final aspect of the Eucharist, the Pope said that is not solely a commemoration of the Last Supper, but rather an action of Christ in our lives. The mission and identity of the Church comes from this Sacrament. “Through the Eucharist, Christ wants to enter into our existence and permeate it with His Grace, so that in every Christian community there may be a coherence between liturgy and life,” he said.

The Most Catholic States, Roughly A Quarter Of The Country's Population



Catholicism is the second largest religious tradition in the United States at roughly [25% of the country's population](#). The five most Catholic states in the U.S., according to a [recent Gallup survey](#), are all on the East Coast: Rhode Island, New Jersey, Massachusetts, Connecticut and New York. The least Catholic states are mostly in the South.

Rhode Island's population is 54% Catholic, more than twice the national average. As Gallup notes, the most Catholic states tend to be the least Protestant states, and vice versa. To view the most and least Catholic states in the U.S. please go to [Catholic Statistics](#).

LENT: Give Up, Take Up, Lift Up



In his Lenten message for 2014, Pope Francis takes inspiration from the words of St. Paul ([Cor 8:9](#)), 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 certain foods, that are superfluous to our basic needs; "taking up" habits that our directed to helping and caring for others; and "lifting up" our brothers and sisters who are in need through prayer and devotion.

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.

The Church asks us to surrender ourselves to prayer and to the reading of Scripture, to fasting and to giving alms. The fasting that all do together on Fridays is but a sign of the daily Lenten discipline of individuals and households: fasting for certain periods of time, fasting from certain foods, but also fasting from other things and activities. Likewise, the giving of alms is some effort to share this world equally—not only through the distribution of money, but through the sharing of our time and talents. Contemplate the meaning and origins of the Lenten fasting tradition in this [reflection](#).

In Lent, the baptized are called to renew their baptismal commitment as others prepare to be baptized through the [Rite of Christian Initiation of Adults](#), a period of learning and discernment for individuals who have declared their desire to become Catholics. "In the poor and outcast we see Christ's face; by loving and helping the poor, we love and serve Christ." — *Pope Francis, Message for Lent 2014*

The key to fruitful observance of these practices is to recognize their link to baptismal renewal. We are called not just to abstain from sin during Lent, but to true conversion of our hearts and minds as followers of Christ. We recall those waters in which we were baptized into Christ's death, died to sin and evil, and began new life in Christ.

[On these pages](#), you will find a variety of suggestions and resources to help you to "give up," "take up," and "lift up" during this Lent and embrace your baptismal commitment. Catholics are also encouraged to make going to confession a significant part of their spiritual lives during Lent. The U.S. Bishops' statement, ["God's Gift of Forgiveness: The Pastoral Exhortation on the Sacrament of Penance and Reconciliation"](#) can be distributed and shared in parishes. Dioceses are encouraged to make the sacrament available often during Lent and to use [these resources](#) to promote participation. USCCB also has [resources to help individuals](#) who have not been to confession in a while "rediscover" the sacrament.

Put Your Faith First, Olympian Encourages Young Catholics



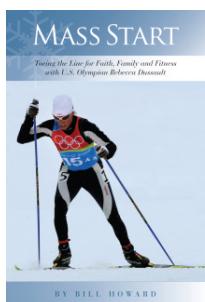
Olympic cross-country skier Rebecca Dussault recently spoke to a large crowd of young adults in Denver, exhorting them to put their Catholic faith above everything else in life. “Be Catholic first and anything that flows from that is a rich bonus,” she said in a talk given at Katie Mullen’s Irish Pub in downtown Denver as part of the archdiocese’s Theology on Tap program.

Because there are over a billion Catholics in the world, Dussault added, if someone is a “successful Catholic” they will most likely also be a “significant Catholic” which is why it is so

important for prominent people in the Church to be good examples. “We’re going to be looking up to you,” she said.

A Colorado native, Dussault grew up skiing in the Rocky Mountains, but felt ostracized by her peers because she was pursuing a physically and spiritually healthy life, shunning the party attitude. Fighting the secular culture, she found herself retiring from racing at the age of 19.

She married and had her first child when she found herself once again competing and winning, restarting her career and passion for competition. She called up her sponsors and they took her back, knowing that it wasn’t just her anymore, but her entire little “domestic church.”



Bl. Pier Giorgio Frassati, a fellow skier and sports enthusiast who lived in the early 20th century, became her patron saint on the slopes. She even wrote his name on her skis during the Olympics in Turin, his home town. The young Italian simply “lived in the now and he totally poured himself out” in the service of others.

Bl. Pier Giorgio died at the young age of 24 from polio – and the fact that his funeral procession had 10,000 followers is a testament to his “magnetic personality because he had God.”



His example has continued to serve as an inspiration for her work after the Olympics, especially as a mentor with her program, MassStart.org, which aims to help Catholics lead spiritually and physically healthy lives. “It’s not like I’ve arrived and I’ve got this all figured out – I’m an experiment daily and I do waiver between vanity, I waiver between lack of commitment. I’m totally human, but really when I can see a bigger picture than just myself, I can have motivation,” she said.

She encouraged aspiring athletes and coaches to make the Sacraments their first priority, saying that they are “the only thing that keep you, you.” A new book chronicling Dussault’s experience as a Catholic wife, mother and athlete called, [Mass Start](http://MassStart.org), is available on her website.

Strengthening the gift of Marriage

Entre Amigos – Opinion/Commentary

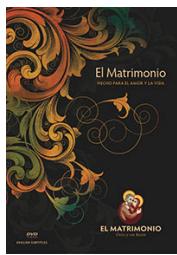
By Norma Montenegro Flynn

February 14, 2014

The U.S. Conference of Catholic Bishops just launched a bilingual video and study guide titled: [Marriage: Made for Love and Life](#). The video features two couples: grandparents celebrating their 50th wedding anniversary and a young couple who do not believe in marriage.

The video and [study guide](#) target many issues our Hispanic families currently face: Young adults whose lives have been impacted by their parents' divorce, being raised in a household with a single parent, and those who surrender to the pressure from society to view marriage between a man and a woman as something outdated.

Only a few days ago, my husband and I attended a wedding. The priest told the couple that the rings they were about to exchange were a reminder of the promise they make before God to honor their vows. It represents having God as a witness and at the same time it is an invitation to tell God "So help me, God." Help us in the difficult times to keep this promise alive and respect, honor and love my spouse. It is a powerful



Fortaleciendo el Regalo del Matrimonio

Entre Amigos – Opinion/Commentary

Por Norma Montenegro Flyn

Febrero 14, 2014

La Conferencia de Obispos Católicos de los Estados Unidos acaba de lanzar un video bilingüe y guía de estudio titulada [El Matrimonio: Hecho para el amor y la vida](#). El video

muestra a dos parejas: abuelos que celebran sus 50 años de casados y una joven pareja que no cree en el matrimonio.

El video y [guía de estudio](#) abordan varios temas que nuestras familias hispanas enfrentan actualmente: jóvenes adultos cuyas vidas han sido impactadas por el divorcio de sus padres, haber crecido en hogares con solo la madre o el padre, y aquellos que sucumben a la presión de la sociedad de considerar el matrimonio entre un hombre y una mujer como algo pasado de moda.

Hace pocos días mi esposo y yo fuimos a una boda. El sacerdote decía a la pareja que los anillos que estaban por intercambiar eran un recordatorio de la promesa que hacen ante Dios de honrar sus votos matrimoniales. Representan tener a Dios

Strengthening the gift of Marriage cont.

message that many forget or reject when conflict and difficulties arise.

The [Marriage: Unique for a Reason](#) initiative invites people to learn more about the meaning of marriage and family so we can also have the knowledge to defend and honor it. The video and study guide are available as resources for dioceses and parish groups and address all four catechetical themes of the Marriage: Unique for a Reason initiative: sexual difference and complementarity, the good of children, the common good and religious freedom.

Sexual differences and complementarity matter. A marriage is between a man and a woman and their sexual differences complement each other and should be cherished. This section also addresses how marriage has been culturally weakened in the last few decades: "Due to the widespread

use of contraception, sterilization and the approval of no-fault divorce laws, faithfulness and fruitfulness have largely been redefined out of marriage. What's left are the two essential elements: man and woman, and those are now under attack by law and culture. Defending the importance of sexual difference in marriage is crucial. But even more crucial is presenting again to a jaded, hurt society the *full* truth of marriage: one man and one woman open to life, committed until death," the guide reads.

The next chapter addresses the gift of children in a marriage, and the right of every child to be protected and respected from the moment of conception. It analyzes the importance of having a married mother and father and why the roles of each parent are not interchangeable.

Fortaleciendo el Regalo del Matrimonio cont

como testigo de esa unión y a la vez es una invitación a decirle "Ayúdame Dios". Ayúdanos en los momentos difíciles para mantener esa promesa viva y respetar, honrar y amar a mi esposo o esposa. Es un mensaje poderoso que muchos olvidan o rechazan cuando llegan los conflictos y dificultades.

La iniciativa [El Matrimonio: Único y con Razón](#) invita a la gente a aprender más sobre el significado del matrimonio y la familia para que también tengamos el conocimiento para defenderlo y honrarlo. El video y guía de estudio están disponibles como recursos para diócesis y grupos de parroquias y abordan los cuatro temas de catequesis de la iniciativa *El Matrimonio: Único y con Razón* que son: la diferencia sexual y complementariedad, el bien de los hijos, el bien común, y la libertad religiosa. Los

materiales están disponibles en:
www.elmatrimoniounicoyconazon.org

Las diferencias sexuales y complementariedad son importantes. El matrimonio es entre un hombre y una mujer y sus diferencias sexuales complementan el uno al otro y deben ser celebradas. Esta sección también aborda como el matrimonio ha sido debilitado culturalmente en las últimas décadas: "Debido al amplio uso de anticonceptivos, esterilizaciones y la aprobación de leyes de divorcios sin causa demostrable, la fidelidad y el ser fructíferos han sido redefinidos

fuera del matrimonio. Lo único que queda son los dos elementos fundamentales: hombre y mujer, y aun estos están ahora bajo el ataque de la ley y de la cultura. Defender la importancia de la diferencia sexual en el matrimonio es crucial. Pero es aún más crucial presentarle de nuevo a una

Strengthening the gift of Marriage cont.

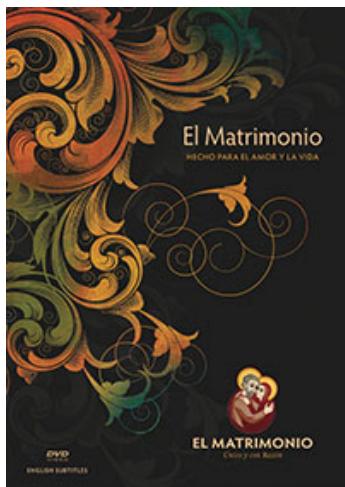
Marriage and the Common Good, addresses why marriage differs from cohabitation, why strong marriages develop into strong families and why they benefit society.

The final chapter, on religious liberty, explores how societal attempts to redefine marriage in the law threaten religious freedom and have a negative impact on families and society.

Just two generations ago, marriages lasted for life. Our grandparents lived by the idea that if something is broken it needs to be fixed, not discarded. Similarly, marriages needed to be fixed, not discarded. But nowadays, society praises the "throw-away culture" that Pope Francis warns us against. Honoring the promise we made at the altar takes time and effort, but as we see in those

couples that have spent a lifetime together, the fruits of that love are worth the effort.

Norma Montenegro Flynn is assistant director of Media Relations at the U.S. Conference of Catholic Bishops



nuestra libertad religiosa y tienen un impacto negativo en las familias y la sociedad.

Hace solo dos generaciones atrás, los matrimonios duraban toda la vida. Nuestros abuelos vivían con la idea de que si algo se arruinaba debía de ser arreglado, no desecharlo. Similarmente, los matrimonios necesitaban ser reparados no desecharlos. Pero actualmente, la sociedad alaba la “cultura del descarte” que el Papa Francisco nos advierte que rechacemos. Honrar la promesa que hicimos en el altar requiere tiempo y esfuerzo, pero como vemos en esas parejas que han pasado toda una vida juntos, los frutos de ese amor hacen que el esfuerzo valga la pena.

Fortaleciendo el Regalo del Matrimonio cont

sociedad hastiada y herida las verdades completas del matrimonio: un hombre y una mujer, abiertos a la vida, comprometidos hasta la muerte,” señala la guía.

El siguiente tema aborda el regalo de los hijos en el matrimonio, y el derecho de cada niño de ser protegido y respetado desde el momento que es concebido. También analiza la importancia de tener un padre y una madre casados y porque el papel que cada uno juega es insustituible.

El Matrimonio y el Bien Común, aborda porque el matrimonio difiere de cohabitar, porque los matrimonios fuertes desarrollan familias unidas, y porque estas benefician a la sociedad.

La última sección, sobre la libertad religiosa, explora como intentos de la sociedad por redefinir el matrimonio en la ley amenaza a

The New App Teaches Children The Words And Stories Of Pope Francis



Pope Francis is a virtual comic strip for children in a new app designed to teach his “most beautiful words” to a young audience. The Pope Francis Comics app allows children to study his key messages in speeches and tweets, and learn about his life before his papal inauguration. Older children can learn about the Pope through a comic strip while a colouring game is designed for younger children.

The developer, Master New Media, calls it “a fun and interesting educational app that explains the Holy Father’s words to children to help them grow and learn”. They say it allows users to “easily see the greatness of the teaching of His Holiness, inspired by the gospel, and put it into practice into their everyday lives, with their family, at school and with friends.

The app, priced at £1.99 for iPad, appears to be an extension of a [comic book series launched in Italy](#) last November, by publishing house Edizioni Master. As well as children’s books, they have already launched magazines in the country aiming to spread the Christian message.

Screenshot of the Pope Francis Comics app. Photograph: Developer



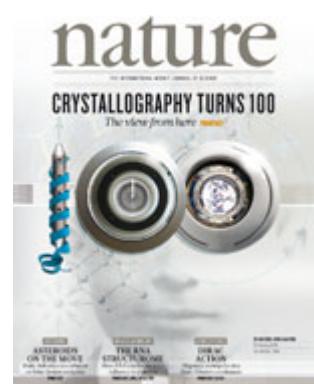
Confirmation of Ecological Encyclical



On January 24 the [Vatican confirmed that Pope Francis](#) has begun drafting the Church’s first ecological encyclical. Since then, several articles have been published about this exciting news:

- [Expectations and Hopes for Pope Francis' Ecological Encyclical](#) by Coalition staff member Dan DiLeo;
- [Seven things to know about Francis's planned eco-encyclical](#) by William Patenaude at Catholic Ecology;
- [Pope can help focus concern for climate](#) by James Rooney

New Stem-Cell Method Offers Another Alternative To Embryonic Research



A new method of creating versatile stem cells from a relatively simple manipulation of existing cells could further reduce the need for any stem-cell research involving human embryos, according to leading ethicists. Although the process has only been tested in mice, two studies published Jan. 29 in the journal *Nature* detailed research showing success with a process called stimulus-triggered acquisition of pluripotency, or STAP.

Scientists from Japan's RIKEN research institute and Harvard's Brigham and Women's Hospital in Boston were able to reprogram blood cells from newborn mice by placing them in a low-level acidic bath for 30 minutes. Seven to 9 percent of the cells subjected to such stress returned to a state of pluripotency and were able to grow into other types of cells in the body. "If this technology proves feasible with human cells, which seems likely, it will offer yet another alternative for obtaining highly flexible stem cells without relying on the destructive use of human embryos," said Father Tadeusz Pacholczyk, director of education at the National Catholic Bioethics Center in Philadelphia. "This is clearly a positive direction for scientific research."

Father Pacholczyk, a priest of the Diocese of Fall River, Mass., who holds a doctorate in neuroscience from Yale University, said the only "potential future ethical issue" raised by the new STAP cells would be if scientists were to coax them into "a new degree of flexibility beyond classical pluripotency," creating cells "with essential characteristics of embryos and the propensity to develop into the adult organism."

"Generating human embryos in the laboratory, regardless of the specific methodology, will always raise significant ethical red flags," he said. The Catholic Church opposes any research involving the destruction of human embryos to create stem cells.

Richard Doerflinger, associate director of the U.S. bishops' Secretariat for Pro-Life Activities, said if the new method were used to create stem cells so versatile that they could form placenta tissue and make human cloning easier, "then we would have serious moral problems with that." But there is no indication so far that the scientists could or would do so, he added. "You could misuse any powerful technology, but the technique itself is not problematic" in terms of Catholic teaching, Doerflinger said.

Doerflinger said he is also seeing a shift in the respect accorded to adult stem-cell research even by the most ardent supporters of embryonic stem-cell research. When Yamanaka won the Nobel Prize in 2012, Julian Savulescu, a longtime proponent of embryonic research, said the Japanese scientist "has taken people's ethical concerns seriously about embryo research and modified the trajectory of research into a path that is acceptable for all. He deserves not only a Nobel Prize for medicine but a Nobel Prize for ethics."

"Even the severest critics (of adult stem-cell research) are admitting that the promise people had been holding out (for embryonic research) is being pursued without any moral problem," Doerflinger said. "The alternatives that the church had been encouraging for so long are really succeeding."

Going To Mass Should Be A Life-Changing Event



Going to Mass and receiving the Eucharist should make a difference in the way Catholics live, Pope Francis said; they should be more accepting of others and more aware of their sinfulness. "If we don't feel in need of God's mercy and don't think we are sinners, it's better not to go to Mass," Pope Francis

said. The Eucharist is a celebration of Christ's gift of himself for the salvation of sinners, which is why the Mass begins with people confessing they are sinners and begging for the Lord's mercy.

Do you go to Mass because it's a habit or a time to see your friends? the pope asked. "Or is it something more? When we go to Mass, we find ourselves with all sorts of people," the pope said. "Does the Eucharist we celebrate lead me to consider all of them as brothers and sisters? Does it increase my ability to rejoice when they do and to weep with those who weep?"

Pope Francis said it is not enough to say one loves Jesus; it must be shown in love for those he loved. Ask yourself, he said, if going to Mass helps you reach out to the suffering or "am I indifferent, or am I gossiping, 'Did you see how that one's dressed?' Sometimes people do that after Mass. But this shouldn't happen." Attendance at Mass also should lead to "the grace of feeling forgiven and able to forgive others," he said.

Pope Francis said he knows that some people wonder why they should bother going to church when the church is filled with people who sin like everyone else. "In reality, those who participate in the Mass don't do so because they think or want to believe they are superior to others, but precisely because they know they are in need" of God's mercy, he said.

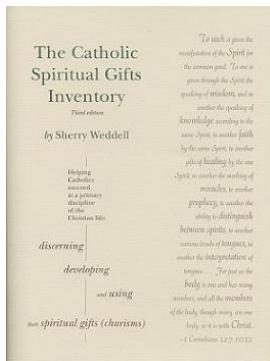
"We go to Mass because we know we are sinners and want Jesus' forgiveness," the pope said. "When, at the beginning of Mass, we say, 'I confess,' it's not something pro forma. It's a real act of penance."

The text of the pope's audience remarks are available at [English online](#) and at [Spanish online](#).

- The meeting login screen should appear. Please enter as a **Guest and type in your first and last name**, then click Enter Room.
- The meeting will then launch in your web browser. If the meeting host has not yet arrived to the meeting or meeting security requires the host to approve your attendance, you will be placed in a waiting room.
- Please mute your computer speakers.
- If you need further technical assistance, please contact 1-866-253-2957. Please note that this is the phone number of our webcast service provider, Intercall, and not Catholic Relief Services.

Toolbox: Catholic Spiritual Gifts Inventory Siena Institute

The Catholic Spiritual Gifts Inventory is an insightful tool for spiritual gifts discernment, to examine your work, relationships, and spiritual experiences in light of 24 of the most common gifts of the Holy Spirit. It was created especially for Catholics by the Institute's co-founder Sherry Weddell who will be speaking at the NCCL Conference and Exposition in St. Louis.



It features a series of 120 carefully chosen questions, developed, and refined through years of experience. The contents include a beginner's guide to discernment; a description of 24 common charisms; an explanation of Church teaching on charisms drawn from the Catechism, the Second Vatican Council, and the experience of the saints and outstanding Catholics throughout history. It is now in its 3rd edition and available in Spanish and English. This [Inventory](#) costs \$10.00.

To learn more about the Called and Gifted workshops or training CDs and how to further discern how to use your charisms in becoming an intentional disciple who is striving to build the Kingdom of God, check out the website for [more details](#).

Winter 2014 Update Faith Formation Learning Exchange

- Check out the Winter 2014 Update on the Learning Exchange.
- New books in the **New Featured Books** section.
- New feature in the Library
- New page in Featured Books for **Faith Formation with People with Disabilities**.
- New 2014 resource pages in our **Faith Formation Libraries** for Children, Adolescents, Young Adults, Families, and Multigenerational.
- **Page Two** section added to the libraries so you can access all of the current resources.
- Watch for additions to the other Libraries later in February.
- New Blog Posts
- New Articles
 - Forty Ideas for Lent by NCCL member Janet Schaeffler, OP



Go to www.FaithFormationLearningExchange.net to read the new articles and blogs, and find great resources for faith formation with all ages and generations.

Peace Quest



Rev. Stephen J. Fichter, Ph.D., Pastor, Sacred Heart Church and CARA Research Associate, has just released his first app called *PeaceQuest!* He has been working on this over the past two years, and it is now available for iPhone and iPad in the iTunes or Apple store.

PeaceQuest is a 3D immersive experience based on the Jesuit style of prayer called “composition of place”. Think of it as “you are there” praying. You will be guided by a monk called Anam Cara, which is Irish for “soul friend”. To have a better understanding of the app, just go to their support website at: www.peacequest.com.

Catholic Teaching on Chastity, Family Life, and Human Sexuality Education



The course *Catholic Teaching on Chastity, Family Life, and Human Sexuality Education* will be offered through the University of Dayton’s VLCFF program starting on Sunday, April 27, 2014 and will last for three weeks, ending on Saturday, May 17, 2014. The course will be facilitated by Daniel S. Mulhall. This asynchronous course examines the Catholic Church’s teaching regarding chastity, family life, and human sexuality education. While of particular interest to teachers and catechists charged with teaching these topics, the class will be of value to anyone interested in the topic. Students who have taken the course recommend it highly and have encouraged that it be offered to all Catholics interested in their faith.

The course is presented online and is self-contained: all course materials are included; there are no books to buy. The cost of the course is \$30 for participants from partner dioceses and \$70 for those from non-partner dioceses. See web site for more information on partner dioceses. To register for the course, go to <https://vlc.udayton.edu> and create a student profile. You can follow the directions from there. A certificate is award for the successful completion of the course, along with 1.5 Continuing Education Units, which is equivalent to 15 clock hours. For more information contact Dan Mulhall dmulhall@rclbenziger.com or Richard Drabik rdrabik1@udayton.edu at the University of Dayton.



FREE Professional Development Webinar – Tuesday, February 25, 3:00 pm EST



Ave Maria Press, in partnership with the **National Conference for Catechetical Leadership**, the National Association for Lay Ministry, and National Federation of Priests' Councils presents a series of free, online workshops on professional development for parish ministers. This webinar [Starting and Sustaining Effective Young Adult Ministries](#) is offered on Tuesday, February 25 at 3:00



pm EST. You can register at [PDW - 09-10-2013](http://tiny.cc/g1vv0w) (<http://tiny.cc/g1vv0w> (<http://tiny.cc/d3jabx>)). For a complete listing of professional development webinars in this series, please visit www.avemariapress.com/webinars.

Starting and Sustaining Effective Young Adult Ministries

Presented by a panel of experts using a roundtable format. Panelists include:

Amy S. McEntee
Interim Executive Director
National Catholic Young Adult Ministry Association

Colin Nykaza
Director of Young Adult Outreach
Archdiocese of New York

Jonathan Lewis
Coordinator of Evangelization and Young Adult Initiatives
Archdiocese of Washington

Sean Allen
Young Adult Minister
Diocese of Fort Wayne-South Bend

In this panel discussion, a group of Catholic young adult leaders will discuss the current state of young adult ministry in the Catholic Church and share their greatest successes and learning experiences in reaching this very important group of people.

The primary focus of the discussion will be getting started in young adult ministry and building up momentum and participation in a Catholic community as a means of evangelization.

SIGN UP!

Monastic Life At The Top Of The Charts



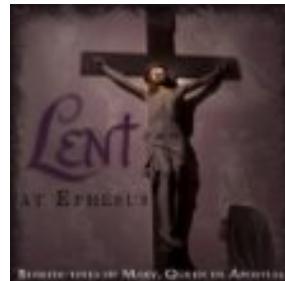
When the sisters of [Benedictines of Mary, Queen of the Apostles](#) aren't hard at work on the monastery grounds, they're topping the charts with albums of sacred music. The group's [Angels and Saints at Ephesus](#) topped the *Billboard* classical charts, and now it's releasing its latest, [Lent at Ephesus](#). Mother Cecilia, prioress of the abbey in rural Missouri and the group's arranger, tells NPR's Renee Montagne, "We're not fabricating anything; this is just music we're pulling from our life, our everyday life."

"We're hard workers," Mother Cecilia says. "We really follow the rules of St. Benedict very closely — his *ora et labora*, which is 'pray and work.' And we have a small farm. We have a cow to milk twice a day, rain or shine, whether it's 100 degrees or 20 below. And then, of course, the processing of the milk; we make all sorts of dairy products for our table. And, of course, the recreation and our meal times fill up the day."

Mother Cecilia, 10 years prior, played French horn with the Columbus Symphony. "God's ways are very mysterious, aren't they?" Mother Cecilia asks. "The poet Francis Thompson has termed God 'The Hound of Heaven' in one of his famous poems, and that's the best way I can describe how he was just after me my whole life, since I was a young girl. And for many years, I didn't even really want to think about it or face it, and I think it came out of dormancy with a couple of very profound episodes. One was my exposure to sacred music. ... It just lifted my spirit to God, and made me think on eternal things, up out of the petty things of life."

The success of the album, the profits from which will be used to pay off the abbey's debt and aid in expanding the monastery grounds, has not distracted the sisters from their *ora et labora*.

"The CDs are something that God has allowed to happen," Mother Cecilia says. "It's a wonderful thing insofar as it brings souls closer to God, and in the meantime helps us pay our debt, but other than that, life just flows along at the priory just the same way it did before. And that's the way we love it; that's the way we want. No tours, no concerts, you know? Just simple monastic life." You can order [Lent at Ephesus](#) from the NCCL Amazon Bookstore.



SON of GOD



From the producers of the record-breaking miniseries *The Bible*, Roma Downey and Mark Burnett, comes [SON OF GOD](#), the first major motion picture on the complete life of Jesus Christ in nearly 50 years.

[SON OF GOD](#) will be released by 20th Century Fox in theaters nationwide on February 28, 2014, featuring powerful performances, exotic locales, dazzling visual effects and a rich orchestral score from Oscar®-winner Hans Zimmer.

On Wednesday, February 19 at 10 am PST (1 pm EST), please join us for this special LIVE event online with producers Mark Burnett & Roma Downey, commentary from top faith leaders, resources to spread the word and more! Participate in a Webinar/Conference Call about the movie "Son of God" on February 19 at 10 am PST (1 pm EST) by clicking on this link below:

- <https://plus.google.com/event/c8d1mvuri8uuebmg126r9e76v3c> and sign in with your Google account
- Or watch on Youtube at <http://www.youtube.com/watch?v=SuU6C3oPMgk>

Submit questions in advance or during the broadcast by email that our moderator will use during the live Webinar (time permitting). Email your questions to: media@motivemarketing.biz.

A Twilight Reflection on Oscar Nominated Films



Sr. Rose Pacatte posted this slide show on SlideShare. This "retreat" presentation is an outline that considers the 9 nominated films for Best Picture as well as two of the films nominated in the Best Animated Feature category through the lens of the Beatitudes, Works of Mercy, Deadly Sins, Catholic Social Teaching, the T.H.I.N.K. protocol, what it means to be a person of "character" and empathy. If interested, check it out at [2014 Oscar Film Nominations Retreat](#).

So, You Call Yourself a Christian?



It isn't Catholic but it should spark a conversation. We do believe in the call to share our Christian beliefs. A dialogue could help people understand how Catholics view these ideas.

Check it out at [Become Like Jesus](#).

Mental Illness: Man Reunites With The Person Who Saved Him From Suicide



In 2008, a stranger convinced a man from the U.K. named Jonny Benjamin not to end his life. Earlier this month, Benjamin started a social media campaign to track down the man who saved him called [#FindMike](#).

Finally, [Benjamin found "Mike," whose real name is Neil Laybourn](#), according to Rethink Mental Illness, the organization that helped launch Benjamin's search. Watch the video above, to see their heartwarming reunion.

Jonny Benjamin recently received an award for the work he is doing to explain mental illness. His YouTube website at [Jonny Benjamin](#) offers tips he uses to help others with mental illness to find hope during challenging times.



The Shocking Truth Behind This Mother's Love



This short story about a young mother and the unconditional love she had for her daughter is moving. People judged her, but they didn't know the truth.

Watch the video at [A Mother's Love](#).

World's Friendliest Restaurant Holds Hug-A-Thon For Charity



Tim's parents talk about the importance of thinking outside the box if you have a child with a disability. This is a family and a community that gets it. It's the type of community we strive for as the body of Christ.

Sometimes all you need is a hug. No one understands this better than Tim Harris, owner of the "world's friendliest restaurant",

[Tim's Place](#). Tim, who was born with Down syndrome, loves nothing more than doling out hugs by the hundreds and his birthday coincidentally falls on National Hug Day.

To celebrate his birthday, Tim and his family hold an annual hug-a-thon to raise money for [Firefighters Random Acts](#), a nonprofit run by Albuquerque firefighters. Tim's hugs are always free but he will be accepting donations for hugs with a goal of giving 2,000 hugs and raising \$10,000 for charity. Check it out at [Tim's Birthday](#).

Stations of the Cross with Popular Music



Stations of the Cross with Popular Music, an audio resource from Cornerstone Media, Anna Scally, President.

"A journey you will never forget". Join three teens as they walk with Jesus on the road from where he was condemned to being nailed and dying on the cross. This will help you remember the last few hours of his life. Each station is illustrated with a popular hit song from artists such as Imagine Dragons, Christina Perri, Hunter Hayes, One Direction, John Legend and more, music that both teens and adults will like.

This is the best release is 29 years! There is also a bonus track of four reflections for Holy Week. Includes script and this year the script is available in Spanish. There is NO other resource like this in the field. Entire kit is only \$40.00. S & H: \$6.00. [ORDER NOW](#) in time for LENT!



I Want to See You Be Brave



As seen on the 2014 Grammy's. Check it out at <http://www.youtube.com/watch?v=XeX3r8j66Qk>.

Here are the Brave lyrics from *The Blessed Unrest*
"Brave" is track #1 on the album *The Blessed Unrest*. It was written by Bareilles, Sara / Antonoff, Jack.



You can be amazing
You can turn a phrase into a weapon or a drug
You can be the outcast
Or be the backlash of somebody's lack of love
Or you can start speaking up
Nothing's gonna hurt you the way that words do
When they settle 'neath your skin
Kept on the inside and no sunlight
Sometimes the shadow wins
But I wonder what would happen if you

Say what you wanna say
And let the words fall out
Honestly I wanna see you be brave

With what you want to say
And let the words fall out
Honestly I wanna see you be brave

I just want to see you
I just want to see you
I just want to see you
I wanna see you be brave

I just want to see you
I just want to see you
I just want to see you
I wanna see you be brave

Everybody's been there, everybody's been stared down
By the enemy
Fallen for the fear and done some disappearing
Bow down to the mighty
Don't run, stop holding your tongue
Maybe there's a way out of the cage where you live
Maybe one of these days you can let the light in
Show me how big your brave is

Say what you wanna say
And let the words fall out
Honestly I wanna see you be brave

With what you want to say
And let the words fall out
Honestly I wanna see you be brave

And since your history of silence
Won't do you any good
Did you think it would?
Let your words be anything but empty
Why don't you tell them the truth?

Say what you wanna say
And let the words fall out
Honestly I wanna see you be brave

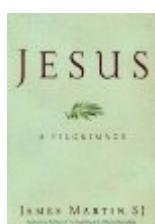
With what you want to say
And let the words fall out
Honestly I wanna see you be brave

I just want to see you
I just want to see you
I just want to see you
I want to see you be brave

I just want to see you
I just want to see you
I just want to see you
I want to see you be brave

I just want to see you
I just want to see you
I just want to see you
I want to see you be brave
to see you
I just want to see you
I just want to see you.

Jesus: A Pilgrimage



Here are a few of the comments other Catholic writers have said about this book.

“What can be said about Jesus that’s never been said before? Martin helps answer that question through an insightful, balanced, intelligent, widely-embracing, and faith-filled account of his own journey in search of Jesus. A book for everyone, regardless of creed or background. James Martin at his best!” (**Ronald Rolheiser**,

OMI, author of *The Holy Longing*)

“It isn’t often that a book invites you to make a journey through the Holy Land in the company of an inspiring, well-informed and entertaining guide like James Martin. Enjoy the journey, but don’t be surprised if it changes you.” (**Margaret Silf**, author of *Inner Compass* and *Simple Faith*)

“Father Martin calls archeologists and exegetes to witness in his narrative. He bares his own life experiences. It’s all at the service of the greater story—the greatest ever told. If I have the privilege of visiting the Holy Land again, I will see it differently because I’ve read this book.” (**Scott Hahn**, Professor of Theology and Scripture at Franciscan University in Steubenville, Ohio, author of *Understanding Scripture*)

“This delightful book combines personal reflections, spiritual nuggets, insights from top biblical scholars, theologians, and archaeologists, in a folksy and engaging style. As Martin shares his pilgrimage, he makes Jesus and his land and times come alive, inviting others to meet Jesus and embark on their own pilgrimage.” (**Barbara E. Reid, O.P.**, Professor of New Testament and Vice President and Academic Dean, Catholic Theological Union, Chicago)

Rekindling the Christic Imagination



This may just be the book to assist with mystagogy. About this book, Fr. Robert Barron writes “Drawing on sources artistic, literary, spiritual, and theological, Robert Imbelli provides a splendid and intellectually stimulating exploration of the New Evangelization. Anyone interested in preaching, teaching, or pastoral work should read this uplifting book.” You can order [Rekindling the Christic Imagination: Theological Meditations for the New Evangelization](#) from the NCCL Amazon Bookstore.