MEDIA OUTREACH

Our Resource Center contains a variety of different resource materials including books, booklets, CD’s, DVD’s and pamphlets. The materials contain messages on challenging topics of Christian living to help build up your faith in God and to inspire many areas of your life such as:

- Marriage and Family
- Children and Teens
- Spiritual growth and prayer life
- Basics of our faith
- Answers to questions you’ve always wondered about
- Stories of conversation, or returning to the faith.
When violent crime impacts a community, there is a temptation to respond with anger and vengeance. But the Gospel calls for rehabilitation, reconciliation, and restoration and teaches us to respect the dignity of all human beings, even those guilty of committing horrendous crimes.
FROM THE PASTOR’S DESK

5th Sunday in Ordinary Time

1. This weekend, 7 teenagers (and their chaperones) are joining hundreds of others for a special retreat at Mt. St. Mary’s, Emmitsburg, called Mount 2000. This is an amazing opportunity for them to grow in their faith. Please join me in praying for them, and all the teens of our parish.

2. This Friday, February 15th, and every 3rd Friday of the month, Eucharistic Adoration takes place in the church following morning Mass – so, from 9:30 to 10:30 am. All are invited to come before our Eucharistic Lord Jesus in this time of powerful silent prayer.

3. Beginning this month the Pastoral Council is focusing in a very special way on reaching out to Catholics who are not actively practicing their faith in order to welcome them back to our parish family. They will be contacting those parishioners listed as inactive in our database in order to listen to them, answer questions they may have, and invite them to great opportunities that our parish has coming up. This outreach is also the main reason why we are praying the new “Disciples Called to Witness” prayer before weekend Masses. The Holy Spirit is the engine of the New Evangelization!

Also, beginning in February, each weekend a different parish ministry or organization will be highlighted. They will have their trifolds (from the Ministry Fair) on display in the main vestibule of the church; they will share a brief announcement at the end of Mass about their group, and then have a member stationed by the display after Mass to share their group with you; and, the yellow box on the front of the bulletin will feature each week’s group. Our parish groups foster a sense of belonging where you can find a place with others to invest your faith and put it into action in a particular way.

ADVENTURE CLUB – Get ready for another adventure filled year with IHM Adventure Club! First stop – St. John Paul II National Shrine, Washington DC on Tuesday, April 30th. Leave IHM 7 AM, return 6 PM with a dinner stop at the Golden Corral in Frederick. Cost of trip is $70 plus gratuity. Reservations and payment due by March 17. For more information, contact Janet McIntyre at 717-633-9384.

SOUPER BOWL OF CARING – Thanks to all who donated to this year’s Souper Bowl of Caring. As of Monday, Feb. 4th, we counted 79 containers of laundry detergent, 70 condiments, and 655 soup/other. Final results will appear in next week’s bulletin.

PCCW – the Parish Council of Catholic Women cordially invites all women of the Parish to attend their monthly meeting on Thursday, Feb. 14th at 6:30 PM. (Please note the different time and day). After the parish meeting at 7 PM, the Conewago District will hold their quarterly meeting in the church social hall. Last chance to sign up for the Sweetheart Dinner Dance Fun Night. If interested in attending, please call Diane Schlaline at 717-259-9360 or Pat Slonaker at 717-624-3245, today.

WORLD DAY OF THE SICK PRAYER
Generous Lord, with love beyond all telling, Jesus sends us to shower your love on those most in need, particularly in our ministry to the sick. In the spirit of Saint Mother Teresa of Calcutta, inspire us to serve with courage, love and generosity.
Give us courage to guard the dignity of those who are abandoned and discarded, especially the dying, unborn, migrant and refugee. Let those among us whose voices are strong raise them in defense of the weak.
Give us love that unveils the face of Christ in the face of every individual we meet, particularly in those we find most difficult to care for.
Give us generosity born from the knowledge that all good things are gifts of your love and, through us, are to be shared with the world. Amen

Pope Francis

BISHOP GAINER’S LISTENING SESSIONS
The remaining Listening Sessions with Bishop Gainer are:
Feb. 13 – St. Joseph Parish, Mechanicsburg – 7 PM
Feb. 26 – St. Rose of Lima, York – 7 PM

If you are unable to attend one of these sessions but would still like to ask Bishop Gainer a question, please email your question to AskBishopGainer@hbgdiocese.org.

GROCERY CERTIFICATES – Please know how very grateful we are to all of you who support our Grocery Certificate Program and ultimately our Religious Education Program. IHM receives a 5% profit from the sale of all the grocery cards purchased. Before going for groceries, please consider purchasing Weis or Giant cards after each Mass at the front entrance. Cards can also be purchased in the parish office during the work week. Thank you for your support of this wonderful program! During the week of Feb. 3, 2019 we sold $690 for a profit of $34.50.

2018 CONTRIBUTION STATEMENTS are in a box on the ledge behind the last pew. If you have requested a statement, please see the box on the ledge.
THE DIOCESAN CONFERENCE OF HEALTH CARE MINISTERS AND HELPING MINISTRY (PARISH CARING COMMUNITY AND PARISH NURSING PROGRAM) will resume their quarterly meetings. Some of you may be familiar with these meetings. The meetings were a great opportunity for enrichment on ministry specific topics, for resource sharing and to network with other health care ministers. If you know of any new ministry members that would like to be part of these meetings, please share this information with them. The following are the meeting dates and topic for each date.

**Tuesday, Feb. 12, 2019** – Topic: Compassionate Mental Health Care. Presenter: Lori Peters, Counselor for TrueNorth Wellness Services

**Tuesday, May 7, 2019** – Topic: Boundaries for Thriving in Ministry. Presenter: Marianne C. Sailus, BCC, PA Society of Chaplains


**Wednesday, Nov. 6, 2019** – Topic: Assisted Suicide. Presenter: Maria Gallagher, PA Pro-Life Federation.

All meetings will be at 10:30 AM at the Diocesan Center in Harrisburg. To confirm your participation, please send an email to jcurran@hbgdiocese.org or call Jackie Curran at 717-657-4804, ext. 313.

**FUSION** - Fusion is Immaculate Heart of Mary’s youth ministry; open to all teenagers in grades 8 to 12.

**Challenge of the Week:** Did you know Mount 2000 is this weekend? Pray for all those who will be attending, including members of Fusion!!!

**Sundays, Feb 10, 5 – 6:30 PM:** Living Stations of the Cross Practice at St. Joseph, Hanover

**February 8 - 10:** Mount 2000

**February 23, 6 - 8:30 PM:** Youth Night

**March 9, 6 - 8:30 PM:** Youth Night

**March 23, 6 - 8:30 PM:** Youth Night

**April 9, 6 - 9 PM:** Living Stations of the Cross Dress Rehearsal (Mandatory)

**April 12, 7 - 8:30 PM:** Living Stations of the Cross Play

**April 13, 6 - 8:30 PM:** Youth Night

**April 27, 6 - 8:30 PM:** Youth Night

**May 7:** Deadline to register for Day by Day Retreat

**May 18, 8AM - 4:30PM:** Day by Day Retreat at Mount St. Mary’s Grotto

**May 19, 6 - 9 PM:** Game Night/ Unlock the Truth: The Catacombs

For more information, please call or email Paul Oakes: (717) 259-0611 ext.8 or poakes@hbgdiocese.org

**DELONE CATHOLIC BINGO** – Cash bingo is sponsored by the Delone Catholic Athletic Association and the Notre Dame Club of Gettysburg on Saturday, Feb. 23, 2019. Cost is $15 per ticket which includes a roast turkey platter and 20 games of regular bingo paying $50 per game. Doors open at 4 PM, dinner served from 5-6:15 PM, bingo starts at 6:30 PM in the Delone Catholic High School cafeteria. Specials and speed bingo games are also available. Door prizes will be given out. No children under the age of 6 are permitted. Contact Patty Smith for tickets at 717-451-7618.

**THE POWER AND PURPOSE CONFERENCE – Retreat:** June 7-9, 2019. Power & Purpose Conference at Franciscan University. The Power and Purpose Conference will introduce you to and draw you deeper into relationship with the Holy Spirit and empower you to live in freedom and joy. Discover a purpose for your life. Experience freedom and healing from past wounds. The Evangelization Committee of St. Francis Xavier parish in Gettysburg is a registered Ambassador for this conference. We are working with all registered to insure the drive to Ohio does not keep anyone from attending this life-changing experience. For more information, email Eileen Pabody at pabodyt@gmail.com. To register with our group: https://bit.ly/Eileen-Padoby-PPC2019. Early bird registration through 2/28/2019,
ABBOTTSTOWN/EAST BERLIN FOOD BANK – The food pantry in East Berlin held on Jan. 2nd served 49 families which included 114 individuals. The number of families served at the Abbottstown location on Jan. 3rd was 30 for a total of 50 individuals. The link to the Time to Sign Up page for the food pantry on Wednesday, Feb. 6th at the East Berlin location is www.volunteersignup.org/FTCCD and Thursday, Feb. 7th at the Abbottstown location is www.volunteersignup.org/3Q7E8. Please remember to drop off health/beauty aid items, such as soaps, toothbrushes, diapers, as well LAUNDRY DETERGENT, etc. and place them in the food pantry barrels.

PILGRIMAGE PRESENTATION – Father Michael Reid invites everyone to a Special Travel Presentation on Monday, Feb. 11, 2019 that will describe a pilgrimage he will lead in March 2020 to Fatima, Santiago de Compostela, San Sebastian de Garabandal, Lourdes, and Barcelona. The per person double occupancy cost for air and land travel is $3,979.00. There is an additional cost of $315 for travel insurance. A $500 deposit is required with registration. To receive an informative brochure and reserve a seat for the presentation, please contact Father Michael Reid at 717-637-4625 or email message at frmreid@hbgdiocese.org.

SWEETHEART DINNER DANCE/FUN NIGHT Come and enjoy a great evening of delicious food, fellowship and lots of fun at the Sweetheart Dinner Dance Fun Night on Saturday, Feb. 16th at 6:15 PM until 10 PM in the church social hall. There will be appetizers, lasagna and desserts. Reservations can be made by either signing up on the sheets on the window sills or calling Diane Schlaline at 717-259-9360 or Pat Slonaker at 717-624-3245 by Sunday, Feb. 10th. Hope to see you then. Snow date is Saturday, Feb. 23rd.

CLOSING MASS FOR THE 150TH ANNIVERSARY OF THE DIOCESE – Please join Bishop Ronald W. Gainer as Celebrant and Homilist to conclude the 150th anniversary celebration of the founding of the Diocese of Harrisburg. A reception, featuring a sampling of ethnic foods from various ethnic and cultural groups that comprise the faithful of the Diocese, will be held immediately following the Mass. The Closing Mass will be held at Good Shepherd Church at 3 PM on March 3, 2019. For additional information, visit www.hbgdiocese.org/150.

SAVE THE WEEK 2019 Vacation Bible School will be held Monday, July 15th through Friday, July 19th from 6:00-8:30 PM for children ages 4 up to and including those finishing 6th grade. Please mark your calendars now so that your children don’t miss the opportunity to attend “CAMP HEALING.”

CATHOLIC CHARITIES COUNSELING SERVICES:

Depression and anxiety can occur when we have a loss or a major change in our life. A licensed skilled therapist can help you by listening, processing, and giving you the power to make positive change. Catholic Charities Counseling Services is accepting new clients for four office locations throughout the Diocese. Catholic Charities Counseling is for anyone: children, adolescents, adults, and couples. Services are provided in a confidential office setting. Services include individual and family therapy, marital counseling, and parent-child counseling. We accept Medical Assistance, or clients can pay for services (discount fee schedule available). Just call for an appointment: Capital Region 717-233-7978; Lancaster 717-299-3659 or 717-392-2113 (Espanol); York 717-845-2696; Paradise School Office (Abbottstown) 717-259-9537. Visit www.cchbg.org for more information.
WREATHS ACROSS IHM’S CEMETERY – A kindhearted local woman has volunteered to place wreaths on the graves of military veterans buried in our parish cemetery each year. Because of the growing number of veterans’ graves, she has indicated that she didn’t have enough wreaths for all the graves this year. Therefore, she is asking for personal donations of exterior artificial green wreaths (40-50) – used or new – to cover all the graves next year. (She reuses them each year). Please leave the wreaths along the back wall of the church by the parking lot facing the Religious Education Center. Thank you in advance!

Don’t Get Scammed!
Scammers are now posing as priests and other clergy. In this latest scam, you might receive an email or a text message that appears to be from your Pastor or another priest that you may know. The scammer ask you to help someone in need by purchasing a gift card and to provide the codes on that card.

Here’s how to protect yourself from being scammed.
1 – Know that scammers are out there. Be suspicious of any request for funds of any type via an email message or a text message. Verify any request with a call to the person who supposedly sent it or a call to the phone number of the text that you received.
2 – Know that any email from a priest should be from a diocesan or parish email account. Messages sent from free services, such as Gmail or Yahoo, are more likely to be scammers.
3 – Many clergy do not share their cell phone numbers publicly. If you receive a text message from someone not on your phone’s contact list, be suspicious.
4 – Know that priests will NEVER ask for financial transactions via email or text messages.

GUIDED PRAYER APP – Alessandro DiSanto, a Holy Name of Jesus parishioner, has worked with a few friends to build an app aiming to help people grow in their faith lives through guided prayer and meditation sessions. The app is called Hallow and offers guided audio sessions through a variety of prayer types, including Christian Meditation, the Examen, Lectio Divina, and Spiritual Writing. To learn more, visit www.hallow.app or feel free to reach out to Alessandro at alessandro@hallow.app. The app is available on both the Apple App Store and Google Play Store.

NATIONAL MIGRATION WEEK PRAYER – Loving Father, Protect, we pray, all those forced from their homes by violence and persecution, guide them to places of shelter and safety, and grant that people migrate always by choice and not necessity. Watch over children who migrate alone, protect them from the risks they face all by themselves, help them reach their destination safely, and reunite them with those from whom they have been separated. Guide all migrants who seek a better life, to new opportunities, and grant them a new beginning. We beseech you to give each of us the strength and generosity to welcome the stranger and to open our homes to the newcomer, and in doing so to comfort those who are suffering. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. Amen.

PARISH CARING COMMITTEE – Assists parishioners on an as needed basis, in times of need or stress and provides visitation, care giver relief, meals, errands, light household chores and local transportation. To request assistance or to become a Caring Committee Volunteer, contact Jen Gentile at 717-225-5059.

BIBLE STUDY – “FOLLOW ME" A Bible Study entitled “Follow Me” meeting Jesus in the Gospel of John. It is a guide to a personal encounter with Christ. Jesus calls us to be disciples, to trust Him, to open ourselves to His merciful love, and to love others as He loves us. “Follow Me" invites you to experience the joy of a renewed friendship with Christ. The Study begins on Thursday, Jan. 31st from 6:30-8 PM in the Msgr. Rost Parish Hall at Sacred Heart Basilica, 30 Basilica Dr., Hanover. It is an 8 week course, and the cost is $20 to cover materials. Contact the parish office at 717-637-2721 or John Barrett at 717-633-1082 for more information.

CATECHETICAL CLASS ON THE MASS
Come join us as we prepare our hearts for Lent by diving into a Catechetical Class on the Mass. Over the course of five sessions, we will be examining what the Mass is, why we say the things we do, and why we kneel so much. There will be two chances a week to come, to fit everyone’s busy schedules. Our first session will be held on both February 4th (7PM and 8:15 PM) and Feb. 10th (5PM and 6:15PM). Please consider coming and making your heart more ready for Lent with a class designed on the source and summit of daily Christian life, the Mass. To be held at St. Vincent de Paul School Building.

KINDERGARTEN OPEN HOUSE - St. Teresa of Calcutta Catholic School will be hosting a Kindergarten Open House on Sunday, Feb. 3, 2019 from 11 AM – 2 PM at the Conewago Campus (55 Basilica Drive, Hanover). All are invited to take a tour of our school, meet with our Administration and Faculty and learn more about all that we have to offer, including our excellence with STEM education and full day Kindergarten. Refreshments will be served. RSVP appreciated, but not required. To RSVP, please contact Mrs. Guy at 717-637-3135. For more information about our school, please visit our website www.stck8school.org.

BISHOP’S LISTENING SESSIONS – Bishop Gainer will be hosting Listening Sessions in January and February throughout the Diocese. He invites all members of Immaculate Heart of Mary with questions or concerns regarding the Grand Jury Report, the Diocese’s response to abuse and the path forward to attend one of these sessions.
PRAYER SHawl RETREAT on Saturday, Feb. 23, 2019 at Good Shepherd Parish in Camp Hill. The day begins at 9:30 a.m. with Mass, followed by knitting/crocheting, praying the Rosary, fellowship and lunch. The retreat will conclude at 2:30 p.m. Beginners are welcome to this day of sharing and fellowship in this special ministry. The cost of $10 includes lunch, advance registration is required. Please call or text Kathy Kokoski at 717-448-8899 or Debbie Black at 717-514-8815, or e-mail them at kakoko120@comcast.net or mvdb01@verizon.net to register. The registration deadline is Sunday, February 10, 2019. The retreat is hosted by the Diocesan Council of Catholic Women, and all women of the Diocese are warmly invited to attend.

JANUARY FINANCIAL REPORT –

Monthly Budget $36,000.00

Income for Jan. 6th $  
Jan. 13th  
Jan. 20th  
Jan. 27th

TOTAL MONTHLY INCOME $

ADDITIONAL COLLECTIONS:  
Dec. 8th Collection $1,958.00  
Religious Retirement 2,835.00  
Capital Improvements 1,790.18  
Christmas Collection 19,390.00  
Paradise, CA relief fund 4,010.72

SURVIVING DIVORCE – St. John the Baptist Parish, New Freedom, is pleased to announce another session of Surviving Divorce, a ministry that will bring hope and healing to those who have experienced the pain and loneliness of a broken marriage. This program includes 12 video presentations featuring a psychologist, priests, and personal testimonies from Catholic men and women who have experienced the breakdown of their family. Topics covered include shock and grief, anger and forgiveness, money issues, dealing with children and a former spouse, and annulment and remarriage. Surviving Divorce is for the newly separated and divorced as well as those who are still struggling many years later. It will help them find answers to their questions, restore their hope and begin authentic healing. This program is based on the teachings of the Catholic Church and is open to anyone who needs comfort, counsel, and clarity after divorce. For more information about this program, visit http://www.catholicsdivorce.com and the parish website www.sjbnf.org.

The 12 week Surviving Divorce program begins on Feb. 6, 2019 at 6:45 PM. A $25 fee includes the Surviving Divorce Personal Guide and all program materials. Please email facilitators, Deb Cousin at deb.cousin@verizon.net or Pat Smith at dontel972@aol.com or call the parish office at 717-235-2156 for more information.

IMPORTANT CHANGE FOR HANOVER HOSPITAL ADMISSIONS – The Hanover Hospital – UPMC Pinnacle Health has issued the following changes to their policy effective December 2018.

1. Clergy will not be able to view denominational lists at the front desk.
2. Clergy will not be able to obtain patient information at the front desk unless they have the patient’s name.
3. If the patient indicates a congregational affiliation in the admissions interview, the Chaplain will call the congregation. If the patient indicates to the Chaplain on his or her rounds that he or she belongs to a particular congregation and gives permission the Chaplain will call the congregation.
4. In an emergency situation if the patient or family indicates a congregational affiliation to the Chaplain or other staff and gives permission to call the congregation, every effort will be made to notify the congregation.

Because of these changes, it is very important that a family member contacts the parish when someone is admitted.

CONGRATULATIONS to the following students at Delone Catholic High School for achieving honor roll status:

FIRST HONORS: Audrey & Abigail Sell  
SECOND HONORS: Julia O’Brien & Harrison Smith  
COMMENDABLE EFFORT: Christian Powell & Avery Kuntz

WEEKDAY MASS PARKING – Anyone attending the weekday Masses are asked to park in the lot beside and behind the Church whenever there is snow and ice. This parking area will be made ready first for anyone on the property.

IMPORTANT ANNOUNCEMENT – It has been noted that some people, who are dropped off or picked up for Mass, are doing so at the steps right along West Canal Road. Especially at night, and given the adjacent hill, it is deemed this is unsafe given the speed and flow of traffic. For accessible and safe access to the Church at all times, please use the side social hall doors. Thank you.

FLOWERS – Looking for a way to memorialize a loved one or celebrate a special occasion? A beautiful way
would be to order flowers on the altar. Most weekends are available from now through the end of the year. Please call Anita in the parish office to make arrangements.

**MASS INTENTIONS** – Mass intentions are a wonderful way to celebrate a special occasion, remember those who have died or are sick and in need of our prayers. Please consider this as a “gift” for someone. Call Anita in the Parish Office to arrange your Mass intentions.

**PRAYER SHawl MINISTRY** – CAN YOU DONATE NEW YARN? During the last year, the Prayer Shawl Ministry has made over 50 items for our own parishioners, Rachel’s Vineyard retreatants, Cross Keys Village Skilled Nursing patients, Spiritrust Lutheran hospice and Hanover Hospital Maternity. We rely on your donations to help with our yarn expense. We can always use red, white and blue yarn for military veterans in hospice care. Please drop off your donations in the covered gray boxes at the entrances to the church. If you know of anyone who would benefit from a prayer shawl, please call the parish office at 717-259-0611. Thank you!

**Check out our new website at www.ihmparadise.org.**

**AERO ENERGY HOUSE OF WORSHIP PROGRAM** – This program was established to provide Aero Energy customers an opportunity to give to our church. To participate, Aero Energy customers sign up by phone or online and Aero Energy donates 4 cents for every gallon of fuel they use to us. Please call if you are not already part of this wonderful program. It’s an easy way to benefit Immaculate Heart of Mary. Call 888-827-17136.

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**FROm THE PASTOR’S DESK**

**SUGGESTION CARDS** are available on the back ledges and at the entrances of the church. If you have any suggestions on how to make our parish better, please fill one out and return it in the collection basket.

**SUMMER WEEKEND MASS SCHEDULE:**
Saturday 5 PM, Sunday 8:15 AM and 10:15 AM

**LOST AND FOUND** – Please check our Lost and Found bin in the sacristy for any items you may have left in Church. Any unclaimed items will be discarded.

**BOXTOPS FOR EDUCATION** – Please keep collecting and sending in those BoxTops for Education for St. Teresa School. If you’d like to help out trimming those BoxTops, please contact kwenger@hotmail.com. All help is appreciated!

**EVENT NOTICE** – I have been a parishioner at Immaculate Heart of Mary Church for more than 40 years and employed in the newspaper business for more than 20 years. We have many wonderful events happening here at our parish and we’d like to get the word out to the public. Please feel free to send me any events that would be of interest to our local community – from Lenten dinners to youth events to Bible studies and everything in between! You can send information to: 6fletch@embarqmail.com. Don’t forget to tell me the following: WHAT is the event? WHO is invited? WHEN is the event? WHERE is the event? WHY should people attend? HOW can they get more information? If you have any questions, feel free to call or text me at 717-357-8051. Thank you! Holly Fletcher

**CATHOLIC CHARITIES COUNSELING SERVICE** – Outpatient Behavioral Health Care is dedicated to providing access to high quality outpatient counseling for children, adolescents and adults in a small, friendly, confidential office. Services include individual and family therapy, marital counseling and parent-child counseling. Services are provided regardless of religious affiliation. Accepting Medical Assistance insurance (Medicaid) and County Mental Health funding (York and Dauphin Counties, for low income uninsured people who are determined to be eligible). Other clients can pay fee on a sliding scale. No one is turned away due to an inability to pay. Not accepting private/commercial insurances. Local offices are York Counseling, 253 E. Market St., York (717-845-2696) and Paradise Counseling, 6156 W. Canal Rd, Abbottstown (717-259-9537 – press 0 for secretary). Visit www.cchbg.org for more information.

**HEARING IMPAIRED** – Anyone who is hearing impaired may find it helpful to sit in Pew #9 on the Sacristy side. You will notice “hearing impaired” stickers on the side of the pew to indicate the best place to sit if you are hearing impaired.

**HANDICAP PARKING** – Please note that handicap parking spaces are available for parking near the social hall entrance to the Church. If you are attending the
11:15 AM Mass, in order to avoid the traffic associated with religious education letting out, the following two options are recommended: EITHER come in the EXIT lane BEFORE 11 AM, OR come in the usual entrance way AFTER approximately 11:07 AM.

CHILDREN’S CHAPEL – For everyone’s information, especially for those who may be new to our parish, there is a so-called Children’s Chapel or Cry Room here in the Church. It’s located in the front left corner of the church, where a restroom is also located. As a parish family, we want children and families to be welcome here at Mass, and so it’s important to have an appropriate place in the church for babies and young children when they get fussy and need extra attention. We really want to encourage parents to use this space to tend to their children as needed. Please, feel free to just get up when need be from the body of the church, and utilize this space. Then you can better tend to your children without feeling like you’re being watched. And this will also allow the other parishioners to be able to more fully focus on worshipping.

CREMATON
Since 1963, Catholics have been allowed to choose cremation over burial as a means of laying a loved one to rest. Cremation is a popular choice since it is less expensive and more manageable than a full burial. Cremation, like death, is final. But that doesn’t mean you won’t have second thoughts. Susan Skiles Luke, a marketing consultant in Columbia, Missouri, had her mother cremated and buried in a family plot. Now, she wishes it was her mother’s body and not just the cremated remains that was in the grave. “When I go there, which isn’t often, I want to feel like her body is under ground, right alongside my grandparents and beloved great aunt, all dressed up in their Sunday best…”

Although creation is permitted, some Catholics have not been dealing properly with their loved ones remains. Common practices include scattering ashes, parting ashes out to friends and relatives, and keeping the ashes in a common area, such as a living room. While scattering ashes may seem romantic to some (but is also contrary to Catholic teaching), there’s something to be said about keeping your loved one in once place, and then marking that place with a name. “We mark the graves of our loved ones with a headstone to memorialize them, so we don’t forget them”. When visiting that person’s grave, just seeing his or her name can give comfort.

To instruct the faithful in this regard, the Congregation for the Doctrine of the Faith has issued updated guidelines. According to these, burial is still preferred, but cremation is an option. When a loved one has been cremated, their ashes must be kept intact, the same as one would treat a body. The ashes may not be separated or scattered. Instead, they should remain in a proper vessel that is interred in a proper place, such as a cemetery or church. Finally, the document stresses that Catholics who choose cremation for reasons contrary to the faith, (e.g., to have their ashes scattered) must be denied a Christian funeral.

In the end, whether cremation or burial is chosen, we await from the grave the second coming of Jesus Christ and the blessed Resurrection of the Dead.

Tips for talking to children about difficult subjects/news reports

The topic of sex abuse, particularly child sex abuse, is a daunting one for parents. Every parent must consider many factors including the best age-appropriate way to discuss the topic. Below are some points to consider adapted from the United States Conference of Catholic Bishops, the National Child Traumatic Stress Network, and First Things First.

1. Make sure you are composed before you talk with your child.
2. If you believe your child is aware of news concerning abuse in the diocese, start the conversation. Not talking about a difficult event can make the event even more threatening in your child’s mind.
3. Listen carefully to what your child is asking or talking about.
4. Clarify just what any concerns are before you answer. Sometimes we make assumptions and give far more information than what the child needs.
5. Keep your answers simple and brief. Don’t answer questions that have not been asked. Do not overload your child with information that is beyond his/her level of understanding.
6. Assure your child that you and other adults that are in charge are doing everything possible to make sure they will be safe. This will give them a sense that adults are actively taking steps to protect those who are currently suffering.
7. Don’t make guarantees that such a thing can never happen again. Words like “never” and “always” should be used very carefully because small children trust that this is a promise from you.
8. Explain that we do not know why people treat other people badly.
9. Try to limit your child’s exposure to media coverage. A child believes what he or she sees on television, or in the newspapers is always true.
10. Let your children know about successful community efforts. You may want to share positive media images, such as reports of individuals helping those in need.

Additional information is available at www.YouthProtectionHBG.com