

SOUPER BOWL OF CARING

**It's almost Super Bowl Sunday
and we are celebrating again
this year by participating in the
Souper Bowl of Caring
collection to benefit the
Abbottstown/East Berlin Food
Pantry and New Hope
Ministries. Start shopping for
soup, condiments and laundry
detergent. Tables will be set
up in the hall for your
donations between now and
Feb. 3rd.**

MASS INTENTIONS

SATURDAY, JANUARY 19, 2019
5:00 PM + Edward Hoffheins

SUNDAY, JANUARY 20, 2019
8:15 AM – People of the Parish
11:15 AM + Ray Menges

MONDAY, JANUARY 21, 2019
NO MASS

TUESDAY, JANUARY 22, 2019
NO MASS

WEDNESDAY, JANUARY 23, 2019
9:00 AM + Maria Tweardy

THURSDAY, JANUARY 24, 2019
9:00 AM + Dottie Schlaline

FRIDAY, JANUARY 25, 2019
9:00 AM + Fred Busbey

SATURDAY JANUARY 26, 2019
5:00 PM – Special Intention of Ruth Collins

SUNDAY JANUARY 27, 2019
8:15 AM + Shirley Miller
11:15 AM – People of the Parish

NEXT SUNDAY'S READINGS

Nehemiah 8:2-4, 5-6, 8-10
1 Corinthians 12:12-30
Luke 1:1-4; 4:14-21

SICK OF THE PARISH – Please keep our members in your thoughtful prayers: Susan Goughnour, Fred & Yvonne Staub, Kenneth & Alice Williams, Don & Roxey Myers, Helen Lawrence, Marilyn Drummer, Louise Snoots, Norma Woerner, Brenda Freed, Ken Jacoby, Syndia Helmers, Addie Mannarino, Carmen Miranda, Kai Goley, Richard Doll, Ethan Slagle, Gerald Serfoss, Becky Tako, Robert Despres, John Melhorn, Scott Hale, Nickolas Willis, Charlotte Smith, Timothy Pieczynski, Landon Merryman, Loretta Gambrill, Richard Gawthrop, Bob Fitzpatrick, Scott & Mary Becker, Judy Goley, Steve Luckenbaugh, Candi Gilbert, and Nancy Neiderer.

IN THE CHARITY OF YOUR PRAYERS, please pray for the repose of the soul of Rose Mary Warren, sister of Marge Groft and Kathleen Yealy of our parish who died last week as well as Michael Ernst, brother of Linda Keffer, who died recently.

WEEK-AT-A-GLANCE
Jan. 20TH – 26TH

- Sunday, Jan. 20th – Religious Education from 9:30 – 11 AM
- Sunday, Jan. 20th – Adult Enrichment Class in the Social hall, 9:30 – 11 AM
- Monday, Jan. 21st – Cub Scouts, 6:30 PM
- Monday, Jan. 21st – Legion of Mary in Rel Ed Bldg Room 4, 7 PM
- Monday, Jan. 21st – Charismatic Prayer Group in social hall, 7 PM
- Wednesday, Jan. 23rd – Boy Scouts 6-9 PM
- Wednesday, Jan. 23rd – Parish Pastoral Council, 7PM
- Thursday, Jan. 24th – Faith Sharing Group in the Den after 9 AM Mass
- Thursday, Jan. 24th – Building & Grounds Meeting 7 PM
- Saturday, Jan. 26th – Fusion in the Den, 6-8:30 PM

MISSION FOR LITURGY AND WORSHIP

ALTAR SERVERS for Sat/Sun Jan. 26-27
5:00 PM Mass: Bob & Luke O'Brien, Kayla Bream
8:15 AM Mass: Nathan, Emma & Hannah Maysilles
11:15 AM Mass: Alex & Autumn Kuhn, Logan Bergels
Coordinator is Kelli Maysilles.

LECTORS for Sat/Sun Jan. 26-27
5 PM MASS – Harrison Smith
8:15 AM MASS – Susan Fobes
11:15 AM MASS – Wendy Behr
Coordinator is Dianne Giampietro.

EXTRAORDINARY MINISTERS OF HOLY COMMUNION (EMHC) for Sat/Sun Jan. 26-27
5:00 PM: Jen Gentile, Barb Redding, Randy & Pat Slonaker, Janet Todt
8:15 AM: Doug Barnhart, Margie & Sam Leese, John & Kelli Maysilles
11:15 AM: Kevin Behr, Dianne Giampietro, Bonnie Hensel, Barb Wantz, Claire Wentz
Coordinator is Claire Wentz.

The Poinsettias are available downstairs outside the social hall for anyone who memorialized a loved one this Christmas.

FROM THE PASTOR'S DESK

2nd Sunday in Ordinary Time

1. Thank you to the Knights of Columbus for organizing our parish bus to the **March for Life** this year. And thank you to all of you who joined us in D.C. or in prayer to defend and promote the Culture of Life.
2. **A SOUPER BOWL OF CARING** is a national effort, using the energy of the Super Bowl, to mobilize involvement to care for people in their local communities who are hungry and those in need. The Souper Bowl of Caring started in South Carolina in 1990, and it is now held from coast to coast and has been endorsed by NFL owners and former U.S. presidents. Our participation here at IHM will involve joining with other congregations of the Abbottstown-East Berlin Food Pantry to collect cans of soup and condiments to benefit our local food pantry. More information in today's bulletin.
3. This coming Friday, several of us from the parish will be attending the 2nd annual celebration banquet for the **Adams Christian Prison Ministry** at Harvest Chapel. Here at IHM, we support the Christian prison ministry at the Adams County Adult Correctional Complex. Regularly, I celebrate Mass there. Also, Bible studies are held, and various other ministries take place there. Volunteers are needed. If you have any interest in learning more, please contact me. Deacon Tom Aumen is on the leadership board as our Catholic representation. Also, if you would like to make a donation to this ministry, there are pamphlets in the brochure reach in the main vestibule of the church.
4. Recently, a family member of a dying woman shared the following with me: "The end is better than the beginning, and Jesus's Love is greater than I ever could imagine". We know, believe, and hope this to be true. But, this is her actual testimony. Thank you, Lord!

God bless you and your week – Fr. Marcoe

PRAYER FOR VOCATIONS – “There are a variety of gifts, but the same Spirit.” Is the Holy Spirit leading you to share your gifts as a priest, deacon or in the consecrated life? Talk to Fr. Marcoe or Fr. Brian Wayne, Director of Vocations, at 717-657-480/frbwayne@hbgdiocese.org or check out www.diocesanpriest.com.

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 Jan. 13, 2019 we sold \$750 for a profit of \$37.50.

ANNUAL PRO LIFE PRAYER RALLY – Michael Ciccocioppo, the Executive Director of the PA Pro Life Federation, will speak about what happens when and if Roe vs. Wade is overturned. We will gather in front of the Courthouse in Gettysburg from Noon to 12:30 PM on Tuesday, Jan. 22, 2019 for prayer and inspiration. Our presence will be a witness to our community of the sanctity of human life.

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.

SOUPER BOWL OF CARING – It's almost Super Bowl Sunday, and we are celebrating again this year by participating in the Souper Bowl of Caring collection to benefit the Abbottstown/East Berlin Food Pantry and New Hope Ministries. So, start shopping for soup, condiments, and laundry detergent. Tables will be set up in the hall for your donations between now and Feb. 3rd (Super Bowl Sunday).

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

Challenge of the Week: *Pray for all those involved in the Pro-Life Movement.*

Saturday, January 26, 6 – 8:30 PM: Youth Night
Sundays, January 27 – April 7, 2:30 – 4 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 (TBD): Day by Day Retreat at Mount St. Marys 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

THANKS TO

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2018 CONTRIBUTIONS – Anyone who received a statement in the past from the parish office showing their annual contributions will again automatically receive one this year. If you no longer require one, please let Anita in the parish office know. If you are new to the parish and would like to receive a statement showing your contributions for 2018, please call Anita in the parish office at 717-259-0611, ext. 5.

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."

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.

“MANGIA FOR MUSIC!” – A spaghetti dinner and movie night will be held at Delone Catholic HS Cafeteria on Saturday, Jan. 26, 2019 from 4-6 PM. Cost is \$8 per adult, \$6 per child (ages 4-10) and children 3 and younger eat free. Dinner includes spaghetti with your choice of marinara or meat sauce, garlic bread, salad, beverage & dessert. For info or ticket purchase, contact Carol Stiles at 717-968-4659 or stiles518@embarqmail.com. There will be a FREE movie at 6:30 PM in the old gymnasium. Popcorn, candy and drinks will be available for purchase. PLEASE BRING BLANKETS to sit on during the movie. To RSVP for the movie, contact Carol Stiles at 717-968-4659 or stiles 518@embarqmail.com. This fundraiser benefits Delone Catholic Music Association.

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.

ABBOTTSTOWN/EAST BERLIN FOOD BANK – The food pantry in East Berlin held on Dec. 5th served 64 families which included 192 individuals. The number of families served at the Abbottstown location on Dec. 6th was 37 for a total of 80 individuals. The link to the Time to Sign Up page for the food pantry on **Wednesday, Jan. 2nd** at the East Berlin location is www.volunteersignup.org/7477D and **Thursday Jan. 3rd** at the Abbottstown location is www.volunteersignup.org/B3PYY. 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.

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.catholicdivorce.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.

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.

CREMATION

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 cremation 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 one 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.

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. 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

