

Office of Marriage & Family

305 North 7th Avenue • St. Cloud, MN 56303 • 320.252.4721 • www.stcdio.org/omf/

FALL 2008

FAMILY LIFE EDUCATION

Upcoming Parenting Classes: We are pleased to announce that the Office of Marriage & Family will be coordinating a series of four parenting classes beginning Monday, February 2 at St Anthony's Catholic Church in St Cloud. Classes are free and open to the public. Each session is from 7 to 9 pm. St Anthony's Parish and the Catholic Aid Association are co-sponsoring the events. The first class is entitled "Daily Dozen of Catholic Parenting. Future classes are on Mondays, March 2, April 6 & May 4, 2009. Remaining topics will be announced at a later date.

Chastity Education Survey: We wish to thank all those who responded to the 2008 Catechetical Survey. We are currently compiling the data from the OMF section and will present the findings and more at the Diocesan Ministry Day workshop. If you asked for assistance with your curriculum, we will be calling you soon.

MILITARY

On Monday, September 22, Senator Tarryl Clark's Warrior to Citizen Task Force will be hosting the "Leadership on the Home Front" from 7:30 a.m. – Noon at the St Cloud Civic Center. For more information and registration please call 320.255.6353. Cost is \$10.

Available at our office to help show our deployed troops that we are praying for them and thinking about them are:

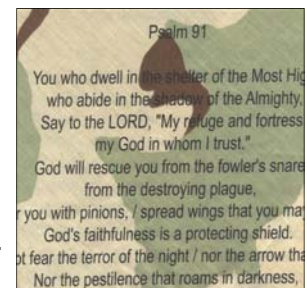
COMBAT BANDANAS \$3.00 each Khaki colored bandanas with Psalm 91 written on them.



RANGER ROSARIES Free. Put together by a local "Why Catholic" group.

MASS IN HONOR OF VETERANS DAY

At the weekend liturgies before Veterans Day, November 8 & 9, we are encouraging parishes to acknowledge, honor and thank those who are currently serving and those who have served in days gone by. A packet of information is being prepared which will include a sample flier, bulletin announcements, petitions, homily notes and blessings. The packet will be sent to each parish and available on our website by the end of September.



MARRIAGE PREPARATION

Remarriage Course: Last year we advised you of a need to change our exclusive one-day Remarriage Program to a combined course with the Marriage Preparation Course, offering those in a second or subsequent marriage a specific track to accommodate their needs. While this was a measure we took as we searched for a new facilitator, we have been very pleased with the feedback we have received from the couples, the facilitators, and the clergy.

Because of this positive feedback, we have decided to continue with this format, offering the Remarriage sections at five courses in 2009. We have trained 4 new facilitator couples who will be leading the topics of *Closure of the First Marriage*, *Blended Families*, and *Our Journey with God*. Please see the enclosed brochure for dates, locations and cost information.



Policy 108.1 of the Diocese of St Cloud Marriage Preparation Policy states that, "The preparation for marriage for couples after a civil divorce or death of spouse should include the following:

- d) Addressing grief issues and closure of the first marriage, step parenting, and blended family issues (where appropriate) in addition to marriage course curriculum Policy 104.
- f) Participating in and completing a diocesan approved marriage or remarriage weekend, conference or series of classes."

FOCCUS Up-date: FOCCUS, Inc. has been going through numerous changes over the last two years with the departure of Sr. Barbra Markey. We have been advised of a change in their policy as to scoring, and their plans for an up-dated instrument in the near future. Because of the added financial burden this will place on our parishes and after negotiations with FOCCUS on a national level has rendered no plans, we are seeking the parishes in the Diocese of St. Cloud with a cost-effective pre-marital inventory. Chris Codden will be presenting the complete details of our plans at the Arrowwood Conference in October. If you have received any correspondence from FOCCUS, Inc. in the last few months, please let her know.



NATIONAL PASTORAL INITIATIVE ON MARRIAGE

In 2004 the US Bishops voted to make marriage the number one priority through 2011, which launched the National Pastoral Initiative on Marriage (NPIM). As part of the initiative, each diocese has been asked to form a "Marriage Commission" to seek ways to implement this initiative. Bishop John Kinney has asked the Office of Marriage & Family to form the Diocese of St. Cloud Commission. Our mission is to work with existing marriage movements and Catholic groups to promote, preserve and protect marriage. Specifically, we are seeking ways to assist parishes to become marriage building parishes. Over the next three years we will be researching strategies, programs, and ideas that can be adopted in parishes in the diocese. If you have ideas or recommendations for the commission, please call or e-mail ccodden@gw.stcdio.org. Stay tuned for future developments from the commission!

On a national level, the National Pastoral Initiative on Marriage has several new developments. In June of 2008 the "For Your Marriage" web-site was launched, offering a plethora of ideas for couples who are contemplating marriage, engaged, newly married, or at any stage of the life cycle. Check out their website at www.foryourmarriage.org



To assist with their work on the National Pastoral Initiative on Marriage, the Secretariat for Laity, Marriage, Family Life & Youth has asked the National Association of Catholic Family Life Ministers (NACFLM <http://www.nacflm.org/index.cfm>) to coordinate a conference unveiling the US Bishops' Pastoral Letter on Marriage and to continue with the initiative. As President-Elect of NACFLM, OMF Director, Chris Codden, is the 2009 conference chair which is responsible for this task.

"No plan for organized pastoral work at any level must ever fail to take into consideration the pastoral area of the family."

Familiaris Consortio, On the Role of the Family in the Modern World
Pope John Paul II, 1981

She is pleased to announce that the 2009 conference will be held at the University of St. Thomas in St Paul, June 24 – 28, 2009. The title of the conference is: *Becoming a Marriage Building Church: Implementing the US Bishops Pastoral Initiative*. The conference will host nationally known speakers such as Barbara Dafoe Whitehead, Dr. John Grabowski, Helen Alvaré, Fr. Bitto Berchmans, Teresa Collette, Christopher West, the bishops Committee on Marriage & Family, and many more. The University of St. Thomas is co-sponsoring the conference. There will pre-conference workshops for clergy as well as a variety of workshops throughout the conference.

Particularly for Sponsor Couples and Marriage Course Speakers, Saturday, June 27 has been specially designed for those who cannot participate in the entire conference but can attend just one day. Saturday's agenda will allow you to hear two powerful keynote speakers as well as attend two of the more than 30 workshops, some specifically for your ministry. Don't miss this once in a lifetime event in our own backyard. Mark your calendars now!!

For flier go to <http://www.stcdio.org/omf/NACFLM2009SaveTheDate.pdf>
More details on cost and lodging will be sent to you this Winter.

RESPECT LIFE



Respect Life packets are available for pick up at the Office of Marriage & Family, Monday through Friday, 8:30 am to noon and 1 to 4:30 pm. Any packets **NOT picked up before September 26** will be taken to Diocesan Ministry Day at the St. Cloud Civic Center on Monday, September 29 and will be available at the OMF display table. The Pro-Life Chair Handbook will also be available that day for pick-up.

Various presentations are available at no charge for your parish on beginning and end of life issues. October – Respect Life Month – is a perfect time to have a presentation. To book a presentation for October or an other month, call Angie at the OMF or email aloecken@gw.stcdio.org.

New materials are available for use in your parish. A revised brochure, *7 Reasons Why Living Together is NOT a Good Idea*, with up-dated statistics will be available Sept 15.

At a theater near you beginning September 26

From the creators of *Facing the Giants*, comes *Fireproof*. At work, inside burning buildings, Capt. Caleb Holt lives by the old firefighter's adage: Never leave your partner behind. At home, in the cooling embers of his marriage, he lives by his own rules. Growing up, Catherine Holt always dreamed of marrying a loving, brave firefighter...just like her daddy. Now, after seven years of marriage, Catherine wonders when she stopped being "good enough" for her husband. Regular arguments over jobs, finances, housework, and outside interests have readied them both to move on to something with more sparks. As the couple prepares to enter divorce proceedings, Caleb's father challenges his son to commit to a 40-day experiment: "The Love Dare." Wondering if it's even worth the effort, Caleb agrees—for his father's sake more than for his marriage. When Caleb discovers the book's daily challenges are tied into his parents' newfound faith, his already limited interest is further dampened. While trying to stay true to his promise, Caleb becomes frustrated time and again. He finally asks his father, "How am I supposed to show love to somebody who constantly rejects me? When his father explains that this is the love Christ shows to us, Caleb makes a life-changing commitment to love God. He begins to understand what it means to truly love his wife. But is it too late to fireproof his marriage? His job is to rescue others. Now Caleb Holt is ready to face his toughest job ever ... rescuing his wife's heart.

Project Rachel: The ministry of Project Rachel, (post-abortion program) is currently on hold. The telephone numbers and referral information are temporarily disconnected. We will notify you as soon as we are able to offer this program again. Any questions, please contact Chris Codden.

November Election: Copies of the Catholic Update: *Faithful Citizenship: The Challenge of Forming Conscience* and *Stem Cell Research and Human Cloning: Questions and Answers* from USCCB Publishing are available from the OMF.

In January, the Respect Life committee is planning two events:

1. Sunday, January 18, 2009 at St. Anthony's Church, St. Cloud—A Night for Life at 7 pm.
2. Thursday, January 22, 2009, the March for Life commemorating the 36th anniversary of the Supreme Court Decision of *Roe v Wade*. We will again be hosting a bus from St. Cloud to St. Paul's Cathedral for the prayer service, march to the state capitol and then return to St. Cloud. Further details will be sent closer to the dates. Questions, please call Angie.

NATURAL FAMILY PLANNING

Why Pope Paul VI Was Right

Forty years ago, Pope Paul VI warned us what would happen if we accepted a contraceptive culture. Was he right?

In article #17 of *Humanae Vitae*, titled “Serious Consequences of the Use of Artificial Methods of Birth Control” he predicted that there would be:

1. A general lowering of moral standards throughout society.
2. A rise in infidelity.
3. Our youth especially would be more susceptible to temptation.
4. A lessening of respect for women by men.
5. The coercive use of reproduction technologies by governments.

All we need to do is look at the empirical data of changes in behaviors over the last 40 years and it is easy to see how prophetic Pope Paul VI really was:

- On primetime television, the major networks last year had 2 references to out of marital sex to every one of in-marital sex.
- Cohabitation rates increased from 500,000 in 1970 to 5.5 million people cohabitating in 2005.
- Percent of all births to unmarried women is now at 36.9%.
- Infidelity rates have climbed, particularly among women.
- In 2004, revenue from pornography was larger than the combined revenues of all professional football, baseball and basketball franchises.
- China’s one-child policy, which took effect in 1979, now can claim credit for twenty-five million men who currently can’t find brides because there is a shortage of women. In India, while no formal law exists, sterilization campaigns have been done state by state, village by village and there is enormous pressure. Villages that won’t comply have been denied fertilizer, access to irrigation water, etc.

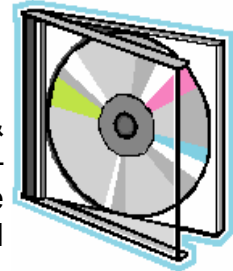
The hope comes from Pope Paul VI himself: *...speak with full confidence, beloved sons, convinced that while the Holy Spirit of God is present to the magisterium proclaiming sound doctrine, He also illumines from within the hearts of the faithful and invites their assent. Teach married couples the necessary way of prayer and prepare them to approach more often with great faith the Sacraments of the Eucharist and of Penance. Let them never lose heart because of their weakness. (Humanae Vitae #29)*



A recent study of how human touch affects neural stress release indicated that MARRIED WOMEN WHO HOLD THEIR HUSBAND'S HAND FEEL INSTANT RELIEF from extremely stressful situations.

NEW MATERIALS FOR MINISTRY

Added to our lending library are a variety of CD's from recent conferences. Each CD is approximately 1 hr. 15 min. Those available are:



From the Smart Marriage Conference:

1. *101 Things I Wish I knew When I Got Married* by Charles & Linda Bloom MSWs - Learn simple but invaluable lessons – about vulnerability, privacy, motivation, myths – to make love last and how to integrate the lessons into a new or seasoned marriage.
2. *Great Dates* by Claudia & David Arp – Teach this proven, widely-used program in your church and community. Combines fun with marriage skills and opens doors for other programs.
3. *Hold Me Tight* by Sue Johnson – EdD – Understanding the exquisite logic of love – the concept of “effective dependency”; the cycles that sabotage connection; the music of the dance; and how to shape conversations to foster lasting bonding between spouses.
4. *In Sickness and In Health* by Lorraine Wright, RN and Janice Bell, RN, PhD – Couples often experience emotional suffering when confronted with serious illness. Learn 5 healing practices to help couples understand and manage constraining beliefs and improve their odds.
5. *Internet Sex Addiction* by Mark Laaser, PhD, MDiv – Porn, the #1 seller on the internet, has become extremely damaging to marriage. Learn to recognize the symptoms and to prevent and help overcome addiction to internet sex.
6. *Relationship Enhancement* by Rob Scuka, PhD – Teach couples how to access deep empathy to build connection, intimacy, openness, trust, and love while creating mutually-satisfying solutions to their most challenging issues.
7. *Skills 101* by Ron Deal, MMFT – It's not just what you teach, but how you teach it that creates change. Learn a whole new tool bag full of fun, engaging techniques to improve your effectiveness as a marriage and family educator.
8. *Teenage Stepkids* by Elizabeth Einstein, MA – Stepfamily adjustment is hardest for teens – and, their parents! Learn to work with their developmental double binds around autonomy and bonding – all liberally sprinkled with hormones.
9. *The Art of Couples Play* by Keith Hackett, DMin – Experience how play can improve your relationship – help solve conflicts, have better sex, communicate and bond. Learn how to create your own Playshop.
10. *The Five Languages of Apology* by Gary Chapman, PhD – Where do we learn whether or not, and how, to apologize? Learn to help couples identify their own and their spouse's apology styles and how to speak their language.

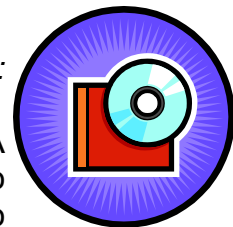
11. *The Power of Play* by Elaine Braff, MPS and Hal Braff, JD – Play is the secret ingredient to marital satisfaction. Learn exercises and tools to add to any marriage program to help couples play an everyday part of their marriage.
12. *The Third Option* by Pat Enis MSW and mentor couple – Give couples a THIRD option – not endurance, not divorce. This enrichment/crisis program is ongoing. Couples attend as needed. A self contained manual is available.
13. *Tools of the Trade* by Julie Baumgardner, MS, CFLE – a real plethora of ideas and strategies to promote marriage in your community.
14. *Why Talking is Not Enough: 8 Loving Actions* by Susan Page, MDiv – Transform your relationship by replacing the same old, round and round frustrating conversations with easy-to-learn loving actions. (For women)

Diocesan Pro-Life Conference

15. *Catholic Faithful Citizenship* by Richard Doerflinger, Associate Director, USCCB Pro-Life Secretariat
16. *Embryo Research* by Robert P George, McCormick Professor of Jurisprudence, Princeton University
17. *End of Life Issues Panel: Moral Principles and Practical Dilemmas, Public Policy Trends and Washington Update* by: Rev J Daniel Mindling, OFM, Academic Dean, Mount St Mary's Seminary; Dr Marie T Hilliard, JCL, PhD, RN, Director of Bioethics and Public Policy, NCBC; Richard Doerflinger, Associate Director, USCCB Pro-Life Secretariat
18. *Scientific Advances in Fertility Management* by Lester Ruppertsberger, DO
19. *Toxins, the Environment, and the Child in the Womb* by Roxanna Barillas, MPP and Mark LeChevallier, PhD
20. *The State of Human Rights in the World* by Marie Smith
21. *The Human Condition* by Helen Alvaré

On DVD:

22. *Beginning (30 min.) and End of Life (26 min.) Issues: Seeking Divine Wisdom* featuring Dr Tad Pacholczyk
23. *Laugh Your Way to a Better Marriage* by Mark Gungor – A four DVD set covering the topics of 1) The Tale of Two Brains 2) Why Does He/She Do That? 3) The 1# Key to Incredible Sex and 4) How to Stay Married and Not Kill Anybody (Each disc is approximately 1 hour)
24. *Parenting—The Early Years w/Drs. Les & Leslie Parrott—Six DVDs that take you through a parenting approach you won't find in any other parenting resource.*

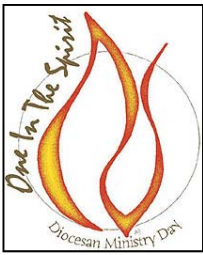


Sponsor Couple Training

Saturday, October 4, 2008 9 a.m.— 4 p.m.

Saturday, January 31, 2009 9 a.m.— 4 p.m.

To register on the web, go to: <http://www.stcdio.org/OMF/marriage-ministry/SponsorCoupleRegistration.pdf>



DIOCESAN MINISTRY DAY MONDAY, SEPTEMBER 29, 2008

Highlighting a few workshops from the OMF:

SESSION 1

A-16 On the Streets or in the Classroom?

Chris Cadden, *Director of the Office of Marriage and Family, Diocese of St. Cloud, MN*

Chris will share the results of the recent diocesan survey on what parishes/schools are using to teach chastity, respect life and family life. Also included will be ideas and recommendations of materials, outlines, and videos that can be used to supplement your programs.

SESSION II

B-13 Ministry to Those Struggling with Same-Sex Attraction: An Open Dialogue

Fr Mark Innocenti, *Pastor, Our Lady of Lourdes Church, Little Falls, MN and Chaplain of the Courage Ministry, Diocese of St. Cloud* and **Tom Klecker**, *licensed social worker and psychologist, St. Cloud, MN*

Brief overview of the Church's teachings followed by an open dialogue on the topic.

B-19 Supporting Families in Ethical End of Life Decisions

Fr. Thomas Knoblach, Ph.D., *Pastor, Saint Anthony, St. Cloud, MN, and Holy Spirit, St. Cloud, MN, Diocesan Consultant for Healthcare Ethics, Diocese of St. Cloud, MN*

"At times, families face difficult decisions about the appropriate use of medical technology - ventilators, feeding tubes, dialysis, and other interventions - especially at the end of life. This workshop will provide background on ethical principles and some practical suggestions to help those in ministry support parishioners in their decision-making process."

SESSION III

C-7 Corollaries to Adolescent Sexual Behavior in a Permissive Society: Assessing the Risks and Damage

Tom Klecker, *licensed social worker and psychologist, St. Cloud, MN*

Sexually active teens: a population at risk in a culture that often perpetuates myths with regards to sexuality. How can adolescents discern consequences adequately if not given accurate information?

C-9 Hidden Gifts of Family Life

Marcie Stokman, BSN, MA, *Speaker and Writer, Crosby, MN*

Teaching Life Issues to Children. Do you ever wonder if your children will take the baton of faith you pass on to them and run with it? How do we teach our children the faith in a way that they come to embrace it as their own? With gentle humor and real life stories, Marcie draws on over 22 years of parenting experience and shares practical principles we can integrate to live family life with passion and purpose so the faith is caught and taught.

UPCOMING DATES

1. NFP 1st Instruction 9/15/08 or 10/16/08
2. Retrouvaille 9/19-21/08, 1/30-2/1/09, 9/25-27/09
3. Diocesan Ministry Day 9/29/08
4. EnCourage Meeting 10/6/08
5. Night For Life 1/18/09
6. Roe v. Wade Rally 1/22/09 Sign up for bus
7. Marriage Enrichment Day 3/14/09
8. Catholic Men's Conference 2/28/09
9. Parenting Series 2/2/09, 3/2/09, 4/6/09, 5/4/09
10. Courage TBA