



CENTRAL WASHINGTON CATHOLIC

El Católico de Washington Central

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DECEMBER 2015 *Newsletter*

'Step Out in Faith' in 2016: Try A New Activity to Benefit Your Soul

As you're working on those New Year's resolutions about eating less and exercising more, how about planning something to benefit your soul?

The busier we get with work and family and the endless details of day-to-day life, the less time we seem to have to devote to our Catholic Faith. So, before the New Year sweeps us away with another long to-do list, why not decide now to commit to a faith-enriching activity (or two) for 2016?

Here's a list of 10 ideas to get started:

1. **Attend a Magnificat class.** These 9 a.m. to 1 p.m. sessions are offered on Saturdays. Bishop Joseph Tyson, priests and other speakers offer a choice of three topics featuring everything from the Bible to ministries, liturgy and the sacraments. Classes are held in Kennewick, Quincy and Yakima. Call the diocesan office at (509) 965-7117 or visit www.yakimadiocese.org for details.

2. **Try a Cursillo.** This is a three-day retreat to "help you find your way back to God" or to enhance your spiritual life. Offered in English and Spanish, in various parishes. Contact: (English) Deacon Kerry Turley at (509) 837-2243 or Dan Sisk at (509) 946-2264, (Spanish) Deacon Frank Martinez at (509) 989-0033 or Teodoro Flores at (509) 855-0630.

3. **Read about your Faith.** There are countless good publications available in book stores, online, and in parish shops that will help to inspire you. One online site is www.ewtnreligiouscatalogue.com. In St. Joseph Parish in Wenatchee, for example, this Christmas parishioners will receive a copy of Matthew Kelly's book entitled, "Rediscover Jesus."

4. **Serve as a lector or Eucharistic Minister.** Parish priests often plead for more volunteers to serve in these roles at church. Were you one of the best readers in your class? Do you have particular reverence for the Precious Body and Blood of Our Lord? Talk to your pastor about your interest!



Eucharistic Adoration is a simple yet meaningful way to nurture your Faith. -Photo courtesy of Wikimedia Commons

5. **Help behind the scenes in your parish.** Many roles in the parish do not require standing up before a large group of people. Volunteers often are needed to stuff bulletins, help with decorations for special occasions, cook for funeral lunches, and a host of other tasks. Ask what the needs are in your parish.

6. **Come to Eucharistic Adoration.** It doesn't take a lot of time or effort to stop by your parish church, perhaps on a first Friday, for Eucharistic Adoration. You can simply pray before the "monstrance" – or ornate vessel holding the exposed, consecrated Host – for a few minutes. Some parishes also offer a short Benediction at the end of the time of adoration. Check your parish schedule for offerings at your church. And consider bringing the young people in your life along with you.

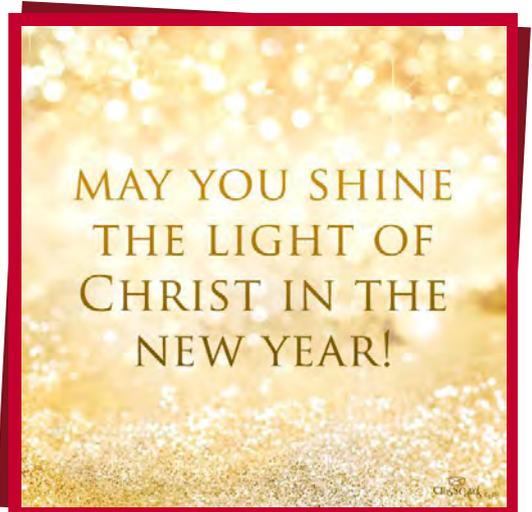
7. **Attend a workshop or fellowship.** Depending upon your special interests,

consider attending a Retrouvaille workshop for healing and better communication in marriage or a Marriage Encounter for couples wanting to breathe new life into marriage. You'll also find Engaged Encounters for those planning a wedding. "That Man Is You" is a fellowship program encouraging men's spirituality, offered at Holy Family Church in Yakima and St. Joseph Church in Wenatchee, among other possible sites. There are women's prayer groups, Bible studies and more. Check with your parish office or visit the diocesan website at www.yakimadiocese.org for more info.

8. **Teach someone.** It's a great opportunity to share your Catholic Faith with someone else – whether you're a homeschool, religious education, or RCIA instructor. Consider whether you have a calling to help pass on the Word of God. As a starting point, check with your parish staff to ask about opportunities and resources.

9. **Check out a Catholic organization.** There are many dedicated Catholic groups ranging from the Knights of Columbus to Young Ladies Institute, Guadalupanas, St. Vincent DePaul Society, St. Kateri Tekakwitha Guild and Called to One Table (a

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Courtesy: crosscards.com

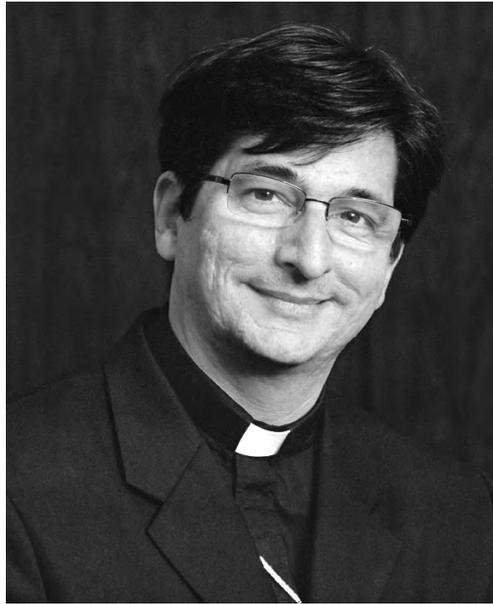
A Message from Bishop Tyson...

Dear Friends:

What is your idea of “stepping out in faith?” Many Tuesdays, when I celebrate the noon Mass at St. Joseph Parish in Yakima, an elderly Spanish-speaking gentleman arrives early. He goes from one statue in the church to the next, greeting each saint as if talking to a personal friend. In the sacristy, I commented to him in Spanish that he seems to have many friends. “Oh, yes, Bishop, we have friends on earth and with the saints, we have friends in heaven,” he said. In a very real way, this parishioner steps out of the “visible” world and steps into a world of faith far larger and richer than just the world we see.

What’s your idea of “stepping out in faith?” This current issue of the *Central Washington Catholic* not only suggests 10 concrete ways in which we can enrich our spiritual lives as we “step out in faith,” but indeed, the entire issue has examples of people across the Diocese of Yakima stepping out in faith.

We had a wonderful video presentation and gathering of friends in Yakima and Richland where supporters of Catholic



Bishop Joseph Tyson

Charities stepped out in faith as we established the new Father Thomas Champoux fund for women, children and families in need. Our upcoming celebration of Catholic Schools points to parents who step out in faith, changing their spending habits in order to put Christ first in the lives

of their children. We also salute the many people across the state who will “step out in faith” to pray for the unborn during several walks for life.

Looking back to December, Our Lady of Guadalupe is the only Marian apparition showing Mary with an unborn child – Jesus Christ. Thus, Our Lady of Guadalupe is not only patron of immigrants, she also is patron of the unborn. What ties the unborn and the undocumented together is their lack of legal status. Our concern for the unborn should sensitize us to uplift the plight of the undocumented and the refugee. As the bishops of the United States have noted in a variety of teaching documents, our treatment of the unborn and the dying sets the tone for our treatment of everyone with dignity.

Having read this issue, my hope and prayer is that you will “step out in faith” for all those standing in the shadows and needing Christ-like care and concern from us as the Church.

With my every best wish and blessing!

Devotedly yours in Christ,

Most Rev. Joseph J. Tyson
Bishop of Yakima

‘Step Out in Faith’ in 2016: Try A New Activity *Continued from page 1*

multicultural ministry). For youth, you’ll find everything from Ellensburg’s Catholic Campus Ministry to parish programs for middle school and high school students. Find out which groups meet in your parish and ask what they do. This is also a good opportunity to make new Catholic friends!

10. **Use travel opportunities.** Finally, remember that even when you’re away from home – on a business trip, vacation or visiting family members – you still can find opportunities to enrich your Faith. Attend Mass in a new setting. Make time for Confession. Visit a Catholic shrine, retreat house or mission. Just take a walk in a beautiful setting and pray.

There are many other choices of soul-enriching activities. Make this the year that you step out in faith!

Communication Tip: Balancing Discipline and Self-Esteem

By Caitlin Bootsma - Consultant to the VIRTUS® Programs

We’re in the midst of the holiday season and for many of us that means we’ll be spending more time with our kids. Along with quality time celebrating together, this time of year can be one of increased conflict and emotion. During this season – actually all year long – when resolving issues with children, it’s important to build our children’s self-esteem, even amidst the difficult conversations or disciplining that may occur:

Concentrate on the issue rather than making personal attacks.

Example: If children have lied to you, it is counterproductive to call them liars. Instead, point out that being dishonest makes it hard to trust them. Talk about the decisions they may want to make in the future.

Focus on moving forward rather than rehashing the past.

Example: If a toddler has repeatedly disobeyed by coloring on the walls, redirect the behavior and focus on productive ways to use the crayon (i.e., on paper).

Keep conversations private rather than talking about the child’s behavior to others.

Example: If you have a kid who is too rough with his or her younger siblings, all of the aunts, uncles and grandparents don’t have to know about it. Spreading news of misbehavior will do nothing to improve behavior and self-esteem.

Always end difficult situations with something positive, rather than a harsh word.

Example: After disciplining a child or discussing unwelcome behavior, remember to say something along the lines of, “I love you very much, and it’s because I know you are capable of great things I wanted to take the time to talk to you about this.”

Note: The Diocese uses VIRTUS programs to train clergy, employees and volunteers who work with minors on how to maintain safe environments.

If you have been abused or victimized by a member of the Catholic clergy, please believe in the possibility for hope and help and healing. We encourage you to come forward and speak out.

The Yakima Diocese has a sexual abuse hotline for those who wish to report some incident concerning that issue as regards a bishop, priest, deacon or diocesan employee or volunteer. (888) 276-4490

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Catholic Schools Week: *Continued from page 4*

Catholic Schools Week also allows “our community around us to see the beauty of Catholic education,” pointed out **Amy Krautscheid, principal of St. Rose in Ephrata**. Among activities planned for St. Rose students are a collection for a local animal shelter, a visit to the Grant County Courthouse, Vocations Day on which parents and grandparents are invited to school, and dress-up and bowling fun. St. Rose currently has 104 students in preschool through sixth grade.

The week provides “an opportunity to bring forth all of the things we do in stewardship, community service, academics and friendship,” concurred **Gregg Pleger, principal of St. Joseph/Marquette in Yakima**. For this school’s 355 students in preschool through eighth grade, the focus of Catholic Schools Week will be on “what you’re doing in a great way for your community,” he said, “giving kids the sense that where they’re at is a good place.”

“It’s a way to celebrate our schools and the values and qualities that Catholic schools have that public schools can’t have...who we are,” added **Kathleen Cleary, principal of St. Joseph in Kennewick**. In keeping with this spirit, students will collect canned goods throughout January to be delivered to a Kennewick food bank on February 5. Other projects may include writing letters to shut-ins or making placemats for a nursing home, for example. St. Joseph has 94 preschool and 195 kindergarden through eighth-grade students.

Another key part of Catholic Schools Week is recognizing parents and teachers who do so much, said **Ted Kanelopoulos, principal of La Salle High School**, which has 220 students. At La Salle, this is done through “Muffins for Moms,” “Doughnuts for Dads,” and gift bags for teachers, for example.

To spread the word about the importance of Catholic education, talks also are planned at Masses from January 30 through the month of February, he said. School administrators, teachers, and parent ambassadors from local schools will be going out to talk in parishes from Yakima to Selah, Cowiche, Moxee and Naches.

Ultimately, Catholic Schools Week underscores our “Catholic identity,” suggests **Christy Rasmussen, principal of Christ The King in Richland**. At her school, the week’s schedule will include an open house, a disability awareness assembly, awards assembly and blessing of the throats in honor of the feast day of St. Blaise. Christ The King currently has 436 students in preschool through eighth grade.

“We want to honor our parish’s commitment to us as a school and the support they give us, and to share that with the greater community,” Rasmussen said.

When Catholic Schools Week ends, she hopes that students will be reminded of “the value and importance” of Catholic education and, ultimately in life, “to have that Catholic identity when they leave here.”

Campaign Supports Communications

Noting the words of Pope Francis that “communication is really about realizing that we are all human beings, children of God,” Yakima Bishop Joseph Tyson is urging parishioners to support the annual collection for the Catholic Communications Campaign (CCC), to be taken up in our Diocese January 23-24.

The CCC collection provides grants for projects here in the United States and all over the world to more effectively reach out and proclaim the gospel message of mercy and salvation. “Through this collection, more people are hearing about and joining together in faith, worship, and witness,” Bishop Tyson said.

For example, the use of mobile devices in the United States has increased dramatically in recent years. Funding from the CCC was crucial in developing the Catholic Church mobile app, which is now available for download in iOS and Android app stores. For the first time ever, this app connects parishes, dioceses, and the universal Church in one seamless user experience.

Fifty percent of the collection is retained for local efforts, and has been used to help pay for the expansion of Catholic radio in the Diocese, making Catholic television available in some areas, and helping to pay for the *Central Washington Catholic* newsletter.

“Please prayerfully consider supporting the collection,” said Bishop Tyson.



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NEWS

From Around the Diocese

Walks for Life Scheduled

It's time again to mark your calendar for the annual walks for life planned in the dioceses of Yakima and Spokane and the Archdiocese of Seattle. These events are traditionally scheduled in January, marking the anniversary of the Roe vs. Wade court decision which legalized abortion in the United States.

The Yakima walk for life is slated to begin at 1 p.m., Saturday, January 16. Participants will gather at Grace of Christ Church, 9 South Eighth Avenue, prior to the walk.

Also on the 16th, the Spokane Diocese is sponsoring a walk for life in Spokane's Riverfront Park. Bishop Thomas Daly will celebrate Mass at Our Lady of Lourdes Cathedral, 1115 W. Riverside Ave., at 9 a.m. A rally begins at 11 a.m. near the Bloomsday runners sculpture in the park, followed by the walk.

In Olympia, the annual Mass for Life will be celebrated by Archbishop J. Peter Sartain on Tuesday, January 19. The Mass begins at 9:30 am at Saint Martin's University in Lacey. The March for Life, organized by the Washington State March for Life, begins at noon at the State Capitol.

In Wenatchee, a walk for life is scheduled to begin at noon, Saturday, January 23, at the county courthouse. For details, contact Teresa Drollman at (509) 699-1236 or teresa@drollman.com.

Support life – from conception through natural death – through prayer and attendance at one of these events!

Father Dan Greene Dies

A Mass of Christian Burial was held December 12 at St. Patrick's Church in Doon, Ireland, for Father Dan Greene, a senior priest of the Diocese of Yakima who died December 10. Burial followed on the church grounds.

Father Greene, who was 83, had been in residence at St. Anthony's Nursing Home in Limerick, Ireland, for several months before taking a turn for the worse. He was admitted to University Hospital, also in Limerick, in November.

He was ordained June 14, 1958 in Tipperary, Ireland, for service in the Yakima Diocese. Father Greene served in several parishes here, including St. Joseph Parish in Wenatchee, his first assignment, and St. Joseph Parish in White Salmon, his last assignment before beginning a 20-year career as a hospital chaplain with the Veteran's Administration in 1980.

As a senior priest, he served in several parishes in Florida before returning to his native Ireland in 2014. May Father Greene and all of our departed clergy and religious rest in peace.

Catholic Schools Week: A Time To Celebrate Our Faith =

"Catholic Schools: Communities of Faith, Knowledge and Service" will be the theme of the upcoming National Catholic Schools Week, to be celebrated January 31 through February 6.

Across the Diocese of Yakima, special celebrations are planned by our six diocesan schools: St. Rose of Lima in Ephrata; St. Joseph in Kennewick; Christ The King in Richland; St. Joseph in Wenatchee; and St. Paul Cathedral and St. Joseph/Marquette schools, both in Yakima. La Salle High School, an independent Catholic school in Yakima, also will participate in the week of activities.

In numerous parishes, Catholic Schools Week will begin with attendance at Mass on January 30-31. Then, all of the schools plan a weekday Mass, to mark the occasion. The three Yakima schools will gather at 9 a.m. February 5 at Holy Family Church for an "all-schools Mass." Tri-Cities schools will attend Mass at 10 a.m. February 5 at Tri-Cities Prep.

St. Rose of Lima plans a February 4 Mass in conjunction with their Vocations Day activities. St. Joseph in Wenatchee will have a Mass for benefactors on February 5.

This week will be a time to "be united with the whole nation to celebrate the Faith and service," observed **Sister Olga Cano, principal of St. Joseph in Wenatchee**. This school's 221 students in preschool through grade five will join in a variety of activities including an ice cream party with a Beatitude Award and Marion Club awards to be presented. There also will be a family rosary, religious movies in the classrooms, and a school auction following on February 6.

"It's just a chance to celebrate our Catholic schools and all that they do," agreed **Teresa Schneiderman**, who became **principal of St. Paul in Yakima** this past July. Plans for the week are still being finalized but will include activities such as a dress-up day for students, she said. St. Paul currently has 195 students in preschool through grade 8.

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Students at Christ The King School in Richland gathered for their weekly Thursday Mass.
-Photo courtesy of Lisa Peterson

Catholic Charities Announces Father Champoux Fund =

The Board of Directors of Catholic Charities of the Diocese of Yakima has announced the creation of the Father Thomas C. Champoux Fund, an endowment fund created to honor the more than 40 years of service to Catholic Charities by Very Reverend Thomas Champoux. Father Champoux serves as Vicar of Charities for the Diocese and Pastor of Christ the King Parish in Richland.

The fund will benefit programs for children and families throughout the Diocese of Yakima, helping to reduce the impact of poverty on individual lives, nurturing children, strengthening families, and empowering people to enhance the quality of their own lives and move towards self-sufficiency.

In the Fall of 1974, Father Champoux was asked by then-Bishop Nicholas Walsh to take over the position of Director of Catholic Charities, which he did, leading the agency until 1996. Later, he was named Chairman of the Catholic Charities Board of Trustees.

"Under Father Tom's leadership, Catholic Charities and Catholic Family and Child Service expanded immensely," said Reverend Monsignor John Ecker, who serves as Vicar General of the Diocese and Pastor of St. Paul Cathedral in Yakima. "He has been in a leadership position for over 40 years, and we've seen it just blossom. He's personally responsible for a great deal of the growth of CFCS."

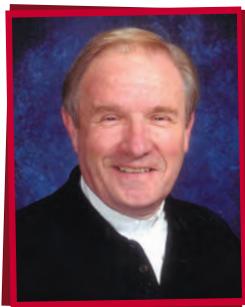
A luncheon to honor Father Champoux in Yakima, and a dinner in the Tri-Cities, kicked off the announcement of the fund in mid-November.

"The idea," said Father Champoux, "is to always be of service to families, to kids, to parents who are struggling with life and try to help them carry out their responsibilities to their families. We try to think of ways that we can help people who are having a difficult time in life, because of poverty primarily, to pull themselves out and become responsible and able to take care of their families."

As an endowment, the principal of the fund will be left intact. Only income from the investment of the fund will be distributed, once the fund reaches a target amount of \$250,000. The proceeds from the investment of this fund will be distributed annually.

"The establishment of the Father Thomas C. Champoux Fund is a very fitting tribute to the 42 years of service of his priestly ministry that he has devoted to Catholic Charities and Catholic Family and Child Service," said John Young, CEO of Catholic Charities of the Diocese of Yakima.

For information about the fund, or how to contribute, call (509) 853-1303.



Father Thomas Champoux