



# CENTRAL WASHINGTON CATHOLIC

*El Católico de Washington Central*

Pāchu Washintin Chmuk Tātpas

JULY 2017 *Newsletter*

## There Is A Moral Way For Catholics To Do ‘Family Planning’

By Christine Corbett Conklin

Did you know? Artificial contraception and procedures such as sterilization are against the teaching of the Catholic Church. As a matter of fact, all “mechanical, chemical or medical procedures to prevent conception from taking place” are called “morally unacceptable means” by the *Catechism of the Catholic Church*, second edition (2400).

“Contraception offends against the openness to procreation required of marriage and also the inner truth of conjugal love,” explains the *Catechism* (2370).

However, for married couples who wish to limit the number of children they have – or conversely, to improve their chances of conceiving – there is a very effective, simple and lower-cost option called “Natural Family Planning” approved by the Church.

This is a beautiful way to “participate in God’s divine plan for love,” said Jeremy Hochstein, who with his wife, Rachel, has begun teaching classes on the subject through the Couple to Couple League at St. Andrew’s Catholic Church in Ellensburg.

“The Church isn’t against contraception because it’s artificial,” Jeremy said. Other devices which people use, such as eye glasses and contact lenses, are also “artificial.” The difference is that devices such as glasses do not go against “the natural order of body function” but rather enhance the natural order.

There are several methods of Natural Family Planning, all of which are

acceptable to the Catholic Church, he said. The method which the Hochsteins teach is simply called the “sympto-thermal method”. Other methods, with variations in technique, include the “Creighton model,” the “Billings method” and the “Marquette method,” for example. In brief,



*Rachel and Jeremy Hochstein teach Natural Family Planning in Ellensburg.*

these techniques all teach married couples “to read the natural signs of fertility” and help them know when they are most likely to conceive. These techniques also bring the couple closer together, as they come to understand and work as a team in Natural Family Planning.

This is not the old “rhythm method” which had a tendency to assume that all people’s fertility was based on identical cycles, and didn’t account for individuality, Rachel noted.

These newer techniques are “just as effective as hormonal birth control” – about 97 percent effective – without using hormones, Jeremy added.

“I don’t know of too many people who enjoy taking hormonal birth control,” he observed.

Rachel recalled that it “probably

took a couple of months” for her to feel really comfortable with Natural Family Planning, but now, “it’s second nature” for her. The technique takes only a minute or two each day, to read fertility signs.

In a short time, natural family planning also can save couples money.

The Couple to Couple League charges \$135 for a series of three classes, which includes the opportunity for follow-up questions and a year’s subscription to an app which couples may use to track their fertility. That’s much less than a never-ending supply of artificial contraception aids, the Hochsteins suggest. And scholarships for classes may be available in some parishes.

The Hochsteins plan to begin a series of classes this fall at St. Andrew’s and then to offer more classes periodically throughout the year. For more information, contact them at [rachel.hochstein@gmail.com](mailto:rachel.hochstein@gmail.com).

Other sources for information and/or classes in Natural Family Planning in the Diocese of Yakima include Darci Hemstad in Yakima at [www.thefertilitygirl.com](http://www.thefertilitygirl.com); Fabiola Scotto in the Grandview/Prosser area at [scotto@hotmail.com](mailto:scotto@hotmail.com); Katie Hudson in the Granger area at [klyoshie@aol.com](mailto:klyoshie@aol.com); Trung and Julie Tran in the Moses Lake/Ephrata area at [www.ccli.org](http://www.ccli.org); Christine Disselkamp in the Tri-Cities at [christinedisselkamp@gmail.com](mailto:christinedisselkamp@gmail.com); Cathy Heineck at (509) 529-6179 or Cheryl Wilson at [cherylsvoboda65@gmail.com](mailto:cherylsvoboda65@gmail.com), both in Walla Walla; and Dr Ted O’Donnell at (509) 421-6423 or Steve and Susan Yunker at [stevensusie@nwi.net](mailto:stevensusie@nwi.net), all in Wenatchee.

Natural Family Planning. Are you ready to live out God’s plan for marriage?

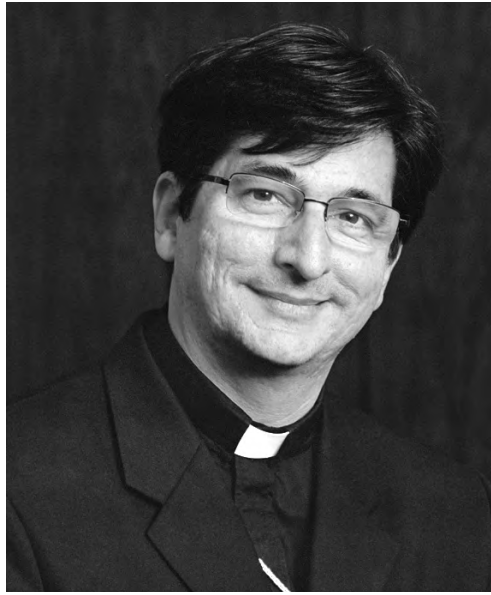
## A Message from Bishop Tyson...

Dear Friends:

When Pope Francis addressed Congress nearly two years ago, Father Thomas Merton, the famous Trappist monk from Gethsemane Abbey in rural Kentucky, was cited as one of three Americans helping shape our spirituality. In his noted book, "New Seeds of Contemplation," Fr. Merton writes that "Our vocation is not simply to be, but to work together with God in the creation of our own life, our own identity, our own destiny." Fr. Merton goes on to explain, "To work out our own identity in God, which the Bible calls 'working out our salvation,' is a labor that requires sacrifice and anguish, risk and many tears. It demands close attention to reality at every moment, and great fidelity to God as He reveals Himself, obscurely, in the mystery of each new situation."

Our stories and spotlight features in the *Central Washington Catholic* all highlight the varied ways our brothers and sisters in the Faith are working out their salvation and, in doing so, helping ours, too. We had a wonderful ordination of Deacon Jesús Alatorre to the transitional diaconate in late May (feature to come next month) and we have two more transitional diaconate ordinations in Rome this coming September, with César Izquierdo and Jesús Mariscal.

Sister Julie Marie Benedicta Turner, who once was one of our youth ministers at St. Joseph Parish in Kennewick, made her first profession with the Daughters of St. Paul – a global community of women religious involved in communication. Brother



**Bishop Joseph Tyson**

Thomas Aquinas Pickett, OP, was ordained a transitional deacon with the Dominicans – more formally known as the Order of Preachers. He hails from Ellensburg and got his start as a Yakima seminarian. I had the chance to be in White Swan last month for the tail end of the parish reception for the 60th ordination anniversary of Fathers Bill and John Shaw. The number of views on my Facebook page for that event was quite astounding. You'll also continue to read about the many jubilarians with the Sisters of Providence who passed through the Diocese at some point in their ministry.

Then there are the many lay people whom we feature month after month, living out the vocation of marriage and helping others do the same. Note this month Jeremy and Rachel Hochstein, who have become teachers of Natural

Family Planning. Even our continuing second collections are tools, as we work out our salvation responding to God's call in our lives, and living our baptism as Christians.

I often reflect that I am bishop in the Cathedral where I was baptized as an infant. When I was baptized at St. Paul Cathedral, the main second language in the neighborhood was German. Spanish was spoken by the "bracero" workers and their descendants in the more rural areas of the Diocese. Now we are nearly three-fourths Hispanic, with nearly 60 percent of our people attending Mass in Spanish. Two weeks ago, I celebrated Mass in an orchard just outside of Bridgeport. There were more people at that Mass than in our regular Sunday parish Masses for Grand Coulee, Coulee City, and Hartline combined.

I have become a missionary without ever leaving my place of birth! What a great way for all of us to work out our salvation by missionary service. What a great way to work out our identity as Christians. My hope and prayer is that these snapshots of faith in this issue of the *Central Washington Catholic* will send you back to the insight of Fr. Thomas Merton to consider how you are working out your own salvation in the context of the great missionary thrust of our Catholic Church here across the Diocese of Yakima.

With every best wish and blessing,

Yours in Christ,

Most Rev. Joseph J. Tyson  
Bishop of Yakima

## Religious of Diocese Advance in Vocations

Brother Thomas Aquinas Pickett, OP, an Ellensburg native, was ordained a deacon May 27, while Sr. Julie Marie Benedicta Turner, a graduate of Central Washington University, made her first profession of vows July 1 as a Daughter of St. Paul.

Deacon Thomas, 28, was ordained at St. Dominic's Parish in San Francisco with three other Dominican brothers as part of their continuing preparation for priesthood next year. Bishop Jaime Soto of Sacramento performed the ceremony. Deacon Thomas is now living in a Dominican community in France to learn the language in preparation for

further theological studies.

Sr. Julie, 33, who worked for five years as a youth minister in the Diocese following graduation, made her first profession of the vows of chastity, poverty and obedience with two other sisters at the Daughters of St. Paul Provincial House in Boston. Sr. Julie received the name "Marie Benedicta" as a sign of her deepening vocation. She has been assigned to a Pauline community in Miami.

Please keep Deacon Thomas and Sister Julie in your prayers as they enter more deeply into their service of the Church.

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

## Central Washington Catholic

**JULY 2017 • Volume 57 • Issue 7**

**PUBLISHER**  
Most Rev. Joseph J. Tyson

**MODERATOR**  
Monsignor Robert M. Siler

**EDITOR**  
Christine Corbett Conklin

**TRANSLATIONS**  
Indiana Blandón

*The Central Washington Catholic (ISSN 0195-1831) is published monthly by the Diocese of Yakima, 5301-A Tieton Drive, Yakima, WA 98908-3493.*

*Submission schedule: Deadline for the submission of material is at noon on the first day of the month of publication.*

*Email: robert.siler@yakimadiocese.net*

# Protect Children From The Danger of Scalding Water This Summer

Courtesy of Virtus

As parents or caregivers, we all have a lot of experience trying to keep kids from harm. When it comes to hot liquids, we are no doubt accustomed to keeping children away from boiling water on the stove, testing the temperature of bathwater for young kids and monitoring the heat of baby bottles. However, in the summer time, do you recognize the hose as a potential danger?

Water that has been sitting in a garden hose in the sun can reach 190 degrees Fahrenheit. That temperature is near boiling and can cause an instant burn upon making contact with skin — especially the more delicate skin of young children. Second- and third-degree



Since playing with water is a favorite summer activity, watch the temperature to protect children.

burns are not uncommon in the summer months when temperatures rise and children unsuspectingly pick up a garden

hose and turn it on, only to find the water dangerously hot.

We can prevent these sorts of burns by keeping hoses out of the reach of children, being sure hoses are emptied of residual water after use, and monitoring any summer use of the hose — even when we are the ones to turn on the water. Of course, hoses are just one of many potential burn hazards in summer months. It is important to also be aware of exposed metal (such as car seat buckles), grills and campfires, and sunburns, even on cloudy days.

*Note: The Virtus organization provides a variety of training materials to the Diocese of Yakima to help keep children and vulnerable adults safe.*

# Another Undocumented Immigration Question Explored

By Ann Dibble, Associate, Sisters of the Holy Names

*(Editor's Note: This is the third in a series of articles provided to the Central Washington Catholic. Ann Dibble is a lay person who has chosen to become an "associate" of the Sisters of the Holy Names.)*

Undocumented immigration is a hot topic, and especially important in the Diocese of Yakima, where many undocumented workers reside. We are taking a look at some of the questions people have about this subject. In this article, we are looking at the subject of

the number of immigrants in the United States.

## Are the numbers of illegal immigrants increasing?

No. The number of unauthorized immigrants in this country has fallen every year since 2008, according to the Center for Migration Studies. While illegal immigration grew sharply from 1990 to 2007, according to the Pew Research Center, it has either leveled off, or been

falling since then. It has dropped more than one million since 2008.

It's difficult to say why, but there are two reasons many observers agree on. First, the Great Recession eliminated many of the jobs that pull immigrants here. Second, the economy of Mexico has been improving, and its birthrate has declined. The number of undocumented Mexicans in this country dropped by 600,000 between 2010 and 2014.

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## Have You Registered for Cornerstone?

There's still time to register for the Cornerstone Catholic Conference, scheduled for October 20-21 at the Tacoma Convention Center. The theme will be "Together for Life & Justice".

The forum will include keynotes by Washington State Bishops, plus talks by Bishop Robert Barron of Los Angeles, Robert McCloud with Catholic Campaign for Human Development, and Helen Alvare, a former director with the United States Conference of Catholic Bishops Secretariat for Pro-Life Activities.

To register, visit [www.cornerstonecatholic.org](http://www.cornerstonecatholic.org) or call Brown Paper Tickets at 1-800-838-3006.

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# NEWS

## from Around the Diocese

### Mass Honors Longtime R.E. Director

A Mass of Thanksgiving was held June 24 at St. Joseph Church in Wenatchee to honor longtime Religious Education Director, Kay Shepard, upon her retirement. A reception followed in Kuykendall Hall at the church.

Shepard came to work part time at St. Joseph Church in 1989 as Religious Education Director K-5th, while working full time at the Chelan County Jail. In 1994, she became RCIA Director for the parish and Advocate for the Diocesan Tribunal Office, while continuing to serve in other ministries at St. Joseph.

In the June celebration, Shepard was recognized for helping many people to join the Catholic Church and encouraging countless others to grow in their faith.

We wish Kay many blessings in the years ahead!

### Annual Soccer Match Scheduled

It's time once again to mark your calendar for the annual priests vs. seminarians soccer game!

This year's match is scheduled for Sunday, August 6, at Marquette Stadium, 5200 West Yakima Avenue in Yakima.

Gates open at 3 p.m. and the game starts at 6 p.m. Admission is free, with food and drinks for sale. Proceeds from this event will be 100 percent matched by Catholic Extension and local partners for the Seminarian Education Trust.

Come and support our diocesan seminarians – and be sure to remind your parish priest(s) that, this time, it's the seminarians' turn to win!

### Collection Aids Church in Europe

The collection for the Church in Central and Eastern Europe, to be taken up in our diocese August 12-13, illuminates the way for the people of the region by helping Catholic organizations offer affordable shelter, training for seminarians, pastoral care, and catechesis. Even though the fall of communism occurred 20 years ago, the Church is still struggling to rebuild after 70 years of oppressive rule. Often, churches in this region are deteriorating, leaving the faithful with no place to worship or find spiritual nourishment.

Your support of this collection will help promote ministries for children and families and provide a cultural and spiritual education. Please be generous, and prayerfully consider how you can support this collection.

### Ride D'Vine Is Coming Soon

The annual Ride D'Vine fundraiser, benefiting low-income families through Catholic Charities, is planned for Saturday, August 12.

Come and join in on this bicycle ride from Sarg Hubbard Park in Yakima through beautiful wine country to Zillah's Bonair Winery.

For more information, call (509) 853-2800.

## Sisters of Providence Mark Special Anniversaries

*Editor's Note: Last month, we covered special anniversaries being celebrated by several Sisters of Providence with links to the Diocese of Yakima. Following is news of several more anniversary milestones:*

### - 60 years -



**Margaret Botch, SP**

(Sister Eva Marie)

Sister Margaret Botch was born in Great Falls, Mont. After two years of high school in Iraq, where her father was in government service, she

graduated from Sacred Heart Academy in Missoula, Mont., and entered the religious community in 1956. One of the early enrollees in the College of Sister Formation, she taught high school English in Great Falls and in Walla Walla, before becoming the first woman campus minister at Gonzaga University in Spokane. She assisted parishes in the 1970s and lived for 14 years in a local community focused on contemplative prayer and a simple lifestyle.

Sister Margaret has been a trailblazer in the religious community, co-chairing the first open chapter with her older sibling, Sister Bernadette Botch, in 1976; serving on the first formation team; directing the revitalized novitiate; and serving as councilor for ministry and religious development. She was on the first Leadership Team of Mother Joseph Province and became provincial/leadership team coordinator. Today, she lives in Walla Walla, supporting the homebound sick, elderly and dying.



**Roberta Rorke, SP**  
(Sister Mary of the Holy Trinity)

Sister Roberta Rorke lives in her birthplace of Yakima. A longtime educator, she was a philosophy major at Seattle University when

she entered the Sisters of Providence in 1956. After her vows, she continued to teach at all levels except grade school. She earned master's degrees in history and theology, teaching history in the College of Sister Formation. She also served on the Formation Team.

Sister Roberta served on the General Council in Montreal for 10 years, traveling extensively, including a United Nations forum for women held in Nairobi, Kenya, in 1985. She was the last provincial for Sacred Heart Province, 1996-99, and also served on the first Leadership Team of Mother Joseph

Province, 2000-04. She taught at Heritage University in Toppenish until the age of 80. In Yakima today, she is on the board of Rod's House, participates in Act Yakima, and meets with groups to share information on current issues.

### - 25 years -



**Maribeth Carson, SP**

Sister Maribeth Carson taught in Seattle Public Schools for 25 years before entering the Sisters of Providence as a candidate in Seattle in

1991. Born in Wenatchee, she received a bachelor's degree in education and a master's degree in curriculum and instruction from Seattle University. She was an Oblate of St. Benedict attached to the abbey of Mount Angel. She became a novice in 1992 at St. Joseph Residence, Seattle, and spent a year at the Galilee Renewal Centre and Intercommunity Novitiate in Ontario. Returning to the U.S. after her canonical novitiate, she spent her apostolic year at St. Joseph/Marquette School in Yakima.

Sister Maribeth began her ministry as a teacher at Our Lady of Sorrows School in Portland, Ore. After professing final vows, she transitioned into parish work, becoming director of religious education at Immaculate Conception Parish in Stayton, Ore., and then pastoral assistant for adult faith formation at St. Mary Magdalen Parish in Everett. Today she is sister representative on the Community Ministry Board of Providence Regional Medical Center Everett, and also on the Mission Committee, the Providence Institute for Healthier Communities, and the Ethics Committee.

### Sister Germaine Chabot Dies

Sister Germaine Chabot, whose 80th anniversary as a Sister of Providence was featured in last month's *Central Washington Catholic*, has died at the age of 98. Her funeral was held on July 10 at St. Joseph Residence in Seattle where she died July 4, with burial following at Calvary Cemetery, also in Seattle.

Sister Germaine (who also went by the name of Sister Germaine of the Seven Dolours) spent time as a staff assistant at St. Patrick High School in Walla Walla and as administrator-superior at St. Elizabeth Hospital in Yakima, among many other responsibilities through the years.

Memorial contributions may be made to the Sisters of Providence Retirement Fund, 1801 Lind Avenue SW, #9016, Renton, WA 98057-9016. May Sister Germaine and all of our departed clergy and religious rest in peace.