# CENTRAL WASHINGTON CATHOLIC

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DECEMBER 2017 Newsletter


## Start the New Year With Ten Suggestions from Pope Francis

By Carol Glatz - Catholic News Service

VATICAN CITY (CNS) – Slowing down, being generous and fighting for peace are part of Pope Francis' secret recipe for happiness.

In an interview published in part in the Argentine weekly "Viva" July 27, the pope listed his Top 10 tips for bringing greater joy to one's life:

1. "Live and let live." Everyone should be guided by this principle, he said, which has a similar expression in Rome with the saying, "Move forward and let others do the same."

2. "Be giving of yourself to others." People need to be open and generous toward others, he said, because "if you withdraw into yourself, you run the risk of becoming egocentric. And stagnant water becomes putrid."

3. "Proceed calmly" in life. The pope, who used to teach high school literature, used an image from an Argentine novel by Ricardo Guiraldes, in which the protagonist – gaucho Don Segundo Sombra –looks back on how he lived his life.

"He says that in his youth he was a stream full of rocks that he carried with him; as an adult, a rushing river; and in old age, he was still moving, but slowly, like a pool" of water, the pope said. He said he likes this latter image of a pool of water – to have "the ability to move with kindness and humility, a calmness in life."

4. "A healthy sense of leisure." The pleasures of art, literature and playing together with children have been lost, he

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## The Shroud of Turin: Powerful Evidence That Accounts of Jesus Are True

By Christine Corbett Conklin

A hushed crowd of several hundred people sat in Holy Family Church, December 3, learning of the evidence of Jesus Christ's brutal torture, death and resurrection from the dead.

A presentation on the Shroud of Turin, by Bill Wingard of Baltimore, Maryland, included an exact, full-size replica of the actual tan-colored shroud which many believe is the burial cloth of Jesus Christ. Wingard also displayed copies of black and white photographic negatives which bring out astounding detail in the shroud.

*Face on the Shroud of Turin*

Some 20 popes have "expressed their personal confidence in the authenticity of the Shroud," according to information from the Shroud of Turin Exhibit Book by Larry Schauf.

"It is the greatest evangelical tool of our era. It leads people right into the heart of Christ," suggested Wingard, who tours the United States as part of Shroud Talks.

Wingard underlined the powerful evidence which has come from scientific testing of the shroud. For example, the Shroud of Turin Research Project (STURP), performed in the late 1970s by top scientists and researchers, used advanced scientific devices over a period of five days.

This study demonstrated that, in fact, it is actual blood on the cloth, determined by a "serum halo." The blood samples further show, due to their chemical properties, that blood was shed "after a sustained, violent death," Wingard said. Any possible use of paint, dyes or even burn marks applied by human hands was ruled out. The scientists also concluded that evidence on the shroud indicates that, at the time the image was made, the body was in "rigor mortis," a stiffening of the muscles which can begin shortly after death and eases within several days. This supports biblical accounts of the resurrection occurring within three days of death.

Researchers even looked at the composition of the burial cloth, determining that it is a type of woven flax that was made at the time of Christ. There are "elements of flowers only grown in Jerusalem" on the cloth, which would have been commonly used in burials, Wingard noted. The dirt in the areas of the knees (where Jesus fell to the ground) and feet (on which He walked to his crucifixion) is "travertine aragonite" specific to the streets of Jerusalem, researchers discovered.

It is remarkable that the shroud has endured to this day, now stored in the Cathedral of St. John the Baptist in Turin, Italy. Wingard traced the history of the shroud's journey, through the generations, from Jerusalem to Antioch; Edessa; Constantinople; Lirey, France; Chambery, France, where it survived a

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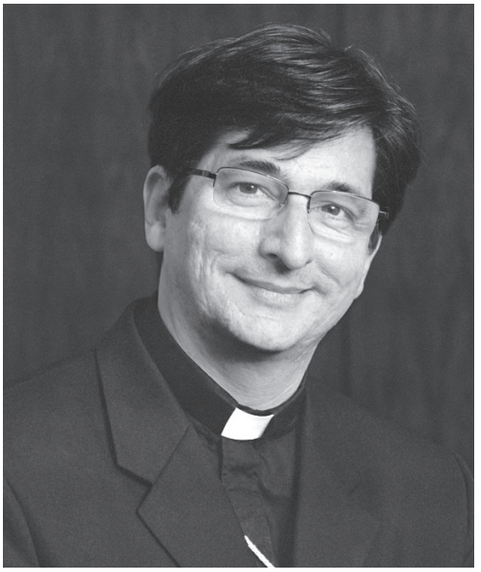
## A Message from Bishop Tyson…

Dear Friends:

As one year ends and another begins, the time between Christmas and the Feast of the Baptism of the Lord, January 8 – the final day of the Christmas season – creates a space for us to reflect, if we make the time. In light of the fact that God takes on our humanity, what kind of human do we want to be? When we look at Jesus – God's very face – how do we want to bear the face of Christ for others?

It's no surprise, then, that the start of the New Year becomes a time of resolutions. Pope Francis gives us 10 suggestions for happiness. These are suggestions we can apply in the upcoming year. It's also wise to note that "happiness" is the key question of the moral life for Saint Thomas Aquinas. This "happiness" is not primarily an emotion. Taking his cue from Aristotle, the happiness that Saint Thomas uplifts is a kind of "joy" at mastering a hard task – something akin to an athletic accomplishment or creating a work of art.



***Bishop Joseph Tyson***

Discipline and repeated practice carve out a freedom that helps us accomplish what we first thought not possible. Such discipline towards happiness engenders freedom and joy. Even the face of the suffering Christ, as captured by the Shroud of Turin, speaks to us of the happiness of doing the Father's will and making sacrifices for others.

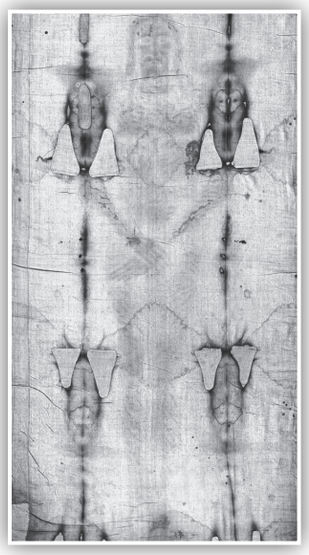
I hope that this issue of the *Central Washington Catholic* helps you ponder what brings forth true happiness in your life. I hope the various articles ranging from our Mass for Life, our invitation to Retrouvaille and even our Catholic trivia quiz will push you to consider what you desire for your life with Christ, how you want to grow in your Faith, and how you can continue to become the great person God made you to be.

With every best wish and blessing,

Yours in Christ,

Most Reverend Joseph J. Tyson
Bishop of Yakima

## The Shroud of Turin: Powerful Evidence *Continued from page 1*



*A black and white photographic negative shows the image in more clear detail.*

fire; and finally to Turin.

Wingard noted that, in the late 1980s, three laboratories performed carbon dating tests on tiny samples of the shroud, suggesting that the cloth dated from the 1200s to 1300s. However, subsequent analysis determined that the samples were "significantly different from that of the main cloth," reports the Shroud of Turin Exhibit Book. "The radiocarbon sample was thus not part of the original cloth and is invalid for determining the age of the shroud," concluded a scientific paper published in 2005.

So, if the shroud was not made "by human hands," using dyes, paint or burned imagery, how exactly was it made?

Indications are that "an energy force" made the 3-D image on the shroud, Wingard said, something along the lines of "14,000 excimer lasers firing simultaneously…something equivalent to an atomic explosion." The process is believed to have occurred very rapidly, perhaps "in one 20 millionth of a second". This would have been the resurrection of Jesus from the dead.

This is "the only such image on earth," the STURP concluded.

For those who already have faith, the shroud presentation contains "pretty substantial evidence" to support their beliefs, observed Father Richard Sedlacek, pastor of Our Lady of Lourdes Church who coordinated Wingard's appearance at Holy Family Church. For those who are questioning their faith, the presentation offers added inspiration to believe.

Wingard concurred.

"It sure looks like, in my opinion, that what all of the evangelists talked about actually happened," he said. Perhaps the most amazing aspect of all of Jesus' story is that, "He was not a victim. He did it out of His love for us," Wingard added. "The greatest achievement in life is to actually find Him, to fall in love with Him."

Those interested in learning more about the Shroud of Turin may visit the Shroud of Turin website at www.shroud.com. It's also possible to view Wingard's presentation on You Tube, "Shroud of Turin Bill Wingard."

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

**DECEMBER 2017 · Volume 58 · Issue 12**

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*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.*

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## Start the New Year With Ten Suggestions from Pope Francis Continued from page 1

together with children have been lost, he said.

"Consumerism has brought us anxiety" and stress, causing people to lose a "healthy culture of leisure." Their time is "swallowed up" so people can't share it with anyone.

5. Sundays should be holidays. Workers should have Sundays off because "Sunday is for family," he said.

6. Find innovative ways to create dignified jobs for young people. "We need to be creative with young people. If they have no opportunities they will get into drugs" and be more vulnerable to suicide, he said.

7. Respect and take care of nature. Environmental degradation "is one of the biggest challenges we have," he said. "I think a question that we're not asking ourselves is: 'Isn't humanity committing suicide with this indiscriminate and tyrannical use of nature?'"

8. Stop being negative. "Needing to talk badly about others indicates low self-esteem. That means, 'I feel so low that instead of picking myself up I have to cut others down,'" the pope said. "Letting go of negative things quickly is healthy."

9. Don't proselytize; respect others' beliefs. "We can inspire others through witness so that one grows together in communicating. But the worst thing of all is religious proselytism, which paralyzes: 'I am talking with you in order to persuade you'. No. Each person dialogues, starting with his and her own identity. The church grows by attraction, not proselytizing," the pope said.

10. Work for peace. "We are living in a time of many wars," he said, and "the call for peace must be shouted. Peace sometimes gives the impression of being quiet, but it is never quiet, peace is always proactive" and dynamic.

*(EDITOR'S NOTE: This article first appeared in July of 2014.)*

## 'Roman Catholic Challenge' Helps To Teach The Faith Continued from page 4

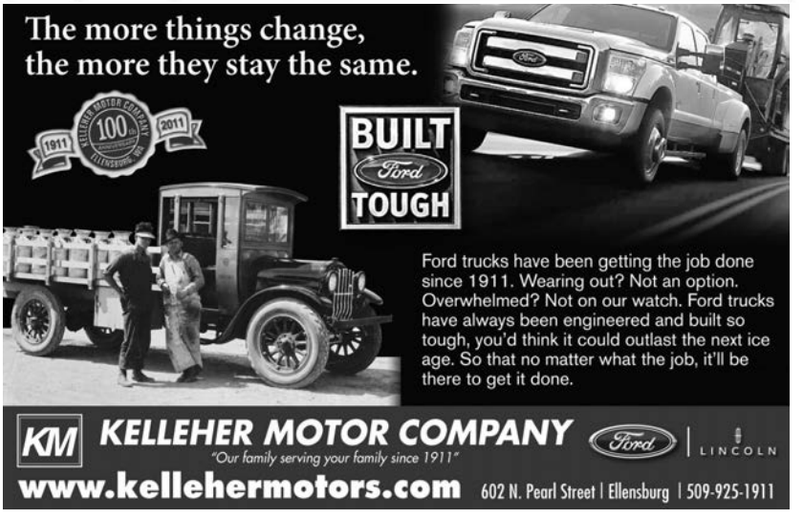
St. Hilaire said. "They're also good at recruiting their friends."

Each year, as close as possible to the March 19 feast day of St. Joseph, a competition is held on the St. Joseph campus, including students from other Catholic schools and some home schoolers. St. Joseph/Marquette School in Yakima and Assumption School in Walla Walla are among those joining in.

Much like the Jeopardy program on TV, student teams hold buzzers and try to be the first to provide the question that matches the answer given by a moderator.

The deadline for Catholic schools and home-school groups, on a first-come-first-served basis, to register for the 2018 Catholic Faith Challenge is February 15. For more information – or to increase your own knowledge of the Catholic Faith this New Year – visit www.sjske.org/cfc.html.

(Story idea courtesy of Jonella Leadon)



# NEWS
## *from Around the Diocese*

**Annual Walk for Life Scheduled for Yakima —**

The 2018 Central Washington Walk for Life is scheduled to begin at 1 p.m., Saturday, January 13, at Grace of Christ Church, 9 South Eighth Avenue in Yakima.

Following a program featuring guest speaker Sarah Austin of Sidewalk Advocates for Life, the walk will proceed down Yakima Avenue. Buses will be available to return participants to Grace of Christ Church where refreshments will be available.

Everyone is invited to come and "stand up for life." Participants are encouraged to bring banners from your church or organization to carry in the walk, demonstrating how many groups support life.

**Funds Needed for Catholic Communication–**

Throughout the Diocese of Yakima the weekend of January 20-21, parishes will take up a second collection for the Catholic Communication Campaign, which seeks to connect people with Christ through the internet, television, radio, and print media.

Fifty percent of the funds collected stay in the Diocese to support local communications projects such as Catholic radio and the *Central Washington Catholic* newsletter. The other fifty percent funds national communications efforts as well as projects in developing countries.

"By generously supporting this collection, you are spreading the Gospel and helping others encounter Christ every day," said Bishop Joseph Tyson.

**Mass for Life is Planned**

All are welcome to attend the annual Mass for Life, scheduled for 11 a.m. on Sunday, January 28 at Holy Family Church in Yakima. This will be an occasion to honor the dignity of human life from conception through natural death.

The Mass will mark the 45th anniversary of Roe vs. Wade, the U.S. Supreme Court decision which legalized abortion.

Volunteers who support life ministries are invited to a lasagna dinner in the Holy Family Gathering Hall following the Mass. A free-will offering will be accepted.

Volunteers are needed to assist with the dinner. If you can help, please contact Leanne LaBissoniere at (509) 367-5291 or llabissoniere@catholiccharitiescw.org.

**Retrouvaille Offers New Hope for Marriage—**

Would you like to rediscover the meaning in your marriage and improve communication?

A weekend retreat for Retrouvaille is scheduled for February 2-4 in Spokane.

The gathering is open to any couple who may feel bored, disillusioned, frustrated or even angry in their marriage.

For confidential information or to register, call (509) 520-4118 or (800) 470-2230. To see testimonials of those who have attended past retreats, visit www.Retrouvaille.org.

# 'Roman Catholic Challenge' Helps To Teach The Faith

*By Christine Corbett Conklin*

Angele St. Hilaire, a religion teacher at St. Joseph School in Kennewick, was trying to figure out a way to get her students more interested in learning about the Catholic Faith.

At first, she and her middle-school students, plus some home-school students, tried participating in "Roman Catholic Challenge" trivia contests held in Beaverton, Oregon. However, it was difficult to travel such a distance to compete. So, St. Hilaire decided to start a "Catholic Faith Challenge" competition right on the St. Joseph campus.

*Students prepare to answer questions.*

"This is a supplement to the curriculum," she explained. "The text books only go so far in teaching the Faith." By studying and preparing for an upcoming competition, "it seems to be more effective in learning facts about the Faith. Also, they're (the students) very competitive, so that's a good motivational tool...You see the spark go off in their eye!"

Students are split into two divisions, fifth and sixth graders in one, seventh and eighth graders in another. Each group has a 43-page question packet to study on the school website. In addition, they work from a children's illustrated Bible, a book about the saints and the Catechism, St. Hilaire said. They study areas ranging from general trivia to the popes and saints, Scripture, Church history, Latin phrases and other Church terminology, sacraments and sacramentals.

"My eighth graders and sixth graders are so excited, they ask me every day, 'Can we practice?,'"

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## Test Your Knowledge of the Faith

How would YOU do on the seventh and eighth grade Catholic Faith Challenge? Following are 10 sample answers courtesy of www.sjske.org/cfc.html. You supply the question that fits the answer, as they do on the Jeopardy television program. The correct questions follow below:

1. A: Another name for Sacred Scripture or Word of God.
2. A: Letters in the New Testament that were written to individual churches.
3. A: Until the 20th century, he was the only archangel on the Western Calendar.
4. A: Mary's three requests to the children of Fatima.
5. A: He is commonly called the first martyr.
6. A: The only two times in history that a pope has spoken "ex cathedra" (meaning "from the chair," or infallibly on matters of faith and morals).
7. A: The most solemn obligation of a priest to keep secret everything he hears in the Sacrament of Reconciliation.
8. A: Three requirements to receive Holy Communion worthily.
9. A: The four "marks" of the Church in the Apostle's Creed.
10. A: The three sacraments that leave an indelible mark (or seal) on our soul.

1.Q: What is the Bible? 2. Q: What are epistles? 3. Q: Who is St. Michael? 4. Q: What are honor her Immaculate Conception, do penance, and pray the Rosary? 5. Q: Who is St. Stephen? 6. Q: What are the dogmas of the Immaculate Conception and the Assumption of the Blessed Virgin Mary? 7. Q: What is the seal of confession? 8. Q: What are: 1.) free from mortal sin; 2.) right intention; 3.) obey laws of fasting? 9. Q: What are one, holy, Catholic, and apostolic? 10. Q: What are Baptism, Confirmation, and Holy Orders?