CENTRAL WASHINGTON CATHOLIC

El Católico de Washington Central

Pāchu Washintin Chmuk Tātpas

MARCH 2019 Newsletter

Mark Your Calendar

Remember the Rules of Lent

A quick reminder on Catholic Church regulations for the rest of this Lenten season…

All Catholics, 14 years or older, are required to abstain from meat on all Fridays of Lent. Catholics between the ages of 18 and 59 must both abstain from meat and fast between meals on Good Friday (two days before Easter). Reception of Holy Communion also is required at least once during the Easter Season (Ash Wednesday to Trinity Sunday, June 16). The exception is for those who are ill or otherwise unable to fulfill these obligations.

Receiving the Sacrament of Reconciliation, either privately or at a church penance service, is also recommended, as are attendance at Stations of the Cross, increased prayer and sacrifice.

Students for Life Plan Meetings

Students for Life have two meetings planned for April, within the Diocese of Yakima.

The Gregory Sherman Chapter will meet at 7 p.m., Monday, April 8 at North Town Coffee in Yakima. The program will include a presentation on sidewalk counseling, plus planning for upcoming community outreach projects.

The Edward and Catherine Carroll Chapter will meet at 7 p.m., Tuesday, April 9, at Hope Medical of Washington in Kennewick. Students will have a tour of the facility, see ultrasound images and elect officers.

All students between high-school and college age are welcome to attend. For more information, call (509) 985-6248.

Catholic Congress Set for April

The twentieth Catholic Congress of Family Evangelization is planned for April 26-28 at the Yakima Valley Sundome.

Featured speakers will include Bishop Joseph Tyson of the Diocese of Yakima; Brother Rodolfo Londono of Colombia; Brother Sergio Andres Serrano of Louisiana; Joan Francisco Veloz Veras of the Dominican Republic; and Nelson Chavez of California.

The event will run from 4 to 9 p.m., Friday, including a concert and Mass; from 8 a.m. to 8:30 p.m., Saturday, including a Holy Hour; and from 7:30 a.m. to 6:30 p.m., Sunday, including a closing Mass.

For more information, (509) 949-5921 or (509) 307-1299.

Reflect Upon the Sufferings of Christ – He Did It for Love of Us

By Christine Corbett Conklin

As we approach Holy Week, it's time again to seriously reflect upon the sufferings of Christ before and during His crucifixion. Dr. George Hotchko, a retired internal medicine specialist and member of Yakima's Holy Family Parish, offered a clearer understanding of just what Jesus endured for love of us. His medical explanations, plus information from "The Shroud of Turin" by Larry Schauf, emphasize the degree of suffering that Christ underwent. Details from Schauf are based upon decades of scientific studies of the Shroud of Turin, which is believed to be the burial cloth of Christ, by Dr. Frederick Zugibe, a respected forensic pathologist and expert on the crucifixion:

1. **The Agony in the Garden**. The extreme anxiety Jesus endured at Gethsemane caused a condition known as "hematidrosis" in which His "sweat (literally) became blood," said Schauf. This intense level of stress, brought on by factors such as "His known betrayal (by Judas), future betrayals, and knowing the manner of death he was going to have," likely affected small, sensitive blood vessels, especially around the face and head, causing them to leak, Hotchko explained.
2. **The Scourging at the Pillar**. Evidence shows that this scourging was "particularly brutal," with "blows to the forehead, brow, right upper lip, jaw and nose," in addition to the lashing, totaling more than 125 hits to the body, according to Schauf. "Repeated, very painful injuries such as this would be overwhelming to the nervous system," Hotchko pointed out. The body reacts immediately, going into shock. The accompanying loss of blood would intensify the distress, he said.
3. **The Crowning With Thorns**. This crown was actually in the "shape of a cap, not a circlet," tied to Jesus' head, causing a condition known as "trigeminal neuralgia," described as "the worst pain that man (can suffer)…devastating and unbearable," Schauf reported. The thorns would no doubt have hit the cranial nerve, a very sensitive nerve which supplies sensation to the scalp, head and face, Hotchko said. "This would cause a stabbing, burning, electrical pain," made even worse as the thorns probably reached into the bone of the skull itself, he added.
4. **The Carrying of the Cross.** Signs of "shoulder abrasions" and knee wounds indicate injuries sustained while carrying the cross and falling numerous times. "I find it extraordinary that He was able to make the trek to Calvary at all in the condition that He was in…," Zugibe stated, as quoted by Schauf. At this point, after all the trauma He had been through, Jesus' "stress hormones would have been racing…with the heart pounding, feeling as though

Continued on page 3

Photo by Father Felipe Pulido

This stained glass window in St. Stephan's Church in Mainz, Germany, by the artist Marc Chagall, is titled "Thy Word is a light to my feet" (Psalm 119:105). Read Bishop Tyson's column on page two to see how God's Law enlightens our efforts to keep children and youth safe as we enter into Child Abuse Prevention Month in April.

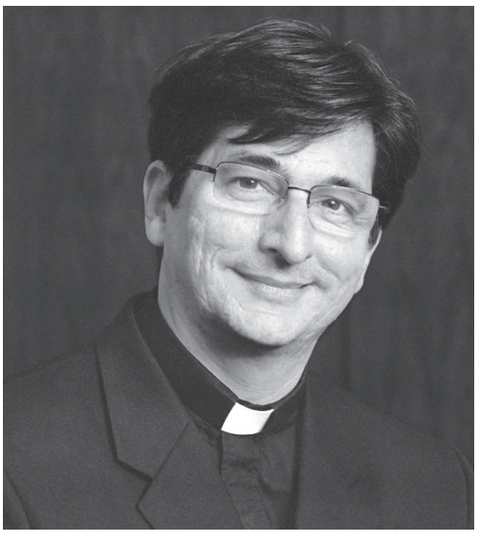
A Message from Bishop Tyson…

Dear Friends:

Our current issue of the *Central Washington Catholic* highlights April as sexual abuse prevention month. I am slowly working my way across the Diocese in a series of forums updating parish leadership about our own efforts on sexual abuse prevention tied to the Dallas Charter and its Essential Norms. We are also preparing for our on-site visit from auditors this fall to verify our efforts to track clergy and laity involved in ministry in terms of training, background checks and testimonial documentation from those coming here from other dioceses to celebrate sacraments, preach or teach.

Yet there is a deeper spirituality behind the Church norms and legal responsibilities. We do what we do in order to promote excellence in our pastoral care, excellence in who celebrates our sacraments, excellence in overseeing those who come and go in our diocese to teach and preach.

This excellence has been captured in an artistic way by the famous glass artist, Marc Chagall. Chagall, one of the leading 20th century painters, hailed from Vitebsk in what is today Belarus – a small country tucked between Poland and Russia. Commissioned by the parish of St. Stephan in Mainz to create glass windows to replace those destroyed by the Second World War, Chagall designed what are today referred to as the "Reconciliation Windows." They represent the reconciliation of French and Germans, Jews and Christians and – perhaps most theologically – the unity of the Word of God embedded in both the Old and the New Testament.



Bishop Joseph Tyson

When visiting this Church prior to a diocesan pilgrimage to Poland a few years ago, Father Felipe Pulido was able to snap a photo of my favorite of the "Reconciliation Windows." It's titled "Thy Word is a light to my feet." It's a direct line from Psalm 119:105. In the Church's Liturgy of the Hours, so many of our Daytime Prayer psalms come from this part of the Old Testament, developing imagery of reverence and respect for the law of God. The window highlights that the aim of the law is our freedom. The law lights our pathway. The law is a tool for moral excellence.

Far too often, we tend to think that laws and rules are an affront to our freedom when in reality it is just the opposite. The coloration of Marc Chagall's window suggests that the law enlightens us and illuminates our pathway in life.

I am grateful to so many across the Diocese of Yakima who have engaged in "Safe Environment" training. I am grateful to so many who take so seriously the importance of preventing sexual abuse – especially of vulnerable adults and minors. I am grateful that so many grasp that the reporting forms sent to our parishes, the clearance requirements and background checks for laity and clergy, the demands of our upcoming on-site audit tied to the implementation of the Dallas Charter and the Essential Norms are not rules that crush us. They are the very tools that not only help prevent sexual abuse but help ensure the excellence of the care we provide as a Church.

In April, may we remember victims of sexual abuse and may we embrace our safe environment protocols as a new way of life for us as Church.

With every best wish and blessing,

Yours in Christ,

Most Reverend Joseph J. Tyson
Bishop of Yakima

Karlo Broussard

Lenten Retreat Features Karlo Broussard

A Lenten Retreat with Karlo Broussard is scheduled for April 12 and 13 at St. Joseph Church in Wenatchee, 625 South Elliott Avenue. A dynamic speaker and former Wenatchee resident, Broussard is regularly featured on Catholic Answers. The program is offered in conjunction with the Divine Child Institute.

Broussard will begin Friday evening at 6:30 p.m. with a short talk on sin which will be followed by Confession, Adoration and Benediction. Saturday will begin with 8 a.m. Mass, followed by a simple breakfast, fellowship and the first of three talks by Broussard. Lunch will be served at noon, with time planned for Reconciliation, and the program will conclude at 2:30 p.m.

There is no cost for the retreat, but free will offerings are encouraged. Reservations can be made online at the St. Joseph Church website or by calling (509) 662-4569.

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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Try These Tips for Establishing Open Parent-Child Communication

Note: April is Child Abuse Prevention Month. The following material was prepared by the Archdiocese of Philadelphia's Office of Child and Youth Protection (OCYP).

Research has shown that nurturing parenting and supportive family environments are two factors that reduce the risk of child abuse. Establishing open and honest communication is a great first step! Yet, sometimes parents can find it challenging to get their children to talk to them. Does this conversation sound familiar?

How was your day? *Fine.*

How was school? *Good.*

How was your test? *OK.*

Anything you want to tell me? *Nope.*

Below are practical tips for setting the stage for conversations with your children:

- Make regular conversations with your children a priority. Talk with your children as much as you can. These discussions can occur during a planned time set aside or during life's many teachable moments.
- Communicate family and religious values. Leave no room for misunderstanding about what is and what is not acceptable behavior.
- Allow children to make their own decisions and trust them to do the right thing. Teach children how to problem-solve. Provide nonjudgmental input and stand back. Be understanding as they make mistakes.
- Be open. Show your child that they may come to you with any problem.
- Allow children privacy. The best discussions occur when it is just the two of you.
- Be an active listener. Make eye contact. Ask questions and clarify information. Try not to appear intrusive.
- Avoid the word "why." Why questions can sound and feel judgmental.
- Ask open-ended questions. Questions that can be answered by a "yes" or "no" do not encourage conversation. For example, "tell me about the party" as opposed to "did you have fun at the party?"

Learn more helpful tips on OCYP's website at **www.childyouthprotection.org**.

Reflect Upon the Sufferings of Christ *Continued from page 1*

He couldn't breathe, and (through His human nature) feeling scared to death," Hotchko observed. He was weakened, in shock and trying to make the arduous trek of about one-half mile, carrying a heavy wooden cross, on top of it all. "It's too much for any human," Hotchko said.

5. **The Crucifixion.** The crucifixion itself caused "causalgia," an "agonizing pain like lightning bolts traversing the arms and legs" as nails were driven in, Schauf said. The cause of death was ruled as "cardiac and respiratory arrest." Jesus could not even breathe without needing to raise Himself up slightly on the cross, in incredible pain, just to try to take in air. Hotchko added that the nails, actually more like "big spikes," were probably driven through the wrists and the ankles, to secure Jesus on the cross. This would have caused direct damage to nerves, resulting in horrible pain. "Most people would pass out," he said. Christ's lungs were likely filling with fluid. Ultimately, Jesus suffered not just an emotional broken heart, but probably a literal rupture of the heart muscle itself due to the overall stress to His body, Hotchko suggested. This would be indicated by the "water" and then blood said to have come from Jesus' side when the soldier lanced Him with a sword, blood which would indicate a heart muscle rupture.

As you reflect upon these mysteries, remember the underlying message: Jesus did it all out of love for us, to offer us eternal salvation!

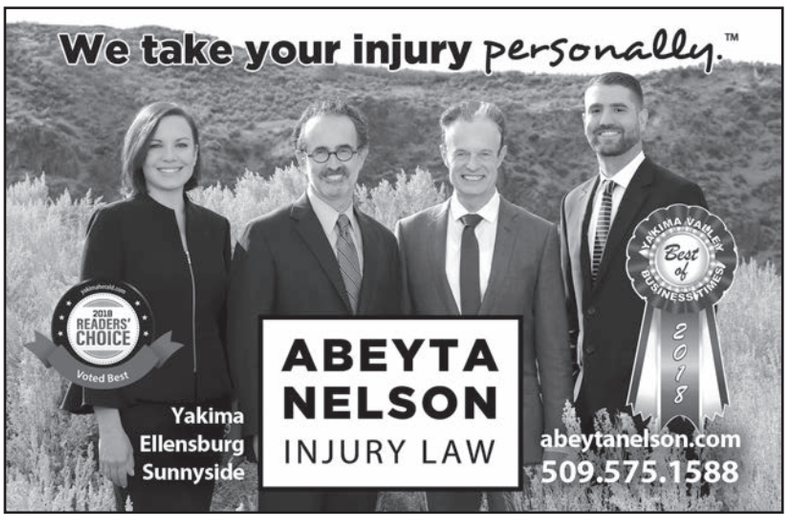
Join us! Friends of the Foundation

You are invited to join the Central Washington Catholic Foundation Board of Trustees in celebrating the blessings afforded by the Friends of the Foundation. Please join us for a one-hour Lenten meal as we recap how the generosity of many in 2018 is helping children and their families walk with Christ today. **R.S.V.P. Required**

Event Dates

March 26	12:00 pm	Kennewick	Holy Spirit
March 27	12:00 pm	Moses Lake	Our Lady of Fatima
April 10	12:00 pm	East Wenatchee	Holy Apostles
April 10	6:00 pm	Cle Elum	St. John the Baptist
April 11	12:00 pm	Yakima	St. Joseph
April 11	6:00 pm	Grandview	Blessed Sacrament

RSVP to mrichter@cwcatholicfoundation.org or 509.972.3732



NEWS
from Around the Diocese

Mission on 'God's Healing Love' Is Set —

"God's Healing Love" is the theme of a parish mission scheduled for 6:30 p.m., April 8-10, at Our Lady of Lourdes Church in Selah.

Father Greg Bramlage of the Missionaries of the New Evangelization will discuss topics including, "Ask and You Shall Receive," "Falling in Love With God" and "The Faith That Moves Mountains." The mission is adult-oriented and may not be suitable for children.

There is no charge to attend, but a free-will offering will be taken.

Our Lady of Lourdes is located at 1107 West Fremont Avenue in Selah, (509) 697-4633.

Youth Retreat Scheduled for Grandview —

A pre-Easter Yakima Diocese Youth Retreat is scheduled for April 12-14 at Blessed Sacrament Parish in Grandview.

All young people, ages 13 and up, are invited to attend this event which will include talks, music, reflections, Adoration, Confession and Mass. The hours are 6:30 to 9 p.m., April 12; 8 a.m. to 8 p.m., April 13; and 8 a.m. to 3 p.m. Mass, April 14.

Registration is $40 by March 31 and $50 after April 1. Registration forms are available at your parish and on the Diocese of Yakima website. For more information, (509) 882-1657 or (509) 302-3244.

Register for Catholic Youth Camp —

It's time to begin thinking about summer camp! A Central Washington Catholic Youth Camp is scheduled for Sunday, June 23 to Friday, June 28 at YMCA Camp Dudley, west of Yakima near White Pass.

This quality, week-long summer camp welcomes those between the ages of 10 and 18. It will include daily Mass and the Rosary; Stations of the Cross; Reconciliation; the presence of priests, sisters and seminarians; daily Faith talks, plus songs and games, swimming, canoeing, rock climbing, a zipline, and campfire every night!

To reserve a place or to learn more, visit cwcyc.org, and/or "like" their Facebook page, CWCYCclick. The cost is $300 per camper, although scholarships may be available.

Diocesan Group Finds World Youth Day 2019 To Be Very Inspiring

A contingent of almost 30 people from the Diocese of Yakima traveled to Panama City, Panama, in January to celebrate the 16th World Youth Day.

Father Felipe Pulido, pastor of St. Joseph Church in Yakima, served as spiritual advisor for the group, most of whom came from his parish. Father David Jimenez, pastor of St. Andrew Church in Ellensburg who is originally from Panama, met the group in Panama City.

The January 22-27 event, which drew some 700,000 young people from around the globe, and featured the presence of Pope Francis, truly inspired local attendees.

"Before that, I wasn't too involved with my Faith," observed participant Jose Torres, 18, from St. Joseph Parish, Yakima. "My Faith was slowly fading." Now, however, after joining with young Catholics from so many other nations, who joyously prayed and sang and danced together, "I'm definitely closer to God. My attitude, the way I see life has definitely changed," he said. "I just learned to be able to express my Faith."

The Yakima contingent posed in Panama City.

Hand motions for a song were practiced.

Thousands came to an outdoor Mass.

Pope Francis waved to attendees.

Photos courtesy of Kimberly Barrera and Father Felipe Pulido

Kimberly Barrera, 26, another participant from St. Joseph Parish who served as a chaperone, also found the experience to be very worthwhile.

"I liked it a lot," she said. "My Faith grew, more than I even expected."

At a time when social media indicate that young people are moving away from Christ, "seeing all of these youth united in the same Faith was very powerful, knowing that we're not the only ones who are Catholic," she said.

Highlights for both young people included seeing Pope Francis. Barrera also was moved by the experience of walking through stations for The Way of The Cross.

"It was an amazing experience," agreed Jennifer Mancilla, 19, also from St. Joseph Parish. "It's life-changing. You feel a different connection, not just between you and God, but you get to see other cultures and become one."

Even Father Pulido, despite handling misadventures ranging from one participant losing a wallet to another becoming (temporarily) "lost in the train," said that the event was tremendous.

"In all of these circumstances, we experienced joy, laughter and great peace," he said. "One of the many graces I received was at the vigil where Pope Francis consecrated the youth to Our Lady, Virgin Mary. I said to myself, I am not young anymore, but I feel young and full of joy, so I will consecrate myself to Our Lady. I did and it has been a great moment of grace for me. I wear a rosary to remind myself of the consecration."

The next World Youth Day event is scheduled for Lisbon, Portugal, in 2022.