



CENTRAL WASHINGTON CATHOLIC

El Católico de Washington Central
Pāchu Washintin Chmuk Tātpas

SEPTEMBER 2019 *Miller*

Mark Your Calendar

Students for Life to Meet

All students from the age of 13 to college age are invited to attend upcoming Students for Life meetings.

The Edward and Catherine Carroll Chapter will meet at 7 p.m., Tuesday, October 8 at Round Table Pizza on Leslie Road in Richland. The Gregory Sherman Chapter will have a pizza party with free pizza and door prizes, beginning at 7 p.m., Monday, October 14, at Pizza Hut on Kern Road, just off 40th Avenue in Yakima. Other meetings will soon be scheduled for Wenatchee and Ellensburg chapters.

If you would like more information about Students for Life in Central Washington, or wish to start a chapter in your city, please call (509) 985-6248.

Celebration of Faith Draws Near

The Celebration of Faith, scheduled for October 12 at the Yakima Convention Center, will highlight two noted priests, both dedicated to Catholic education.

Monsignor Perron Auve, who served as Pastor of Holy Spirit Parish in Kennewick since 2007, will be the 2019 Champion of Catholic Education – Special Honoree.

Father Robert Spitzer, founder and president of the Magis Center in Garden Grove, California, will be the keynote speaker.

The Celebration of Faith, a fundraiser for Catholic schools and religious education programs, is sponsored by the Central Washington Catholic Foundation. The event will begin with a 5:30 p.m. reception, followed by dinner at 6:30 p.m. Tickets are \$110 per person and may be requested by calling (509) 972-3732 or visiting www.cwccatholicfoundation.org.

Cornerstone Event Scheduled

It's almost time for "Coming Together for Life and Justice," this year's Cornerstone Conference, scheduled for October 18-19 at the Greater Tacoma Convention Center. The event will feature speakers, workshops and the chance to meet with Catholics from throughout our region.

Noted speakers will include **Archbishop Paul Etienne**, newly appointed as Coadjutor Archbishop of Seattle; **Bishop Frank Caggiano** of Bridgeport, Connecticut, a participant in multiple World Youth Day gatherings and the recent Synod on Young People at the Vatican; **Sister Miriam James Heidland**, a former athlete who experienced a "radical conversion"; and **Sister Norma Pimentel**, executive director of Catholic Charities of the Rio Grande Valley.

The Washington State Catholic Conference is the event sponsor. The registration fee is \$100 per person or \$65 per young adult (under age 30) before September 30. Scholarships are available, according to need. Email WSCC@WACatholics.org to request a scholarship.

The Diocese of Yakima plans to charter a bus to take participants to the conference Friday afternoon. The bus will leave Holy Family Parish in Yakima at 1 p.m. Space is limited. To reserve a spot or for more information, contact Msgr. Robert Siler at (509) 965-7117 or by e-mail at robert.siler@yakimadiocese.net.

Natural Family Planning: Could It Be 'Marriage Insurance' For You?

You've heard of car insurance. Health insurance. Renter and home-owner insurance. But have you ever heard of what some folks are calling "marriage insurance"?

At a time when one out of every two marriages, or even as many as two out of three marriages end in divorce, Natural Family Planning (NFP) is something which may greatly improve your odds of success, suggests Dr. Tom Miller of Yakima.

As many as 80 percent of individuals going into Catholic marriage preparation sessions have never heard of NFP, said Miller, who serves as Northwest co-regional director for the Catholic Medical Association and teaches at Pacific Northwest University of Health Sciences and Heritage University.

Yet, married couples who use one of numerous Natural Family Planning techniques, which involve monitoring body temperature, checking the calendar and tracking other changes within a woman's body, have been shown to be happier and to have a divorce rate which is remarkably lower, Miller says. The key is that NFP "keeps communication going in marriages" and brings a husband and wife together in a united effort to delay having a child or to increase their odds of childbearing, whichever they may choose, he explained.

NFP is completely in line with Catholic teachings, can be extremely effective and also can be quite economical. Scholarships for NFP training may even be available for married couples upon request. This compares to the ongoing costs, varying effectiveness and moral questions of artificial

birth control.

Natural Family Planning can even help at times when a woman's cycle may be more unpredictable, such as after the birth of a child or as menopause approaches, Miller noted.

These techniques are not the "rhythm method" of former years which had a tendency to assume that all people's fertility was based on identical cycles.

For more information on Natural Family Planning instruction within Central Washington, contact Christine Disselkamp in the Tri-Cities at christinedisselkamp@gmail.com; Christian and Katie Grieb in Yakima at katie.grieb@gmail.com; Cathy Heineck at (509) 529-6179 or Cheryl Wilson at cherylsvoboda65@gmail.com, both in Walla Walla; Darci Hemstad in Yakima at www.thefertilitygirl.com; Rachel and Jeremy Hochstein in Ellensburg at rachel.hochstein@gmail.com; Katie Hudson in the Granger area at klyoshie@aol.com; Dr. Thomas Miller in Yakima at toby42@charter.net; Fabiola Scotto in the Grandview/Prosser area at scotto@hotmail.com; or Trung and Julie Tran in the Moses Lake/Ephrata area at www.ccli.org.

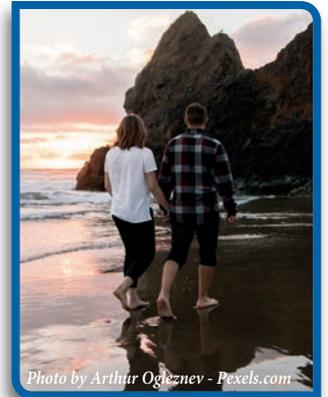


Photo by Arthur Ogaznev - Pexels.com

October is World Mission Month

The annual collection for World Mission Sunday, our annual worldwide Eucharistic celebration for the Missions and missionaries of the world, will be taken up the weekend of October 11-12 in the Diocese of Yakima.

World Mission Sunday itself is October 20, and this year is part of the Extraordinary Missionary Month declared by Pope Francis.

The theme for the Month is: "Baptized



and Sent: The Church of Christ on Mission in the World." Awakening awareness of the "mission to the peoples," and reinvigorating the sense of responsibility for proclaiming the Gospel with new enthusiasm, are themes that combine the pastoral concern of Pope Benedict XV in his Apostolic Letter *Maximum*

Illud, published 100 years ago, with the missionary vitality expressed by Pope Francis in his recent Apostolic Exhortation *Evangelii Gaudium*: "Missionary action is the paradigm of every work of the Church."

A Message from Bishop Tyson...

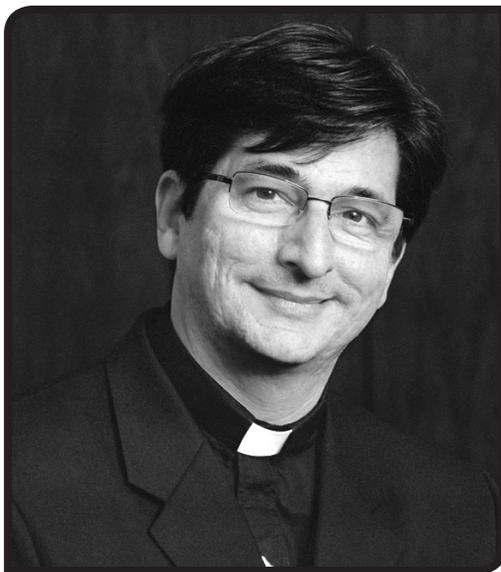
Dear Friends:

The crispness of autumn is in the air. With children back in school, this issue brings together stories and features tied to family life.

Top and center is our own Dr. Tom Miller. He and his wife, Susan, know family life from the inside, having faced the joys and tragedies that are part and parcel of being a parent.

Yet these ups and downs of family life are precisely what informs Dr. Miller's service both to the Church and to the medical profession. He works with the Rite of Christian Initiation of Adults at his home parish, St. Joseph in Yakima. From his experience as a physician and medical school professor, he provides leadership to our fledgling Catholic Medical Association chapter here in Yakima. He and his wife, Susan, have a winning way of uplifting the various methods of Natural Family Planning as ways of enhancing – not just the physical – but the emotional and psychological unity at the heart of our Catholic understanding of marriage as a union of one man and one woman.

Our capacity as a Church to promote durable family life comes forth not only because of parishioners like Dr. Tom and Susan Miller but comes from generations of dedicated men and women from a variety of backgrounds who serve at Catholic Charities. I'm so grateful for Monsignor Tom Champoux who helped open our Carroll Children's Center 30 years ago while then serving as agency director and was able to preside at its anniversary celebration this month as our Vicar for Charities. As long-time pastor of Christ the King Parish in Richland, Monsignor Champoux puts the spiritual well-being of families at the center of



Bishop Joseph Tyson

his ministry even as he reaches out to all kinds of people in a variety of places on their journey of life.

Fr. Robert Spitzer's "Credible Catholic" materials form the core of this year's Magnificat series with many of our clergy, including myself, involved in a monthly two-hour catechetical anchoring of how religion and science come together in our Catholic Faith. As Pope St. John Paul II eloquently noted in his famous encyclical, "Veritatis Splendor," faith and reason are like two wings allowing us to ascend to the truth.

Confusion about this close relationship is often cited as a key reason young people choose to leave the Church: Many believe, unfortunately, that faith and reason cannot be reconciled. Hopefully, our new catechetical efforts can provide parents and teachers more tools to use with our young people, even as they study and pray themselves about these matters.

Family life, be that our family of

origin or the faith family of our Church, can be a messy affair. In her writings, St. Teresa of Avila suggested that there were as many ways of praying as there were types of people who pray. This insight might ripple out into the reality of family life.

In a moving Christmas Eve homily some years ago, Pope Emeritus Benedict XVI noted the characters in the family tree of Jesus and their unusual personal struggles and failings. Commenting on the same genealogy from St. Matthew's Gospel, noted scripture scholar, Fr. Raymond Brown, wrote that Jesus' family of origin suggests that God writes at times with "crooked lines." The same is true for each of us and each of our families, too.

I hope this issue of the *Central Washington Catholic* and its key article on Natural Family Planning highlights for you the importance of those very first moments of family life. I hope it helps you consider the great care we take in preparing ourselves physically and spiritually for family life. I hope it heightens your appreciation that, even in our failures, we have a merciful God who can write the story of our lives with crooked lines. The story of NFP can also be read as a parable of how we read symptoms in our spiritual life and how we read symptoms in the day-to-day living of our faith among our parishioners and with our families of origin. Be assured of my prayers for you and your family, as I hope you pray for mine.

With every best wish and blessing,

Yours in Christ,

Most Rev. Joseph J. Tyson
Bishop of Yakima.

Rachel's Vineyard Offers Help

Rachel's Vineyard is for anyone who has experienced emotional/spiritual pain after an abortion. Women and men of all faiths are invited to begin the healing process!

The next retreat is scheduled for March 2020, but help is available now. Contact Lisa at (509) 421-7847 or email: rvcentralwa@gmail.com. More information is available at www.rachelsvineyard.org.

Rachel's Vineyard is a confidential/safe place to connect with others and process your experience. Space is limited. Need-based scholarships are available. The

sponsor is the Cornerstone Ministry of the Diocese of Yakima.

"If the emotional and spiritual wounds of a past abortion have been sapping faith, love and joy from your life, I can promise, that if you enter this process for healing, your life will begin to change. A journey into Rachel's Vineyard is a gift only you can open your heart to receive. ... A new chapter of your life awaits you. ... Take courage, God is calling you towards peace, love, hope, and freedom." (Dr. Theresa Burke, Founder of Rachel's Vineyard Ministries)

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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How Can We Model Good Behavior to Children?

By Paul Ashton, Psy. D., D. Min.

Let us all remember this: one cannot proclaim the Gospel of Jesus without the tangible witness of one's life. – Pope Francis

Our work together to protect children is ongoing and never ending. That is what Love is all about. It is the message of the Gospels and the clear and certain teaching of Jesus: "Let the children come to me, and do not prevent them; for the kingdom of heaven belongs to such as these" (Matthew 19:14).

For adults, living out the message of Christianity is a way of life. It is not only words, but also actions. It permeates the presence of each person so that what remains after an encounter is reminiscent of the "odor of sanctity," said to have been emitted from the Saints who led lives of extraordinary holiness. For example, after an encounter with another person, our presence, good deeds and kindness leave a pleasant odor behind, and the people we speak to are left feeling good about themselves and their life. When we act in this way, we become "manna personalities" defined as "divinely supplied spiritual nourishment." We feed others through nourishing them with our good words, actions and deeds.

It is a good way to look at how we live – do you leave behind a good odor? Do we feed the people we encounter? Even when

we have a difficult duty or obligation to perform, there is always a kinder way to do so. With just a little reflection and thought, we can change the way we affect others. The old song from the 1960s comes to mind: "They'll Know We are Christians by our Love" (written by Fr. Peter Scholtes and inspired by John 13:35). Being a witness for our Faith in many ways makes us first responders to the situations we encounter along the way. Protecting children is one of those ways in which we all take part. While we may not always think of the ways in which this happens, the small things that we do make a big difference.

Consider the following times you may be protecting children each and every day:

- Following rules, without trying to break them or go around them in places where children and minors gather. This sets a good example and goes a long way in offering kids safe spaces.
- Watching and being alert to the behaviors of other adults when there are gatherings of children, serves to protect youth.
- Listening to the children in your

life, attending to the details, being interested in their stories – this form of paying attention gives them confidence in the way they communicate with you.

- Talking to kids about safety rules, modeling good behaviors: putting your seat belt on,

respecting the environment, being safe when crossing streets – all lead to good practices for kids to follow.

- Helping children who appear lost and getting them to a safe person in charge, and waiting with them until their parents come forward (lost children in stores, etc.).
- Having another adult

present with you when you are in a position of trust with kids.

- Being the other safe adult for someone who is ministering to children.
- Making sure you don't curse or act inappropriately in the presence of children and within their earshot.
- Speaking positively about the efforts and programs the Church and other groups are undertaking to protect children.
- Supporting child protection efforts by participating and volunteering.
- Educating children, and being positive in the way you help them.
- Helping parents when they have their arms full of their children, baby carriages and other things.
- Smiling, nodding with understanding and a kind look when a parent is in a tough situation with their kids and trying to manage.
- Reporting any suspicions of inappropriate behaviors of people you know or don't know to the appropriate leadership, and even the authorities.
- Being present, not ignoring others in need.
- Coaching kids' sports.
- Donating money to agencies that support children and families.
- Praying for the safety of all children and vulnerable persons.
- Being involved in family activities where you can show your leadership.

Continued on page 4



Adults can serve as powerful role models.

Register Today for the Celebration of Faith!

Saturday, October 12

5:30 Reception | 6:30 Dinner

Keynote Speaker – Fr. Robert Spitzer, S.J.

Yakima Convention Center

Tables of 10 - \$1,100 | Tickets \$110

Generously supporting Catholic Education and Honoring Champions of Catholic Education

To make a reservation, visit

www.cwatholicfoundation.org or call (509) 972-3732.



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NEWS

From Around the Diocese

Mass to Honor Saint Kateri

The seventh annual celebratory Mass and Feast in honor of Saint Kateri Tekakwitha is scheduled for 10 a.m., Saturday, October 19, at St. Peter Claver Catholic Church in Wapato. Fathers William Shaw and John Shaw will be co-celebrants.

In 2006, a six-year old boy, Jake Finkbonner, was healed of a deadly flesh-eating bacteria after a relic of St. Kateri Tekakwitha was placed on his bed and prayers were said for her intercession. This miracle healing was the second miracle attributed to St. Kateri, certified by the Vatican and used to advance her cause for sainthood. Her canonization took place October 21, 2012. She is the first Native American saint.

Also attending and speaking at the event will be Sister Kateri Mitchell, who brought the relic and, together with Jake's parents, prayed for the intercession of St. Kateri for healing.

After Mass, a feast will be held at the Wapato Filipino Hall. All are welcome to come honor this inspirational saint and celebrate at the feast.

Keep Halloween In Perspective

With Halloween just around the corner, it's a good idea to keep the holiday in perspective. Rather than making it a day to celebrate demons and witches, remember that this is "All Hallows' Eve," the day before All Saints Day, a Holy Day of Obligation.

Consider taking a positive approach with costumes, encouraging children to dress as historical figures, angels, cartoon characters – or even their patron saints – instead of evil characters. The same goes for decorations. Rather than featuring gory predators and cemetery plots, try something more seasonal such as hay bales or corn stalks. And, instead of the family overdoing those sugary sweets, consider doing some baking and sharing treats with a senior center or shut-in in your neighborhood.

On Halloween, consider a change for the good!

Relics of Saint Pio To Be Displayed

Relics of St. (Padre) Pio will be on display in Yakima on Thursday, November 7.

The relics, which recall the life of St. Pio, an Italian friar and priest who bore the "stigmata" or replicas of the wounds of Christ in his hands and feet, will be made available for the public to venerate. That day, Bishop Joseph Tyson will celebrate a special Mass at 10:30 a.m. at Holy Family Church, followed by a display of the relics until 7:30 p.m.

The display will include St. Pio's glove, a lock of hair, his mantle, a handkerchief and evidence of the blood from his stigmata.

Padre Pio died in 1968 and was canonized by Pope John Paul II in 2002. His feast day is September 23.

Carroll Children's Center Celebrates 30 Years

Carroll Children's Center on Catholic Charities' Yakima campus celebrated its 30th anniversary on September 11. Catholic Charities hosted a reception at which attendees reminisced, toured classrooms and enjoyed refreshments. Monsignor Thomas Champoux blessed the classrooms. The toddler playground was dedicated to Kathy Helseth who provided more than 20 years of service to the Center and donated to upgrade the playground.

Carroll Children's Center opened in 1989 with a renovation of the former Carroll High School building to address a need for licensed, quality childcare for infants through preschoolers. The former high school home economics classroom was transformed into a kitchen. One of the high school classrooms became an infant and toddler classroom,



Thousands of little ones have received loving attention over 30 years at Carroll Children's Center.

and another became a preschool classroom. The Center has grown from its initial care of 35 children to accommodate 100 children today.

Thousands of children have graduated from Carroll Children's Center, with the education and attention they received helping to prepare them for kindergarten.

PREPARES Visits White Salmon



Love was in the air on a recent Sunday in White Salmon. Father Salomon Covarrubias invited PREPARES representatives to the St. Joseph Church community picnic, where the ministry gave bags of diapers and clothing to parents of small children.

Parishioners interested in volunteering asked questions about how to build PREPARES in their parish. Small children were thrilled with the little beach balls they were given.

PREPARES is an initiative dedicated to helping parents and families with children from pregnancy through the age of five.

How Can We Model Good Behavior to Children? *Continued from page 3*

- Acting on the adage, "If you see something, say something."
- Being trained in safe environment programs, first aid classes, emergency drill protocols, etc.

Proclaiming the Gospels isn't left only to those ordained to the priesthood and diaconate. Each person who hears God's word and takes it into their heart and acts on it, does this effectively and boldly no matter how small the gesture may seem. We contribute to the good of the world and the safety of those entrusted to us by being

fully alive and present to God working within us. You don't have to be certified in anything to do this.

It is the time of year when schools are coming back into session and children face new experiences and environments. Why not lend a little support by being aware of how we, as individuals and collectively, can make their world happier, safer and brighter?

Note: Dr. Ashton is a consultant to Virtus, which provides Safe Environment training materials to Catholic dioceses throughout the United States.