



# CENTRAL WASHINGTON CATHOLIC

*El Católico de Washington Central*

Pāchu Washintin Chmuk Tātpas



DECEMBER 2019 *Letter*

## Recharge Your Spiritual Life in 2020: Start A Holy Habit (Or Two)

By Christine Corbett Conklin

With 2020 just around the corner, are you thinking about making New Year's resolutions? Maybe you plan to lose weight, stop smoking or try to earn more money. That's all well and good.

However, maybe you should also consider some healthy habits for your soul, suggests Father Richard Sedlacek, pastor of Our Lady of Lourdes Parish in Selah. It can be a good investment in eternity. Even with a very hectic schedule, it's possible to "enhance your spiritual life," Father suggests.

Something you can do anywhere, at any time of day, is simply to **pray**.

"We need a prayer life to sustain us through all of the confusion in the world and in the Church," he said. Although Father Sedlacek is "a rosary person," there are many forms of prayer, from a silent word of praise to God to an intercession for a particular need.

"Mary is always encouraging us to pray for other people," Father said, noting the messages from numerous apparitions of the Blessed Mother through the years.

Also consider **Eucharistic Adoration** in the New Year.

"Spend some time before the Blessed Sacrament," Father recommends. "Most parishes have it (Adoration) for at least a



few hours each week. Pray in the silence of the Blessed Sacrament."

In addition, there are many wonderful books and articles to **read**, to deepen your understanding of our Catholic Faith and of current world issues. Read about the lives of the saints, who can offer us so much inspiration, or perhaps Bishop Robert Barron's "Letter to a Suffering Church," about the sexual abuse crisis, Father said.

There are **Magnificat classes** to attend (see related article) and a replica of the **Shroud of Turin** is scheduled to return to Eastern Washington in early February, Father said, visiting numerous cities (check your parish bulletin for details).

"The Shroud (believed to be the burial cloth of Jesus) is a powerful piece of evidence for God's existence," he said.

Even when you're on the road, it's

possible to tune your **car radio** to religious programming such as "Father Spitzer's Universe" on EWTN.

Read your weekly bulletin to see how you might help with **parish programs** ranging from the St. Vincent DePaul Society to activities for youth, help for the homeless, assistance for expectant mothers or setting up for parish activities.

And, speaking of parishes, "if you're not going to **Mass**, you should go," Father Sedlacek urges.

Be sure to go to Sunday Mass and then consider attending a weekday Mass, in addition.

Take advantage of the spiritual lift of confession, the sacrament of **Reconciliation**, especially if you haven't been for a while.

If time and resources allow, you might consider going on a **pilgrimage**, even to a Marian shrine in the United States, he added.

"Just reflect on how you're growing in your relationship with Jesus Christ and how you might enhance that relationship," Father Sedlacek suggested. "We're all creatures of habit. We need to get in the habit of doing good things."

Here's wishing a happy and **holy** New Year to you all!

## Ten New Deacons Ordained for Service to The Diocese of Yakima

On December 7, Bishop Joseph Tyson ordained 10 men of the Yakima Diocese permanent deacons. The ceremony was held at Holy Family Catholic Church in Yakima.

In his homily, Bishop Tyson spoke of Pope Francis' vision of parishes as missionary centers whose pastors and people work together to go out to the world to evangelize and serve. In a sense this "flips the church," he noted, moving away from a notion of the parish that primarily serves itself.

"I want to thank you for accepting the charge to ... move the ministry of

the Church beyond the confines of a parish facility, to make Christ real in his Body and his Blood through your ministry of service and charity. I want to especially thank your wives and your family members who are sharing you today as part of the gifts of bread and wine," he said.

In receiving the Sacrament of Holy Orders, these men are dedicating their lives in a special way to service in the Catholic Church through the first of the three degrees of apostolic



Photo courtesy of Rick Baumgardner

The congregation at Holy Family Church welcomed the 10 new deacons of the Diocese of Yakima.

ministry of deacon, priest and bishop. The permanent diaconate, restored in the Church in 1968 following the Second

*Continued on page 2*

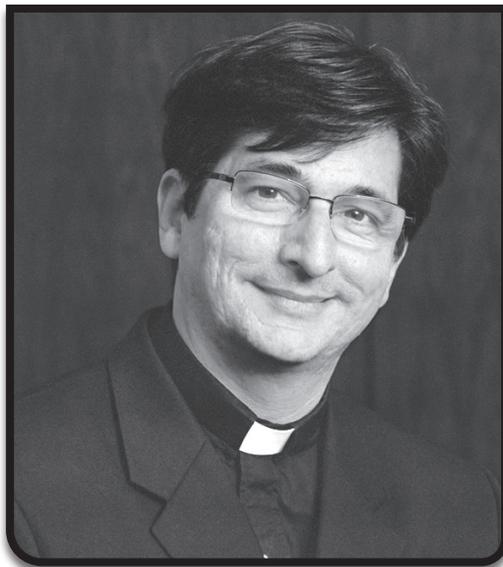
## A Message from Bishop Tyson...

Dear Friends:

Welcome to the December issue of the *Central Washington Catholic*. For so many, the approaching New Year can be a time of new beginnings. That's why I'm grateful for the wisdom and insight of one of our more seasoned pastors, Father Richard Sedlacek, on how we might not only make New Year's resolutions but, by the grace of God, actually keep them.

New beginnings are precisely what mark the month of January in our efforts at protecting and nurturing the gift of life. One of my most firm resolutions is our continued building up of our programs and support for "safe environment" education in order to prevent child sexual abuse and to expand our own knowledge and awareness as we reach out in our programs of education and catechesis in our parishes across Central Washington.

Our efforts for the most young and vulnerable also are reflected with our annual Mass for Life. The Mass takes place at Holy Family Parish in Yakima at 11 a.m. Sunday, January 19. This is the parish's regularly scheduled bilingual Mass. Staff and volunteers from PREPARES will be present. As many of you know, PREPARES is the initiative of us bishops here in Washington State to walk the journey of life from the moment of conception to the fifth birthday of the child. We provide wraparound love and support to moms and dads as well as their children and their families so that they can "choose life."



**Bishop Joseph Tyson**

Statewide, 158 parishes have some form of the PREPARES ministry. We reached out to 12,231 families in 2018. We are still compiling the numbers for 2019. Thanks to so many of our parish volunteers, we distributed 5,270 essential items, ranging from diapers and wipes, clothing and car seats, "Pack and Plays" as well as strollers. We've held 706 events on PREPARES across the state, with 148 families attending the more intense parenting support groups as well as the "Play and Learn" coaching for parents with their children. We have a core of 74 highly trained volunteers who serve as family companions to specific new moms and sometimes new dads, mentoring, supporting and encouraging the gift of life

for the unborn as well as their newborn.

I am writing this in December, following countless celebrations in honor of Our Lady of Guadalupe, with so many of you devout parishioners spending entire days and nights in prayer and vigil. Perhaps one of the attractions of this particular apparition of the Blessed Virgin Mary is the fact that this is the only apparition where she comes pregnant and about to give birth. As patroness of the Americas, she shows us the way to Jesus, the unborn Child. This unique apparition elevates for us an interior disposition for accepting the gift of the unborn. She strengthens within us our New Year's resolution to protect and nurture the new beginnings – the very gift of life.

My thanks to all of you for your own resolution to support life, not only in protecting the life of the unborn, but in addressing the many vulnerabilities that surround that unborn life: the challenge of poverty, the fragility of undocumented families, the need for stable housing and employment. As a Church we want to embody the teachings of Jesus through the spiritual and corporal works of mercy for all those in need, including the most vulnerable: the unborn.

With every best wish and blessing,

Yours in Christ,

Most Reverend Joseph J. Tyson  
Bishop of Yakima

## Ten New Deacons Ordained for The Diocese of Yakima *Continued from page 1*

Vatican Council, differs from the "transitional diaconate," which seminarians generally receive about a year before priesthood, and which includes a promise of celibacy.

The 10, most of whom are primarily English-speaking, are the first to be ordained from a group of more than 40 men who began the inquiry process more than four years ago. A larger group of primarily Spanish-speaking deacons will be ordained February 28 at St. Joseph Parish in Kennewick. More ordinations will follow in the next year or so as those still in the program complete their formation in theology, scripture, liturgy, spirituality, and pastoral ministry.

Congratulations to our new

deacons who will serve in the following parishes: **John Blackburn**, Holy Apostles, East Wenatchee; **Mike Gaulke**, Holy Spirit, Kennewick; **James Johnson**, St. Andrew Parish, Ellensburg, serving at St. John the Baptist in Cle Elum and Immaculate Conception in Roslyn; **Mark Krcma**, Our Lady of Fatima, Moses Lake; **Tom Miller**, St. Joseph, Yakima; **Robert Turner**, St. Joseph, Wenatchee; **Tim Wauzynski**, St. Paul Cathedral, Yakima; **Terry Wentz**, Sacred Heart, Prosser; **Jorge Calderilla**, St. Joseph, Wenatchee, serving at Our Lady of the Assumption in Cashmere and Leavenworth; and **Juan Reyes**, St. Rose of Lima, Ephrata.

Let's keep these men and their families in prayer as they join Bishop

Tyson and the priests of our diocese in ministering to all of us.

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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

# Knights of Columbus Help Catholic Charities, PREPARES

The Knights of Columbus of Holy Spirit Council #10653 have donated about 200 coats and cash to support the work of Catholic Charities Serving Central Washington.

"This donation aligns with our support of the corporal works of mercy; to 'clothe the naked,'" said Robin Rego, Grand Knight of the Knights of Columbus, Council #10653.

The Knights of Columbus council also donated \$3,000 to Catholic Charities, specifically allocating \$2,000 to PREPARES. The support of the Knights of Columbus falls within their four principles: Charity, Unity, Fraternity and Patriotism. PREPARES offers free services to families raising a child under five years of age.

"The PREPARES program at Catholic Charities is all about looking after the Lord's needy little ones, which rings true with us," Rego said.

"As an organization dedicated to living out its mission to 'bring hope to life - for those most in need,' we will fill the gap. We can't accomplish this alone," said Syndee Saucedo Cavazos,

PREPARES program manager. "We are a stronger community when we come together..."

PREPARES services include parent-toddler learning groups in English and Spanish, family companions, resource navigation, and filling other essential needs of participating families. To donate or to learn about volunteer opportunities, call (509) 946-4645. For more information, visit <http://www.preparesforlife.org/> or Facebook (@ccppss) <https://www.facebook.com/ccpapss/>.



The Knights of Columbus Council #10653 presented a total of \$3,000 to Catholic Charities Serving Central Washington.

## Mass for Life Is Planned

The dignity of human life from conception through natural death will be celebrated at the annual Mass for Life, scheduled for 11 a.m. on Sunday, January 19, at Holy Family Catholic Church in Yakima.

The Mass marks the 47<sup>th</sup> anniversary of Roe vs. Wade, the U.S. Supreme Court decision

which legalized abortion, which was decided on January 22, 1973. Mass will be celebrated by Most Rev. Joseph J. Tyson, Bishop of Yakima.

A light lunch and brief program in the Father Murtagh Gathering Hall will follow the Mass. All are welcome to attend.

*As you celebrate the miracle of this special season, may your heart be filled with joy and peace.*

Merry Christmas,  
from the  
Central Washington Catholic Foundation  
Board of Trustees and Staff

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# NEWS

## From Around the Diocese

### Students for Life Schedule Meetings—

Students for Life are active throughout the Diocese of Yakima, planning meetings soon at a location near you.

Wenatchee Students for Life will meet at 2 p.m., Sunday, December 22 at Holy Apostles Church. The Ellensburg Students for Life will follow with a holiday celebration at 7 p.m., Monday, December 30 at Pizza Hut on the corner of University and A streets.

The Gregory Sherman Chapter will meet at 7 p.m., Monday, January 13, at North Town Coffee in Yakima. The Edward and Catherine Carroll Chapter will meet at 7 p.m., Tuesday, January 14, at Round Table Pizza on Leslie Road in Richland.

A fifth Students for Life group soon will be forming in the Lower Yakima Valley.

Students for Life meetings are open to all young people between the ages of 13 and college age. For more information, contact the Pro-Life Coalition, (509) 985-6248.

### Magnificat Classes Offered—

Have you ever thought about attending Magnificat classes? This program of faith formation, leadership and lay ministry now incorporates a vital new component of teaching about how science supports and reinforces our Catholic beliefs.

The next session of English classes will begin on Saturday, February 15 in Kennewick at Holy Spirit Church, 7409 West Clearwater. There, Father Peter Steele and Father Daniel Steele will discuss “Dante’s World Today: Hell, Purgatory and Heaven” followed by a presentation on “Anchoring Science in Our Faith: Scientific Evidence of a Soul.”

The same program by the Fathers Steele will be repeated February 22 in Wenatchee at St. Joseph School, 600 St. Joseph Place, and February 29 in Yakima at the St. Paul Cathedral Building, 1214 West Chestnut.

All classes are presented between 9 a.m. and 1 p.m. Additional information is available on the Diocese of Yakima website at [yakimadiocese.org](http://yakimadiocese.org).

### Retrouvaille Weekends Planned —

Is there tension in your marriage? Many find that talking about a problem only makes it worse. Some couples have arguments. Others experience coldness and simply shut down. Most don’t know how to change the situation.

Inland Northwest Retrouvaille will be providing two weekends in early 2020, to help couples bring new joy to marriage. The English weekend will be held February 14-16 at the Immaculate Heart Retreat Center in Spokane. The Spanish Weekend will be held March 13-15 at the Best Western Plus in Richland.

*Retrouvaille* (pronounced *retro-vi* with a long i) has helped thousands of couples experiencing marital difficulty at all levels of distress. The program is designed to provide the tools to help get marriages back on track.

For more information, visit our web site at [www.helpourmarriage.com](http://www.helpourmarriage.com) or [ayudanuestromatrimonio.org](http://ayudanuestromatrimonio.org) or, for confidential information, call (800) 470-2230 English or (800) 966-7981 Spanish.

## Now Is The Time to Stand Up for Life

January 22 will mark the 47<sup>th</sup> anniversary of Roe v. Wade, the U.S. Supreme Court decision which legalized abortion throughout the nation. (Earlier legislation legalized abortion in Washington State.)

More than 60,000,000 little ones have already died in the United States since 1973 and countless mothers and fathers have been devastated by their loss. Now, we must amp up our prayers and voices, to end abortion once and for all, in our state and across the nation.

Join in the Mass for Life, at 11 a.m., Sunday, January 19 at Holy Family Church in Yakima (see related story); the Yakima Walk for Life (scheduled for 1 p.m., January 25, beginning at Grace of Christ Church on Yakima Avenue); or other events planned in your community.

Educate your children, grandchildren and everyone else you can about the realities of the miracle of life: the amazing development of the human being in the womb. Also know that many pro-life centers across our region and the Catholic Church PREPARES program offer valuable assistance for those with unplanned – or otherwise challenging – pregnancies. No one need be alone.

Here are some basic facts which you can share with others:

- At conception, the complete genetic code is present for a new human being, including hair color, eye color and whether or not the child will have dimples.
- At about three weeks into pregnancy, a rudimentary heart begins beating, clear evidence that this is a human being.
- By six weeks, the developing baby can feel tremendous pain, for example if he or she is subjected to an abortion procedure.
- By three months, this tiny human being has limbs that are long enough to bend, a face that is taking shape and most of the developing internal organs in place.

This child just needs time and nourishment to be born. Life is precious, from conception through natural death. Spread the word!



## Guadalupe Celebrations Span Nations

Parishes and individuals throughout the Diocese of Yakima – and beyond – celebrated the special feast day of Our Lady of Guadalupe on December 12. This feast marks the 1531 appearance of Blessed Mother to Juan Diego on Tepeyac hill, near Mexico City. Many parishes, including St. Paul Cathedral in Yakima, featured native dancing and drumming to honor Our Lady. Yakima Diocese seminarians Eduardo Chavez, Ethan Pfeiffer and Danny Sanchez served Mass at the Basilica of Our Lady of Guadalupe in Mexico City.

