A clean heart create for me; God; renew within me a steadfast spirit. Psalms 51:12

Dear DREs and Youth Ministers:

From the Office of Youth Ministry Margaret McHugh

Director of Youth Ministry & Vocation Awareness mmchugh@dnu.org 507-233-5327

Prayer Starters: How to Begin to Pray

Every Christian knows how to say the Our Father, but many of us struggle with the initial start-up of a real prayer relationship. St. Teresa of Avila writes in the *Interior Castle*, "If a person does not think Whom he addressing (in prayer), and what he is asking for, and who it is that is asking of Whom he is asking it, I do not consider that he is praying at all although he be constantly moving his lips."

Here are a few simple ways that anyone can use to begin to pray:

Listen for God's Voice:

In prayer, it's important to get to know God's voice and the ways He speaks, so we can shut out the lying voice of the devil. http://www.pinterest.com/pin/285626801340129337/

Sharpie Marker:

"Grab a Sharpie and draw a heart on the palm of your hand. Look at your hand and the heart. How is your heart feeling today? Are you feeling loved? Are you feeling lonely...stressed...peaceful? Now close your hand tightly. Is your heart feeling squeezed of its love, or is it feeling sheltered and protected today? Talk to God about this.

Open your hand and look at the heart again.

Imagine your hand being God's hand, holding your heart. Are you allowing God to hold you today? Allow God to care for you today. Write on your hand below the heart: "I am

loved." Say aloud, "I am loved and God holds me

in the

February 6, 2014

palm of his hand." Sit with that for a few minutes and just allow God's love to surround you and embrace you (Isaiah 48:8-16). - January/February 2014 *YouthWorker Journal*

Stop Acrostic:

The easiest way to pray is just to talk to God from your heart in your own words. But maybe you don't know what's appropriate to say to God, or how to start up a conversation. Then maybe it's helpful to think of a stop sign and the four letters: **S T O P.** Just stop what you're doing. Think about the most important words you say to those you love:

- Sorry.
- Thanks!
- Oh. wow!
- Please

These are also important words and prayers to God. Just try it. Dear God, I am sorry for...

Thanks, God, for...
Oh, wow, God!
Please, God, help me with...

Every stop sign can be become a quick reminder and opportunity to pause for a prayer!

DoNothingFor2Minutes.com

To take a break from it all for two minutes, try **www.donothingfor2minutes.com/**. The key really is to do *nothing* for two minutes. I failed the first two times trying to close out other windows. Do not touch your computer for two minutes. Just sit and be. Enjoy the ocean and be with Jesus.

Printable Prayer Starters:

Here's an idea for pre-school through second grade children. This is a project to create printable prayer starters for a hands-on prayer reminder.

 $\underline{http://catholicicing.com/printable-prayer-starters-for-kids-teaching-independent-prayer/}$

Siren Prayer:

My Mom taught us to pray every time we heard a siren. We prayed for those who were helping and those who were hurting and that God would be close to us when we needed that kind of help.

Sign of the Cross:

This can be done individually or in a group. You can use Holy Water. Make the Sign of the Cross.

I would be thrilled

to present a prayer

parish or AFC. This

workshop at your

can be tailored to

students or adults

on a variety of ways

to pray or focusing

on a specific prayer

divina. Contact me

time and place that

Margaret McHugh

form, like lectio

so we can find a

works best. ~

507-233-5327

- On the ears (that I can be open to hearing how God speaks to me today)
- On the eyes (that I might see with the eyes of Christ)
- On the lips (that I might speak the truth in love)
- On the heart (that I can remember that I am loved by God and belong to him)
- On the hands (that I can show God to others through my work and actions)
- On the feet (that I can follow Christ and walk in his way)

Five Finger Prayer:

This is the Five Finger Prayer I've used before but the author does a good job explaining it and includes a nice handout.

 $\frac{http://looktohimandberadiant.blogspot.com/2013/08/han}{ds-of-prayer.html}$

Prayer Slide Show:

This online slideshow from Australia uses photos from nature as a simple prayer reflection. View it yourself and share it with others. Your young people could even make a better one!

http://www.prayeronline.org.au/photo_albums/29/slideshow

ToothBrush Prayer Poem:

Have your little ones memorize this poem. The goal is to encourage children to pray twice daily. Since we should brush our teeth morning and night, a tooth brush seems a natural reminder for saying prayers morning and night. Attach the following poem to a tooth brush:

Saying your prayers is like brushing your teeth-it's a habit you form, a commitment you keep.
You should brush your teeth both morning and night,
the same with your prayers if you're saying them right.
Don't let your spirit or teeth begin to decay-PRAY (and brush) at least twice a day!

 $\underline{www.strongarmor.blogspot.com/2008/08/poem-prayer-is-like-brushing-teeth.html?m=1}$

Junior High Festival is May 4 not April 27

It will be held at Marshall Middle School from 1-7 p.m. and Steve Angrisano and Amanda Vernon are the keynotes. Materials will be coming out soon.

Exciting Opportunities to Gear Up for Lent during upcoming monthly Gatherings

Monday, February 24, 2014 at St. Aloysius Jubilee Center in Olivia.

Our own in-house Tolkien aficionado, **Aldean Hendrickson**, will be presenting a lecture on "Tolkien's Hidden Catholicism" followed by "Canon Law in the Life of the Church."

Monday, March 17, 2014, at St. Aloysius Jubilee Center in Olivia.

Dr. Matthew Tsakanikas will present a lecture on "Repentance, Deliverance, and Healing" with a special connection on Deliverance Ministries during a Lenten Day of Reflection. Plan to come and bring a friend!

NET Team

Keep in mind if you want the NET
Team to come to your parish this fall.
We should hear from NET Ministries in
early March which dates will be available to us.
More information to come.

Or memorize this one:

you can pray in a tree
you can pray on bended knee
you can pray in a car and not go very far
you can pray at a meal and after if you please
you can pray at a game when your team's in a deep freeze
you can pray in church and be holy in the pew
you can pray in the lurch when your honey's forsaken you
you can pray everywhere

you can pray without care because when you pray it's the Lord who shows the way

Upcoming 2014 Dates for Parish Catechetical Leaders and Youth Ministers DRE/YM Gathering - Presenter: Aldean Hendrickson -9:30 gathering; Mon. Feb 24 presenting a lecture on "Tolkien's Hidden Catholicism" Jubilee Center, Olivia meeting 10 am - 3 pm followed by "Canon Law in the Life of the Church" DRE/YM Gathering - Presenter: Dr. Matthew 9:30 gathering; Tsakanikas will present a lecture on "Repentance, Mon, March 17 Jubilee Center, Olivia Deliverance, and Healing" with a special connection on meeting 10 am - 3 pm Deliverance Ministries during a Lenten Day of Reflection Jr High Festival Sun, May 4 $1 - 7 \, pm$ Marshall Junior High Steve Angrisano & Amanda Vernon Mon, April 28 DRE/YM Gathering - Curriculum Day 9:30 gather; mtg 10am-3pm Pastoral Center, New Ulm Mon, May 12 DRE/YM Gathering - Spring Fling Noon-4:00 pm TBA July 20-24 Guys' Discipleship Camp 6 pm Sun-Noon Thurs Schoenstatt on the Lake, Sleepy Eye Girls' Discipleship Camp 6 pm Sun-Noon Thurs Schoenstatt on the Lake, Sleepy Eye July 27-31 Senior High Rally - Baseball Celebrity Mike Sun, Oct 26 Sweeney!!!

Check out Riverbend TEC! For more details and an application check out the Web site: http://riverbendtec.org/
Feb 15-17 Winsted, April 5-7 Bird Island, June 28-30 Winsted, Aug 2-4 New Ulm

From the





Evangelii Gaudium!

The Joy of the Gospel, Part 3
Pope Francis' New Apostolic Exhortation
by Bryan Reising

Now on to the 3rd installment of this apostolic exhortation by Pope Francis...The following are some excerpts, some gems I found in reading this document. Let us continue to explore this apostolic exhortation:

On the kerygma, our belief, and our response in society

"To believe in a Father who loves all men and women with an infinite love means realizing that 'he thereby confers upon them an infinite dignity.' To believe that the Son of God assumed our human flesh means that each human person has been taken up into the very heart of God. To believe that Jesus shed his blood for us removes any doubt about the boundless love which ennobles each human being. Our redemption has a social dimension because 'God, in Christ, redeems not only the individual person, but also the social relations



existing between men.' To believe that the Holy Spirit is at work in everyone means realizing that he seeks to penetrate every human situation and all social bonds: 'The Holy Spirit can be said to possess an infinite creativity, proper to the divine mind, which knows how to loosen the knots of human

affairs, even the most complex and inscrutable.' Evangelization is meant to cooperate with this liberating work of the Spirit. The very mystery of the Trinity reminds us that we have been created in the image of that divine communion, and so we cannot achieve fulfillment or salvation purely by our own efforts. From the heart of the Gospel we see the profound connection between evangelization and human advancement, which must necessarily find expression and develop in every work of evangelization. Accepting the first proclamation, which invites us to receive God's love and to love him in return with the very love which is his gift, brings forth in our lives and actions a primary and fundamental response: to desire, seek, and protect the good of others." (EG, 178)

On the Kingdom and its challenge

"Reading the Scriptures also makes it clear that the Gospel is not merely about our personal relationship with God. Nor should our loving response to God be seen simply as an accumulation of small personal gestures to individuals in need, a kind of 'charity à la carte,' or a series of acts aimed solely at easing our conscience. The Gospel is about the kingdom of God (cf. *Lk* 4:43); it is about loving God who reigns in our world. To the extent that he reigns within us, the life of society will be a setting for universal fraternity, justice, peace, and dignity. Both Christian preaching and life, then, are meant to have an impact on society." (EG, 177)

On the poor and the rich

"Sometimes it is a matter of hearing the cry of entire peoples, the poorest peoples of the earth, since 'peace is founded not only on respect for human rights, but also on respect for the rights of peoples.' Sadly, even human rights can be used as a justification for an inordinate



defense of individual rights or the rights of the richer peoples. With due respect for the autonomy and culture of every nation, we must never forget that the planet belongs to all mankind and is meant for all mankind; the mere fact

that some people are born in places with fewer resources or less development does not justify the fact that they are living with less dignity. It must be reiterated that 'the more fortunate should renounce some of their rights so as to place their goods more generously at the service of others'." (EG, 190)

On God's special love for the poor

"God's heart has a special place for the poor, so much so that he himself 'became poor' (2 Cor 8:9). The entire history of our redemption is marked by the presence of the poor. Salvation came to us from the 'yes' uttered by a lowly maiden from a small town on the fringes of a great empire. The Savior was born in a manger, in the midst of animals, like children of poor families; he was presented at the Temple along with two turtledoves, the offering made by those who could not afford a lamb (cf. Lk 2:24: Lev 5:7): he was raised in a home of ordinary workers and worked with his own hands to earn his bread. When he began to preach the Kingdom, crowds of the dispossessed followed him, illustrating his words: 'The Spirit of the Lord is upon me, because he has anointed me to preach good news to the poor' (Lk 4:18). He assured those burdened by sorrow and crushed by poverty that God has a special place for them in his heart: 'Blessed are you poor, yours is the kingdom of God' (Lk 6:20); he made himself one of them: 'I was hungry and you gave me food to eat,' and he taught

them that mercy towards all of these is the key to heaven (cf. *Mt* 25:5ff.)." (EG, 197)

On the spiritual care of the poor

"Since this Exhortation is addressed to members of the Catholic Church, I want to say, with regret, that the worst discrimination which the poor suffer is the lack of spiritual care. The great majority of the poor have a special openness to the faith; they need God and we must not fail to offer them his friendship, his blessing, his word, the celebration of the sacraments, and a journey of growth and maturity in the faith. Our preferential option for the poor must mainly translate into a privileged and preferential religious care." (EG, 200)

On the dignity of the unborn human person



"Among the vulnerable for whom the Church wishes to care with particular love and concern are unborn children, the most defenseless and innocent among us. Nowadays efforts are made to deny them their human dignity and to do with them whatever one pleases, taking their lives and passing laws preventing anyone from standing in

the way of this. Frequently, as a way of ridiculing the Church's effort to defend their lives, attempts are made to present her position as ideological, obscurantist, and conservative. Yet this defense of unborn life is closely linked to the defense of each and every other human right. It involves the conviction that a human being is always sacred and inviolable, in any situation and at every stage of development. Human beings are ends in themselves and never a means of resolving other problems. Once this conviction disappears, so do solid and lasting foundations for the defense of human rights, which would always be subject to the passing whims of the powers that be." (EG, 213)

On God's creation

"There are other weak and defenseless beings who are frequently at the mercy of economic interests or indiscriminate exploitation. I am speaking of creation as a whole. We human beings are not only the beneficiaries but also the stewards of other creatures. Thanks to our bodies, God has joined us so closely to the world around us that we can feel the desertification of the soil almost as a physical ailment, and the extinction of a species as a painful disfigurement. Let us not leave in our wake a swath of destruction and death which will affect our own lives and those of future generations." (EG, 215)

On peace and the principles of peace

"Progress in building a people in peace, justice, and fraternity depends on four principles related to constant tensions present in every social reality. These derive from the pillars of the Church's social doctrine, which serve as 'primary and fundamental parameters of

reference for interpreting and evaluating social phenomena.' In their light I would now like to set forth these four specific principles which can guide the development of life in society and the building of a people where differences are harmonized within a shared pursuit. I do so out of the conviction that their application can be a genuine path to peace within each nation and in the entire world." (EG, 221 – and those principles are: time, unity, realities, and the whole)

(In this chapter, he continues to write about peace in relationship to social dialogue. This dialogue includes faith, reason, and science; ecumenical dialogue; Judaism; inter-religious dialogue with a focus on Islam; and social dialogue in the context of religious freedom.)

In March, I will continue sharing about this apostolic exhortation filled with rich and wonderful insights regarding the new evangelization. To read the entire document, go to:

http://www.vatican.va/holy_father/francesco/apost_exh ortations/documents/papa-francesco esortazioneap 20131124 evangelii-gaudium en.pdf

UPCOMING OPPORTUNITIES

Upcoming Gather

Mon., Feb. 24 ~ 10 a.m.-3 p.m. beginning at 9:30 for coffee, light breakfast & gathering

at the Jubilee Center, St. Aloysius Church, Olivia Aldean Hendrickson, presenting a lecture on "Tolkien's Hidden Catholicism" followed by "Canon Law in the Life of the Church." He will also be present for the beginning of our afternoon meeting regarding safe environment issues. Please RSVP to Cindy Blickem (cblcikem@dnu.org or 507-233- 5325) by Friday morning, February 21.

Future Gathers

9:30 gather; 10 a.m.-3 p.m.

St. Aloysius Jubilee Center, Olivia - 302 S 10th St.

Mon, March 17 Dr. Matthew Tsakanikas will present a lecture on "Repentance, Deliverance, and Healing" with a special connection on Deliverance

Ministries during a Lenten Day of Reflection

Mon, April 28 Curriculum Day–sponsored by the

diocese (Pastoral Center, New Ulm)

Mon, May 12 Spring Fling

(location and time TBA)

Riverbend TEC

Together Encountering Christ retreats for adults and

youth: February 15-17 Winsted
April 5-7 Bird Island
June 28-30 Winsted
August 2-4 New Ulm

"Salvation History: Realizing the Domestic Church" ~ Half-Day Bible Study/Retreat

Focus: Parents and other Lay Ministers of the Diocese of New Ulm

Purpose: Bible training and familiarity with *Lumen*

gentium #10-12; hand-on faith

Date: Saturday or Sunday of parish's choosing

(schedule can be adjusted)

Presented by: Dr. Matthew Tsakanikas, a visiting assistant

professor with Benedictine College, teaches for Saint Meinrad Seminary Diaconate Formation Program, and is Director of the New Evangelization Office for

the Diocese of New Ulm.

Contact Paulette Kral pkral@dnu.org to set the above day of reflection (or a modified schedule), or call 507-359-2966.

Requires joint organization, promotion, and set-up by leaders of the sponsoring parish. Promotion needs at least three Sunday announcements, three parish bulletin runs, and opportunity for pre-registration.

Parish Visits

Bryan Reising has been on the road since September for some parish visits (twice a month). He can visit on the day of your Faith Formation. He will do this through May of 2014.

Please contact him to figure out a date that will work for you or he may contact you for that visit as he lines up his schedule. He will not get to all places during the catechetical year, but he would like to get to all regions and most area faith communities.

Keep in mind, that Bryan recognizes that this is a very busy day for you. So don't feel you have to give him special treatment. If you have time to meet with him that afternoon, great, but don't feel obligated. He can always meet with you on another day or through a phone call. The main idea for this is to look at what is happening that can benefit other parishes and area faith communities.

What will happen with these visits? The following are some possibilities: an observation of your faith formation during the time of instruction, perhaps an in-service with your catechists, or even a catechetical presentation – guest catechist for adults, youth, or children. Keep in mind that this is not an audit, but a visit to observe and be of service.

Dates planned:

February: Leavenworth, Benson, Tracy

March: Gibbon April: Watkins May: Open

Contact Bryan Reising to arrange a date and time. breising@dnu.org or call the Office for Religious Education and Adult Faith Formation, 507-233-5324.

Catechetical Planning

For those who are catechetical leaders, Bryan Reising can provide a closed course on "Designing a Parish Catechetical Plan." Other catechetical leaders who have taken this three-week seminar found it very helpful in looking at all aspects of planning for catechesis for their AFC or parish. Please contact Bryan at breising@dnu.org if you are interested.

Bishop Lucker Lecture Monday, March 10, 2014 - 7 p.m. at the Church of St. Catherine in Redwood Falls

Dr. Barbara Elliott, president and founder of the Center



for Cultural Renewal in Houston, Texas, is the presenter. She is a college professor, former International television correspondent for PBS in Europe, and former Deputy Special Assistant to President Reagan, Office of Public Liaison (responsible for economic briefings for business leaders), and much more.

"White-Hot Faith Transforming the Culture"

What kind of faith topples empires and frees captives? Radically changes the lives of former drug addicts, homeless people, and prisoners? Ignites a new vision for the creative arts rooted in eternal verities? Transforms the way businesses are run? Restores fragmented communities by linking the "down and outers" to the "up and outers?" Only the white-hot power of the Holy Spirit is capable of transforming a culture from top to bottom to make it genuinely good. Come to hear when profound change has swept through the culture with God's power unleashed, and learn where white-hot faith is at work today. Dr. Barbara J. Elliott draws on her experience in The White House, as a correspondent in Europe as the Berlin Wall fell, serving in the inner-cities of America, and in teaching the historical and theological roots of the True, the Good, and the Beautiful, to bring an inspiring vision of cultural transformation.

University of Dayton's Virtual Learning Community for Faith Formation (VLCFF)

Be a part of these online learning opportunities! They have certificates for Catechesis, Youth Ministry, Leadership, Adult Faith Formation, Marianist Studies, and Social Justice!

Cycle 2: March 2 – April 5, 2014 (Registration: Opens January 14; Closes February 26)

- Bible Basics
- <u>Catechetical Methodologies: Archdiocese for Military Services Only</u>
- Catholic Beliefs
- Church History 2
- Designing and Implementing Adult Learning and Faith Formation (AFL 7)
- Ecclesiology: Pilgrim Church
- Evangelization and Discipleship
- Faith and Human Development
- Galatians
- History of Catholic Social Action
- Images of Jesus
- Introduction to Catechesis
- Introduction to Christian Morality
- Introduction to Practical Morality
- Introduction to Prayer
- Introduction to Scripture
- Leadership in Ministry
- Marianist Studies: Founders
- Marianist Studies: Prayer
- Mary in Scripture and Tradition
- New Testament
- Old Testament
- Parish as a Learning Community (AFL 2)
- Pastoral Approach to Culture

- Praying With Children
- Principles for Addressing Diversity Issues in Youth Ministry
- Relational Ministry with Youth
- Sacrament of Marriage: A Holy Calling
- Sacraments
- Survey of Catholic Doctrine
- The Parish Nurse: Facilitating Wholistic Health Through the Lifespan

Religious Education Safe Environment Compliance Reminders

The deadline to return the Opt-Out forms to the diocese, along with the form noting children attending, and absent was November 12. The deadline to turn in the form from any make-up sessions is March 1, 2014.

An Opt Out Form is provided to the parent/guardian before your training in the fall along with a copy of the Overview and Teaching Touching Safety Quick Reference Guide. In signing the Opt Out form, the parent/guardian is agreeing to train their own child. Use the Opt Out form provided by the diocese. Do not change the content of the form. Any Opt Out forms signed by the parent/guardian are turned in to you before the training in the fall. After your initial training takes place, Opt Out forms are not provided to the parent/guardian. Catechetical Leaders (DREs) and catechists can access the Guide for Parents in English or Spanish by login on to their VIRTUS account, go to the Educators tab, then to Lesson Plans, Step 2: Click here to read or print Teaching Touching Safety.

If you have any changes with your Catechists Lists (new catechists), please send Cindy those changes: name, grade(s) taught, and e-mail address. Thank you!

Any DRE, youth minister, catechist, adults helping with youth ministry, or anyone who may be in a ministry with minors is required to be in total compliance with safe environment requirements:

The four areas of compliance [a condition of employment or volunteer service] are:

- Have a background check before beginning employment or volunteer service.
- Sign forms A & B of the 2007 diocesan sexual misconduct policy before beginning employment or volunteer service.
- 3) Attend a VIRTUS training session before beginning employment or volunteer service. If there is a serious reason that prevents attendance prior to employment or volunteer service, a grace period of 60 days is allowed, but this only pertains to long term ministries lasting a school or catechetical year.
- 4) Each individual is to complete online training as assigned. Regarding the online training, it is to be completed within 30 days of being posted to the VIRTUS account. Communicate with your volunteers to complete the online training as soon as possible. It takes approximately 10 minutes (or less) to do the training and answer the question at the end.

Remember to abide by all the deadlines for Safe Environment. Thank you!

And thank you for keeping our children and youth safe!

VIRTUS Trainings

...Protecting God's Children for Adults

Monday, February 10, 2014, at 6:30 p.m. – Holy Redeemer Catholic School, Marshall

More training may be scheduled soon.

Mohr Catechist Formation Fund

A Gift for You, Catechists, Youth Team Members, Teachers of the Religion

This scholarship fund is a great gift for your catechists, teachers, youth ministry team, and many of you! You can receive scholarships for Faith Formation Day and other catechist formation opportunities, opportunities outside the diocese, online courses through the University of Dayton's VLCFF (Virtual Learning Community of Faith Formation), and even some college courses on faith formation. Please submit your applications soon! An application is on our Web site:

http://www.dnu.org/word/documents/MohrScholarship-CatechistFormationFund-Application.pdf

Interested in a Bachelors or Masters in Theology, Religious Education, Pastoral Ministry, Parish Administration, or Canon Law?

- St. Mary's University of Minnesota: http://www.smumn.edu/undergraduate-home/areasofstudy/theology/theology. (They offer BA in Theology, Religious Education, Pastoral and Youth Ministry; they also offer a Graduate Certificate in Canon Law)
- St. Paul Seminary Graduate Program for Lay People: <u>www.saintpaulseminary.org</u> (this includes an optional online distance learning degree Their degrees include an MA in Theology, Pastoral Ministry, and Religious Education).

National Conference for Catechetical Leadership (NCCL) Membership

Join NCCL and receive *CL* (*Catechetical Leader*) *Magazine*, CL Weekly from Lee Nagel every Monday, discounts on resources, and information on the national conference and regional workshops! The cost of an individual membership to NCCL is only \$60.00. This is only \$5.00 a month. *Use the Mohr Scholarship Fund for this opportunity!* For further information about membership, check out the Web site: www.nccl.org.

Conference speakers include Sherry Weddell, author of Forming Intentional Disciples and Tom Corcoran, co-author of Rebuilt – about a parish going from maintenance to mission.

For information on the national conference (St. Louis, MO: May 18-22, 2014), go to www.nccl.us. Perhaps a group of parish catechetical leaders can go on a road trip! Let me know if you are interested!

Parish Catechesis Question

What does Pope Francis say about Catholic Social Teaching? About the poor, the economy, the unborn, creation, and peace?