

# October 2016

# Respect Life Month in the Year of Mercy

*“Let us open our eyes and see the misery of the world, the wounds of our brothers and sisters who are denied their dignity, and let us recognize that we are compelled to heed their cry for help! May we reach out to them and support them so they can feel the warmth of our presence, our friendship, and our fraternity! May their cry become our own...”*

*Pope Francis  
Misericordiae Vultus*

### Corporal Works of Mercy

- Feed the hungry
- Give drink to the thirsty
- Clothe the naked
- Welcome the stranger
- Heal the sick
- Visit the imprisoned
- Bury the dead

### Spiritual Works of Mercy

- Counsel the doubtful
- Instruct the ignorant
- Admonish sinners
- Comfort the afflicted
- Forgive offenses
- Bear patiently those who do us ill
- Pray for the living and the dead

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Shed Light on the Problem of Abuse. 	<b>1</b> Build Blessing Bags.
<b>2</b> Child Abuse Prevention Blessing 	<b>3</b> Start a Mercy Jar	<b>4</b> Remember Abuse Victims in Mass Prayer Intentions	<b>5</b>  Identify Signs of Safe Relationships	<b>6</b> Collect Creature Comforts	<b>7</b> Share Signs of a Safe Program 	<b>8</b> Provide Accompaniment
<b>9</b> A Prayer for Healing Victims of Abuse 	<b>10</b> Gather Gulps	<b>11</b> Provide Safe, Stable, Nurturing Relationships	<b>12</b>  Model Clear Boundaries	<b>13</b> Pack up Some Care	<b>14</b> Stand up to Bullying and Abuse 	<b>15</b> Share your Table
<b>16</b> Rosary for Healing 	<b>17</b> Stockpile Snacks	<b>18</b> Be Present to Others	<b>19</b>  Show Respect	<b>20</b> Wrap ‘em in Comfort	<b>21</b> Remind Others of Right Relationship Qualities 	<b>22</b> Go Beyond Coffee and Rolls
<b>23/30</b> St. Maria Goretti Prayer 	<b>24 /31</b> Feed it Forward	<b>25</b> Join in Every Day Miracles	<b>26</b>  Teach True Love	<b>27</b> Put Comfort in Hand	<b>28</b> Report Abuse 	<b>29</b> Send Salutations Shower on the Welcome

# Pray

## Child Abuse Prevention Blessing

<http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/Child-Abuse-Prevention-Blessing-2015.docx>

## A Prayer for Healing Victims of Abuse

<http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/Bilingual-PC.pdf>

## Rosary for Healing

<http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/Rosary.pdf>

## St. Maria Goretti Prayer Patroness of Abused Children

<https://www.dioceseoftyler.org/uploads/tinymce/ethicsintegrity/abuse%20pray>

## Nebraska Alliance of Child Advocacy Centers

<http://www.nebraskacacs.com/>



## Bridge of Hope Child Advocacy Center

North Platte

<http://www.bridge-of-hope-cac.org/>



## CAPstone

Gering

<http://www.capstonenebraska.com/index.html>



## Central Nebraska Child Advocacy Center

Grand Island

<http://www.cn-cac.org/>



## Family Advocacy Network

Kearney <http://www.familyadvocacynetwork.com/6.html>



## NE Nebraska Child Advocacy Center

Norfolk

<http://frhs.org/our-services/directory/child-advocacy-center/>



# Feed

## Start a Mercy Jar

Child abuse and hunger are worldwide. Start a Mercy Jar to collect donations for *Mary's Meals*, feeding and empowering youth around the world.

<http://www.divinemercyformoms.com/posts/how/>  
<http://www.divinemercyformoms.com/marys-meals/>



## Gather Gulps

Give drink to the thirsty by collecting juice boxes and bottled water for the children served by your local Child Advocacy Center.

## Stockpile Snacks

Collect pre-packaged snacks (granola bars, fruit snacks, single-serve microwavable meals, etc) for children served by the Child Advocacy Center in your area.

## Feed it Forward

Failure to meet basic needs of a child, neglect, is one of the most common forms of child maltreatment. In most cases of neglect, parents love their children and want their needs to be met, but are lacking in the resources necessary to meet their needs. Feed your parish, feed your need for fellowship, and meet the basic needs of a child by hosting a parish meal and collecting canned goods or a free will offering. Donate the offering to a local food pantry, shelter, or Child Advocacy Center. (Child Advocacy Centers make use of cash donations and restaurant gift cards to provide meals for children in emergency situations.)

# Heal

## Remember Abuse Victims In Mass Prayer Intentions Sample Intercessions:

- For those who have suffered abuse, that they may experience God's profound love for them and God's healing powers, we pray to the Lord...
- For those who provide help for the abused: counselors, therapists, and advocates that they may act with wisdom and compassion in their healing ministry, we pray to the Lord...
- For those affected by abuse in anyway, that they may have the courage to tell their story, to reach for healing

<http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/sample-liturgies-for-atonement-and-healing-2.pdf>

## Be Present to Others

Make a point to be present to those around you. Throughout the day, challenge yourself to spend time with others, to listen more than talk, to really hear what others say, and to respond with patience and empathy.



## Provide Safe, Stable, Nurturing Relationships

Safe, stable, nurturing relationships help children to be resilient to trauma and help re-build neural connections impacted by trauma and abuse. To learn how to provide **SSNRs** for children and youth attend a continuing education session at your parish or school.

## Join in Every Day Miracles

In his book *Rediscover Jesus*, Matthew Kelly shares the story of a friend who had made the following his habit: "When I go into any room, I look for the person who is suffering the most, and I just try to ease their pain in whatever way I can." Follow his lead in bringing the miracle of Jesus' love to others. (*Rediscover Jesus*, p. 91)"

# Comfort

## Collect Creature Comforts

Collect small stuffed animals, like Beanies or Webkins to comfort children served at area Child Advocacy Centers.

## Pack up Some Comfort

Collect items for the *Packed with Care* program at Central Nebraska Child Advocacy Center Grand Island. The program fills back packs with toiletries, clothing, PJs, Teddy Bears, and other necessities to provide comfort to children (infant—teen) who are entering emergency care.

<http://www.cn-cac.org/>

## Wrap 'em in Comfort

Wrap a child in comfort. Are you a member of a parish quilting ministry or prayer shawl program? Are you handy with needle work, or just love to shop? Donate blankets or throws, quilts or prayer shawls to your local child advocacy center, emergency shelter, or child welfare office.

## Put Comfort in Hand

Make prayer rocks / worry stones. Decorate smooth stones with words of comfort and inspiration. Include them in donations to child advocacy centers and shelters for anxious hands to grasp. Include a reminder that: "*someone is praying for your peace and comfort.*"

# Welcome

## Build Blessing Bags

Fill one gallon resealable bags with blessings for the homeless. Include a hat, gloves, pre-packaged snacks, a bottle of water, waterless hand cleaner, a prayer card, and information about local shelters and food pantries.

<http://www.divinemercyformoms.com/>



## Provide

## Accompaniment

In a 2014 letter, Pope Francis calls the issue of unaccompanied minors a "humanitarian emergency" that "requires, as a first urgent measure, these children be welcomed and protected." Help provide safety for unaccompanied minors at: <http://www.usccb.org/about/migration-policy/unaccompanied-migrant-children-resource-kit.cfm>

## Go Beyond Coffee & Rolls

Take coffee and rolls outside the gathering space. Deliver donuts to a local shelter or Child Advocacy Center.

## Share your Table

Peer support is identified as one of the most important factors in buffering the impact of bullying. Invite someone new to your lunch table. Support a peer. Offer words of encouragement to someone you don't know well.

## Shower on the Welcome

Host a shower for new parents in your parish or for a shelter or program for young mothers. With your gifts, include information about right relationships and resources for support.

## Send Salutations

Create cards, notes or pictures for children in out of home placements, families in shelters, or to welcome new parents in your parish.