

ST. ELIZABETH ANN SETON CHURCH



Father Mark Seiker
3301 Echo Drive
North Platte, Nebraska 69101

Rectory / Office [308-534-5461](tel:308-534-5461)
Parish Hall: 534-0511

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The Baptism of the Lord *January 13, 2019*

Welcome to St. Elizabeth's: It is our hope that you feel at home and among friends here at St. Elizabeth. If you are a visitor for a day, we pray God's speed on your journey. If you are looking for a parish community, we would be delighted to welcome you into our parish family. Please introduce yourselves. Registration forms are available in the entry racks or contact us anytime at 308-534-5461.

Religious Services

Mass Schedule For Sunday Obligation:

Saturday 5:00 p.m.
Sunday 10:00 a.m.

Weekdays & Holy Days

As published in the Bulletin.

Rosary

Prayed **8:30 a.m.** Monday mornings, and
30 minutes before weekend Mass.

Sacrament of Confession

Offered 30 minutes before most all daily Masses
Saturday 4:00 p.m. – 4:55 p.m.
Sunday, 9:00 a.m. – 9:55 a.m., or by appointment.

Sacrament of Baptism

Parents are asked to attend a baptism preparation class. This is recommended, and easiest to do before the birth of the child, but must be done before the baptism.

Sacrament of Matrimony

To assist those who plan to marry, all couples will be required to fulfill the diocesan marriage preparation policy, which includes the FOCCUS & Engaged Encounter Programs. This requires a minimum of 4-6 months. The assessment process must be completed before a wedding date is set. Contact pastor early to begin the preparation.

Parish Information

Bulletin Deadline

All material is to be submitted to the parish office before noon Wednesday prior to the Sunday it is to appear. Email to: rectory-office@seas-np.org

New or Moving Parishioners

Please call the office to arrange an appointment with the Pastor to register in the Parish. Please call the office to notify us of any address change.

Your Will

Ask your attorney to include remembrance of your Church in your will.

Religious Vocations

Any young woman interested in religious life, or young man interested in a vocation to the priesthood should contact your pastor. Please pray for vocations!

Education

C.C.D. Programs

Sunday mornings (Sept-May) 11:00 a.m. – 12:15 p.m.

Rite of Christian Initiation of Adults (R.C.I.A.)

For those interested in possibly joining the Catholic Church. Usually on Wednesdays (Sept-May), 7:00 p.m. - 9:00 p.m. in Parish Hall. Please contact the parish office for more information.

SCHEDULE OF MASSES

Monday	Jan. 14	8:00 a.m.	Bernadine Duryea +
Tuesday	Jan. 15	7:00 a.m.	Anna Lee
Wednesday	Jan. 16	5:30 p.m.	Fred & Malinda Bode +
6:00pm-10:00pm Eucharistic Holy Hour => Spend time with Jesus			
Thursday	Jan. 17	8:00 a.m.	Triumph of Immaculate Heart
Friday	Jan. 18	12:10 p.m.	Martha Burbach +
Saturday	Jan. 19	5:00 p.m.	Jerry Kenny +
Sunday	Jan. 20	10:00 a.m.	People of Our Parish

INTENTIONS

*He saved us through
the bath of rebirth
and renewal by the
Holy Spirit.*

— Titus 3:5

Stewardship: January 6, 2019

Adult Envelopes:\$1,626.50
Loose Plate:\$92.00
Children:\$3.00
Holy Day: (Mary, Mother of God)....\$632.00
Total: \$2,353.50

Joy of the Gospel Campaign

Total Pledged:\$958,770.00
 Gifts last week:\$0.00
Total Gifts Received:.....\$797,238.05
 Original DIAL Loan:.....1,485,000.00
 Total Received (CTTF Camp):\$1,025,440.07
 Misc Donations Received:.....\$739,940.31
 Total Payments on Loan:.....\$1,616,480.04
 Balance on DIAL LOAN:..... \$142,296.27

Parish Calendar

Sunday	Jan. 13	Knights of Columbus Breakfast – CCD CLASSES – 11:30am=Daughters of Charity 3:30pm = Cursillo SW NE Ultreya, St. Patrick, McCook
Monday	Jan. 14	7:00pm Knights of Columbus Meeting in Parish Hall.
Wednesday	Jan. 16	6:00-10:00pm=Eucharistic Adoration – 7:00pm = RCIA Class
Sunday	Jan. 20	11:00am CCD CLASSES – 7:00pm = Theology on Tap

Catholic School News:

Winter Brings Many Activities for all our Students! Basketball and Wrestling Schedules, Honor Bands and Choirs, and Poetry Out Loud Competitions... Thank you Lord for the opportunities you present to our faculty and students each day. We embrace the challenges of becoming the best version of ourselves through the opportunities and competitions in the classroom, on the court, and in front of each audience we encounter. Stay up to date on the most current schedule of events by logging into sycamore or follow North Platte Catholic Schools on Facebook.

It's time for Preschool and Kindergarten Enrollment! We will host an Information Night on Tues - 2/5 beginning at 6:30pm. Please join us to meet the teachers, tour our campus, and learn more about becoming a part of our North Platte Catholic Schools Family. Contact Jennifer Winder via email at j.winder@npcschools.org if you have questions prior to this event.

Mark your calendars! Help us celebrate national Catholic Schools Week beginning January 27th through February 2nd. Watch the bulletin for further details.

IRISH Speech Season is Under Way: There will be speech on Sat – 1/26 at Perkins Co., 2/2 at Sutherland, NPHS 2/9, Loup City on 2/16, and at Southwest on 2/23. Sat – 3/2 is Best of the West at NPHS. SPVA Speech will be held in Kimball on Mon – 3/4, and the season rounds out with District Speech on Mon – 3/11 at NPHS and State Speech in Kearney on Fri – 3/22. Best wishes to Mrs. Blake as she begins this exciting season and Break A Leg Team IRISH!

From the Endowment: Mark your calendar for a day of family fun at IRISH FEST! Join us on Sun – 2/24 for a delicious homemade meal, bake sale, silent auction, raffle, and a gym full of games and prizes for the kids. **ALL are invited!**

The Endowment office is currently accepting donations of (new) items for the silent auction. If you have an item to donate, or would like to donate as a sponsor of the event, contact Wendy Dodson at: 308-534-5939, w.dodson@npcschools.org.

North Platte Catholic School:
Faith and Knowledge for a Brighter Future

Breakfast by Knights of Columbus ... Sunday, Jan. 13, in the Parish Hall after 10:00am Mass; serving pancakes, eggs, fixings, biscuits & gravy, coffee & juices. Free Will offering accepted ... Proceeds go to the purchase of Missalette.

Knights of Columbus Meeting ... Mon, Jan. 14, 7:00pm, Parish Hall. All Knights are invited to attend.

Daughters of Charity (Altar Society) Meeting: will be **Sunday, Jan. 13, at 11:30am** in Rectory Conference Room. All women are invited & encouraged to attend.

Thank You ... to all who participated in our annual Parish Buffet Dinner last Sunday. Thanks to all who helped!

Nebraska Walk for Life ... Jan. 26, 2019, at the Capital in Lincoln, sponsored by the NE Right to Life.

- 9:00am Pro-Life Mass at St. Mary Church (14th & K)
- Keynote Speaker: **Catherine Adair** (former Planned Parenthood employee).

Safe Environment ... The Diocese of Lincoln requires that its employees and volunteers report any allegations of abuse or neglect of a minor or elder connected with church related activity to law enforcement, consistent with the requirements of Nebraska law. If anyone has information that a minor or elder is being or has been subjected to abuse or neglect please report it immediately to local law enforcement or to the Nebraska Department of Health and Human Services toll-free number 1-800-652-1999, and also to any Parish Pastor, School Administrator, Teacher, or to any Diocesan official at the Catholic Chancery (402) 488-0921, so that immediate steps may be taken for the protection of the minor or elder.

Card Shower for Reiny Burbach ... The family of Reiny Burbach requests a card shower in honor of his 94th birthday, January 23, 2019. Cards may be sent to: 1501 Cornhusker Circle, North Platte, NE 69101.

Put a Retreat into Your Schedule ... You can register at www.goodcounselretreat.com & receive immediate confirmation or call Good Counsel Retreat House (402-786-2705). Our parish made a \$1,500 donation to the Retreat House (which covers 9 persons). Two person are interested in these Retreats: one=Jan 18-20; one=Mar 22-24, others who are interested in going on either of these Retreats contact Fr. Seiker.

January – July Schedule:

Jan 18-20 Fr. Eric Clark / Knights of Holy Eucharist Men
"Acolyte / Lector Retreat: Discipleship at the Foot of the Cross"
Feb 1-3..... Fr. William Holoubek Men / Women
"Unbound: Breaking Free from Spiritual Wounds"
Feb 15-17..... Sr. Ann Shields..... Men / Women
"Faith: More Precious than Gold"
Feb 22-24 Fr. Angelus Montgomery, CFR. Men/Women
"American Saints and Heroic Virtue"
Mar 8-10..... Fr. Karl Millis..... Men / Women
"St. Teresa of Avila in Light of the Joy of the Gospel"
Mar 18-21 Fr. Gary Coulter Men / Women
"Silent Directed Ignatian Retreat (Mon-Thur)"
Mar 22-24 Fr. Sean Timmerman..... Men / Women
"Awareness of Christ: the Rosary and the Eucharist"
Mar 29-31 Sharon Doran. Men / Women
"Scriptural Lenten Retreat on the Boundless Mercy of God"
April 18-20 Marian Sisters **Young Women Triduum Retreat**
May 10-11 Janette Howe 2 Day Retreat for Women
"In Quiet and Trust Your Strength Lies"
Summer 2019 8 Day Silent Ignatian Retreats... Men / Women
July 1-9; July 10-18 Fr. Dennis Brown, OMV

Baptism and Life ... "Whoever is moved by love begins to perceive what "life" really is. He begins to perceive the meaning of the word of hope that we encountered in the Baptismal Rite: from faith I await "eternal life" - the true life which, whole and unthreatened, in all its fullness, is simply life. Jesus, who said that he had come so that we might have life and have it in its fullness, in abundance (cf. Jn 10:10), has also explained to us what "life" means: "this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent" (Jn 17:3). Life in its true sense is not something we have exclusively in or from ourselves: it is a relationship. And life in its totality is a relationship with him who is the source of life. If we are in relation with him who does not die, who is Life itself and Love itself, then we are in life. Then we "live" – Pope Benedict XVI, Encyclical on Hope, Nov. 30, 2007.

Rediscover Your Marriage ... *Retrouvaille* (pronounced *retro-vi*) simply means 'rediscovery'. The program offers the chance to rediscover yourself, your spouse, and a loving relationship in your marriage. Tens of thousands headed for divorce have successfully saved their marriages by attending. *Retrouvaille* is a not spiritual retreat, not a sensitivity group, not a seminar, not a social gathering. *Retrouvaille* helps couples through difficult times in their marriages. It is designed to provide the tools to help get your marriage back on track. It will give you the opportunity to rediscover each other and examine your lives together in a new and positive way. This program has helped tens or thousands of couples experiencing marital difficulty at all levels including disillusionment and deep misery. For confidential information about or to register for the February program beginning with a weekend on February 15-17, 2019, call 1-888-317-5654 or 308-986-2351 or www.retrouvaille.org.

Wednesday Eucharistic Adoration ...
Wednesdays of the year, 6:00pm (after the 5:30pm Mass) - 10:00pm.
We need at least one (1) person present during each of those four hours. Anyone is invited to just "drop in" to spend some time with our Eucharistic Lord ... but we need 4 persons each week.

9 Days for Life ... The U.S. Bishops' annual novena 9 Days for Life takes place **Monday, January 14 – Tuesday, January 22**. Pray for the respect and protection of all human life with new intentions, brief reflections, and more each day. Download the novena online, or participate through Facebook, email, text message, or an app. Join at www.9daysforlife.com!

Combating Trafficking through Love Justice International ... Sunday, Jan. 13, 2019, 4:00pm at St. James Parish, Kearney, NE.

Hannah Husmann, Engagement Manager at Love Justice International will be speaking on her experience combating trafficking through Love Justice International. Hannah hails from Kearney, NE and is a Kearney Catholic alumnus. Hannah graduated from Nebraska Wesleyan University where she earned a dual degree in political science and communication. Hannah first heard about modern day slavery and human trafficking at the 2013 Passion Conference. After a convicting session led by International Justice Mission's Gary Haugen, she knew God was leading her to pursue the work of justice. The following summer she embarked on a trip to Nepal with Love Justice International (LJI) where she caught the global justice fever. The Kearney native has over 5 years of experience in anti-human trafficking work at the local, national, and international level.

Before starting with Love Justice International, Hannah worked as the student mobilization intern at International Justice Mission (IJM), started the Nebraska Wesleyan IJM campus chapter, and worked on the Price of Life Campaign and Traffic Prayer series in Omaha, Nebraska. Hannah currently works and lives in Nepal with Love Justice International. Her main roles are to oversee LJI's data entry process of over 10,000 cases of human trafficking in 11 different countries as well as manages donor trips to the field and the LJI internship program.

The Catholic Daughters of Americas ... is one of the oldest and largest organizations of Catholic women in the Americas. They donate to charities, administer scholarship programs and strive "to be helping hands where there is pain, poverty, sorrow or sickness." Our motto is "Unity and Charity". We are wanting the ladies of our area to feel welcome and are inviting them to join us!

Our CDA meetings are normally held on the first Monday of every month at 7:00pm in St. Patrick Parish Spiritual Life Center. We are having a pot luck dinner Feb. 2 at 12:00 noon at St Patrick Parish Hall. Please come join us.

"Theology on Tap" ... for single & married adults in their 20's & 30's. Join us **Sunday, January 20** when **Raymond Harvey** speaks. Start time: 6:30pm-7:00pm social time, with presentation starting promptly at **7:00pm**. **Knights of Columbus Hall (515 E 5th St)**. Free will donations accepted. Cash bar. Please follow our link on Facebook: Theology on Tap North Platte. If you have questions, call Jennifer Kramer 520-1622.

FROM FR. MARK SEIKER:

Nominations for Parish Council ... are being accepted for the next few weeks. Please contact one of the current Parish Council members or Parish Trustees (Members: Ken Bjornstad, Diane Gregg, Philip Heimann, Jim Nisley, and Trustees: Jerry Volesky & Duane Johnsen) or Fr. Seiker to nominate another parishioner or yourself. Normally the terms for the parish council are for two years. Philip Heimann & Jim Nisley are finishing their terms. Ken Bjornstad and Diane Gregg, are completing the first year of their two year term. We have 2 veteran members and 2 new members on the parish council each year; we need four parishioners' names on the ballot.

Parish On-line Calendar ... is in the process of being updated. On Parish webpage, click on "**St. Elizabeth Ann Seton Parish Calendar**". Various Parish, School, Community, and Diocesan events are listed ... more events are being added. This is a good way to keep up to date on Parish and Catholic events!

Liturgical Minister

	Sat., Jan. 19, 5:00pm	Sun., Jan. 20, 10:00am
Lector	Mike Krondak	Shane Lowrey
Acolyte	Jerry Volesky	Duane Johnsen
Server	Volunteer	Lakeland Lowrey
	Volunteer	Harmon Johnsen
Music	Volunteer	Peggy Orr
Gifts	Bob & Tracy Ryland	Mike & Carissa Lafleur
Ushers	Cindy Swanson	Volunteer
	Alice Robinson	Spencer Hampton
Rosary		

Readings for the Week

Monday: Heb 1:1-6; Ps 97:1, 2b, 6, 7c, 9; Mk 1:14-20
 Tuesday: Heb 2:5-12; Ps 8:2ab, 5, 6-9; Mk 1:21-28
 Wednesday: Heb 2:14-18; Ps 105:1-4, 6-9; Mk 1:29-39
 Thursday: Heb 3:7-14; Ps 95:6-11; Mk 1:40-45
 Friday: Heb 4:1-5, 11; Ps 78:3, 4bc, 6c-8; Mk 2:1-12
 Saturday: Heb 4:12-16; Ps 19:8-10, 15; Mk 2:13-17
 Sunday: Is 62:1-5; Ps 96:1-3, 7-10; 1 Cor 12:4-11;
 Jn 2:1-11

Prayers for the sick: Dave Hoedel (Reiny Burbach's son-in-law), Annie Vieyra, Theresa McCarthy-Garth, Mary Lou Robles & Patricia Zamora (Toni Barron's sisters), Kelly Henry (Mitch Gregg's sister), Patti Caudillo, Renate Nordquist, Sharon Beckius, John Kahl, Mike & Kim Paul, Eileen Boltz, Jim Beckius.

Prayers for the deceased: Peggy Fleecs, Carol LaBrie (Loren Baxa's sister-in-law), Leona Clouatre, Virginia Waechter (Peggy Orr's mother), Mary Jane Vitt (Chris Behm's mother), Bob "Junior" Barron (Toni Barron's brother), Bernadine Torres, Father Jim Novakowski, Martha Burbach, Jerry Kenny(Charles/Toni Barron's son-in-law), Bernadine Duryea, Luke Ranck, Margaret Baxa, Mary Portz, Phyllis Beckius.

Birthdays: 1/12 - Corinne Hammond, 1/13 - David Lott, 1/14 - Marinn Niesen, 1/19 - Paul Orr, Karl Hendricks, 1/20 - Carmen Buhrman.

TREASURES FROM OUR TRADITION ... Merry Christmas! Share that cheerful greeting with some folks today. They may wonder if you have had any Elvis sightings lately, attended Star Trekkie conventions, or were Cleopatra in a previous lifetime. Despite the skeptics, today is solidly within the Christmas season. In fact, in some strands of the Christian tradition it represents the clearest manifestation of the mystery of the Incarnation. On Christmas Day, for example, the Gospel reading is the Prologue of John's Gospel, which reveals the glory of Christ shining through our humanity precisely in his baptism. At any rate, this is an ancient feast, celebrated first in Egypt sixteen centuries ago. More than most other ancient people, the Egyptians understood the life giving properties of water. On this day, they drew water from the Nile, so central in the history of their people, and reserved it in honor. Many other places copied the custom, so that St. John Chrysostom wrote of people in Antioch gathering at midnight to collect flowing water into vessels they brought from home since "today there is a blessing on the water." At home for dinner tonight, decorate the table with beautiful bowls of water and white candles, toast one another with goblets of sparkling water, and light a Christmas candle in the window one last time. —James Field, Copyright © J. S. Paluch Co.

CALLED TO SERVE ... For many weeks now, we have been celebrating the appearance of the divine presence in human form. As a child, he came to Mary and Joseph, was seen by the shepherds, and then by some wandering magi from the East. Today we celebrate another showing, later in time, to a group gathered at the Jordan River. John hesitated to baptize Jesus, whom he recognized as "one mightier than I." But he did as Jesus asked, and the "Holy Spirit descended" and heaven's voice spoke to Jesus, "You are my beloved Son." Jesus was beginning his public life of teaching and service. Soon he would start calling others to join him. Peter was one of the first to be called by Jesus. In today's second reading, he announces the heart of the message, "peace through Jesus Christ, who is Lord of all." Peter was called, and you and I are called to spread that message and to serve God's word. —Copyright © J. S. Paluch Co., Inc.

SELF-DISCIPLINE ... The greatest of all warriors in the siege of Troy had not the preeminence because nature had given him strength and he carried the largest bow, but because self-discipline had taught him how to bend it. —Daniel Webster

Pray for our Seminarians: Scott James Nemeč, from St. Vincent de Paul, Seward & St. Wenceslaus, Bee. He entered the Seminary in 2015. He is in College 4 at St. Gregory the Great Seminary.

Pray for our Religious Sisters: School Sisters of Christ the King, Marian Sisters of the Diocese of Lincoln, Sisters at the Carmel of Jesus, Mary & Joseph, Pink Sisters, Sisters of Mary, Queen of Mercy.

HOLY FATHER'S INTENTIONS ...

(January) Evangelization - That young people, especially in Latin America, follow the example of Mary and respond to the call of the Lord to communicate the joy of the Gospel to the world.

U.S. Bishops' "9 DAYS FOR LIFE"

Novena from January 14-22, 2019

www.9daysforlife.com

Day One: Monday, January 14, 2019

Intercession: May a culture of life grow ever stronger in our communities.

Prayers: *Our Father, 3 Hail Marys, Glory Be*

Reflection: God has carefully, lovingly created every person—in His own image and likeness—to be in a loving relationship with Himself. From each tiny child knit within a mother's womb, to every person approaching death, all are loved perfectly and completely by God. "It is therefore a service of love," Pope Saint John Paul II explains, "which we are all committed to ensure to our neighbor, that his or her life may be always defended and promoted, *especially when it is weak or threatened* [emphasis added]" (*Evangelium vitae*, 77). In a world in which the most vulnerable are so often overlooked and disregarded, Christ calls us to embrace and uphold the unconditional dignity of every human life. In doing so, we help to build "a new culture of life, the fruit of the culture of truth and of love" (*EV*, 77).

Acts of Reparation (Choose one.)

- Do you love your cup of tea or coffee? Abstain from caffeine today, or try your coffee black.
- "Unplug" for some time, and reflect on how God may be asking you to help build a culture of life in your home, workplace, or Church community.
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

One Step Further: Watching the news and reading headlines, we may often feel helpless in the face of a heartbreaking lack of respect for human life. When our efforts to make a difference feel small, it's important to remember that changing the culture is a process of conversion that begins in our own hearts. It includes a willingness to be instructed and a desire to be close to Jesus—the source of joy and love.

For more ideas, "How to Build a Culture of Life" (www.usccb.org/culture-of-life) briefly explains where to start.

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Day Two: Tuesday, January 15, 2019

Intercession: May all people embrace the truth that every life is a good and perfect gift and is worth living.

Prayers: *Our Father, 3 Hail Marys, Glory Be*

Reflection: At every stage and in every circumstance, we are held in existence by God's love. The presence of an illness, disability, or other challenging circumstance never diminishes the value of a human life. For God does not call

us to perfection of appearance or abilities, but to perfection in *love*. Christ invites us to embrace the lives we have been given, for as long as they are given, as true gifts.

Our relationships on this earth are meant to help us grow in God's perfect love. Everyone we encounter is a gift, not because of what they can do or accomplish, but because of who they *are*—a beloved child of God. May each of us experience the power of God's transforming love, that our eyes may be opened to the incredible beauty of the people the Lord places in our lives.

Acts of Reparation (Choose one.)

- Take a break from television, movies, and social media today. Consider spending some of that time reflecting on today's message.
- Pray "Every Life is Worth Living," reflecting on how you can bring Christ's love to others today. "*Heavenly Father, thank you for the precious gift of life. Help us to cherish and protect this gift, even in the midst of fear, pain, and suffering. Give us love for all people, especially the most vulnerable, and help us bear witness to the truth that every life is worth living. Grant us the humility to accept help when we are in need and teach us to be merciful to all. Through our words and actions, may others encounter the outstretched hands of Your mercy. We ask this through Christ, our Lord. Amen.*"
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

One Step Further: Our culture is obsessed with perfection—a superficial perfection. Social media, magazines, and television are staged and edited to depict seemingly perfect lives. When life doesn't seem to measure up to these standards, we may doubt our worth or God's love.

In "A Perfect Gift" (www.usccb.org/perfect-gift) one parent shares about the experience of raising a child with Down syndrome, contrasting it with what onlookers might perceive: "It's like looking at a stained-glass window from the outside: The colors look dark, and you can't quite make out the figures. From the inside, however, with the sun shining through it, the effect can be brilliant. From inside our family, love illuminates our life with Charlie.* What may seem dreary to others, perhaps even unbearable, is actually filled with beauty and color." Every life is a gift.

**Name changed for privacy.*

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Day Three: Wednesday, January 16, 2019

Intercession: May all who have experienced sexual abuse receive justice, healing, and God's peace.

Prayers: *Our Father, 3 Hail Marys, Glory Be*

Reflection: Recent reports have once again exposed the terrible abuses that many have suffered at the hands of a member of the Catholic clergy. Our hearts ache for the grave harm that has been inflicted on our brothers and sisters. Words alone cannot express our sorrow, shame and disappointment that such affronts to human dignity have been carried out within our Church.

It is our prayer and hope that all who have experienced abuse will find the healing and justice they so rightly deserve, knowing that they are never alone. For, “only by confronting our own failure in the face of crimes against those we are charged to protect can the Church resurrect a culture of life where the culture of death has prevailed” (*President of U.S. Bishops’ Conference Response to Pope Francis’s Letter to the People of God*, 2018).

Acts of Reparation (choose one):

- Fast from one meal today.
- Seek the intercession of Our Lady by praying a Rosary for Healing and Protection (www.bit.ly/rosary-for-healing-and-protection).
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today’s intention.

One Step Further: In 2002, the crime and sin of child sexual abuse in the Church was brought out in the open for all to see. While there is still much more to be done, over the past 16 years, the Church has worked to provide healing for victims and survivors and to prevent future abuse through the implementation of the *Charter for the Protection of Children and Young People*.

To learn more about preventing abuse, read this article: “Protecting Children” (www.bit.ly/10-tips-child-protection).

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Day Four: Thursday, January 17, 2019

Intercession: May God’s peace fill the hearts of all who travel upon the path of adoption.

Prayers: *Our Father, 3 Hail Marys, Glory Be*

Reflection: The Letter to the Hebrews reminds us to “hold fast to the hope that lies before us. This we have as an anchor of the soul, sure and firm” (Heb 6:18-19). Families hoping to adopt children and mothers considering placing their children for adoption often face many challenges along the way. We pray that all who are involved in the adoption process would be filled with the hope of Christ and “the peace of God that surpasses all understanding” (Phil 4:7). We also remember that we too can cling fast to this anchor of hope, for we have received “a spirit of adoption, through which we cry, ‘Abba, Father!’” (Rom 8:15). May our loving Father envelop each of us in His love today and open our eyes of faith that we may see and rejoice in His love.

Acts of Reparation (Choose one.)

- Do you have a sweet tooth? Or do you prefer salty snacks? Pick your favorite kind of treat, and give it up for the day.
- Make an act of faith, hope, or love (www.usccb.org/faith-hope-love).
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today’s intention.

One Step Further: “Accompanying Expectant Mothers Considering Adoption” suggests nine ways to offer ongoing support to a woman who is considering placing her unborn child for adoption (www.usccb.org/women-considering-adoption). Many of the tips given are also helpful for supporting a friend who is experiencing a challenging unexpected pregnancy, even if adoption has not been brought up.

Supplemental resources regarding adoption can be found at www.usccb.org/adoption-resources.

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Day Five: Friday, January 18, 2019

Intercession: May each person suffering from the loss of a child through abortion find hope and healing in Christ.

If you or someone you know is suffering after abortion, confidential, non-judgmental help is available. Visit www.hopeafterabortion.org.

Prayers: *Our Father, 3 Hail Marys, Glory Be*

Reflection: After more than four decades of legalized abortion, many children’s lives have been ended, and many parents and family members suffer that loss—often in silence. Yet God’s greatest desire is to forgive. No matter how far we have each strayed from His side, He says to us, “Don’t be afraid. Draw close to my heart.” Be assured that it is never too late to seek God’s forgiveness in the Sacrament of Reconciliation.

Consider the parable of the Prodigal Son. After repenting of sinning against his father, he returns from far away to seek forgiveness and work as a servant. But the father sees him approaching from far away, runs to warmly embrace him, and hosts a banquet to celebrate his return. So, too, does God welcome all repentant sinners, no matter how serious the sin. Let us run to Our Lord Who is love and mercy.

Acts of Reparation (Choose one.)

- Abstain from meat today. If you are already abstaining from meat today, skip your favorite snack, too.
- Pray the Chaplet of Divine Mercy (www.usccb.org/divine-mercy-chaplet) for those who are suffering the loss of a child through abortion, asking that they find healing and peace.
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today’s intention.

One Step Further: If a friend confided in you that she had an abortion, would you be able to respond in a way that brings her closer to healing? Learn what to do and say in “How to Talk to a Friend Who’s Had an Abortion” (www.usccb.org/friend-had-abortion).

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Day Six: Saturday, January 19, 2019

Intercession: May all victims and survivors of human trafficking find freedom, refuge, and healing.

Prayers: *Our Father, 3 Hail Marys, Glory Be*

Reflection: Those who are vulnerable are most at risk for being lured into situations where they are trafficked. Migrants and refugees often face increased risk factors like changes to language and culture, lack of support systems, and the burden of poverty. Young people on the margins, especially runaway and homeless youth, are targeted for sex trafficking and may subsequently be forced to have abortions. Easily tempted by the false promises of traffickers, victims often find themselves enslaved with no means of escape.

Christ came “to bring good news to the afflicted, to bind up the brokenhearted, to proclaim liberty to the captives” (Is 61:1, cf. Luke 4:18). May all who are trapped in situations of slavery be released from their chains of captivity and find freedom, refuge, safety, and healing in Christ and His Church.

Acts of Reparation (Choose one.)

- Give up sleeping on your pillow tonight. Allow this small sacrifice to remind you of the sufferings endured by those in our world who are enslaved.
- St. Josephine Bakhita, who was born in Sudan and sold into slavery, has become known as the patron saint of human trafficking victims. Pray for victims and survivors of human trafficking, asking the intercession of St. Josephine Bakhita (www.bit.ly/saint-josephine-prayer).
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today’s intention.

One Step Further: Would you know how to identify a potential trafficking situation? Learn more about human trafficking and recognizing the red flags through the USCCB’s Anti-Trafficking Program at www.usccb.org/stopslavery. Almost half of the reported victims of human trafficking in the U.S. in 2016 were foreign nationals. Consider bringing the Amistad Movement to your parish to help raise awareness about human trafficking among immigrant populations. www.usccb.org/about/anti-trafficking-program/amistad.cfm

If you suspect someone is a victim of human trafficking, call the National Human Trafficking Hotline (888-3737-888) for immediate assistance. They can communicate in over 200 languages and provide immediate information, assistance, and local referrals for potential human trafficking situations.

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Day Seven: Sunday, January 20, 2019

Intercession: May those who long to welcome a child into their family be filled with trust in God’s loving plan.

Prayers: *Our Father, 3 Hail Marys, Glory Be*

Reflection: It can be very difficult and painful when the Lord doesn’t answer our prayers in the way we hope. A couple that finds themselves unable to bring a child into the world through their loving union can experience this disappointment very deeply. During such times of trial, we may wonder why we face the particular challenges that we do. Yet even though suffering is often shrouded in a sense of mystery, we believe that the Lord loves us with great tenderness and compassion that is beyond our imagination. Knowing this, we can trust that “all things work for good for those who love God, who are called according to his purpose” (Rom 8:28).

Acts of Reparation (Choose one.)

- Smile. Ask God today for the grace to be extra joyful and share Christ’s love with those who need encouragement the most today.
- Offer the Prayer for Those Hoping to Conceive or Adopt a Child (www.bit.ly/prayer-day-4), and spend some time reflecting on the accompanying excerpt from Psalm 145.
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today’s intention.

One Step Further: “Seven Considerations While Navigating Infertility” (www.usccb.org/navigating-infertility) seeks to provide compassionate guidance that is both practical and informative for married couples who are walking on this road. Although geared to such couples, the article is also helpful for anyone to read, offering insight into the experience of infertility and giving awareness of the need for sensitivity in our relationships with those who may be affected.

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Day Eight: Monday, January 21, 2019

Intercession: May those nearing life’s end receive medical care that respects their dignity and protects their lives.

Prayers: *Our Father, 3 Hail Marys, Glory Be*

Reflection: The dying process is a sacred time—a final season to seek closure in this life and prepare for the next. We know earthly death is not the end, but rather the door through which we must pass to gain eternal life. The deadly practice of assisted suicide—now legal in several states—shortens or even eliminates this sacred season, carelessly cutting short the life of the patient. To support the “false compassion” of assisted suicide is to see people as a problem

to be eliminated. End-of-life care should instead help eliminate or alleviate the patient's problems, whether they are physical, spiritual, or emotional. Those who die in God's grace and friendship live forever with Christ. Because of our belief and hope in the Resurrection, we can face death not with fear, but with trust. We pray that society might recognize that every day of our lives is a gift and is always worth living, *especially* our final days. We need not fear. Christ is with us.

Acts of Reparation (choose one):

- Sacrifice some of your free time to do a small act of service, such as making breakfast for a family member, writing a note of encouragement for a coworker, or praying for the intentions of a friend.
- Pray a decade of the rosary (www.usccb.org/rosary) for your friends and family who have passed away, as well as the departed who have no one to pray for them.
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

One Step Further: Assisted suicide is in the news and on lawmakers' agendas. Supporters call it "aid in dying" and claim it is just another option for ending intolerable pain as part of end-of-life care. Learn why assisted suicide is radically different from end-of-life care and the practice of palliative care in "Killing the Pain, Not the Patient: Palliative Care vs. Assisted Suicide" (www.usccb.org/killing-the-pain).

When family members or friends approach life's end, we may not know how best to accompany them. For suggestions on authentically compassionate care anchored in unconditional respect for human life, read "Caring for Loved Ones at Life's End" (www.usccb.org/endoflifecare).

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Day Nine: Tuesday, January 22, 2019

Intercession: May the tragic practice of abortion come to an end.

Prayers: *Our Father, 3 Hail Marys, Glory Be*

Reflection: Today, on this 46th anniversary of *Roe v. Wade*, we mourn the many children's lives ended by abortion and remember in prayer those who suffer the aftermath. The Church comes together today to pray for the protection of all unborn children and to make reparation for abortion, trusting that the Lord hears our prayers.

Pope Saint John Paul II wrote, "A great prayer for life is urgently needed, a prayer which will rise up throughout the world. Through special initiatives and in daily prayer, may an impassioned plea rise to God, the Creator and lover of life, from every Christian community, from every group and association, from every family and from the heart of every believer" (*Evangelium vitae*, 100). May

that prayer arise in our hearts today and each day forward until every human being is protected in law and welcomed in life.

Acts of Reparation (Choose one.)

- Abstain from snacking today. Eat three meals only.
- Learn how to pray the Angelus (www.usccb.org/angelus) and consider praying it every day for the next week—on awakening, at noon, or at 6 p.m. (or at all three times).
- Offer some other sacrifice, prayer, or act of penance that you feel called to do for today's intention.

Did You Know? In the Catholic Church in the United States, **January 22** is designated as a particular day of prayer and penance, called the "**Day of Prayer for the Legal Protection of Unborn Children.**" As Catholics, we are called to observe this day through the penitential practices of prayer, fasting, and/or giving alms. More Information may be found at the website: www.usccb.org/january-22

One Step Further: More women and girls consider abortion than we may realize. They are our relatives and friends, people who work with us or for us. Even if someone identifies as being pro-life, the shock of an unexpected pregnancy, the devastation of a difficult prenatal diagnosis, shame, pressures, or fears may influence her to consider abortion.

If someone shared with you she was pregnant and hadn't ruled out having an abortion, would you know how to respond in a loving way that is life-affirming for both her and her baby? Learn about the four steps of the L.O.V.E. Approach™*: *Listen and Learn, Open Options, Vision and Value, and Extend and Empower* (www.usccb.org/l-o-v-e).

For other simple tips on how to provide loving, life-affirming support for a friend who is unexpectedly pregnant, read "10 Ways to Support Her When She's Unexpectedly Expecting" (www.usccb.org/support-her).

*The L.O.V.E. Approach™ is trademarked by Heartbeat International, Inc. and may not be adapted or modified. The L.O.V.E. Approach™ is used in "What to Do When a Friend Is Considering Abortion" with permission from Heartbeat International, Inc.

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For info about emails, texts or a phone app for this novena, go to:

www.9daysforlife.com