

BUILDING A CIVILIZATION OF LOVE

Official Family Newsletter of the Archdiocese of KCK



YOU WERE NEVER MEANT TO WALK ALONE



With Fall upon us and the holiday season quickly approaching, it is easy to feel like life is moving at a rapid pace. In fact, deadlines and demanding schedules can easily make us lose sight of those we love around us. Regardless of our hectic lifestyles, however, we must continue to prioritize our families, marriages, and all that is truly important.

Our office understands life's constant demands and how easily it is to slip into the idea of "I just don't have time." The truth of the matter is, time will never slow down and there will never be a better time than the present to invest in our families and relationships as married couples. This is why we encourage you to not only find time to refocus on what truly matters this season but to let us assist you in your journey. Our office provides many family and marriage enrichment opportunities throughout the year in hopes of providing a time and space for our families to find encouragement and rest.

For example, this past month EverMore in Love partnered with multiple parishes to host the first night of their "First Seven Fall Series". This program which was specifically designed for newlyweds (married seven or less years) to not only grow closer with one another but to connect with other couples at the parishes who are living through the same experiences. Similar events for couples of all ages and situations are often offered by our office throughout the year. We would encourage you to keep an eye out for future events by signing up for our [Marriage & Family Life Events Emailing List](#) or to check out our [Upcoming Events Page](#) in our newsletter! Regardless of your situation we hope to walk with you through it all! After all, you were never meant to walk alone!

This issue:

[You Were Never Meant to Walk Alone](#)
PAGE 01

[Soul Cakes: How 'Trick or Treating' Used to Benefit Souls in Purgatory](#)
PAGE 02

[November Indulgence Opportunities for the Souls in Purgatory](#)
PAGE 03

[Let the Children Come to Me](#)
PAGE 04

[The Ulmas: A Story of Faith and Bravery](#)
PAGE 05

[Keep The Feast!](#)
PAGE 06

[The Striving Saint: Resources](#)
PAGE 07 & 08

SOUL CAKES: HOW 'TRICK OR TREATING' USED TO BENEFIT SOULS IN PURGATORY

BY ANNIE KYLE

As Catholics, it is easy to be discouraged when we see the modern world twist the significance of Holy Days and traditions to fit its secular agenda. One holiday (or Holy-Day) in particular that comes to mind in regards to this conundrum is All Hallows' Eve, or Halloween as we better know it today. Now you may find yourself puzzled by this. Can a day full of vandalism, witches, and darkness really be in the liturgy?

In short, the answer is 'yes', and here is why it is an important one for us to reclaim!

I know I was quite shocked when I first heard this, especially due to the fact that I knew Christians who did not celebrate Halloween because of its dark nature. All Hallows' Eve, however, is simply the vigil and celebration before All Saints Day. While it is true that many pagan celebrations were held around this time for the harvest, the Church 'baptized' this time during the eighth century. The new celebration would instead be in remembrance of the saints and their lives (All Saint's Day- November 1st) as well as the souls in purgatory waiting to be joined with their maker in eternity (All Souls Day- November 2nd).

While many traditions of bonfires, feasting, and merriment around these days originated in places like Scotland, Ireland, and England, one particular English tradition has lasted even in our modern day. The tradition of 'Trick or Treating' was originally a custom in England where beggars would go door to door asking for 'soul cakes'. These 'soul cakes' (forms of shortbread with currants) got their name due to the beggars promising to offer prayers for the house's deceased family members' souls in exchange for the treat. A payment that was highly valuable and worth more than gold! Soul cakes would later even take the form of doughnuts, which tradition says were originally created by a zealous baker that sought to make a treat that encouraged reflection on eternity. She cut holes in the dough to form a 'never ending' circle and then dropped them in hot fat resulting in a 'heavenly' taste.

While the tradition of eating soul cakes in exchange for prayers today is not as widely known, we as Catholics have the ability to reclaim them. These traditions and customs were not only reminders of how sacred All Hallows' Eve is but urges us to never cease praying for our deceased brothers and sisters. Perhaps this year we can take it upon ourselves to educate others and our little ones about the significance of this holy day. We can encourage our children to pray intentionally for the deceased of each house they visit when asking for treats. Finally, we can use this time to reflect on eternity and the fact that we were made to be united in a heavenly home with Christ. Let us rejoice in the Church's feasts and thank God for his endless mercy upon us. We can even enjoy a 'heavenly' doughnut as we do it!

You can find a recipe for traditional Soul Cakes [here](#)!

“If it were but known how great is the power of the good souls in Purgatory with the Heart of God, and if we knew all the graces we can obtain through their intercession, they would not be so much forgotten. We must, therefore, pray much for them, that they may pray much for us.”

ST. JOHN VIANNEY



NOVEMBER INDULGENCE OPPORTUNITIES FOR THE SOULS IN PURGATORY

DID YOU KNOW YOU CAN RECEIVE PARTIAL AND PLENARY INDULGENCES FOR SOULS IN PURGATORY DURING THE MONTH OF NOVEMBER?

PLENARY INDULGENCE

A plenary indulgence, applicable only to the souls in purgatory, is granted to the faithful who, on any and each day from November 1 to 8, devoutly visit a cemetery and pray, if only mentally, for the departed; on All Souls' Day (or, according to the judgment of the ordinary, on the Sunday preceding or following it, or on the solemnity of All Saints), devoutly visit a church or an oratory and recite an Our Father and the Creed.

To gain a Plenary Indulgence (only one per day), the faithful must be in the state of grace and the following conditions must accompany the prescribed act:

- Have the interior disposition of complete detachment from sin, even venial sin
- Receive the sacrament of confession
- Receive the Holy Eucharist (it is certainly better to receive it while participating in Holy Mass, but for the indulgence only Holy Communion is required)
- Recite prayers for the intentions of the Holy Father (one Our Father and one Hail Mary is suggested as a minimum, but any other additional prayers may be added).

If some of the above conditions are not fulfilled, the indulgence becomes partial.

PARTIAL INDULGENCE

A partial indulgence, applicable only to the souls in purgatory, is granted to the faithful who, devoutly visit a cemetery and at least mentally pray for the dead; devoutly recite lauds or vespers from the Office of the Dead or the "Eternal Rest" prayer:

"ETERNAL REST GRANT TO THEM, O LORD, AND LET PERPETUAL LIGHT SHINE UPON THEM. MAY THE SOULS OF THE FAITHFUL DEPARTED, THROUGH THE MERCY OF GOD, REST IN PEACE. AMEN."

CLICK [HERE](#) FOR MORE INFORMATION ON INDULGENCES!

Incorporating Indulgences Acts For Souls in Purgatory Throughout the Year:

- A partial indulgence can be obtained by devoutly visiting a cemetery and praying for the departed, even if the prayer is only mental. There are a few cemeteries that have car paths, allowing one to "visit" even if you stay in the car.
- The "Eternal Rest" prayer gains a partial indulgence and can be prayed all year. Passing a cemetery and praying the "Eternal Rest" can help out the souls in need. The "Eternal Rest" prayer can be inserted in between decades of the rosary, and can be added to the end of the "Prayer Before Meals".



LET THE CHILDREN COME TO ME

BY LIBBY DUPONT

One of the more difficult parts of losing a child before or shortly after birth is that there isn't much to hold onto. Unlike when we lose an older loved one, there aren't very many (if any) photos, belongings or stories to connect us to the child who has died.

On two separate occasions after the death of my infant son Peter, I was granted a great grace of connection with him. The first was during Eucharistic Adoration on a retreat a few months after his death. While I was asking Jesus for a sign that Peter was with me, a woman I didn't know knelt beside me and shared a scripture with me. "I don't know if this means anything to you," she said, "but I thought I should share it." She handed me her Bible with the First Reading from Peter's funeral marked off, and for just a brief instant, I felt a bit of the joy my son must be experiencing in Heaven. The second occasion was a few years later, on his birthday. We had just finished setting up for a retreat and a priest offered Mass just for our little retreat team. I had been so busy all day that I hadn't even given Peter much thought, but during Mass I was overwhelmed with the joyful warmth of his presence.

I don't think it's any coincidence that these experiences both happened in the presence of our Eucharistic Lord. Although they were extraordinary graces, they are a reminder of an opportunity that we all have on a daily basis to connect with our little ones who have gone before us: the Eucharist! Jesus is truly present to us in the Eucharist, but He also created and cherishes our children. Therefore, it makes sense that drawing close to Him would be a way to draw close to our kiddos.

October is the month of Miscarriage and Infant Loss Remembrance. If you love a little one who died before or shortly after birth, I encourage you to spend some time this month with Jesus in the Eucharist, specifically asking Him to draw you close to him or her. Whether or not you have an experience like mine, you can rest in the certainty that you are united to them through our merciful Savior.

One specific opportunity is to join Archbishop Naumann for our annual Mass of Innocents, October 15th at 1pm at Holy Spirit in Overland Park. Whether you are a parent, grandparent or just a supportive friend, this is a beautiful chance to celebrate their lives with the Body of Christ. May our Eucharistic Lord bring peace to all grieving hearts!

The Ulmas: A Story of Faith and Bravery

BY ANNIE KYLE

On September 10th, 2023 the Church gathered in Poland to celebrate a monumental moment in Her history. It would be the first (known) time that a beatification of an entire family of martyrs has occurred. The beatification was of Jozef and Wiktoria Ulma along with their seven children, including an unnamed son who was born during premature labor at the time of Wiktoria's death (resulting in what the Church calls a 'baptism of blood'). Killed during the time of World War II, the Ulma family was martyred after being exposed for sheltering two Jewish families from the Nazis.

Though their story is quite tragic and reminiscent of times of great darkness, Cardinal Marcello Semeraro claimed the beatification as a "day of joy" in Poland, "because the page of the Gospel written on paper has become for us a lived reality, which shines brightly in the Christian witness of the Ulma couple and in the martyrdom of the new Blessed." Pope Francis would also go on to applaud the Ulmas and their great devotion to their faith and vocation. He claimed Jozef and Wiktoria lived "a holiness that was not only marital but was fully embedded in their entire family."

In a world where the family is under attack and war is continuously raged against the defenseless, the Ulmas are a shining example of not only the incredible power of the vocation of marriage, but the witness of extreme love Christ calls us to have for one's neighbor. In our "throw away" culture where many are hurting from failed marriages and others question the point of marrying at all, the Ulmas' story encourages a different narrative, one that not only challenges this outlook of the holy sacrament but that calls families and married couples to a radical love and devotion to their marriage vows even in the face of death.



Furthermore, the story of the "newest little Blessed" comes just in time for October's Respect Life Month and the rally for dignity of all stages of life. Pope Francis beautifully honored the Unnamed Blessed when he stated, "Without ever having uttered a word, today the little Blessed cries out to the modern world to welcome, love, and protect life, especially that of the defenseless and marginalized, from the moment of conception until natural death." He hoped the little Blessed's voice would "shake the consciences of a society where abortion, euthanasia, and contempt for life seen as a burden and not a gift are rampant."

Let us then, dear friends, grow closer to these new Blessed and pray that their courage, compassion, and perseverance in the good fight may be gifted to us as well. Let us continue to pray through their intercession for peace in our world, an increase in good and faithful marriages, as well as the protection of the defenseless. Blessed Ulma Family, Pray for us!

KEEP THE FEAST!

"ON THE FEASTS OF THE SAINTS CONSIDER THEIR VIRTUES, AND BESEECH GOD TO DEIGN TO ADORN YOU WITH THEM."

ST. TERESA OF JESUS

October 1st, St. Therese of Lisieux- The Little Flower of Jesus

- Celebrate with roses! Decorate the house with them, bring a bouquet to a friend, or consider baking some [Apple Roses](#)! Begin a [Rose Novena](#) as a family for someone in need!
- Eat little éclairs! They were St. Therese's favorite treat to eat!

October 4th, St. Francis Of Assisi

- Enjoy one of the few foods St. Francis supposedly really let himself enjoy: [Paletta Di Mandorla](#). This biscotti-like recipe hails from the Umbria region where Assisi is located. It is said to have originated with St. Francis' dear friend, St. Clare.
- Read the famous story of [St. Francis and the Wolf](#), and make these [Wolf Paw Cookies](#) with your little ones.

October 5th, St. Faustina Kowalska

- Pray the Chaplet of Divine Mercy as a family!
- St. Faustina wrote in her diary that she helped in the kitchen even though the work was strenuous for her. Read the miracle she witnessed while cooking potatoes [here](#)! Make dinner for your family & honor this beloved Polish saint with this [Polish Chicken Meatball Soup](#).

October 15th, St. Teresa of Avila

- Celebrate this Spanish saint by making [Pan de Santa Teresa \(St. Teresa's Bread\)](#). A breakfast associated with the Carmelite nun.
- Write out [St. Theresa's "Bookmark" Prayer](#) and put it on display somewhere. Known as her most popular writing and found in her prayer book after her death in 1582, this prayer will bring peace to your day.

October 22nd, St. Pope John Paul II

- Celebrate JPII's polish heritage by making his favorite cake, [Kremowka](#). Whenever homesick, JPII would eat this cake, made of puff pastry and cream. Later, it would become known as [Kremówka Papieska \(the Pope's Cream Cake\)](#). The pope recalled that when he was a young man, he and some friends organized a competition to see who could eat the most pieces. He had eaten 18 portions, but was unfortunately not declared the winner!

November 1st, All Saints Day - (**Holy Day of Obligation**)

- Take your family to mass and pray the litany of saints! Share a meal with family and take turns discussing who your favorite saint is and why. Or look up a saint you don't know much about!

November 10th, St. Leo the Great

- Celebrate St. Leo by trying two traditional Tuscan soups! [Creamy Tuscan Tomato Soup](#) or [Zuppa Toscana](#). A perfect meal for a November day!

November 11th, St. Martin of Tours (Martinmas)

- Did you know that St. Martin is so beloved that many European countries celebrate his feast of 'Martinmas'. [Read this article](#) and find out more about the various traditions celebrated on this day! Then pick your favorite to do with your family!

November 13th, St. Frances Xavier Cabrini

- St. Frances Cabrini was a strong faithful Italian woman who ministered to Italian immigrants in the United States. Spend time praying for the poor or donating to a local shelter. Then cook a traditional Northern Italian Meal. ['Catholic Cuisine'](#) has a great menu to celebrate the day [here](#)!

November 16th, St. Margaret of Scotland

- Bake traditional [Scottish Shortbread](#) to celebrate this Scottish Queen! Pair it with some [Scottish tea](#) and [scones](#) to have a tea party fit for a queen in her honor!

November 30th, St. Andrew the Apostle

- St. Andrew was not only the first disciple of Jesus but was also a fisherman with his brother St. Peter. Remember this 'fisher of men' by making your favorite type of fish for lunch or dinner! (You can also remake the [Scottish Shortbread recipe](#) from St. Margaret's day to celebrate St. Andrew being the patron of Scotland!)

The Striving Saint: Resources that Inspire the Road to Sainthood

FEATURED PODCAST



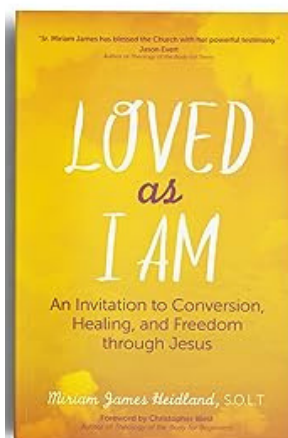
THE SHEPHERDS VOICE
(FEAT. BRAD & LIBBY DUPONT)

In his latest episode "Archbishop Naumann dialogues with Brad and Libby DuPont of the Office of Marriage and Family Life about the 3 Pillars of a Joyful Marriage and some of the tips and techniques for couples to live out happily God's calling for them in their marriage."

FEATURED BOOK

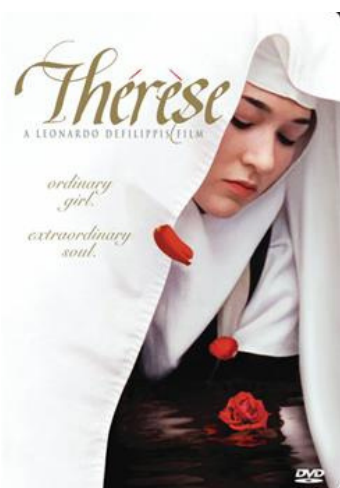
LOVED AS I AM
BY SISTER MIRIAM JAMES HEIDLAND

"When Sr. Miriam James Heidland's life as a successful college athlete proved unfulfilling, she went searching for something deeper and ended up falling in love with Jesus. In *Loved as I Am*, Heidland shares her struggles—learning she was adopted, battling alcoholism, and healing from childhood sexual abuse—as signs of hope that anyone who desires to know Christ can find him and be loved intimately by him in return."



FEATURED MOVIE

THÉRÈSE
RATED: PG (PARENTAL GUIDANCE SUGGESTED)



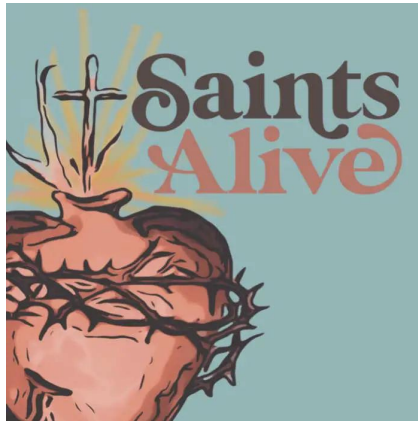
"THÉRÈSE tells the story of a young girl who fell in love with Jesus Christ and demonstrated a path of spirituality through the actions of unconditional love, human compassion, and her "Little Way" to the modern world. This inspiring true story is told through simple narrative which invites the audience to contemplate and apply such spirituality in their own modern lives, regardless of one's own faith or religious background."



FEATURED PODCAST

SAINTS ALIVE

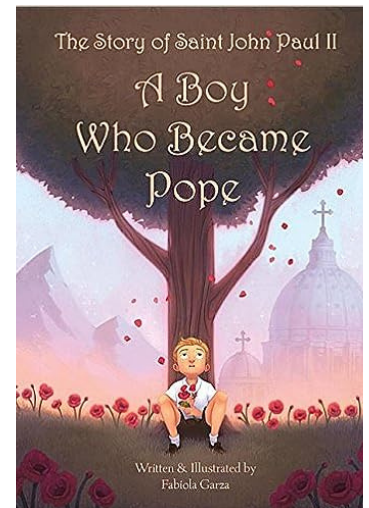
"The Saints Alive podcast is a collection of radio theater stories of the saints for kids. Created with the talents of professional voice actors, these stories are sure to delight and engage your children as they get to know our saintly friends in heaven."



FEATURED BOOK

THE STORY OF SAINT JOHN PAUL II: A BOY WHO BECAME POPE BY FABIOLA GARZA

"Framed around the question "Who do you love most?", this lavishly illustrated biography for children ages 6-9 tells the captivating story of Saint John Paul II. The story reveals how John Paul II's answer to that very important question blossomed into heroic virtue, holiness, and service to the Church and the world. From an ordinary little boy growing up in Poland to the world leader of the Catholic Church, John Paul II serves as an inspiration for today's aspiring youth."



FEATURED MOVIE

THE BOY, THE MOLE, THE FOX AND THE HORSE (RATED G)

Charlie Mackesy's best seller comes to life in this beautifully animated film. Follow a boy, a mole, a fox and a horse, as they create an unexpected friendship and travel together in the boy's search for home.

2023 Oscar Winner: Best Animated Short Film





VISIT OF THE *Relic* OF ST. JOHN PAUL II

St. Paul

**October
24**

21650 W 115th Terrace
Olathe, KS 66061
6pm-9pm

Blessed Sacrament

**October
25**

2203 Parallel Ave
Kansas City, KS 66104
6pm-9pm

All Saints

**October
26**

811 Vermont Ave
Kansas City, KS 66101
5pm-9pm

St. John the Evangelist

**October
27**

2910 Strong Ave
Kansas City, KS 66106
1pm-4pm

Good Shepherd

**October
27**

12800 W 75th St,
Shawnee, KS 66216
6pm-9pm

St. Patrick

**October
28**

1086 N 94th St,
Kansas City, KS 66112
9am-12:30pm

Cathedral of St. Peter the Apostle

**October
28**

409 N 15th St,
Kansas City, KS 66102
4pm-8pm

Our Lady of Guadalupe

**October
29**

201 NE Chandler St,
Topeka, KS 66616
8:30am-1pm

St. Catherine

**October
29**

205 S Lawrence St,
Emporia, KS 66801
4pm-8pm

The Office of Marriage & Family Life



THE ARCHDIOCESE
OF KANSAS CITY IN KANSAS

UPCOMING EVENTS

HEAR WHAT OTHERS ARE SAYING ABOUT OUR EVERMORE MARRIAGE PREP PROGRAM

“ [Our mentor couple was] engaging, fun and very open. The way they present topics and make suggestions is in depth and easy to understand. I feel the past weekend has brought my fiancé and I closer than the past 4 years of relationship. I am excited to see where we can take it. ”

THE OFFICE OF MARRIAGE & FAMILY LIFE



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FOLLOW US ON INSTAGRAM!
@MARRIAGEANDFAMILYLIFEKCK

♥ NUPTIAL CHARITY RETREAT- SATURDAY, OCTOBER 14, 2023
AT BENEDICTINE COLLEGE, ATCHISON

♥ MASS OF INNOCENTS - SUNDAY, OCTOBER 15, 2023
AT HOLY SPIRIT, OVERLAND PARK, 1PM
Archbishop Joseph F. Naumann celebrates the lives of children who died before or shortly after birth in this annual Mass open to everyone. No RSVP required, fulfills Sunday obligation, light reception to follow.
Questions? Brad DuPont bdupont@archkck.org

♥ MINI MARRIAGE RETREATS

-SATURDAY, OCTOBER 7, 2023
AT PRINCE OF PEACE, OLATHE
For more information, contact Larissa Smith: lsmith@popolathe.org

-SATURDAY, NOVEMBER 18, 2023
AT ASCENSION, OVERLAND PARK
For more information contact Marissa Brown:
mbrown2@kcascension.org

-SATURDAY, DECEMBER 2, 2023
AT HOLY SPIRIT, OVERLAND PARK
For more information contact Jennie Punswick:
jpunswick@hscatholic.org

♥ RESPECT LIFE MONTH EVENTS

-SUNDAY, OCTOBER 1, 2023
Respect Life Sunday Mass with Archbishop Naumann at St. Joseph Parish - Shawnee 10:30 a.m. with reception following

-SUNDAY, OCTOBER 1, 2023
Life Chain Sunday 1:30 - 2:30 pm along 95th Street; check with your parish to see where your exact location is

-40 DAYS FOR LIFE PRAYER VIGIL & SIDEWALK PRAYER OPPORTUNITIES

- Sept 27 - Nov 5th - Center for Women's Health abortion facility, 4840 College Blvd, Overland Park KS; Kick off Rally on Sunday, October 1st 4-5pm.
- Continued sidewalk prayer at the both Planned Parenthood locations (Overland Park & KCK)