

BUILDING A CIVILIZATION OF LOVE

Official Family Newsletter of the Archdiocese of KCK



SOMETIMES YOU JUST NEED YOUR MAMA

BY ANNIE KYLE

I still remember the feeling when I saw her walk into the room. It was a few summers back and I had been struggling with severe anxiety along with intense panic attacks, one of which had even sent me to the emergency room. My husband had been compassionate through it all, my counselor had given me great resources, and my friends offered encouragement and prayers each day. However, the moment my Mama walked into my room after flying from New Mexico to see me, I felt tears well up in my eyes and a sigh of relief escape my chest. I knew I did not have to be strong or put on a brave face in her presence. Instead I was free to be a child, afraid and in desperate need of the embrace and comfort of my Mother reassuring me “It was going to be alright.”

During the month of May, while we celebrate the gift of our earthly mothers on Mother’s Day, it is just as important to remember that we as the Church dedicate this month to our Heavenly Mother as well. This is not only to revere Our Lady but to remind each and every one of us how important this motherly relationship with her is. As imperfect creatures, a relationship with our Holy Mother not only teaches us how to live our lives fully but is a perfect and healing example of what true motherhood is meant to be. After all, it was she who held and rocked the child Jesus when he could not sleep, she who kissed scrapes and bruises on little hands and knees, she who served her family and community, and finally she who stood by her son in agony at the foot of the cross. Regardless of our experience, there is truly nothing we have gone through that is unfamiliar to her loving heart.

In our fallen world each of our families and earthly mothers are broken. Some of us may not speak to our mothers, some may have been seriously wounded by their words or actions, and some of us may have even been abandoned by our mothers from birth. Regardless of our wounds however, an internal ache and cry continues to sound in the depths of our human heart. A cry of a child in desperate need of being nurtured and cradled by a Mother’s loving arms. This May, I pray that we may call upon Our Lady and ask her to be a Mother to us in this way. Let us call out to her merciful heart and seek comfort in her gentle embrace. I promise there is no need to be strong or brave in her presence. No need to offer anything but our hearts. For we know in her care we are truly seen, loved, and understood. With her as our mother, “Everything will be alright.”

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ATTN: CHILDCARE NEEDED

BY LIBBY DUPONT

Recently, my husband Brad and I were giving a talk to a group of parish leaders about the importance of building a culture of healthy relationships in our churches. Afterwards, one of the participants, a permanent deacon, came up and shared how he and his wife take their grandkids once a month to give their kids a break. He told us that it can be exhausting to hang out for two days with a 3- and 5-year-old, but the fruits have been amazing: they have a special bond with their grandkids, and their children have the time they need to keep their marriages strong. Although this man is an ordained minister, this one sacrificial gesture is probably among his most significant contributions to the Church!

When we think of building up relationships, especially marriage, our minds tend to turn to events, retreats and programs, and these are very important! But one essential element is necessary for families with kids to ever attend such events: babysitting. Many of our parishes try to offer childcare, especially for marriage enrichment events, but it is always a challenge to make happen. If you have ever wanted to support young families but aren't into planning events or leading retreats, maybe God is calling you to be part of the childcare solution! Here's some ways to help:

1. Have a standing date with the grandkids. Depending on your situation, this could take many forms: offering a monthly date night or overnight or even just a periodic Saturday morning. If you live out of town, consider offering to fly into town once a year specifically to allow your children a chance to take a weekend away on a marriage retreat. Don't have grandkids? Get involved in parish groups... maybe God will lead you into relationship with a young family that does not have grandparents in town!
2. Set up an informal babysitting co-op. Consider the other families you know from school, Bible Study, sports or activities and invite them to be intentional about date nights with their spouses. While details could vary, the idea is a rotating schedule of babysitting and free time for a date. Since the kids are friends, it would be fun for them, too!
3. Encourage your teen. While babysitting is a profitable side-gig for many young people, it can be difficult for families to find (and afford!) teenaged sitters they trust. If you have a young person interested in babysitting, encourage them in their skills, and even have them consider taking on a "pro-bono" client or two, or use their skills to fulfill service hours.
4. Get training. The biggest obstacle for parishes offering childcare is that every adult needs safe environment training (Virtus) and sometimes other safety trainings as well. Some families with foster children or kids with special needs struggle to find babysitters because caregivers need some specialized instruction. Being prepared to help in these situations is a huge gift!
5. Don't forget single parents. Raising kids without the benefit of a spouse is a heroic task. Don't overlook the needs of these moms and dads to take time for spiritual and mental health!

“One earns
Paradise with
one’s daily task.”

-SAINT GIANNA MOLLA



THE SACRED HEART: OUR HOME & REFUGE

BY SR. MONICA BERNADETTE ARGUELLO

On June 7, 2024 we will celebrate as a Church family the Solemnity of the Sacred Heart of Christ. Jesus, Himself, sends forth the greatest invitation that the human heart could ever receive. We have been the chosen recipients of His Heart to enter into the most sacred mysteries where love was totally and freely given to all humanity. Christ was the perfect example of the sincere gift of self to all of us. It is our fundamental choice to be consumed by His fire of love.

St. Margaret Mary contemplated the Sacred Heart of Christ and she heard Christ say to her:

“My Divine Heart is so inflamed with love for men, and for you in particular that, being unable any longer to contain within Itself the flames of Its burning Charity, It must spread them abroad by your means, and manifest Itself to them (mankind) in order to enrich them with the precious graces of sanctification and salvation necessary to withdraw them from the abyss of perdition (First Revelation December 27, 1673).

As St. Margaret Mary, may we deeply enter on this day into the Heart of Christ and cooperate fully with His designs. In a special way, let us come together to console the Heart of Christ and especially offer all sacrifices and reparations for all the indifferences and ingratitude towards all His redemptive suffering that He shed for all humanity.

The greatest response that will allow us to enter His Heart is a firm disposition to love always to the extreme despite the difficult circumstances we may encounter. Mother Adela Galindo, SCTJM- Foundress states “Love can only be consoled by love,” she continues “Love is simple, yet very powerful.”

It is in the Sacred Heart where we will come to discover our true home and refuge where we fully belong. Jesus opens His Heart and tells us: “Come to me, all you who labor and are burdened, and I will give you rest (Matthew 11:28). Come and let us all abide in His Most Sacred Heart!

THE 12 PROMISES OF JESUS TO THOSE WHO VENERATE HIS SACRED HEART:

1. I will give them all the graces necessary in their state of life.
2. I will establish peace in their homes.
3. I will comfort them in all their afflictions.
4. I will be their secure refuge during life, and above all, in death.
5. I will bestow abundant blessings upon all their undertakings.
6. Sinners will find in my Heart the source and infinite ocean of mercy.
7. Lukewarm souls shall become fervent.
8. Fervent souls shall quickly mount to high perfection.
9. I will bless every place in which an image of my Heart is exposed and honored.
10. I will give to priests the gift of touching the most hardened hearts.
11. Those who shall promote this devotion shall have their names written in my Heart.
12. I promise you in the excessive mercy of my Heart that my all-powerful love will grant to all those who receive Holy Communion on the First Fridays in nine consecutive months the grace of final perseverance; they shall not die in my disgrace, nor without receiving their sacraments. My divine Heart shall be their safe refuge in this last moment.

SUMMER WITH THE BIGS

BY LIBBY DUPONT

When my kids were little, I started dreaming about summer about mid-March (usually when our homeschool year had definitely lost its charm!). I'd think about all the time we would have to go to the pool, wade in streams looking for frogs, eat popsicles on the front step, picnic and visit new playgrounds. It would be a time for extra crafts, reading fun books and if all else failed, we could put out the sprinkler for them to play around in. Now, I'm 100% sure that not one of those few "kid summers" we had was as ideal as I dreamed it would be. But that didn't help the twinge of sadness in my heart when that chapter of parenting closed!



While older kids certainly require less hands-on supervision and more time with friends or jobs, we don't need to leave them completely alone. Our older children still need us, and summer is a great opportunity for intentional time together. Here's some ideas for making time with your emerging young adult:

1. **Adulting 101.** Brainstorm a few "adulting" skills your older child is interested in learning and tackle one together. Summer's a great time to learn to prepare a favorite meal, create and stick to a budget, or perform some basic repairs on the house or car.
2. **Become a connoisseurs together.** Who has the best latte, chicken strips or frozen custard in your town? Make a plan to visit several local places together to find out. (Phones away while you eat, of course!)
3. **Stay up late.** If you're like me, this one might require some serious sacrifice. But remember all those things your littles couldn't stay up for? Do them now! Theatre in the Park, a drive-in movie, even just sitting out on the back patio together after the younger folks have gone to bed can be a way to bond with the nocturnal creatures in your home.
4. **Learn together.** Is your teen annotating a summer reading book? Pick up a copy for yourself. Or grab a great spiritual classic, listen to a podcast or watch a documentary together.
5. **Take an interest in what's important to your child.** Sit down and play his favorite video game, ask for a tutorial in Photo Shop, or get some recommendations for new shows or music to try.
6. **Pray together.** Pair one of the above options with some one-on-one prayer time. Consider daily Mass before going out to coffee, 20 minutes of late-night Adoration or a decade of the rosary in the car.

FASTS & FEASTS!

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

-ST. TERESA OF JESUS

May 1st, St. Joseph the Worker

- Its a tradition in Italy to celebrate St. Joseph with various foods! One of these foods is a Sfinge Cream Puff. Filled with whipped cream in Sicily and custard for a Neapolitan twist, these treats are sure to be a hit for St. Joseph's special day! Honor the foster father of our Lord with this sweet [treat!](#)

May 13th, Our Lady of Fatima

- The Miracle of the Dancing sun is often what comes to mind when we think of the miraculous appearance of Our Lady in Fatima. Not only do we have newspaper pictures of this historic event, but 70,000 eye witnesses of the miracle itself! Celebrate this miracle by making these adorable [Orange Dancing Sun Cupcakes!](#)

May 14th, St. Matthew

- St. Matthew is known for being a tax collector before he was called by the Lord to follow Him as one of his apostles. Celebrate this saint by making [chocolate coins](#) with various toppings! You can do this while reading aloud the scripture verse of the calling of Matthew or watching [The Chosen](#) to see a representation of this story. Find the first season on their [website!](#)

May 22nd, St. Rita of Cascia

- Before she died, when she was very sick, St. Rita was visited by a relative who tended to her and asked if there was anything she could get for her from her home. Disregarding that it was winter, St. Rita asked for two figs and a rose from the garden. When her relative did as she asked, they were shocked to find a beautiful rose blooming on a barren bush covered in snow and figs growing on the tree nearby. Celebrate this saint of impossible causes by making this delicious [Fig & Prosciutto Flat bread.](#)

May 30th, Joan of Arc

- Celebrate this brave French saint by making these delicious [Croque Madame \(Crispy Lady\) Sandwiches.](#) Topped with a fried egg, these sandwiches are great for breakfast or lunch!

June 1st, St. Justin Martyr

- Celebrate this Greek early Christian apologist by making a Greek feast! Serve foods like hummus with pita, [gyros](#) or grilled kabobs, [Spanakopita](#), and a [Greek Salad](#) on the side!

June 7th, Feast of the Sacred Heart

- Honor the Lord's most Sacred Heart with this easy and fun craft - [Mexican Sacred Heart Magnets!](#) You can also spend the afternoon making [Sacred Heart Pizzas](#) for a special dinner! Check out a [great recipe](#) on [Saints, Feasts, Family's blog here!](#)

June 13th, St. Anthony of Padua

- St. Anthony was well known for preaching the gospel and having quite the way with words. He knew that if he was going to live the Gospel well and connect with those around him, he would need to live a life of humility and poverty as well. Venerate this saint by making [Pane di Sant'Antonio da Padova](#), a simple bread recipe. You can find the recipe on [Saints, Feast, Family's blog here!](#)

June 24th, The Nativity of John the Baptist

- John the Baptist was known to survive off of wild locusts and honey during his ministry. In Florence, walnuts are also gathered on his feast day to make delicious treats! Try making these [Honey & Walnut Squares](#) to reminisce this voice crying out in the desert!

June 29th, Sts. Peter and Paul, Apostles

- Sts. Peter and Paul are two of the most influential saints of the early Christian church. However they did not always see eye to eye. [Catholic All Year](#) shares a great craft/snack idea that will help catechize your children and teach them about these two saints and their story. Make this [Fishes & Tents snack](#) as you read [Galatians 2: 7-14](#) and discuss how Peter & Paul worked "through important disagreements in a charitable and productive way."

The Striving Saint: Resources that Inspire the Road to Sainthood

FEATURED VIDEO



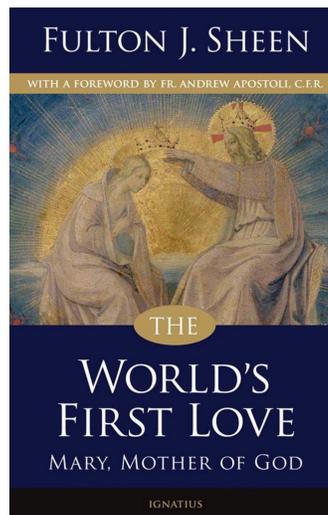
"WHY CATHOLICS CALL MARY THEIR MOTHER"

"When Catholics call Mary their mother, it may seem like they are taking away some of the respect due to Jesus and giving it to Mary. This is far from the case. Fr. Mike points out two reasons why calling Mary our mother can improve our relationship with Christ, and strengthen our faith life."

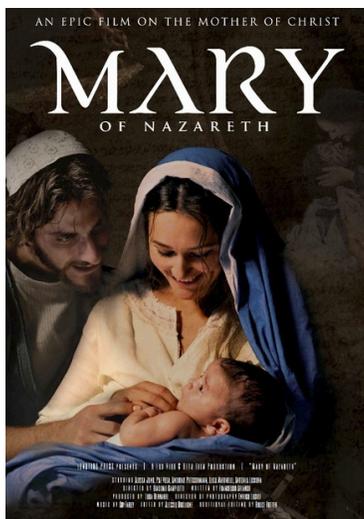
FEATURED BOOK

THE WORLD'S FIRST LOVE

"With his characteristic eloquence and brilliance, Fulton J. Sheen presents a moving portrayal of the Blessed Virgin Mary that combines deep spirituality with history, philosophy and theology. All the major aspects and events of Mary's life are lovingly portrayed in this word portrait that is a never failing source of information, consolation and inspiration."



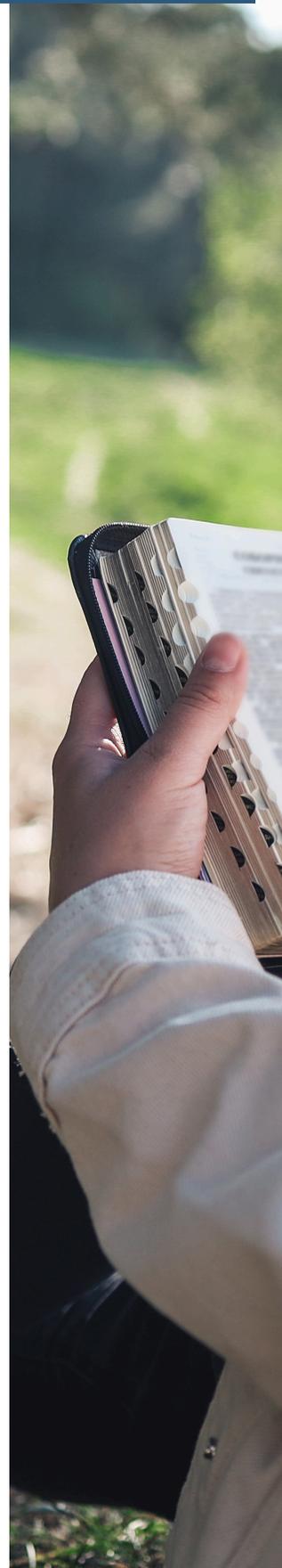
FEATURED MOVIE



MARY OF NAZARETH

"Mary of Nazareth is an epic motion picture on the life of Mary, Mother of Christ, from her childhood through the Resurrection of Jesus. Shot in high definition, it was filmed in Europe with outstanding cinematography, a strong cast, and a majestic music score. Actress Alissa Jung gives a beautiful, compelling, and inspiring portrayal of Mary."

***This movie is not rated, but was created with an adult audience in mind. It may contain violence indicative of the life and times of the saint or character portrayed. We would recommend Parental Guidance and that parents preview it before watching with children.





FEATURED ACTIVITY

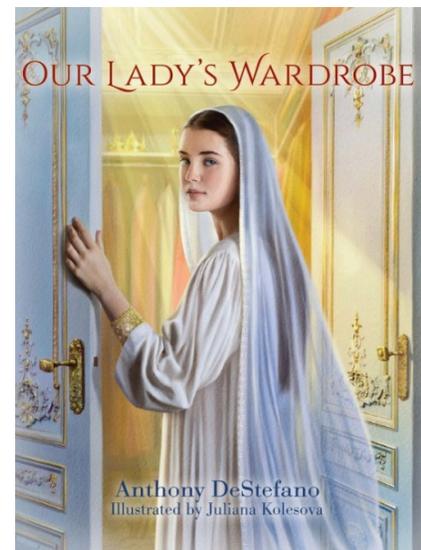
PROJECT NAZARETH MARIAN PAPER STATUES

“May is the month of Mary! It is when we celebrate Mother’s Day and host a May Crowning. With so many beautiful aspects of our faith, take some time as a family this month to think about our relationship with Mary and the graces you have received through her intercession.” Click [Here!](#)

FEATURED BOOK

OUR LADY’S WARDROBE

“This delightful rhyming book introduces Catholic children to the Blessed Virgin Mary in a fun and simple way-through her clothes! Over the centuries, Our Lady has visited the people of Earth many times. On each of these occasions she has dressed very differently. Our Lady’s Wardrobe tells the story of some of her most famous apparitions, highlighting the clothes she wore and the things she did. By reading this book, children will not only learn about the Mother of God, but will also learn the main purpose of her life-to love and serve her son, Jesus Christ, and to lead others to do the same.”

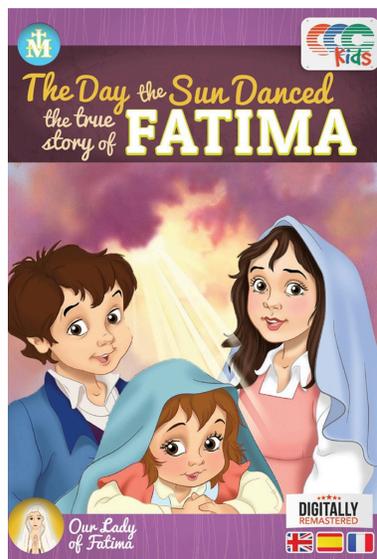


FEATURED MOVIE

THE DAY THE SUN DANCED

“As good as any Disney animation, this film accurately portrays the story of Our Lady's appearances to the three children in 1917. From the angel's appearance to the Miracle of the Sun, the full story is so captivatingly presented that young viewers will want to watch it again and again.”

Available on [Formed](#) and [YouTube](#)



UPCOMING EVENTS

HEAR WHAT OTHERS HAVE SAID ABOUT OUR LEAD COUPLE TRAINING & INVOLVEMENT

“ Each time we mentor another couple we are more connected and at peace and “in love” like we were when we first met, but even better. At our age and with grown kids (and one grandchild), people ask us if we are newlyweds. ”

THE OFFICE OF MARRIAGE & FAMILY LIFE



BRAD DUPONT
LEAD CONSULTANT
bdupont@archkck.org
913-647-0301

LIBBY DUPONT
CONSULTANT
ldupont@archkck.org



SR. MONICA BERNADETTE ARGUELLO, SGTJM
CONSULTANT
marguello@archkck.org
913-647-0329
(Habla Español)



ANNIE KYLE
ADMINISTRATIVE ASSISTANT
MFLadmin@archkck.org
913-647-0345



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@MARRIAGEANDFAMILYLIFEKCK

♥ **-LIFE-GIVING WOUNDS SUPPORT GROUP**
TUESDAYS APRIL 30-JUNE 25TH 7:00-8:30PM
All adult children of divorced parents are welcome, no previous experience with Life-Giving Wounds is required, though pre-registration is. Register [HERE](#).

♥ **-LEAD COUPLE “COME AND SEE”**
PRINCE OF PEACE, OLATHE, KS
MAY 9 7:00PM-8:30PM
Have you ever wanted to serve the church WITH your spouse? Want to volunteer in a way that renews your own love? Come and see what mentoring the engaged is all about! Share appetizers and drinks with other great couples, hear their experiences and learn what the process is to become a lead couple. RSVP: lsmith@popolathe.org

♥ **-FAMILY WEEK AT BENEDICTINE COLLEGE - ATCHISON, KS**
May 26-31, 2024
Join other families and couples from all over the Kansas City area for an inspiring Catholic marriage and family retreat on Benedictine College's beautiful campus in Atchison, Kansas. Couples and families come to Family Week for a unique retreat experience that explores the “why and how” of marriage and family through a Catholic lens. It's a dynamic five days of deep and engaging talks, fellowship, prayer, and fun activities for the whole family. Register [HERE!](#)

♥ **-50TH WEDDING ANNIVERSARY MASS WITH ARCHBISHOP CHURCH OF THE NATIVITY - LEAWOOD, KS**
JUNE 2, 2024 FROM 2:00 PM - 4:00 PM
Archbishop Joseph F. Naumann will celebrate a Mass honoring all those celebrating 50 years of marriage in 2024, with a light reception to follow. If you would like to receive an invitation, please contact the administrative assistant for Marriage and Family Life: mfladmin@archkck.org.

♥ **-EVERMORE IN LOVE WEEKEND IMMERSION**
HOLY SPIRIT, OVERLAND PARK - JUNE 8TH-9TH
Do you love each other, but find the craziness of life leaves you feeling more like roommates than a couple in love? Then join us for this retreat that has helped hundreds of couples reconnect and deepen their love for each other! Register [HERE](#). (Use promo code ARCHKCK for a big discount!)

♥ **-RETOUVAILLE KC MARRIAGE ENRICHMENT WEEKEND**
FRIDAY-SUNDAY, JUNE 21-23, 2024
Retrouvaille is a lifeline for marriages...to help couples heal and renew their hurting marriages. It's a practical program to improve communication, and help couples reconnect. Presenters are not marriage counselors, but rather couples sharing their personal stories of marital struggles and the tools they used to rediscover their love. It's Catholic in origin, but all faiths are welcomed. Registration closes June 20th! Register [HERE!](#)

**SIGN UP FOR OUR
FAMILY NEWSLETTER
AND OTHER EMAIL LISTS
ON OUR FLOCKNOTE!**

