

BUILDING A CIVILIZATION OF LOVE

Official Family Newsletter of the Archdiocese of KCK



CAMPAIGN: “EVERY LIFE IS A GIFT”



Servants of the Pierced Hearts of Jesus and Mary



A beautiful call from Mother Adela Galindo, Foundress of the Servants of the Pierced Hearts of Jesus and Mary, to pray daily the third joyful mystery “the birth of the Child Jesus,” for the defense and promotion of life, for the unborn, the end of the culture of death, the end of abortion, for all children and for families that have not been able to conceive a child. It is a decade designed specifically to pray for these specific intentions.

***“Oh Mother of Love, who received God made man first in your heart by faith, and then in your womb, we also call you Mother of Life. Your womb was the blessed home of Jesus, who is the Way, the Truth, and the Life.”
Mother Adela Galindo, Foundress - SCTJM***

If you or your Parish would like to participate of this campaign please scan the [QR code](#) or write to marguello@archkck.org



“May every man make his heart a home where he holds and guards with fidelity the Mother and the child.”

Mother Adela Galindo, Foundress - SCTJM

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DON'T FORGET NOVEMBER

BY LIBBY DUPONT

Now that Halloween is behind us, the world around us will begin to roll out Christmas in full force. Personally, I prefer to enjoy the full month of fall foliage we still enjoy in Northeast Kansas, saving my Christmas decorations so I'm not tired of them by the bleak emptiness of mid-January. But no matter when you decide to roll out the holly, I want to encourage you to not skip the richness of the month of November as it pertains to our Catholic faith.

ALL SAINTS.

This beautiful feast is a great opportunity to connect the Communion of Saints with your family's life. Do your kids know who your Confirmation saint was? What saints you are all named after? Are there any particular saints you have a devotion to? Spend one family meal sharing these stories. Don't feel like you need to be an expert, either... you can read a short biography right off your phone!

ALL SOULS.

We all have family and friends who have died. Pull out old family photos of important moments in your family's history and share stories of the people in them who are no longer with us. Google "[What Catholics Should Know About Purgatory- Fr. Mike Schmitz](#)" and together watch this short video as a refresher on what Purgatory is. Leave your favorite photos out as a reminder to pray for your loved ones during the month of November.



MEMENTO MORI.

As the liturgical year draws to a close, we hear more about the fact that we will all one day die. The Church doesn't do this to be creepy, but as a reason for hope and a call to action. First, it can help us bear our crosses more patiently, knowing that this life is not the end. St. Teresa of Avila said that all this life's sufferings were like one bad night in a bad hotel. This isn't to minimize our pain, but to recognize that our loving God only allows it in order to bring about proportionate goods. It's also healthy to periodically examine our lives in the light of eternity. I often think of a friend of mine, married over 50 years, who had a heart attack a few years ago. As he lay on a gurney in the ER wondering if he'd live or die, he was at peace knowing he'd loved his wife with all his might. If I were to die tonight, what would I regret? November is the time to repair relationships, make time for those we love and be sure that no important thing goes unsaid—with our loved ones and with God.

Have a blessed and Holy November!

MY FRIEND ST. ANDREW...

BY ANNIE KYLE

Do you ever get the feeling that a particular saint wants to be your friend? That's exactly how I felt a few years back when St. Andrew decided to make his presence known. It began during one of the hardest years of my life. I had been dealing with debilitating anxiety and panic attacks that made the simplest tasks during the day extremely difficult. I was let go from a job unexpectedly right before Thanksgiving, leaving me and my husband to live off of his part time job as he balanced work and graduate school. And on top of things, I was yet again dealing with health issues due to my auto immune disease and the stress being put on my body. In my grief and frustration, I remember constantly repeating to myself that year just how incredibly worthless and weak I felt.

That was until one day while listening to the Restore the Glory Podcast, I was inspired by Dr. Bob Schuchts to search the meaning of my name. He explained that our names not only have power but can lead us towards our identity and mission that God is calling us to. He also encouraged to look to the saints we are named after and to ask them for guidance. Before then I had not given much thought to my given name "Andrea". I was very surprised to find in my Google search that it is a form of Andrew which is both my Dad and Brother's middle name. St. Andrew had been hiding in plain sight in my family's lives and I had no idea how present he truly was. My jaw then almost hit the ground when I continued to read and found what my name actually meant. It derives from a Greek word that means "strength" and "courageous". I felt tears well up in my eyes when I realized the significance of this. Here I was for an entire year calling myself weak, when in reality my name had meant strength all along! But St. Andrew was only getting started!

From that point on, I began to notice how much this "strong" saint and I were linked. Not only did I attend a St. Andrew's parish but I felt very connected to the Chosen's portrayal of St. Andrew and his struggles with anxiety. I also realized that St. Andrew and I both shared in our desire and mission to bring those who we loved closer to Jesus. It was after all Andrew who brought our Lord to meet his brother Simon who would later be called Peter and chosen to lead the Church as pope. As I continued to grow in my devotion, the blessings from St. Andrew seemed to continue to flow. It was then that I found out about the St. Andrew Christmas Novena.

It is piously believed that whoever recites the St. Andrew Christmas novena prayer FIFTEEN times each day beginning on the feast of St. Andrew (November 30th) until Christmas Eve will obtain the favor which they graciously request. Last Christmas, I witnessed the power of this novena first hand when I not only prayed for a family member to come back to the faith but for my husband and myself to have a baby. Not only were both requests granted within this past year but they were fulfilled in better ways than I could have imagined. I would highly encourage you and your family to place your own intentions at the feet of St. Andrew and the baby Jesus this Advent season. You may even find that St. Andrew has been wanting to be your friend as well!

ST. ANDREW CHRISTMAS NOVENA

(To be said 15 times each day
from Nov. 30th to Dec 24th)

❖

"Hail and blessed be the
hour and moment in
which the Son of God was
born Of the most pure
Virgin Mary, at midnight,
in Bethlehem, in the
piercing cold. In that hour
vouchsafe, I beseech
Thee, O my God, to hear
my prayer and grant my
desires through the
merits of Our Savior Jesus
Christ, and of His blessed
Mother. Amen."



WALK WITH ONE...OTHER FAMILY!

BY LIBBY DUPONT

“Bring love into your home, for this is where our love for each other must start.”

-SAINT MOTHER TERESA



This summer, Catholics from around the country gathered for local Eucharistic processions which culminated in a huge celebration in Indianapolis, Indiana. In an effort to channel the graces received by these wonderful events into mission, the United States Bishops have invited us to join in an initiative called “Walk with One.” This is a simple invitation to genuinely befriend one other person, then to be open to share our faith with them.

As busy families, it can be easy to excuse ourselves from such an invitation. Have you seen what a mess our house is? How crazy our schedules are? Not to mention the way my littles can't stay still or my bigs don't like to come out of their rooms? But what if there was a way to Walk with One, just exactly as you are? There is! Here are the steps the Bishops have outlined, modified for whole families.

1. Identify someone in a spirit of humility. As a family, ask God if there is another family He is calling you to befriend. Is there a new family in your neighborhood? That family you always talk to on the sidelines at sports? A single mom or dad of one of your kids' friends? Keep in mind that God will often direct you to someone with whom you naturally connect. Maybe your kids get along or you have some other outside interest. This family can have no faith at all, or maybe someone who just occasionally goes to Church.
2. Intercede for that person in communion with the Holy Spirit. You can add this family to your own family's rosary, night prayers or meal graces, or consider spiritually “adopting” them for Advent.
3. Connect in Eucharistic friendship. In this step, there is no agenda except to genuinely show interest in the other family. Start with asking good questions and remembering the answers. When and if it seems appropriate, invite them over for a meal or meet at a park for a playdate. Delight in their goodness, and be open to the ways that God wants to bless you through their friendship.
4. Invite that family on a path most suitable for them. In time, if the family asks questions about your faith, be willing to answer them and witness to the difference it's made in your life. Lean into the Holy Spirit and ask for guidance on what might be good things to invite them to, such as joining your family for a Rosary, coming to a social event at the parish or even joining in a Bible study, youth group or Mass. If our love for God and our love for this other family are sincere, we will naturally want to connect them to each other. Like introducing any two friends, these can be small, incremental invitations that we leave open so that the family we befriend can be free to respond however they like.

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

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

- Take time this feast to learn something new about a Saint you have felt drawn to or have never heard about before. You can even turn it into a family event by having each family member research a different saint and then share what you learned during or after dinner! Finish by praying for the intercession of these new saintly friends and then enjoying a family dessert or a hot mug of [Mulled Cider](#).

November 2nd, All Souls Day

- Did you know you can receive one plenary indulgence for a soul in purgatory each day that you visit a cemetery and pray for the dead from November 1st to November 8th? You can also receive a plenary indulgence for a soul in purgatory on November 2nd by devoutly visiting a church or an oratory and reciting an Our Father and the Creed. As always to receive any plenary indulge a person must be in a state of grace, go to confession, receive holy communion (once per indulgence), and pray for the intentions of the Holy Father (once per indulgence). Find out more information on this process [here!](#)

November 17th, St. Elizabeth of Hungary

- St. Elizabeth was greatly known for her love of the poor. Legend says that one cold winters day, St. Elizabeth left her castle with her apron filled with bread for the hungry. On her way, she was met by her husband who opened her apron to find it filled with beautiful roses instead. He then kissed her and her face was said to shine with the radiance of heaven. Remember this sweet saint by making this delicious "[Rose](#)" Shaped Cinnamon Bread.

November 30th, St. Andrew

- St. Andrew was a faithful apostle of Jesus who was martyred on an X shaped cross known as a Saltire. It is also piously believed that whoever recites the St. Andrew Christmas novena prayer FIFTEEN times each day from the feast of St. Andrew until Christmas Eve will obtain the favor requested. Find the novena [here!](#)

December 8th, Immaculate Conception (**Observed this year on December 9th due to Sunday. Holy Day of Obligation**)

- Celebrate Our Lady's virtue and innocence by having a "White Out" day! Decorate the house with white flowers like Baby's Breath, Daisies, or White Roses! Use white table cloths if you have them to set up an elegant dinner table. Finally try eating all white foods for dinner with your family! "His Girl Sunday" has a great menu for the Immaculate Conception on her blog featuring [Chicken with White Wine Sauce](#). Find the recipes on her blog [here!](#) Don't forget to serve white wine for the adults and white sparkling grape juice for the kids!

December 13th, St. Lucia

- It is tradition in multiple countries to make Lussekatter or St Lucia Buns on her feast day! Often made by the eldest daughter of the family while wearing a white gown with a red sash and greenery on her head, these delicious treats are made to be shared and enjoyed with others above all else! Try making these traditional [Lussekatter buns](#) or some other baked good to take to friends or a neighbor!

December 25th, Nativity of Our Lord (**Holy Day of Obligation**)

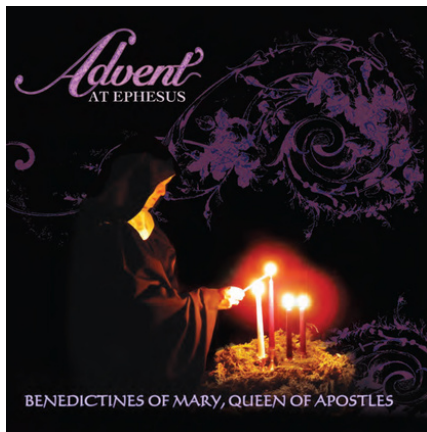
December 26th, St. Stephen

- St. Stephen was a deacon and the first martyr of the church. In Poland and other Slavic countries, this feast is celebrated by making Podkovy (St. Stephen's Horseshoes). These horseshoe shaped breads are made to commemorate his patronage of horses. Try this unique recipe [here!](#)

December 28th, The Holy Innocents

- Remember these innocent lives by praying for the end to abortion in our country. You can also donate time, supplies, or money to your local pregnancy center to support women and to help them choose life!

The Striving Saint: Resources that Inspire the Road to Sainthood



FEATURED MUSIC

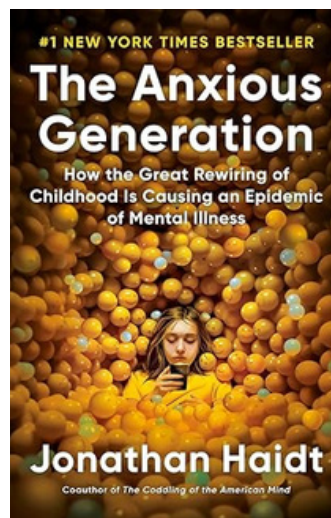
ADVENT AT EPHESUS

Prepare for the coming of Christ with this stunning album from the Benedictines of Mary, Queen of Apostles in Gower, Missouri. Known for their beautiful and angelic chants, this album will surely lift your spirit and prepare your hearts this Advent. Listen on [Spotify](#) or buy directly from their [website](#).

FEATURED BOOK

THE ANXIOUS GENERATION

The Anxious Generation delves into the latest psychological and biological research to show the four fundamental ways in which a phone-based childhood disrupts development – sleep deprivation, social deprivation, cognitive fragmentation and addiction. Haidt offers separate in-depth analyses of what has happened to girls, and what has happened to boys, offering practical advice for parents, schools, governments, and teens themselves. Drawing on ancient wisdom and cutting-edge research, this eye-opening book is a life raft and a powerful call-to-arms.

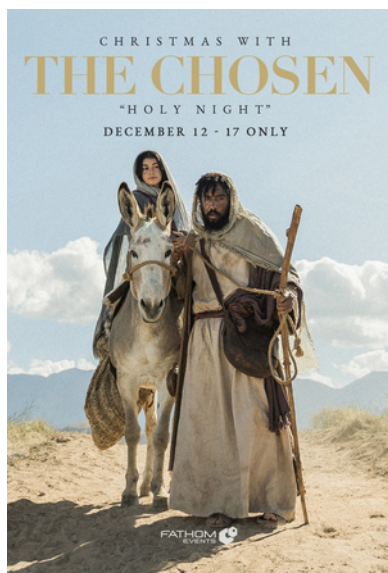


FEATURED MOVIE

CHRISTMAS WITH THE CHOSEN: HOLY NIGHT

“Experience Jesus' birth through their eyes as CHRISTMAS WITH THE CHOSEN: HOLY NIGHT blends The Messengers and The Shepherd into one special remastered and re-scored story. Plus, a never-before-seen performance from Andrea and Matteo Bocelli highlights seven musical performances and two beautiful new monologues.”

Watch on [The Chosen Website](#) or [Amazon Prime](#)





FEATURED ACTIVITY

CREATE A JESSE TREE



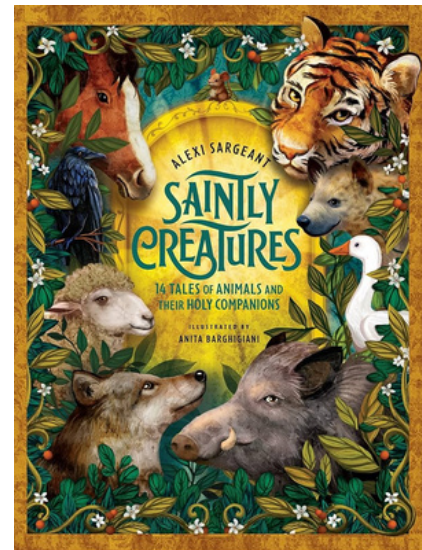
Share in this fun and meaningful tradition that will be enjoyed by the whole family! Dynamic Catholic has a great ‘how to’ on the Jesse Tree along with 11 other advent activities to try out on their blog [HERE!](#)

Download the Jesse Tree Instructions [HERE!](#)
Download the Printable Ornaments [HERE!](#)

FEATURED BOOK

SAINTLY CREATURES

“Discover the exciting tales of God’s creatures and the holy men and women they encountered! You’ll read about an enormous dog who protected a French priest from an ambush, a tiger who shared his cave with persecuted Korean Christians, a dangerous wolf who was tamed by an Italian friar, a boar who was rescued from hunters by a wise Irish abbess, and many more. Each of these fourteen tales shows the heroic virtue of the saints and inspires young readers to faithfully follow Jesus. With breathtaking full-color illustrations, this storybook will become a beloved family read-aloud.



FEATURED MOVIE

THE BEST CHRISTMAS PAGEANT EVER (2024)



Based on the beloved book, The Best Christmas Pageant Ever centers on the Herdmans, six siblings who have a reputation for being the worst kids in the world. However, when they take over the local church pageant during the holidays, they just might teach a shocked community the true meaning of Christmas. From the same director who brought you the ‘The Chosen’, this movie is sure to be a hit with the whole family.

See it in theatres this November! Find tickets near you now! [Click here!](#)

UPCOMING EVENTS

HEAR WHAT OTHERS HAVE SAID ABOUT OUR LIFE GIVING WOUNDS RETREAT

“Life Giving Wounds provided me the opportunity to reveal my wounds, especially the trauma of my parent’s separation, to God. The more I uncovered the depths of my wounds with Christ, the more I experienced the depth of the Father’s love for me.”

THE OFFICE OF MARRIAGE & FAMILY LIFE



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♥ **-EVERMORE IN LOVE MARRIED WEEKEND IMMERSIONS**
Formerly called the Living in Love retreat, this weekend is packed with insights and exercises that will help you experience the wonder of being more in love!
We are excited to see you in person!

♥ -JANUARY 25-26 @ CHRIST THE KING, TOPEKA, KS
REGISTER [HERE!](#)

♥ -FEBRUARY 1-2 @ STS. PETER & PAUL, SENECA, KS
REGISTER [HERE!](#)

♥ **-LIFE GIVING WOUNDS RETREAT**
FRIDAY - SUNDAY, JANUARY 17TH - 19TH
Registration for the 2025 Life Giving Wounds retreat is now open! Life Giving Wounds is a healing retreat for adult children (18+) of divorced, separated or never-married parents. This peer-led weekend includes insightful talks, optional small group and one-on-one discussion, Eucharistic adoration, Mass and the opportunity for Reconciliation. Limited scholarships are available for residents of the Archdiocese of KCK. For information on scholarships or for other inquiries email Brad DuPont at bdupont@archkck.org. Register [HERE!](#)

♥ **-EVERMORE IN LOVE MARRIAGE PREP WEEKEND RETREATS**
SAVIOR PASTORAL CENTER - KANSAS CITY, KS

♥ -NOVEMBER 9-10, 2024

♥ -JANUARY 11-12, 2025

Sign up on our website [HERE!](#)

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

