SDNB

Salina Diocesan News Bulletin http://salinadiocese.org/home/sdnb

Volume 358 December 1, 2010

OFFICE OF THE BISHOP

THE SOLEMNITY OF THE IMMACULATE CONCEPTION OF THE BLESSED VIRGIN MARY IS A HOLY DAY OF OBLIGATION and will be celebrated on Wednesday, December 8, 2010. Mary, under her title of the Immaculate Conception, is the patroness of the United States. The Chancery Office will be closed.

RETIREMENT FUND FOR RELIGIOUS depends on an annual appeal to support our aging religious women and men. The collection takes place on the weekend of December 11-12. Please see my letter attached as well as refer to December 3rd issue of *The Register* regarding this important appeal, or you may go to the web site www.usccb.org/nrro for more information.

VOCATION PROMOTION AND SEMINARIAN EDUCATION APPEAL:
Our third annual Vocation Promotion mailing will arrive in each household of registered parishioners in the diocese during Vocation Awareness week, January 9-16. The packet will again include a vocations prayer card, a brochure featuring our seminarians, and a letter from the bishop inviting Catholics to support our seminarians' education needs. Thank you for your continued support of this important initiative. A letter from me will be included in the January 2011 SDNB to be read at the weekend Masses of January 8-9, 2011.

CLERGY RENEWAL DAYS - January 17-20, 2011 at the Spiritual Life Center in Wichita. Sheila Garcia, Associate Director of the USCCB Secretariat of Laity, Marriage, Family Life and Youth will present on strengthening Marriage. A part of the Clergy Renewal Days will also be dedicated to help prepare priests and deacons for the implementation of the New Roman Missal which is scheduled for Advent 2011.

THE PRIESTS PERSONNEL BOARD will meet during the Clergy Renewal Days on Tuesday, January 18 after lunch. Those priests who wish to meet with the Personnel Board should contact Bishop Coakley or Fr. Barry Brinkman, in advance of this meeting to express their interests and needs.

PRIEST COUNCIL MINUTES of the November 9. 2010 are enclosed.

THE SOLEMNITY OF MARY, MOTHER OF GOD on January 1 is not a Holy Day of Obligation. The evening Mass that day should be the Vigil for Epiphany.

SALINA DIOCESE 125TH CELEBRATION: A committee has been formed to plan for the celebration of the 125th anniversary of the Salina Diocese. Events are being planned for the months leading up to the anniversary on August 2, 2012. A diocesan celebration is planned for Sunday, July 29, 2012 in Salina beginning at 1:00 pm and concluding with liturgy at Sacred Heart

OFFICE OF THE BISHOP - continued

Cathedral later that afternoon. Please mark your calendars for this special event. More details of the plans for the 125th anniversary activities will be published in the future.

CATHOLIC CHURCH EXTENSION SOCIETY PARISH CALENDARS – 2012. Please refer to my letter attached dated December 1, 2010 regarding your support in ordering Catholic Extension calendars for the 2012 calendar year for distribution in your parishes. Each year the Diocese of Salina receives a sizeable amount in grants from Catholic Extension as my letter indicates. Contact information is listed in my letter.
Please consider contacting your local funeral homes and let them know about this exciting opportunity to participate in the 2012 Catholic Extension Calendar Program as well. My deepest appreciation for considering this request!

OFFICE OF THE VICARS GENERAL

STEWARDS OF HOPE AND PUT OUT INTO THE DEEP: Bishop Coakley encourages pastors and Parish Life Coordinators to regularly mention the *Stewards of Hope* Pastoral Plan and Bishop Coakley's pastoral letter, *Put Out Into the Deep*, from the pulpit. You can use these two documents to illustrate points in your homilies, or simply as news about what is happening in our Diocese.

It would also be helpful if you made regular reference to your Stewards of Hope Committees and the progress they are making to get ready for the launch of *Stewards of Hope* in January. The parish community needs to get familiar and comfortable with these new committees, which will be making substantial contributions to parish life in the future. Consider asking your SOH Committee Chair to address the congregation (or congregations, in the case of parish groups) at the end of Mass or some other appropriate time.

The reason for creating this "buzz" is straightforward. Regular, reliable information and comment about *Put Out Into the Deep*, *Stewards of Hope* and the new committees will help maintain the momentum of our pastoral initiative. We need our people to really understand that "We're all in this together." We want the Pastoral Plan to become an accepted feature of diocesan and parish life, something we talk about routinely, something we share.

OFFICE OF CHANCELLOR

CALENDAR: Enclosed is the Diocesan Calendar for January.

OFFICE OF CATHOLIC CHARITIES

ADOPT A FAMILY PROGRAM: Catholic Charities is collecting donations for our Adopt A Family Program for Christmas. Please consider inserting the flier in your bulletins or adding the following statement in the bulletin.

Catholic Charities has two ways to help the needy during the Advent and Christmas Season. Each year we have a large number of families who need help at Christmas time. We match families in need with sponsors who would like to provide food and gifts for the holiday. For more information, contact Maribel Panuco at 825-0208 or mpanuco@catholiccharitiessalina.org. The

second way to help is to provide a financial contribution to our Emergency Assistance Program which helps people throughout the year with rent, utilities, prescriptions, and other emergencies.

OFFICE OF CATHOLIC CHARITIES - continued

100% of the funds collected are used for direct assistance for those in need. Gifts can be sent to Catholic Charities, 425 W. Iron Ave., Salina, KS 67401.

OFFICE OF PRIESTLY VOCATIONS

INTERCESSIONS AND BULLETIN BLURBS for December are enclosed.

CALENDAR OF UPCOMING EVENTS:

December 12,19 – Andrew Dinner Salina/Hays
December 28 – Priests, Seminarians, and Families Christmas Gathering
December 28 – Runnin Rev's – Salina
January 7-9 – Quo Vadis Discernment Retreat
January 14-16 – FOCUS Conference Denver

CHRISTMAS GATHERING: The Christmas gathering for seminarians and families will begin with mass at 11:00 a.m. on December 28, followed by lunch and presentations. All priests are invited to attend. Please RSVP at vocations@salinadiocese.org by December 15.

RUNNIN REVS: Runnin Revs will have a basketball game in Salina at Sacred Heart High School Tuesday Evening, December 28 at 7 p.m. The game will be hosted for any 7-12 grade students in the area who **are not** currently in High School basketball programs.

QUO VADIS: I will be taking a few men to Wichita for the annual Quo Vadis discernment retreat. Contact me with any prospects for this retreat.

ANDREW DINNERS: We will again be having two Andrew Dinners with the bishop for juniors and seniors in high school and college age young men. These dinners are an opportunity for young men to spend time with the bishop and to open their minds and hearts to discernment of God's will in their lives. December 12 is at the Bishop's House at 6 p.m. in Salina. December 19 is at IHM Parish in Hays at 6 p.m. **Please contact me with names and contact information of prospects for these dinners.**

RESPECT LIFE OFFICE

INTERCESSIONS FOR LIFE AND BULLETIN BRIEFS are enclosed for the month of January, 2011

NATIONAL NIGHT OF PRAYER: Suggestions for this evening in memory of all aborted babies

1. Spend at least an hour of prayer on Dec. 8 and/or 9th
2. Pray a rosary prior to Mass
3. Pray to Our Lady of Guadalupe, Patroness of the unborn and of the Americas

MARCH FOR LIFE: Please pray for the 92 pilgrims going to Washington DC on January 24, 2011 for the March for Life.

CONTINUING EDUCATION OF PRIESTS

ADVENT DAY OF PRAYER: November 30, 2010. This day is for priests and deacons. Our day will be held at Victoria, beginning with coffee and rolls at 10:00, the first conference beginning at 10:20, and the day concluding around 3:30. Our time together will be facilitated by Diana Macalintal. Ms. Macalintal is Director of the Office of Liturgy for the diocese of San Jose. She will lead us through prayerful reflections on the various rituals of the ordination ceremony.

JANUARY RENEWAL DAYS 2011: The dates are January 17-20. These days will be held at Wichita beginning Monday evening with 5:30 supper. Much of our time will be facilitated by Sheila Garcia, Associate Director of the Office of the Secretariat of Laity, Marriage, Family Life and Youth. She will use as her basis the new pastoral letter on marriage. The remaining time will be used by Bishop Coakley and Fr. Coady to help prepare us priests to lead the diocese in the implementation of the New Roman Missal.

2011 ANNUAL RETREAT: In light of the recent preference by the priests of the diocese, we will have a diocesan retreat in 2011. The dates are May 31 – June 3.

2011 CONVOCATION: The dates are September 19 -23, 2011 at Camp St. Malo, CO.

OFFICE OF THE PROPAGATION OF THE FAITH

HOLY CHILDHOOD ASSOCIATION: We are again providing materials for Holy Childhood Association contributions during the Christmas season. If your parish made contributions in the last two years, we are enclosing the materials with this mailing. If you have not received materials and would like to have them, please contact Renee at the Chancery by phone or email (receptionist@salinadiocese.org.) Please note these materials are slightly different than the past, and include prayer cards which could be placed at the parish church nativity scene along with the placard and bowl/basket for contributions. Additional prayer cards are available on request. An announcement for your bulletin or parish website could read:

> **During the Christmas season we celebrate the birth of Christ among us that brings hope and joy to the world. Make a difference through supporting the Holy Childhood Association as HCA seeks to share the Good News of Jesus with children in the Developing World. Your prayer and sacrifices help provide children in desperate need with clean water, food, education, and medical care—and above all, the knowledge and love of God. Donations may be placed in the special bowl near the church nativity scene. Prayer cards are also available.**

MISSION SUNDAY COLLECTION: Thank you for your contributions to the 2010 Mission Sunday collection which was taken up on the weekend of October 23-24. If you have not already done so, please forward those contributions to the Propagation of the Faith office as soon as possible.

HEALTH CARE

MEDICAID/CHIP NOTICE: Attached you will find a three-page notice for Medicaid and the Children's Health Insurance Program (CHIP). This is a notice that we are required to send to <u>all</u> members of the Health Care Plan on an annual basis.

HEALTH CARE - continued

Basically, this is a required Medicaid notice. No action is required on your part, and our current health care coverage is not changing.

Please do not hesitate to give Jennifer Hood a call at the Chancery office if you have any questions.

LIVE WELL, WORK WELL FLYER: Attached is a one-page flyer entitled "Live Well, Work Well." It was provided to us by our health insurance broker, PowerGroup Companies, and we thought it may be of interest.

OFFICE OF FAMILY LIFE

SINGLE PARENT NETWORKER: Please distribute the enclosed Single Parent Networker to your Family Life Coordinator or Family Life Chairperson.

GOD'S PLAN FOR A JOY FILLED MARRIAGE is scheduled for Jan. 8 at Concordia and Jan. 15 at Salina. The Salina Seminar at Elizabeth Ann Seton Church already has couples registered so encourage any couples preparing for marriage to attend one of these sessions.

HOLY FAMILY SUNDAY—Parishes can observe Holy Family Sunday by encouraging families to participate in special family activities together. Ideas are provided on the bulletin insert included in this mailing. Special family prayers and blessing are appropriate for families to share on Holy Family Sunday.

REMINDER: FAMILY LIFE EVENTS: The Family Life Office will be posting **Family Life Events** occurring across the Diocese on the opening page (http://salinadiocese.org/family-life) of the Family Life website. All parishes are encouraged to send announcements/notices on marriage and family events, speaker programs and trainings that are being offered in your parish. Email your notices to Sheila Marcotte, Family Life Office secretary at familylife2@salinadiocese.org or by land mail to Sheila Marcotte, Family Life, P.O. Box 980, Salina, KS 67402-0980. Our hope is to serve as a **Family Life Events** clearinghouse for people to find family life programming they may be interested in attending.

MARRIAGE ENCOUNTER WEEKEND will be held in Concordia at Manna House on Feb. 18-20, 2011. Please encourage married couples, who desire a richer, fuller life together to attend. For additional information, please contact Dave & Joan Dunn, 785-628-1795.

DATES TO REMEMBER:
Beginning Experience-Spiritual Life Center-Wichita-Feb. 11-13, 2011
Engaged Encounter-Capuchin Center for Spiritual Life-Victoria-Feb. 11-13, 2011
Retrouvaille-Spiritual Life Center-Wichita-Feb. 11-13, 2011
Marriage Encounter- Manna House-Concordia-Feb. 18-20, 2011

OFFICE OF STEWARDSHIP

STEWARDSHIP CONFERENCE: Thank you to all who attended the 2nd diocesan wide stewardship conference. The speakers were dynamic and we hope you took away many things that

you will be able to implement in your parishes. Please contact the office if you have any questions or comments regarding the conference.

OFFICE OF DEVELOPMENT

YESTERDAY, TODAY AND FOREVER CAPITAL CAMPAIGN: Wave ONE parishes are nearing completion and should be wrapping up their individual campaigns before Christmas. Thank you for your support of this campaign. To date, eleven parishes have reached or surpassed their goals. Many others are getting close.

Wave TWO officially begins in January. In order to prepare, each Wave TWO pastor is asked to attend one of the three orientation meetings. Pastors should attend with one to three leaders from each of their parishes. Remember, you only need to attend **one** of the meetings below.

Monday, December 6 at 7:00 PM, Russell
Thursday, December 9 at 7:00 PM, Beloit (Knights of Columbus Hall – 123 W. Court St.)
Tuesday, December 14 at 7:00 PM, Hays (Immaculate Heart)

Any questions call Shawn Crawford for Syndi Larez at 785-827-8746.

OFFICE OF RELIGIOUS EDUCATION

TOTUS TUUS: Our weeks are filling up for TOTUS TUUS. The following weeks are open: June 5-10, July 17-22 and July 24-29. Please call Karen as soon as possible to reserve a date for your parish.

DIOCESAN CATECHIST RALLY: Our Catechist Rally will be the weekend of September 24-25, 2011. Our speaker will be Joe Paprocki from Chicago, Illinois. More information will follow.

OFFICE OF YOUTH MINISTRY

DIOCESAN CYO CONVENTION: Our convention will be the weekend of April 2-3, 2011 at South High School in Salina. We will be sending the registration packet to you in January.

NCYC: As of today we have over 1110 youth and adults attending NCYC in Indianapolis, Indiana. Thank you so much for your support of our youth in your parishes. The packet for registering your group will be mailed to you in January.

PRAYER AND ACTION: Our western parishes to host Prayer and Action this summer is Atwood and Herndon. Working with a couple of parishes to host in the east.

OFFICE OF LITURGY

GOOD REMINDER: As we move into the cold and flu season, it might be good to remind people to stay home if they are sick. They tend to infect others when they come to Mass. God will understand, and the healthy people will thank them.

OFFICE OF ECUMENICAL AND INTERRELIGIOUS AFFAIRS

THE WEEK OF PRAYER FOR CHRISTIAN UNITY will be celebrated January 18-25, 2011. Its theme is "One in the Apostles' Teaching, Fellowship, Breaking of Bread and Prayer." All

parishes are encouraged to celebrate the week in an appropriate way. Resource materials may be found at http://www.geii.org/2011_wop_order_form.pdf

MISCELLANEOUS

DIRECTORY CHANGES:

1. Mass Schedule change:
   Immaculate Conception, Grinnell – Saturday – 5:00 pm (take off June-Nov.) (take off Sunday Mass) (pg. 58)
   Sacred Heart, Park – Saturday – 7:00 pm; Sunday 10:00 am (pg. 61)
   St. Agnes, Grainfield – take off the Saturday night Mass. Sunday Mass 8:00 am (take off June-Nov.) (pg. 58)
   St. Mary, Smith Center – Saturday – 5:30 pm (Nov – Apr) (pg.62)

2. Priests' Council Membership – pg. 13
   Replacing Fr. Daryl Olmstead as a West Central Rep is Fr. Galen Long
   Replacing Fr. Norbert Dlabal as a West Rep is Fr. Nick Parker

   These changes also need to be made on page 52 in the Vicariate Section

3. Priests' Continuing Education Committee Membership – pg. 13
   Replacing Fr. Frank Coady is Fr. Nick Parker

January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Chancery Closed	1 Solemnity of Mary, Mother of God
2	3	4 Region IX	5 Bishops'	6 Retreat	7 (4-11)	8 God's Plan for a Joy filled Marriage, OLPH, Concordia 8:30 am
9 Region IX	10 Bishops'	11 Retreat (4-11)	12	13	14 Engaged Encounter, Wichita (14-16)	15 God's Plan for a Joy Filled Marriage, St. Elizabeth, Salina 8:30 am EE, Wichita (14-16)
16 EE, Wichita (14-16)	17 Clergy	18 Renewal	19 Days	20 Catholic Charities Board Meeting, Salina 6:30 pm (17-20)	21	22 Rural Life Meeting, Hays, St. Nicholas 10:30 am – 2:00 pm March for Life Trip (22-25)
23 March for Life Trip (22-25)	24 March for Life Catholic	25 March for Life Trip (22-25) Leadership	26 Institute for	27 Bishops (24-27)	28 Deacon Formation and Vinea Lay Ministry Formation, Great Bend (28-30) Engaged Encounter Wichita (28-30)	29 Deacon Formation and Vinea Lay Ministry Formation, Great Bend (28-30) Engaged Encounter Wichita (28-30)
30 Catholic Schools Week (Jan. 30 – Feb. 5) Deacon Formation and Vinea Lay Ministry Formation, Great Bend (28-30) EE, Wichita (28-30)	31 Catholic Schools Week (Jan. 30 – Feb. 5) Kansas Catholic Conference 1/31 – 2/1					

Diocese of Salina **Office of the Bishop**
103 N. Ninth Street
PO Box 980
Salina, KS 67401

December 3, 2010

Dear Brothers and Sisters in Christ,

Each year the parishes within our diocese participate in the national collection for the Retirement Fund for Religious, which provides assistance for the care of elderly Catholic sisters, brothers and religious order priests.

The **Retirement Fund for Religious collection** is now in its twenty-third year. Last year it disbursed over $23 million to 477 religious institutes around the country including the Sisters of St. Joseph of Concordia, the Capuchin Franciscans and the Sisters of St. Agnes who serve in our diocese. Along with our Yesterday, Today and Forever campaign which is raising funds for our retired *diocesan* priests this is one concrete way that we can express our gratitude to those who have spent their lives in service to Christ and the Church.

As I reflect on the role that religious have played in our church, I am reminded of the myriad ways these dedicated women and men serve as bridges of faith, hope and love. Through their service in Catholic schools and parishes, through their corporal and spiritual works of mercy, through their many apostolates and the witness of their lives they serve as instruments of God's love to all, especially the poor, the sick and the lonely.

In a special way, our elderly religious are bridges of grace. While many elderly religious continue in active and volunteer ministry, others are frail and in need of assistance. Yet they remain committed to their vocation, accepting the limitations of aging and embracing the opportunity to focus more fully on praying for our Church and world.

We will take up this important collection on the weekend of **December 11-12**. I ask you simply to offer what you can for the care of these women and men who have made such enormous contributions to our Church. As St. Paul says, "Let us do good to all, but especially to those who belong to the family of the faith." (Gal 6:10) Grateful for your response and with the assurance of my prayers, I remain

Sincerely yours in Christ,

+Paul S. Coakley

Most Reverend Paul S. Coakley
Bishop of Salina

Diocese of Salina **Office of the Bishop**
103 N. Ninth Street
PO Box 980
Salina, KS 67401

December 1, 2010

Dear Pastors and Parish Life Coordinators,

Over the past decade, we have received $914,410 in grants from Catholic Extension. As many of you know, Catholic Extension continue to partner with many dioceses, including our own, by providing much needed resources.

What you may not realize is that one of the ways Catholic Extension raises money is through its calendar program. If your parish currently uses calendars from another vendor, or doesn't offer calendars, I would encourage you to consider purchasing your 2012 calendars through Catholic Extension. They are actually the only non-profit calendar provider, and they give away 100% of the proceeds from annual calendar sales to dioceses in need. Although other calendar providers may claim to be charitable, they are for-profit companies and only donate a small percentage to charitable causes. Proceeds from Catholic Extension calendars make it possible for them to fund several projects in our diocese. Ordering Catholic Extension calendars demonstrates our appreciation and support, while also providing your parish community a beautiful religious appointment calendar.

To obtain pricing, ordering, and imprinting information, as well as samples of the four 2012 calendars, please contact Tom Finnegan in the Catholic Extension Calendar Department at 1-800-292-5055 or by e-mail at ftinnegan@catholicextension.org. You also can visit www.catholicextension.org/2011calendars.

My deepest thanks for considering this request. May God continue to bless you in your efforts to spread the Good News among the people entrusted to your care!

Sincerely yours in Christ,

+Paul S. Coakley

Most Reverend Paul S. Coakley
Bishop of Salina

Phone (785) 827-8746 - Fax (785) 827-6133 - E-Mail: chancery2@salinadiocese.org

Catholic Charities

Help us Brighten up the Holidays!

For several years, thanks to the generosity of many, we have been able to assist many families in need. Every year we see an increase in numbers of families in need, this year's goal is to provide more families with a joyful Christmas. Our Hope is to help provide them with food, clothes, toys, and other special needs, which will make the Holidays brighter for the children and their parents.

As we prepare our hearts for Christmas, we invite you to open your hearts to help us prepare a Christmas Celebration for families that do not have the resources to provide their own.

We will be glad to accept monetary donations; or call us for details on the toys, clothes, food, or special needs, if you wish to do the shopping yourself.

"The Lord has done great things for us, and we are filled with joy. Psalm 126:3" This bible verse was sent to us shortly after Barbara and her children were helped by the "Adopt a Family' program.

Make this advent a special one,
by helping us make the holidays brighter for our families.
To contribute to the project, please call:
Maribel Panuco @ 785- 827-4517 ext. 215.
Or mail your donation to: Catholic Charities 425 W. Iron, P.O. BOX 1366.
Salina, KS 67401
Attn: Adopt a Family

May God Bless You!

Somehow, not only for Christmas, but all the long year through, the joy that you give to others, Is the joy that comes back to you. And the more you spend in blessing, the poor and lonely and sad, the more of your hearts possessing, returns to you glad.

- John Greenleaf Whittier

December 2010
Vocation Petitions

***Third Sunday of Advent* -- December 12, 2010**
For men and women called by the Lord to be priests, deacons and consecrated religious, that the peace of Christ will guard their hearts and minds as they proclaim the good news of salvation to His people, we pray to the Lord.

***Fourth Sunday of Advent* -- December 19, 2010**
For a deeper trust and docility to the Holy Spirit among persons discerning a call to serve Christ as a priest deacon, in the consecrated life, or as lay ecclesial ministers, we pray to the Lord.

***Christmas* -- December 25, 2010**
That as Joseph and Mary welcomed the gift of the Child Jesus, all mothers and fathers will prayerfully foster each of their children's vocations in Christ and especially welcome His call for priests, brothers and sisters, we pray to the Lord.

***Feast of the Holy Family* -- December 26, 2010**
That Catholic families will pray generously for vocations to the priesthood and consecrated life from among their children, we pray to the Lord

***Solemnity of Mary, Mother of God* -- January 1, 2011**
That through our Blessed Mother's intercession, all those being called to holiness as priests, deacons and in the consecrated life, will find joy and faithfulness in their vocations, we pray to the Lord.

***The Epiphany* -- January 2, 2011**
For an increased understanding among our young people that they are uniquely chosen by God to be holy through their specific vocation to their state in life in Christ, we pray to the Lord

December 2010
Vocation Bulletin Blurbs

***Third Sunday of Advent* -- December 12, 2010**
"I send my messenger ahead of you to prepare your way before you." Are you called to be sent by Jesus as a priest, deacon, sister or brother? Call Father Jarett Konrade 785-827-8746 or e-mail at vocations@salinadiocese.org.

***Fourth Sunday of Advent* -- December 19, 2010**
"When Joseph awoke he did as the angel of the Lord directed him," Are you prayerfully vigilant about discovering your vocation in Christ? Might He be inviting you to the priesthood or consecrated life? Call Father Jarett Konrade 785-827-8746 or e-mail at vocations@salinadiocese.org.

***Christmas* -- December 25, 2010**
"He gave power to become children of God." If you think you may be called to share the Father's love as a priest, deacon or in the consecrated life, Call Father Jarett Konrade 785-827-8746 or e-mail at vocations@salinadiocese.org.

***Feast of the Holy Family* -- December 26, 2010**
By Baptism, Catholic families are holy families and are the seed beds for the vocations of their children. Pray generously as a family for vocations to the priesthood and consecrated life from among your children. Should God be calling one among you, Call Father Jarett Konrade 785-827-8746 or e-mail at vocations@salinadiocese.org.

***Solemnity of Mary, Mother of God* -- January 1, 2011**
"God has sent the Spirit of His Son into our hearts." If the Spirit of Jesus is prompting you to love and serve Him as a priest, deacon or in the consecrated life, Call Father Jarett Konrade 785-827-8746 or e-mail at vocations@salinadiocese.org.

***The Epiphany* -- January 2, 2011**
"God chose us before the world began to be holy." God has chosen each person in Christ for a particular vocation. If He may be calling you to be holy through a vocation to the priesthood or consecrated life, Call Father Jarett Konrade 785-827-8746 or e-mail at vocations@salinadiocese.org.

Medicaid and the Children's Health Insurance Program (CHIP)
Offer Free Or Low-Cost Health Coverage To Children And Families

If you are eligible for health coverage from your employer, but are unable to afford the premiums, some States have premium assistance programs that can help pay for coverage. These States use funds from their Medicaid or CHIP programs to help people who are eligible for employer-sponsored health coverage, but need assistance in paying their health premiums.

If you or your dependents are already enrolled in Medicaid or CHIP and you live in a State listed below, you can contact your State Medicaid or CHIP office to find out if premium assistance is available.

If you or your dependents are NOT currently enrolled in Medicaid or CHIP, and you think you or any of your dependents might be eligible for either of these programs, you can contact your State Medicaid or CHIP office or dial **1-877-KIDS NOW** or **www.insurekidsnow.gov** to find out how to apply. If you qualify, you can ask the State if it has a program that might help you pay the premiums for an employer-sponsored plan.

Once it is determined that you or your dependents are eligible for premium assistance under Medicaid or CHIP, your employer's health plan is required to permit you and your dependents to enroll in the plan – as long as you and your dependents are eligible, but not already enrolled in the employer's plan. This is called a "special enrollment" opportunity, and **you must request coverage within 60 days of being determined eligible for premium assistance**.

If you live in one of the following States, you may be eligible for assistance paying your employer health plan premiums. The following list of States is current as of November 3, 2010. You should contact your State for further information on eligibility –

ALABAMA – Medicaid	**CALIFORNIA** – Medicaid
Website: http://www.medicaid.alabama.gov Phone: 1-800-362-1504	Website: http://www.dhcs.ca.gov/services/Pages/TPLRD_CAU_cont.aspx Phone: 1-866-298-8443
ALASKA – Medicaid	**COLORADO** – Medicaid and CHIP
Website: http://health.hss.state.ak.us/dpa/programs/medicaid/ Phone (Outside of Anchorage): 1-888-318-8890 Phone (Anchorage): 907-269-6529	Medicaid Website: http://www.colorado.gov/ Medicaid Phone (In state): 1-800-866-3513 Medicaid Phone (Out of state): 1-800-221-3943 CHIP Website: http:// www.CHPplus.org CHIP Phone: 303-866-3243
ARIZONA – CHIP	
Website: http://www.azahcccs.gov/applicants/default.aspx Phone (In state): 1-877-764-5437	
ARKANSAS – CHIP	**FLORIDA** – Medicaid
Website: http://www.arkidsfirst.com/ Phone: 1-888-474-8275	Website: http://www.fdhc.state.fl.us/Medicaid/index.shtml Phone: 1-866-762-2237
GEORGIA – Medicaid	**MONTANA** – Medicaid

Website: http://dch.georgia.gov/ Click on Programs, then Medicaid Phone: 1-800-869-1150	Website: http://medicaidprovider.hhs.mt.gov/clientpages/clientindex.shtml Telephone: 1-800-694-3084
IDAHO – Medicaid and CHIP	**NEBRASKA** – Medicaid
Medicaid Website: www.accesstohealthinsurance.idaho.gov Medicaid Phone: 1-800-926-2588 CHIP Website: www.medicaid.idaho.gov CHIP Phone: 1-800-926-2588	Website: http://www.dhhs.ne.gov/med/medindex.htm Phone: 1-877-255-3092
INDIANA – Medicaid	**NEVADA** – Medicaid and CHIP
Website: http://www.in.gov/fssa/2408.htm Phone: 1-877-438-4479	Medicaid Website: http://dwss.nv.gov/ Medicaid Phone: 1-800-992-0900 CHIP Website: http://www.nevadacheckup.nv.org/ CHIP Phone: 1-877-543-7669
IOWA – Medicaid	
Website: www.dhs.state.ia.us/hipp/ Phone: 1-888-346-9562	
KANSAS – Medicaid	**NEW HAMPSHIRE** – Medicaid
Website: https://www.khpa.ks.gov Phone: 800-766-9012	Website: www.dhhs.nh.gov/ombp/index.htm Phone: 603-271-4238
KENTUCKY – Medicaid	**NEW JERSEY** – Medicaid and CHIP
Website: http://chfs.ky.gov/dms/default.htm Phone: 1-800-635-2570	Medicaid Website: http://www.state.nj.us/humanservices/dmahs/clients/medicaid/ Medicaid Phone: 1-800-356-1561 CHIP Website: http://www.njfamilycare.org/index.html CHIP Phone: 1-800-701-0710
LOUISIANA – Medicaid	
Website: http://www.lahipp.dhh.louisiana.gov Phone: 1-888-342-6207	
MAINE – Medicaid	**NEW MEXICO** – Medicaid and CHIP
Website: http://www.maine.gov/dhhs/oms/ Phone: 1-800-321-5557	Medicaid Website: http://www.hsd.state.nm.us/mad/index.html Medicaid Phone: 1-888-997-2583 CHIP Website: http://www.hsd.state.nm.us/mad/index.html Click on Insure New Mexico CHIP Phone: 1-888-997-2583
MASSACHUSETTS – Medicaid and CHIP	
Medicaid & CHIP Website: http://www.mass.gov/MassHealth Medicaid & CHIP Phone: 1-800-462-1120	
MINNESOTA – Medicaid	**NEW YORK** – Medicaid
Website: http://www.dhs.state.mn.us/ Click on Health Care, then Medical Assistance Phone (Outside of Twin City area): 800-657-3739 Phone (Twin City area): 651-431-2670	Website: http://www.nyhealth.gov/health_care/medicaid/ Phone: 1-800-541-2831
MISSOURI – Medicaid	**NORTH CAROLINA** – Medicaid

Website: http://www.dss.mo.gov/mhd/index.htm Phone: 573-751-6944	Website: http://www.nc.gov Phone: 919-855-4100
NORTH DAKOTA – Medicaid	**UTAH** – Medicaid
Website: http://www.nd.gov/dhs/services/medicalserv/medicaid/ Phone: 1-800-755-2604	Website: http://health.utah.gov/medicaid/ Phone: 1-866-435-7414
OKLAHOMA – Medicaid	**VERMONT**– Medicaid
Website: http://www.insureoklahoma.org Phone: 1-888-365-3742	Website: http://ovha.vermont.gov/ Telephone: 1-800-250-8427
OREGON – Medicaid and CHIP	**VIRGINIA** – Medicaid and CHIP
Medicaid & CHIP Website: http://www.oregonhealthykids.gov Medicaid & CHIP Phone: 1-877-314-5678	Medicaid Website: http://www.dmas.virginia.gov/rcp-HIPP.htm Medicaid Phone: 1-800-432-5924 CHIP Website: http://www.famis.org/ CHIP Phone: 1-866-873-2647
PENNSYLVANIA – Medicaid	**WASHINGTON** – Medicaid
Website: http://www.dpw.state.pa.us/partnersproviders/medicalassistance/doingbusiness/003670053.htm Phone: 1-800-644-7730	Website: http://hrsa.dshs.wa.gov/premiumpymt/Apply.shtm Phone: 1-800-562-3022 ext. 15473
RHODE ISLAND – Medicaid	**WEST VIRGINIA** – Medicaid
Website: www.dhs.ri.gov Phone: 401-462-5300	Website: http://www.wvrecovery.com/hipp.htm Phone: 304-342-1604
SOUTH CAROLINA – Medicaid	**WISCONSIN** – Medicaid
Website: http://www.scdhhs.gov Phone: 1-888-549-0820	Website: http://dhs.wisconsin.gov/medicaid/publications/p-10095.htm Phone: 1-800-362-3002
TEXAS – Medicaid	**WYOMING** – Medicaid
Website: https://www.gethipptexas.com/ Phone: 1-800-440-0493	Website: http://www.health.wyo.gov/healthcarefin/index.html Telephone: 307-777-7531

To see if any more States have added a premium assistance program since November 3, 2010, or for more information on special enrollment rights, you can contact either:

U.S. Department of Labor
Employee Benefits Security Administration
www.dol.gov/ebsa
1-866-444-EBSA (3272)

U.S. Department of Health and Human Services
Centers for Medicare & Medicaid Services
www.cms.hhs.gov
1-877-267-2323, Ext. 61565

OMB Control Number 1210-0137 (expires 09/30/2013)

November 2010

Brought to you by Power Group

LIVE WELL, WORK WELL

Pre-Diabetes Precautions

Before developing type 2 diabetes, many suffer from pre-diabetes, a serious medical condition in which blood glucose levels are much higher than normal. But pre-diabetes does not have to lead to type 2 diabetes. This starts with knowing the risk factors and prevention strategies.

Risk factors

- If you are overweight and age 45 or older, you should be screened for pre-diabetes during your next routine check-up.
- If you are not overweight and age 45 or older, ask your doctor during your next visit if testing is appropriate.
- If you are overweight and under age 45, your doctor should recommend testing if you have any other risk factors for diabetes.

Prevention

If you are diagnosed with pre-diabetes, you can still prevent or delay the onset of type 2 diabetes through lifestyle changes, such as:

- Moderate weight loss: reduce your total body weight by 5 to 10 percent.
- Regular exercise: aim for 30 minutes of exercise a day, five days a week.
- Healthy diet: talk to your doctor about a healthy meal plan that is right for you.

November is American Diabetes Month

'Tis the Flu Season

Every year, between 5 and 20 percent of the U.S. population gets sick from influenza, around 200,000 people are hospitalized due to its complications and 36,000 die from it, according to the Centers for Disease Control and Prevention (CDC).

To ward off the flu and colds, consider the following prevention tips:

- Get the annual flu vaccine. This year's vaccine protects against multiple strains of influenza, including H1N1, and only requires one shot.
- Wash your hands often with antibacterial hand soap.
- Clean surfaces that may have been contaminated with a virus, such as doorknobs, computer keyboards, countertops, remote controls and phones.
- Cover your mouth when you sneeze or cough.
- Try to avoid contact with those who are ill, and avoid touching your eyes, nose and mouth.
- Maintain a healthy lifestyle, which will help you to maintain a healthy immune system as well.

If you contract the flu virus, consider these tips to help you toward a speedy recovery:

- Stay home from work or school. The CDC recommends staying home for at least 24 hours after your fever breaks. This will help prevent spreading the virus to others and ensure that you get adequate rest.
- Get plenty of sleep, and drink adequate fluids to stay hydrated.

Most who contract the flu virus do not need medical care or antiviral drugs, but some are more likely to have complications, such as young children, those 65 and older, those with athsma, diabetes or who are pregnant. Talk to your doctor about whether you need to be examined when you have flu-like symptoms.

Seek medical attention if you or your child experiences any of these symptoms:

- Fast breathing or trouble breathing
- Bluish skin color
- Pain or pressure in the chest or abdomen
- Sudden dizziness or confusion
- Severe or persistant vomiting
- Flu-like symptoms that improve, but then return with fever and worse cough

PowerGroup Companies

Stuffing Safely

Cooking a home-stuffed turkey can be riskier than cooking the stuffing separately. Even if the turkey has reached the minimum internal temperature, the stuffing may not have reached a temperature high enough to destroy foodborne-illness causing bacteria. However, with careful preparation and the use of a meat thermometer, you can safely enjoy this holiday tradition.

Stuff the turkey loosely – only use about ¾ cup of stuffing per pound of turkey. The stuffing should be moist, instead of dry, because heat destroys bacteria more rapidly in a moist environment.

The minimum internal temperature for turkey and stuffing is 165 degrees F, according to the USDA. To determine if your meat and stuffing have both reached the safe minimum temperature, use a meat thermometer. Insert the thermometer in several places, including the innermost part of the thigh and the center of the stuffing. Tip: A pop-up thermometer will be able to tell when the meat is fully cooked, but will not be able to tell the temperature of the stuffing.

Once the meat and stuffing have both reached the safe minimum temperature, remove the turkey from the oven and let it stand for 15-20 minutes before removing the stuffing and carving.

When You Can't Do a Home Repair…

Do you need to call a repair service for something in your home? House calls can be expensive, but following these tips can help save you time and money:

-Explain exactly what you need when you call the repair service. Address the problem, what is broken and if the item has a history of breaking down or being previously repaired. If the repair company comes prepared, it will save both of you time.

-Buy your own supplies. Many repair places will charge up to 100 percent markup for their own materials, as well as the time spent shopping for your item(s). Ask what supplies will be needed to make the repair, and if you can buy them yourself prior to the repair company coming to your home.

-Many repair services charge a flat fee and then tack on hourly charges. If you have a few other items that you would like looked at in your home, consider having everything looked at while the repair person is there.

Spiced Apple Cider

2 quarts apple cider
½ cup orange juice
¼ cup lemon juice
2 tablespoons sugar
2 teaspoons whole cloves
3 cinnamon sticks
1 teaspoon nutmeg
2 oranges, sliced
2 lemons, sliced

Mix all ingredients and bring to a boil. Reduce heat and let simmer for 10 minutes. Strain and serve. Garnish with an orange slice or cinnamon stick in each mug.

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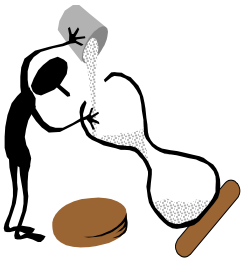
Volume 19, Issue 12
December 2010

Single Parent Networker

The Family Life Office of the Archdiocese of Omaha, Nebraska

DIVORCE / DEATH / LOSS – TRANSITIONS AND CHANGES



The marriage isn't over when the divorce is granted and the death isn't final when the spouse is buried. After the divorce or death takes place, we feel like life is out of focus. We are not sure how to act, how to feel, how to respond, or even where we fit in.

It is important to sort through the scattered pieces of our life and reassemble an acceptable new world for ourselves. This can be extremely difficult to do when we may be changing homes or jobs, when we are thinking about dating after so many years of being married, or when our responsibilities have increased. Any puzzle is easier to solve if we take it piece by piece.

Adjustment to being single requires sorting out many pieces. Because of this, the transition may take three to five years or possibly longer. We must not limit ourselves on the length of time it takes to heal; rather, we must allow ourselves the time we need.

Life is change…filled with endings, beginnings, and transitions. Some of these are painful and some are a natural part of the cycle of life. During these periods of adjustment, we are rebuilding an acceptable lifestyle in which to exist.

The question so often asked is, "How do I move through the changes successfully?" When it seems that the rug has been pulled out from under you, just lying there seems to be the only alternative. However, there are Actions of Grief. These are concrete steps to rebuilding:

BELIEVE IT HAS HAPPENED

Some things that happen have no basis of logic. Accepting this can prevent much bitterness and self-blame.

ACKNOWLEDGE THE PAIN

Society does not encourage us to feel pain of any type. With grief, the only way to get beyond it is to go through it…admit that the pain is there, feel it, lean into it, do not avoid it. Experiencing the pain will free you of it. Otherwise, it remains a heavy burden locked inside of your heart. Your story must be told repeatedly.

REACH OUT

Make your needs known to your family and friends. Let them know honestly what it is you need physically and emotionally. Remember, they cannot read your mind. Loved ones can be a tremendous support when asked.

SHARE YOUR THOUGHTS AND FEELINGS

Do not keep them bottled up. Use good judgment as to when and where. Talk, scream, cry – grief requires these outlets.

UNDERSTAND THE TIMETABLE

Grief does not have a timetable. It may take years to heal. Allow yourself as long as it takes. Do not let others rush you.

ACCEPT THAT LIFE IS FOR THE LIVING

All relationships take emotional and physical energy. Put the energy that you gave the relationship that has ended into positive directions. Get a job, start a new hobby, or open your circle of friends.

Our life will settle down and become livable again. Although it will be different, we may discover that some of the changes are better than "the way things used to be". In time, we may realize that we are better, stronger, more caring persons because of all we have gone through. Often, after transitions happen, especially the painful ones, we can look back and see the personal growth that has taken place. We can see ***the rainbow after our family's storm.***

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"A shoot shall come up from the stump of Jesse: from his roots a bud shall bloom."

Isaiah 11:1

Dad's Matter

Fathers are essential to the development of children just as much as mothers. Psychology Today says, "Fatherhood turns out to be a complex phenomenon with huge consequences for the emotional and intellectual growth of children."

A Father brings unique contributions to the job of parenting that no one else can replicate. Here are some ways dads can matter and make a difference for their children.

Fathers parent differently. Fathers have a distinct style of communication and interaction with their children. Whether children realize it or not, they are learning by sheer experience that men and women are different and have different ways of dealing with life.

Fathers play differently. Fathers tickle more, they wrestle and they throw their children in the air (while mothers say... "not to high") Fathers chase their children. Children learn self-control and when to settle down by being told "enough is enough".

Fathers build confidence. Go to any playground and listen to the parents. Who is encouraging kids to swing or climb just a little higher, ride their bike just a little faster, throw just a little harder? Who is encouraging kids to be careful? Mothers protect and dads encourage kids to push the limits. Together, parents help their children remain safe while expanding their experiences and increasing their confidence.

Fathers discipline differently. Fathers stress justice, fairness and duty (based on rules) while mothers stress sympathy, care and help (based on relationships). Fathers tend to observe and enforce rules, teaching children the consequences of right and wrong. Mothers tend towards grace and sympathy, providing a sense of hopefulness. Again, either of these disciplinary approached by themselves is not good, but together they create a healthy, proper balance.

Fathers prepare children for the real world. Involved dads help children see that attitudes and behaviors have consequences. Father's help children prepare for the reality and harshness of the world.

Fathers provide a look at the world of men. Men and women are different. They eat differently. They dress differently. They cope differently. Girls and boys who grow up with a father involved in their lives are more familiar and secure with the world of men.

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Visit www.thelifeworkscoach.com or http://lifeworkscoach.blogspot.com to learn more. "Dad's Matter" Real Solutions for Real Dads, A Divorced Father's Support Workshop.

ADVENT CONTINUES

Second Sunday, December 5

Third Sunday, December 12

Fourth Sunday, December 19

How will you and your family make the best use of your time during the weeks before Christmas?

FAMILY FUN

The Twelve Days of Christmas

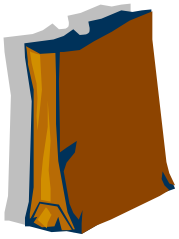
In today's fast paced world it is a challenge to continue to celebrate all twelve days of Christmas leading up to Epiphany.

The day after Christmas many people take down their tree, box up and put away all that represents Christmas.

Consider waiting until after the Epiphany, January 6, to take down and pack up all of Christmas.

This is also a good time to make a trip to various churches in your city to visit Jesus in the Manger. Many churches have a beautiful display and children will be impressed to see the creativity of each Nativity scene.

Luminaries



What a fun way to lead family and friends to your home during the holidays.

You will need lunch-size paper bags; scissors or a paper hole punch; votive candles and candle holders and sand.

Cut or punch designs into the paper bags. Pour about one inch of sand into each bag to weight the bag and anchor the candle. Set the candle holder and candle in the bag.

Place the luminaries along a sidewalk or pathway leading to your front door and light the candles. Your luminaries will be a warm welcome when you're expecting guests. Be sure to light them on Christmas Eve.

History and Traditions—The Crèche

Saint Francis of Assisi was so overwhelmed by the mystery of the birth of Jesus, the Incarnation, that he wanted people to see and experience how the Christ Child lay on the hay in a manger with an ox and ass standing by. This began the long popular tradition of the "Living Nativity Scene". St. Francis wanted to do something that would help people remember the Christ Child and how He was born in Bethlehem.

It was Christmas Eve in Greccio in the year 1223 that men, women and children from the area came to celebrate. Their torches lit up the night as they approached the crèche. A reminder of the shepherds walking in the night to come and adore Baby Jesus. A tradition began.

This year as you and your family set-up your Nativity set, remember and celebrate God's love. The crèche symbolizes God's abundant love, mercy and forgiveness for us all.

In the 16th century the Nativity scene was no longer confined to the churches, you found it in homes lovingly placed under the tree.

As you decorate for Christmas, take special family time to set-up the manger figures. Children like to arrange and sometime rearrange the figures of Mary and Joseph in the stable, and the shepherds, animals and other figures who are moved closer to the stable each day in anticipation of the arrival of the of Baby Jesus. Some families keep the figure of the Baby Jesus hidden until Christmas morning. In many homes the Magi are placed at a distance and only at Christmas do they begin to inch closer to the crèche.

In Preparation for the Christ Child you may have already started the Family Fun activity "Straw in the Crib" that was the November 2010 Single Parent Newsletter.

Feast of St. Nicholas - December 6

St. Nicholas, named "Sinterklass" in Dutch, occupies a perfect place on the calendar for celebrating the meaning of the season of Advent and Christmas. He was a generous and saintly Bishop who lived somewhere in Asia about three hundred years after Christ.

He is a patron saint in Russia and Greece and is remembered around the world for his kindly gifts given in secret to the poor and needy of his village. Generous giving and kindness done in secrecy for the sake of Christ are elements that flow from the many stories surrounding St. Nicholas. These are wonderful themes to celebrate this day and all throughout the Christmas season.

The following are suggestions for celebrating this great saint and the legends that surround him.

☺ Hang Christmas stockings on December 5 and fill them with "kindnesses" (paper coupons promising favors to one another) or they may be stuffed with real socks and mittens.

☺ Tell the story of St. Nicholas to your children. Let them place their shoes outside their bedroom doors on the night before the feast. Fill them secretly with candy, fruit, or other small surprises or encourage older children to do this for one another.

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Parenting Pointers

♥ As we wait for Christmas, it's a good time to develop the virtue of patience as a parent. Focus on being patient with your children this week, whether they are infants who don't want to sleep when you planned, toddlers who break things, teens who think they know everything, or young adults who are far away.

♥ Christmas is almost over as far as our culture is concerned. Be counter-cultural. You don't want to be a Grinch about Christmas, but you can steal some moments of quiet prayer in the dark with your children. Light three candles and pause.

♥ (Christmas) Take time to savor each gift you open and appreciate the giver. Help your children learn that as they receive, so they are also responsible for giving. Choose a charity to support as a family. Remember those who have less through prayer and a donation.

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A CHRISTMAS CRIB BLESSING

Come, Lord Jesus, bless this crib and all that reminds us of your being born for us in this holy season of Advent and Christmas.

Make our hearts like the crib, open and ready for your presence among us.
For Your coming on Christmas day,
prepare our hearts, O Lord.

For Your coming to us in the scriptures,
prepare our hearts, O Lord.
For Your coming in the Eucharist,
prepare our hearts, O Lord.

For Your coming into our lives through the love of one another in our family,
prepare our hearts, O Lord.
For Your coming at the end of time,
prepare our hearts, O Lord.

May we be, like the angels, messengers of Your good news to each other and to those outside our home. Amen.

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