



## Sacred Heart - St. Joseph Catholic Parish

Father Tim Haberkorn, Pastor  
SacredHeartStJosephCatholic.org  
Fourteenth Sunday in Ordinary Time  
July 7, 2019



### Weekend Mass Schedule:

Saturday SH 4:00 pm  
Sunday SH 8:00 am  
Sunday SH 10:00 am

### Daily Mass Schedule:

Wednesday, Friday SH 6:30 am  
Tuesday, Thursday SH 8:00 am  
First Saturday Only SH 7:30 am

**We welcome you to Sacred Heart-St. Joseph Catholic Parish.** We are a Christ centered community of faith which gathers to worship around the real presence of Christ in the Holy Eucharist and the sacramental life of the Church. Through the love of Christ's Sacred Heart, and the intercession of St. Joseph, we hope to journey from this life into the everlasting life to come. Come journey with us! Fr. Tim Haberkorn

Sacred Heart Church  
312 NE Freeman Ave  
Sacred Heart Church Rectory  
333 NE Freeman Ave  
Topeka KS 66616-1216  
Rectory/Office: 234-3338  
Church Hall: 234-6727

Fr. Tim Haberkorn  
St. Joseph Church Rectory  
227 SW Van Buren St  
Topeka KS 66603-3319  
Rectory/Office: 232-2863  
Fax: 232-3845  
Church Hall: 233-8610



Principal: Mr. Nick Anderson  
HolyFamilyTopeka.net  
East: Grades K-8 1725 NE Seward Ave 234-8980  
Fax: 234-6778 singerm@holyfamilytopekanet  
West: Pre-School 210 NE Branner 233-9171  
Fax: 232-8800 bennetr@holyfamilytopekanet

### Notes from Father Tim...

**Parish October Archdiocesan Convocation Delegates:** Our next meeting is scheduled for Wednesday, July 10th at 5:30 pm in Sacred Heart Church Hall. To prepare for the meeting, please review the booklet "Crowds to Three" and prepare your personal plan of evangelization as well as give thought to the parish plan of evangelization. Sacred Heart-St. Joseph Parish Archdiocesan Convocation Delegation is comprised of the following members:

- Ron and Kathy Sommers
- Maureen Steinbock
- Virginia Engroff
- Paul Allen
- Floyd and Lou Rockers
- Lou and Betty Eakes
- Sam and Chris Leone
- Richard and Teresa Thomas
- Fr. Tim Haberkorn

**Planning Meeting for the Special Mass of Thanksgiving and Dedication of New Altar at St. Joseph's Church:** A meeting will be held on Tuesday, July 23rd at 5:30 pm in Sacred Heart Church Hall for all those who signed up to be part of the Planning Committee for the St. Joseph Church Special Mass of Thanksgiving and Dedication of New Altar Celebration. This meeting is for all those who wish to help plan the liturgy itself, help with the creation of the Mass booklet and computer work it entails, prepare the reception following the Mass, and participate in the music for the Mass (choir, musicians, etc.). Thanks for your support and look forward to meeting with all of you for such a great event in the life of our parish. Fr. Tim Haberkorn

**Our Commitment and Pledge Campaign for St. Joseph Church Restoration:** I thank all our parishioners who have been faithfully fulfilling their pledges, and urge you to continue in your financial commitment to this campaign and project. Through your generous sacrificial response to this campaign, we are not only honoring God, first and foremost, we are also giving honor to our ancestors who sacrificed so much to build and provide for us such a holy and inspirational place of worship. It is our responsibility as their children, grandchildren, great-grandchildren, and descendants to maintain what they worked so hard to build. May the Lord be glorified by our generous efforts and may he grant us hearts filled with charity. Let us show our appreciation to the Lord for the many blessings we have received by abundantly sharing our gifts with Him. Blessings, Fr. Tim Haberkorn



### Marriage Banns:

July 20th, Charlie Konrade to wed Rachel Seuell at Most Pure Heart of Mary Church by Fr. Tim  
July 27th, Gean Sanchez to wed Lyssa Peralta at Sacred Heart Church by Fr. Tim  
October 5th, Curtis Stafford to wed Bernadette Smith at Sacred Heart Church by Fr. Tim  
October 18th, Matthew Mirsch to wed Sharon Schmidlein at Sacred Heart Church by Fr. Tim

### St. Joseph Restoration

**Gifts Received** (Reflects the total cash received & is included in the Total Pledged.): 3,464,759  
**Total Pledged** (Reflects the total pledges received plus total cash received.): 3,473,000

Collection June 30					
Tithe	8,877	Altar Society Dues	40	Ascension	6
Plate	704	Golf Tournament	200	Leaven	231
Mass	210	Catholic Communication	15	Peter's Pence	379
Children's	17	Copier Donation	500		
Spires Book	30	St. Joseph Restoration	7,064		

**Missing Graduating Pictures:** If you graduated from Sacred Heart School/Holy Family School in these years; 2017, 2016, 2011, and 2002, and have a class picture we could copy for our 100th Anniversary, please loan to us. You may drop it off at Sacred Heart Rectory. Thanks!

**Let's Help:** Sacred Heart-St. Joseph volunteers fed 800 people in June at Let's Help. Thank you to all volunteers!

**Hayden Blue and Gold Golf Tournament Sign-Up Party** is Monday, July 15th at Terry's Bar and Grill from 5-7 pm. Get your team signed up, enjoy \$1 chili dogs and complimentary domestic pitchers while they last, and social time with Hayden supporters! Golf Tournament is August 24th (7 am and 1 pm tee times) and profits support all Hayden athletics! Visit [haydenatholic.org](http://haydenatholic.org) for details and sponsorship information, or call 272-2150.

**Hayden Used Uniform Sale** is Friday, August 2nd from 5-7 pm in the Hayden library. Please bring your used uniform donations to the office by July 31st.

**Hayden Catholic High School's Upcoming Events:** Blue and Gold Golf Tournament August 24th 7 am-1 pm, and Gatorade Scrimmage at 6:30 pm, Homecoming weekend October 11th-12th, Grandparent's Day November 1st, and Blue and Gold Gala April 18th. For information call 272-2150.

**50th Reunion:** Hayden Class of 1969 has scheduled their 50 year class reunion for the weekend of October 11th-12th. For details and to make a reservation, visit us on Facebook at "Hayden High School Class of 1969" and respond to the e-vite, or call Joleen Desch Aeschliman at 633-1923.

**Coordinator of Religious Formation Position, St. Matthew Catholic Church:** A person responsible, in collaboration with the pastor and principal, for the religious/sacramental formation and education of children/youth at St. Matthew Catholic Church. He/she will also oversee the parish RCIA Program as well as adult courses/studies of faith formation. In general a coordinator will be responsible for more than one area of ministry with appropriate support for pastor and assistance from parishioners. Requirements for Position: Degree in theology/education (Equivalent experience may be considered), teaching/classroom experience, organization and people skills, attend VIRTUS program, speak and read English and Spanish clearly and professionally (preferably), computer and software proficiency (e.g., MS Office), report, prepare, and process yearly budget and spending. Please send applications to Rev. John M. Torrez, 2700 SE Virginia Ave, Topeka, KS 66605 or email to [jtorrez@archkck.org](mailto:jtorrez@archkck.org).

**Job Opportunity:** Is the Lord calling you to serve in the mission field right here in Topeka? Topeka Rescue Mission Children's Palace is looking for women interested in working in the mission field. We're looking for those who love the Lord and love pouring Christ's love into the lives of young children, as well as some of Topeka's most vulnerable families. Please contact program director Pat Mahoney at 730-8810 or email letter of interest to [pmahoney@trmonline.org](mailto:pmahoney@trmonline.org).

**Very Part-Time Help Needed:** Knights of Columbus Insurance Agency is in need of light janitorial cleaning in our small, professional office building near downtown Topeka. Approximately 3-4 hours, once a week. Call Stephanie at 408-8800 for more information.

**Credo,** Topeka's Catholic young adult community (ages 21-40), gathers every Sunday for a meal! The 1st and 3rd Sunday's we gather for brunch following morning Mass. Brunch is served 11-11:30 am, with a new menu each week! On the 2nd and 4th Sunday's we meet for dinner at a nearby restaurant following 6 pm Mass. For more information about the location of brunch or dinner and to stay updated about our events, like 'Credo Topeka' on Facebook, and follow [credo\\_topeka](https://www.instagram.com/credo_topeka) on Instagram. Email [credotopeka@gmail.com](mailto:credotopeka@gmail.com) if you have questions or want to get involved!

**Faith Walk** was developed locally by Christ Renews His Parish alumni, and backed by numerous bishops and priests in the Kansas and Missouri Dioceses. Described as "Google for Catholics," Faith Walk is an easy-to-use online tool for your personal spiritual journey. One reviewer noted, "Faith Walk fits into the cracks of what you're already doing." User statistics have shown high school students read the Gospel in preparation for Sunday Mass. College students experience "the first time they are choosing to be Catholic on their own," and visit the "Grow" section as an informational resource about their faith. Recent graduates use Faith Walk to make friends in a new city by learning of Catholic retreats and small gatherings. Young professionals visit Faith Walk to rejuvenate over lunch. Stay at home parents enjoy guided three-minute meditations while kids are eating or resting. Adults of all ages rely on the daily retreat emails to reflect upon and understand the Gospel, and to prepare for Mass to begin their week. It's free. It's flexible. And it's all for you. [MyFaithWalk.org](http://MyFaithWalk.org). With questions or requests for specific information on content, easy-to-bookmark links, etc., call (913) 214-1175 or email [carolj@myfaithwalk.org](mailto:carolj@myfaithwalk.org).

**Rosary in the Garden at Christ the King:** Mark your calendar for our next Rosary in the Garden on Tuesday, July 16th at 8 pm, as we commemorate "Mary, Our Advocate". Bring a friend. Refreshments follow. In case of inclement weather, the Rosary in the Garden will be cancelled. Rosary Garden Schedule: July 16th, 8 pm "Mary, our Advocate", August 20th, 8 pm "Mary, Heart of the Holy Family", September 17th, 7 pm, "Mary, Queen of all Saints", October 15th, 7 pm "Mary, Path to Heaven"; a special Rosary remembering the 10th anniversary of Aubry Williams' path to Heaven. Our Rosary Garden was her vision before Jesus called her home.

**"Finding God in All Things,"** by Fr. Timothy Gallagher, produced by EWTN, will be offered by Glory to God Community in O'Connor Hall at Most Pure Heart of Mary July 18th and continuing on the first and third Thursdays of each month from 7-8:30 pm. These DVDs make St. Ignatius of Loyola's teachings on the Examen Prayer come alive very comprehensively. This series helps us to learn to go deeper in our prayer, and to discern the Presence of God in the ordinary, as written by St. Ignatius over 450 years ago. Refreshments afterward. Questions? Allan or Vickie Holthaus, 862-9738.



**\*\*\*Bulletin Deadline is 8 am Tuesday, July 9th for the July 14th bulletin.\*\*\***

Please submit bulletin item requests to [Therese@SacredHeartStJosephCatholic.org](mailto:Therese@SacredHeartStJosephCatholic.org) (preferred) or Attn: Therese Klein, Sacred Heart Rectory, 333 NE Freeman Ave, Topeka, 66616

**Full page requests should be emailed in editable Publisher or Word.**

**Natural Family Planning 3-Class Series:** Save a fortune in medical costs by leaving behind the direct and related expenses of contraception. See how heavenly marriage can be God's way through Natural Family Planning. Classes in the Sympto-Thermal method of NFP are offered for a fee beginning July 27th at 4 pm. Call Dana or Eric Runnebaum at 380-0062 for more info, including location of class, and availability of online classes. Pre-registration required at [ccli.org](http://ccli.org). Learn more at [nfptopeka.blogspot.com](http://nfptopeka.blogspot.com)

**Christ's Peace House of Prayer is hosting a Perpetual Adoration, Prayer, and Fasting Retreat July 12th-14th**, for spiritual needs of the Archbishop, priests, religious, and lay people of the Archdiocese. Private intentions are strongly encouraged. Retreat begins at 6 pm Friday evening. There will be Perpetual Adoration, with signing up for slots, especially at night, prayer from the divine office, the rosary, Divine Mercy Chaplet, and silent prayer. The fasting will be bread and water. Cost is \$150/individuals, \$225/couples, and \$80 for smaller rooms. If interested, contact us at [info@christspce.com](mailto:info@christspce.com) or 913-773-8255.

**3-Day Workshop for Men August 8th-10th:** The My House Men's Workshop is a premier Catholic/Christian intensive for men struggling with pornography, sexual behavior problems and/or sexual addiction. The workshop is led by Dr. Todd Bowman, Fr. Sean Kilcawley ([integrityrestored.com](http://integrityrestored.com)), Michael Ciaccio, and Sam Meier. This workshop is more affordable than similar Christian intensive programs. Please pray that this workshop will provide hope and healing to many men in our area and throughout the U.S. Register at [MyHouseKansas.org](http://MyHouseKansas.org), or 816-786-6063.

**Lost and Found:** Have you left something behind after Mass? Check the Lost and Found in the Usher's room of Sacred Heart Church!



**Spires for All Time** The Art & History of St. Joseph German Catholic Church  
 Books available at St. Joseph Rectory office  
 Mondays, Wednesdays, and Fridays 8 am-Noon  
**Sale! Greatly reduced! \$10 Donation per book**  
 To make other arrangements, leave a message at 232-2863  
 or email [StJosephTopeka@juno.com](mailto:StJosephTopeka@juno.com)  
 Order online at [SacredHeartStJosephCatholic.org](http://SacredHeartStJosephCatholic.org)



Thank you for being a part of our Sacred Heart-St. Joseph family. I appreciate all that you do for our parish and community by sharing your God-given gifts of time, talent and treasure. This summer, I pray that you will have some quiet and restful time that includes the love, joy, and peace of being with family and friends. Please consider that Sacred Heart-St. Joseph continues to be open for Mass, numerous activities, and the Sacraments. During these summer months your generosity can help provide the consistent resources we need to operate our parish and ministries. Being part of this challenge is simple. Visit **Faith.Direct/KS196**. Thank you for your continued support of our parish family with your time and talents as well as treasure! God bless you, Fr. Tim

**Liturgical Ministry Schedule**

Mass	Greeters	Ushers	Mass Servers	Lectors	Extraordinary Ministers	Gift Bearers	Music
<b>Jul. 13</b> <b>4 pm</b> <b>SH</b>	Jose Hernandez Patty Collie	Keith Hendrickson Tom Grace Jr. Tom Grace Sr.	Beau Artzer Jordan Albright Giovanna Shire	Connie Everett Karen Wuenstel	Jim & Kathy Pierce Ron & Kathy Sommers	John Dempewolf	Spirit & Fire
<b>Jul. 14</b> <b>8 am</b> <b>SH</b>			Timmy Rioux Kale Mooradian John Paul Longstaff Liam Mooradian	Theresa Wittman Renae Meier	Al Kirmer Ron Meier Katie Jones	Earl & Sandy Flower	Sandy Carter Choir
<b>Jul. 14</b> <b>10 am</b> <b>SH</b>	Roberta Stadler Sue Zientara Janet Finan	Vance Allen Randy Schifflbein Rich Schifflbein Tom Coffman	Renee Spinner Bethie Schneider Isabelle Harris Shaydon Guerrero	George Kaberline Kathy Zimmerman	Mike & Lisa Deghand Lyle & Sharon Schifflbein	Mike Deghand Family	Kathy Bovaird Deb Latendresse

.....  
 \_\_\_\_\_ **Have you changed your address, phone number, or other information?**  
 \_\_\_\_\_ **Have you been a visitor to Sacred Heart-St. Joseph parish and want to become a registered member?**  
 Please complete this form and drop in the collection basket, or mail to either rectory. Addresses are on page 1.  
 Date \_\_\_\_\_ - \_\_\_\_\_ - 2019

Name \_\_\_\_\_ *For Current Members:*

Address \_\_\_\_\_ *Envelope/ID#* \_\_\_\_\_

\_\_\_\_\_ *Former Address* \_\_\_\_\_

Phone # \_\_\_\_\_

Marital Status \_\_\_\_\_ *(Old) Phone #* \_\_\_\_\_

.....

*Please remember Sacred Heart-St. Joseph Parish in your will.*

***Mass Intentions July 6-14***

Sa 6 SH 4:00 pm Darlene Habig by Agnes & Family  
Su 7 SH 8:00 am Alexander Munoz by Lupe Munoz  
SH 10:00 am Gerard Kaberline by Richard & Marian Kaberline  
Tu 9 SH 8:00 am Jo Ann Urban by Craig & Carolyn Schiefelbein  
We 10 SH 6:30 am Hazel Barnes by Dean & Virginia Engroff  
Th 11 SH 8:00 am Michael Lopez by Family  
Fr 12 SH 6:30 am Robert Longstaff by Carey Mooradian Family  
Sa 13 SH 4:00 pm Tom Dempewolf (1st Anniv.) by Dan & Deb Konrade  
Su 14 SH 8:00 am Annie Folds by John Folds Sr.  
SH 10:00 am Living & Deceased People of SH-SJ Parish  
*And Richard & Joanne Deghand by Family*

**Parish or family members serving in the military:**

Madison Alonzo, SC  
Austin Ashley, CA  
David Darnall, NC  
Douglas Darnall, GA  
Steven Davis, Germany  
Ryan Graham, NC  
Skylar Grant, Italy  
Kirk Lawrence, CA  
Ben Spain, AK  
Amanda Spies, KS  
Garrett Wilson, VA  
Tyler Wilson, KS

**To add/remove names on our prayer lists, call 234-3338.** We must have permission of the individual or parents of minors. Names may remain on our list for 2 months. If a longer time is needed, **call 234-3338 Parish or family members who have asked for your prayers:**

Richard Appelhanz	Marion Desch	Kathy Hobart	Wilfred Konrade	Bill Ridgway	Roberta Stadler
Eileen Bohannon	Susan Engroff	Dave Horn	Normand Landry	Ann Schiefelbein	Steve Swartzman
Ashley Brown	Joe Fritton	Steven Ijams	Katie Lenoir	Richard (Dick) Schiefelbein	Florence Tetuan
Matthew Brown	John Glenn	Reuben Juarez	Suzie Lenoir	Lavern Schmidtberger	Mary Warner
Tracy Brown	Garrett Graham	Leo Kamer	Bill O'Connell	Nathaniel Self	
Pat Burghart	Chuck Habig	Brody Keil	Kenneth Olson II	Kevin Short	
Carey Cobb	Al Hewitt	Diane Knebel	Kathleen Ramirez	Isabelle Simecka	

**SH Church Office Hours:** 8 am-Noon

Tuesday-Friday

**SH Mass Intentions:** c/o Therese

**Bulletin Deadline:** 8 am Wednesday

Therese@SacredHeartStJosephCatholic.org

**SJ Church Office Hours:** 8 am-Noon

Monday, Wednesday, Friday

**SJ Mass Intentions:** c/o Teresa

StJosephTopeka@juno.com

**Bookkeeper**

Lisa@SacredHeartStJosephCatholic.org

**Hall Rental**

SH Liz Akerstrom 266-7865

SJ Rectory 232-2863

**SH Holy Hour** Tuesday-Thursday 7-8 am

**SJ Adoration Chapel** (Closed during restoration.)

Coordinator Kevin Bychinski 215-5472

**SJ Nocturnal Adoration**

Thursday before First Friday, 7-11 pm

(After chapel reopens.)

**Baptism: To have your child baptized, you must be a registered active parishioner for at least 6 months prior to baptism.**

Call Fr. Tim 232-2863

**Marriage:** Fr. Tim needs 6 months notice

**Reconciliation:**

First Friday SH 6:00-6:20 am

First Saturday SH 7:00-7:20 am

Saturday SH 3:15-3:55 pm

Sunday SH 7:10-7:55 am

**Anointing of the Sick:** First Saturdays

**RCIA Classes for adults, with Fr. Tim:**

Tuesdays, 7 pm, Sacred Heart Church Hall

Begins October 2019

**Religious Education for Children (CCD):**

Sundays September-May 9-10:15 am

Holy Family School/East Campus

SHSJCC.org

Coordinator: Paul Allen 221-2749

**St. Joseph Church Restoration Project**

stjosephchurchrestoration.org

**Scripture Study Group**

Saturday, 9:30 am, SH Rectory

**Knights of Columbus Council #2608**

Business meeting 1st Wednesday 6:30 pm

Social meeting 3rd Monday 7 pm

Meetings held in Sacred Heart Church Hall

**Bereavement Group**

Linda Lawlor 554-5620

**Natural Family Planning**

Couple to Couple League ccli.org

**Project Rachel-Project Joseph**

Healing after an abortion 913-621-2199

**Virtus Training**

SHSJ Lisa Deghand 234-3338

Lisa@SacredHeartStJosephCatholic.org

HFCS Rita Bennett 234-8980

**Credo-"I believe" for Catholic Young Adults**

ages 21-40: Credotopeka@gmail.com



# Catholic Parenting Newsletter

Volume 13, Issue 4  
July/August 2019

"Two ways to overcome the problems in our lives and let God turn them into opportunities are by being hopeful and by being grateful."

*Justin Fatica*

"Most people do not listen with the intent to understand; they listen with the intent to reply."

*Stephen R. Covey*

"Listening is different than simply hearing."

*Jon Leonetti*

"God gives us countless opportunities to help our children grow in goodness and to come to know, love, and serve him."

*Thomas Lickona*

"When our children observe our behavior, we are teaching by merely being present."

*Dolores Curran*

"Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us."

*Samuel Smiles*

"To keep a lamp burning we have to keep putting oil in it."

*St. Teresa of Calcutta*



## Create a Family Prayer Life

Creating a family prayer life is an important responsibility. It means making time and space for prayer—admittedly not easy to do in today's busy society with so many competing activities. Yet this "busyness" may make it even more important for families to find time to pray together.

Choose a time and place for your family to pray together. Mealtime graces and bedtime blessings are remembered long after children grow up, leave home, and have children of their own.

Even the youngest children can be part of family prayer. They can learn to hold hands and to be quietly attentive during grace and bedtime prayers. The first prayer children should learn is only one word long—they can say "amen" after prayers led by others.

Older children can choose prayers, or make up prayers of their own. They may

want to sing, meditate, listen to a recording, or discuss their intentions. Variety in prayer will help to keep children interested and, at the same time, broaden their faith experience. While it is natural for junior high and high school-aged children to not always want to be part of the family prayer, it is important to continue to invite them.

**A lifelong blessing....** Praying families make lasting impressions on all their members. Though children grow up and leave home, they never forget the faith environment of their earliest years. Praying together will help you and your family discover the rich heritage of Catholic prayer and, as you pray together, to recognize God's presence within your family life. May you and your family receive many graces as prayer becomes a lifelong resource and blessing.

*Adapted from A Prayer Book for Catholic Families*

### Recommended Reading: *"What Matters Most: Empowering Young Catholics for Life's Big Decisions"* by Leonard J. DeLorenzo

In *What Matters Most*, University of Notre Dame theology professor Leonard J. DeLorenzo urges youth ministers, teachers, and parents to help young people redefine success in light of their call to discipleship—completely saying yes to God. In Luke's account of the Annunciation, Mary offers a true model of discipleship for young people to follow. Her example will empower them to make choices about how to live their lives as a courageous yes to God in everything they choose—just as she did. DeLorenzo shows how Mary exhibited four habits that will guide young people to make important life decisions: *Listen carefully and practice patience—Remember who we are and what we value most—Respond with compassion to choices we face—Embrace sacrifice for the sake of love.* DeLorenzo includes personal stories from his experience as a father and working with youth and young adults with spiritual wisdom to equip teachers, mentors, pastoral ministers, and parents to reexamine the way they encourage and help form young Catholics approaching significant life choices such as college and jobs. He presents ways to remedy spiritual deficits in these young people created by cultural realities such as the fast pace of tech-driven lives and the looming pressure to succeed with worldly accomplishments.

## Back-to-School Tips



Going from a laid-back summer to a hectic back-to-school schedule is challenging for most households. What can parents do to make the transition a smooth one?

First, just know that no matter how well-prepared you and your child are, the first weeks of school can be difficult. New experiences, people, and classes are exciting, and can cause stress too. Being well-prepared for the transition can certainly cut down on some of the stress.

The basic things to prepare for all kids include gradually bringing bedtime in line with what it needs to be on school nights, always making sure kids get enough sleep, getting back to regular mealtimes if they've changed over the summer, making sure your child has healthy food, encouraging kids to get back in the habit of reading every day if they have changed that habit in the summer, and reading to young kids about starting or returning to school. If your child is in child care, involved in after-school activities, or is mature enough to stay home alone after school, make sure everyone involved knows where to go, when, what the rules are, and what the back-up plan is. Also, it can help to keep the week just before school starts and the few weeks after less hectic and free of vacations, camps, extra activities, or lots of guests.

As with most big recurring occasions in life, a special something you routinely do around the occasion will be something kids will remember and carry with them throughout their lives. Even something simple like ice cream sundaes as part of an annual "back-to-school dinner" will make a lasting impression. Another way to make it positive is to compare pictures of previous years to recent pictures, and talk about how much your child has grown and changed, and how much more he/she knows and can do now than in the previous year. Talk about how every year of school offers the opportunity to try new things, make new friends, and explore new ideas.

For yourself, take some time to sit back, take pause, and reflect on all you have done to bring this child to this place in time. Think of all you have done that has brought your child further along the path of becoming all that he or she can be.

*Adapted from FamilyFun*

### After-School Snack — "Monkey Munch"

#### **Ingredients:**

9 cups Chex cereal (any variety)

1 cup semisweet chocolate chips

1/2 cup peanut butter

1/4 cup butter or margarine

1 teaspoon vanilla

1 1/2 cups powdered sugar



1. Into a large bowl, measure cereal; set aside. 2. In a 1-quart microwavable bowl, stir together chocolate chips, peanut butter and butter. Microwave uncovered on High 1 minute; stir. Microwave about 30 seconds longer or until mixture can be stirred smooth. Stir in vanilla. Pour mixture over cereal, stirring until evenly coated. Pour into 2-gallon resealable food-storage plastic bag. 3. Add powdered sugar. Seal bag; shake until well-coated. Spread on waxed paper to cool. Store in airtight container in refrigerator.



## “Listen” to your Children...



Are you really listening to your kids? And are they listening to you? The most important way to talk so your child will listen is to listen to your child. It is important to listen without “fixing.” To listen without “judgement.” To listen until your small children have had plenty of time to form and articulate their thoughts. Here are some reasons why it is important to listen:

- **It strengthens the child-parent bond.** You want your children to know that they can come to you with anything at all and you will listen and be there for them.
- **It opens the lines of communication.** It is important to know what is going on in your children’s lives—the good and the bad.
- **It improves the likelihood that they will in turn listen to you.** When a person feels respected and appreciated, they are much more likely to respond in turn with respect and appreciation. In this way, children are no different. Connection is so vitally important to influence.
- **It helps to build self-esteem.** Your time and your attention are valuable, kids know that, and by giving them your undivided time and attention, they feel valued which is great for developing self-esteem.
- **It helps them to feel understood.** It is important to listen with the intent to understand, not to reply (or to fix). Asking a specific question in response to what they say lets your child know you are really listening.
- **It provides insight into their emotional state.** According to researcher Michael Grose, “the biggest single preventative factor for anxiety and depressive illnesses in young people is being in a family that has 5-6 shared meals together with the television and other communication devices off.” Eat together as a family as regularly as you can—remember it isn’t just dinner that counts.
- **It helps them to develop effective social skills.** Your attentive listening provides your child with a fabulous role model for the development of positive social relationships. They learn about the give and take of conversation and how good it feels to be heard.
- **Because kids have great ideas.** Children have great ideas and it is through these ideas that many people (children included) are able to plan a course of action and make these ideas come to fruition. Make some of your everyday travel time technology-free for everyone, especially if you are travelling with just one of your kids.

*Adapted from childhood101*

## Cherishing the Gift of Time

**TIME.** In today’s world there never seems to be enough of it. As the speed of family life continues to increase, how we use our time together (and even the time we are apart) becomes more important. Celebrate the gift of family time. We find holiness in the ordinary experiences of our lives. When we teach a child a new skill, when we discipline a child with love, when we keep our children safe and healthy, we are living our lives in the same way that the Holy Family lived. The essence of what we see in the lives of Jesus, Mary and Joseph is a relationship of love—loving God and loving each other. Hold hands as you pray together at mealtimes this month.



Archdiocese of Kansas City in Kansas  
Marriage & Family Life Office

Catholic Parent Newsletter  
12615 Parallel Parkway  
Kansas City, Kansas 66109

Phone: 913-721-1570 ext. 149  
Fax: 913-721-1577  
Email: famlife@archkck.org

## Catholic Parent Newsletter



Sacred Heart-St. Joseph Catholic Parish  
SacredHeartStJosephCatholic.org  
*Sacred Heart Rectory*  
333 NE Freeman Ave  
Topeka KS 66616-1216  
(785) 234-3338  
Therese@SacredHeartStJosephCatholic.org  
*St. Joseph Rectory*  
227 SW Van Buren St  
Topeka KS 66603-3319  
(785) 232-2863  
StJosephTopeka@juno.com

### BACK-TO-SCHOOL PRAYER

Gracious God, as the summer begins to fade,  
new possibilities lie on the horizon.

Bless all of those who are beginning or returning  
to their roles as teachers and catechists as well as  
those who lead and support them in their efforts.

May this school year be a time of grace and  
potential as they teach, share and challenge others  
to grow in faith, knowledge, and wisdom.

Bless children and youth, along with their parents,  
as they begin a new school year. May their minds  
be open to learning and to the wonder  
of discovery and insight.

Be with us all as we embark on the  
new school year.

Amen