

PREPARES

Pregnancy & Parenting Support

A PROGRAM OF CATHOLIC COMMUNITY SERVICES

January 2019

*Love is a fruit in season at all times,
and within the reach of every hand.
- Mother Teresa*

A PREPARES Response.....

Happy New Year!



As we eagerly start a new year and look forward to all the possibilities to expand our ministry across Western Washington, it is important to look back on 2018 and take a moment to acknowledge the progress we have made. Going into our fifth year, it's amazing to look back on the growth of our ministry. We are now either active or in planning stages for **65**

parishes and we have over **100 direct volunteers trained** as companions. Many of these are paired with families and are actively accompanying them on their journey of pregnancy and parenthood. And of course, we can't thank our hundreds of indirect volunteers enough for the countless hours they have spent organizing dozens of baby showers, lovingly stocking and distributing items from baby closets and organizing diaper drives. We had three Play with Love groups through the school year and are looking forward to expanding next year. **None of this could have been done without YOU, our volunteers and supporters.** The need for this important work continues to grow and the opportunities for parish engagement are boundless. We look forward to supporting all of our parish ministries across the archdiocese in 2019!

Baby Shower at St. Anthony (Renton)

On December 28th, following the Mass in honor of the Feast of the Holy Innocents, [St. Anthony \(Renton\)](#)



held a reception and Baby Shower for the benefit of moms and families in need. This event was the culmination of their Spiritual Adoption which was commenced in March on the Feast of Assumption. Thanks to the generosity of the parishioners, much needed diapers, wipes, clothing, car seats and strollers will go to PREPARES, PREPS, and the birthing Center at Franciscan Highline in Burien.

Many thanks to Laura Bonney, the PREPARES Parish Coordinator and all the volunteers who made this wonderful event happen! Also pictured is Sr. Maria

Phoung Dinh, L.H.C., Vietnamese Ministry at St. Anthony.

Groopit - Our Online Community

Many of you will be holding Ministry Fairs this Winter. Be sure to use this opportunity to spread the word about our Online Community, Groopit, which lets people respond to the needs of vulnerable families and share the good news when requests for much needed items or assistance are fulfilled. It is an excellent way for those who want to help but have constraints on their time. Download the flyer here that you can print and share at your Ministry Fair.



Not a member of our online community yet? Download the app "letsgroopit" from the iOS App Store or Android App Store or you can use the web version at www.letsgroopit.com/PREPARES. Be sure to set your browser to allow notifications. Follow these instructions: <https://bit.ly/2MP71RV>.

This Month's Helpful Handout: Safe Sleep Environment

Many new parents are unaware that nearly 4000 healthy infants are lost to Sudden Unexpected Infant Death (SUID) in the U.S. each year and many are sleep related. Causes can include suffocation, asphyxia and entrapment. Learn more about how families can reduce the risk for their infants.

As PREPARES volunteers, we may only provide NEW cribs, bassinets, or pack and plays, as we cannot guarantee the safety condition of used items.

To learn more about creating safe sleep environments for infants, please click [here](#) to access the link to **Safe Sleep Environment**.

A Prayer for the New Year

God of all time,
help us enter the New Year quietly,
thoughtful of who we are to ourselves
and to others,
mindful that our steps make an impact
and our words carry power.
May we walk gently.
May we speak only after we have listened well.



Creator of all life,
help us enter the New Year reverently,
aware that you have endowed
every creature and plant, every person and habitat
with beauty and purpose.
May we regard the world with tenderness.
May we honor rather than destroy.

Lover of all souls,
help us enter the New Year joyfully,
willing to laugh and dance and dream,
remembering our many gifts with thanks
and looking forward to blessings yet to come.
May we welcome your lavish love.
May we cast off the small, vindictive god our fears have made.

May the grace and peace of Christ bless you now and in the days ahead.

Amen

Source: <https://www.ignatianspirituality.com/23067/how-to-enter-the-new-year>

Upcoming Events

- Epiphany of the Lord - **January 6th**
- Baptism of the Lord- **January 13th**
- Nine Days for Life - **January 14th - 22nd**
- Catholic Advocacy Day - **February 7th**

God Bless,

Donna, Erin, Carol, Teresa, Lisa, Mary Pauline and Guillermina

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VOLUNTEER



DONATE



To learn about updates and upcoming PREPARES events, please visit us on Facebook at www.facebook.com/PreparesWW

Please consider joining us in walking the journey with families in your own parish community. For more information please visit our website at www.preparesforlife.org. If you know of others who might be interested in volunteering and or learning more about PREPARES, please forward them this message or have them contact us directly.

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SERVING PEOPLE OF ALL BELIEFS