

PREPARES

Pregnancy & Parenting Support

A PROGRAM OF CATHOLIC COMMUNITY SERVICES

October 2019

“Building a culture of life isn’t something we just do one month of the year, or with one event or initiative – it’s essential to who we are. It happens through our daily actions, how we treat one another, and how we live our lives.”
– Timothy Cardinal Dolan

A PREPARES Response.....

Join PREPARES at Cornerstone

Coming Together FOR LIFE & JUSTICE



OCTOBER
18-19
2019

GREATER
TACOMA
CONVENTION
CENTER

We are looking forward to seeing everyone at the upcoming **Cornerstone Conference** in Tacoma and celebrating the fifth year of our life affirming ministry. PREPARES will be holding workshops on Saturday, October 19th in the morning and afternoon. Our theme is **“Building Parish Partnerships to Serve Life & Justice.”** Come meet the statewide team, parish coordinators and other volunteers. If you haven’t already registered, you can do so at the Washington State Catholic Conference website [here](#).

Since we will be celebrating our five-year anniversary, we are inviting all of our

PREPARES volunteers who are attending the conference to join us for lunch on Saturday, October 19th at 11:40am on the 5th floor. Look for the tables that are decorated with PREPARES trademark green!



Parish Spotlight – St. Joseph (Lynden) & St. Peter's (Deming)

[St. Joseph and St. Peter's](#) held their annual Baby Shower in September with over 40 people in attendance including a number of children who were kept entertained with games and treats. They honored two new moms in their parish as well as taking time to honor Marie Valum, a tireless volunteer from St. Peters and Kathy Kelso, Parish Coordinator at [Assumption \(Bellingham\)](#) for the work she did bringing PREPARES to Whatcom county.

Special thanks goes to Pam Ames, Parish Coordinator for St. Joseph and St. Peter's for all that she does leading the PREPARES ministry at these two parishes. She and her team of volunteers are making a difference in vulnerable families lives.

PREPARES is Hiring!

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PREPARES is hiring a part-time Operations & Family Liaison staff member. This position is the primary interface to families who are referred to PREPARES for assistance. They also support the PREPARES Program Manager with reporting and social media. The successful applicant must be service oriented, possess knowledge of community resources, and have strong communication and administration skills.

Click [here](#) to learn more or contact Donna Cheesebrough directly at 206-566-3025 or DonnaCh@ccswvorg

This Month's Helpful Handout: Postpartum Depression & Anxiety

As a companion, you may be the first to recognize symptoms of postpartum depression in a new mom. Encouraging her to talk to a health care provider, offering emotional support and assisting with daily tasks can be of great help.

To learn more about mood disorders that can affect women after childbirth click [here](#) to access the link to the Helpful Handout **Postpartum Depression & Anxiety**.

Last month, our featured Helpful Handout **Parish Fundraising Ideas** had an incorrect link. If you are interested in accessing it please click [here](#).

A Prayer for Life

Father and maker of all,
you adorn all creation
with splendor and beauty,
and fashion human lives
in your image and likeness.
Awaken in every heart
reverence for the work of your hands,
and renew among your people
a readiness to nurture and sustain
your precious gift of life.

Grant this through our Lord
Jesus Christ, your Son,
who lives and reigns with you
in the unity of the Holy Spirit,
One God forever and ever.

Amen.



Source: Catholic Household Blessings

Upcoming Events

- Respect Life Sunday- **October 6th**
- St. Stephen the Martyr (Renton) Baby Shower – **October 5th & 6th**
- [Cornerstone Conference](#) - **October 19th & 20th**

- St. Pius X (Mountlake Terrace) Baby Shower – **October 20th**
- All Saints Day – **November 1st**
- All Souls Day – **November 2nd**
- Christ the King (Seattle) Community Baby Shower – **November 9th**

Blessings,

Donna, Erin, Carol, Teresa, and Lisa

PREPARES of Western Washington Team

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206-737-9264



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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