

PREPARES

Pregnancy & Parenting Support

A PROGRAM OF CATHOLIC COMMUNITY SERVICES

November 2019

*Let them give thanks to the Lord for His unfailing love
and His wonderful deeds for mankind,
for He satisfies the thirsty and fills the hungry with good things.
- Psalm 107:8-9*

A PREPARES Response.....

PREPARES at Cornerstone



PREPARES had a great presence at Washington State Catholic Conference's **Cornerstone Conference** held October 18th and 19th in Tacoma. Our two workshops on **"Building Parish Partnerships to Serve Life & Justice"**

were both well attended by volunteers and those interested in learning more from across the state. We were delighted to have Sr. Sharon Park, OP, formerly the Executive Director for WSCC introduce each workshop and provide a historical perspective. Our statewide team shared stories of how PREPARES is changing the lives of the families we serve as well as our volunteers.

We also had the opportunity to celebrate our five-year anniversary by sharing lunch and special treats with our volunteers who were attending the conference. It was so wonderful to see so many of you there!

The highlight of the conference was the premier of our new PREPARES video which you can access on preparesforlife.org or our Facebook page.



Creative Ideas

Looking for creative ideas for your group or school to support PREPARES families? Here are two ideas you may want to consider:

Providence Healthcare was recently looking for a project to do as a part of their leadership retreat. The group purchased kits to make No Sew blankets and produced 100 blankets in a fun, hour long session. If you are interested in receiving instructions on how to make the blankets, please contact us at prepares@ccsw.org.

St. Bridget (Seattle) recently sold gift card scripts for the benefit of their school and asked parishioners to consider purchasing gift cards for PREPARES while they were purchasing cards. The result was over \$800 in gift cards that will be provided to PREPARES families during the Christmas holidays. Thank you to all the parishioners who participated.

This Month's Helpful Handout: Accessing Healthcare

Flu season is upon us which means that families need to have access to healthcare to stay healthy. Many families are not covered by health insurance, and the eligibility and sign-up process can seem confusing and intimidating. Connecting to maternity and childbirth care, immunizations, check-ups and treatment is important to keeping everyone in the family as healthy as possible, together.

To learn more click [here](#) to access the link to the **Helpful Handout Accessing Healthcare**.

Help Me Thanksgiving Day Prayer

O God, when I have food, help me to remember the hungry;
When I have work,
help me to remember the jobless;
When I have a home,
help me to remember those who have no home at all;
When I am without pain,
help me to remember those who suffer,
And remembering,
help me to destroy my complacency;
Bestir my compassion,
and be concerned enough to help;
By word and deed, those who cry out for what we take for granted.
Amen



Source: Samuel F. Pugh, Catholic Digest

Upcoming Events

- Christ the King (Seattle) Community Baby Shower – **November 9th**
- Holy Rosary (Edmonds) Baby Shower - **November 24th**
- Thanksgiving - **November 28th**
- Advent Begins - **December 1st**
- St. Nicholas - **December 6th**
- Holy Redeemer (Vancouver) Orientation - **December 14th**

Blessings,

Donna, Erin, Carol, Teresa, and Lisa

PREPARES of Western Washington Team

100 - 23rd Ave South, Seattle, WA 98144

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.

A PROGRAM OF



CATHOLIC COMMUNITY SERVICES
OF WESTERN WASHINGTON