

PREPARES

Pregnancy & Parenting Support

A PROGRAM OF CATHOLIC COMMUNITY SERVICES

February 2019

"We believe that human life is sacred. Our task is to let that truth permeate every single aspect of our lives, every relationship, every decision we make, every success we enjoy, our every word and every action."

– Archbishop Sartain

A PREPARES Response.....

Mass for Life



On January 22nd, dozens of PREPARES volunteers joined their fellow parishioners and attended this year's Mass for Life to show their support for the sacredness of all human life. The Mass was held in two separate locations, [St. Michael in Olympia](#) with Archbishop J. Peter Sartain and [Sacred Heart in Lacey](#) with Auxiliary Bishop Daniel Mueggenborg. Both of them acknowledged the importance of the presence of those in attendance. Bishop Mueggenborg thanked the crowd at Sacred Heart for attending "to make your presence known, to make your voices heard, to make your faith visible and to take a stand as the body of Christ, protecting and promoting human life this day. Archbishop Sartain

reminded us all that “You and I are here because we believe that we will be judged on how we treat the most innocent and most vulnerable — the unborn, the frail elderly, the disabled, the terminally ill, the foreigner.”

Parish Spotlight - Church of the Assumption (Bellingham)



Thanks to the partnership of PREPARES and Catholic Daughters (CDA) at the [Church of the Assumption in Bellingham](#), forty-nine children had a happier Christmas holiday season. The children are from families living at Villa Santa Fe in Bellingham whose families were experiencing financial hardships. When Kathy Kelso, the PREPARES coordinator,

learned of the situation through Kati Ortiz, the office supervisor of Villa Santa Fe, she was able to call on the generous hearts of the Catholic Daughters of her parish to “adopt” these children for the holiday. These caring women have been steadfast in their generous support of PREPARES and they made sure that there were gifts for each of the forty-nine children. When the children came home from school, to their delight they found a row of presents in the office for them. They were so excited to take their gifts home!

PREPARES is so grateful for the dedication of Parish Coordinators like Kathy Kelso and for the generosity and partnership of Catholic Daughters. Bless you!

Become a Champion of Our Online Community

Are you interested in becoming more involved with PREPARES but feel you are not able to devote enough “in-person” time? You just might be the perfect candidate for becoming an Online Champion for our Groopit Online Community. If you are interested in learning more, please contact Donna Cheesebrough at DonnaCh@ccsww.org.



Not a member of our online community yet? You can access the flyer on how to join [here](#). Then 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: Boundaries

In our PREPARES volunteer training, we emphasize that boundaries are a healthy part of any relationship. However, as time goes by and we build more of a relationship with our families, we may begin to feel uncomfortable or stressed that our boundaries are being tested. We may feel that we are being asked to do more than we are able based on our time, energy and emotions. Left unchecked, this can lead to "compassion fatigue" and you may feel that your role as companion is no longer sustainable.

To learn more about how to establish and maintain healthy boundaries, please click [here](#) to access the link to the Helpful Handout: **Boundaries**.

Containers of Divine Love

God of affection, devotion, passion, tenderness, and all forms of love, this day we thank you for the myriad ways that we have been given a touch of your goodness. We thank you for your many beneficent gestures:

... love that draws us to friendship and fidelity,
... love that leads us to kindness and compassion,
... love that stirs in our flesh and dances in our bones,
... love that lures us toward the sacred and serene,
... love that calls us to new vision and growth,
... love that soothes our heartaches and gentles our pain,
... love that sees worth in each human being,
... love that believes in us and whispers with hope,
... love that sings in the seasons and sighs in the wind,
... love that taps on the door of forgiveness,
... love that longs for peace among all humankind,
... love that surprises and fills us with awe,
... love that sings praise for the face of earth's beauty,
... love that offers the hand of warm welcome,
... love that respects those who won't come too near,
... love that urges us to take risks and have courage,
... love that embraces the shadow in us,
... love that sheds the old skin and welcomes the new,
... love that ripens our souls for the final journey home.

Source of Love, we offer thanks for how you are abiding in all of these forms of love. May the hearts we give and receive this Valentine's Day remind us of you, the One Great Heart, holding us all in the tenderness of your love.

Source: Joyce Rupp, Out of the Ordinary

Upcoming Events

- Presentation of the Lord - **February 2nd**
- Catholic Advocacy Day - **February 7th**
- St. Valentine's Day - **February 14th**
- Ash Wednesday - **March 6th**

God Bless,

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

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VOLUNTEER



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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