

PREPARES

Pregnancy & Parenting Support

A PROGRAM OF CATHOLIC COMMUNITY SERVICES

August 2019

"Whoever receives one such child as this in my name, receives me; and whoever receives me, receives not me but the One who sent me." – Mark 9:37

A PREPARES Response.....

Play with Love Visits KidsQuest Children's Museum (Bellevue)



It was a wonderful day of adventure and exploration as the Play with Love group at [St. Madeleine Sophie \(Bellevue\)](#) visited [KidsQuest Children's Museum \(Bellevue\)](#). If you are looking for a summer activity for little ones, this is a great place to recommend. Parents love it, too!

The summer Play with Love program, which includes visits to parks and other activities, will conclude on August 14th when they visit Woodland Park Zoo. We can't wait to see the photos!



Volunteer Spotlight - Dawn Bingeman, St. Mary Magdalen (Everett)

Dawn Bingeman has been dedicating herself to the PREPARES ministry for over two years as Parish Coordinator for [St. Mary Magdalen \(Everett\)](#). Dawn has been instrumental in organizing Traveling Cribs twice a year at her parish. Thanks to her efforts, PREPARES is able to help moms with essential needs like diapers and clothing. Dawn is living the works of mercy every day.

Providence Health and Services Circle App Version 3.0



Providence Health & Services Circle App, which provides answers to pregnancy and parenting questions in a free and easy-to-use smartphone app, has recently been updated with new features. Great for use by moms as well as a source of information for companions. All content has been reviewed and approved by Providence doctors and can be customized based on the mom's due date and/or age(s) of her children. Information includes articles with answers to questions about pregnancy, babies and parenting; breastfeeding support from videos and articles; and a to-do checklist from Providence experts to guide moms through every stage of pregnancy and parenting. New features include easier access to local resources, ability for women to invite their partner to download Circle, and easy navigation to child development milestones. Additionally, all of Circle's clinically approved content is now available in Spanish.

The Circle Article Library is a great resource for Companions as well. The application is available at the Apple App Store for iPhones and at Google Play for Android phones. Learn more about Circle by Providence [here](#).

This Month's Helpful Handout: Challenges of New Parents

The birth of a baby brings along with it numerous challenges — from new mothers dealing with hormonal changes to adjusting one's routine to baby's needs and deciphering baby's cries . . . the list is endless. Adjusting to a new baby also means adapting to each other as new parents. After all, having a baby changes everything. This month's Helpful Handout provides tips and resources for helping parents adapt to the multitude of challenges they face.

To learn more about how to keep kids safe around the water, please click [here](#) to access the link to the Helpful Handout: **Challenges of New Parents.**

A Prayer for Migrant Children

Loving Father,
in your infinite compassion,
we seek your divine protection for
refugee children who are often alone
and afraid.
Provide solace to those who have been
witnesses to violence and destruction,
who have lost parents, family, friends,
home, and all they cherish due to war or
persecution.



Comfort them in their sorrow, and bring help in their time of need.

Show mercy to unaccompanied migrant children, too, Lord.

Reunite them with their families and loved ones.

Guide those children who are strangers in a foreign land to a place of peace and safety.

Comfort them in their sorrow, and bring help in their time of need.

Show us how we might reach out to these precious and vulnerable children.

Open our hearts to migrant and refugee children in need,

so that we might see in them your own migrant Son.

Give us courage to stand up in their defense against those who would do them harm.

For this we pray through our Lord Jesus Christ who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever.

Amen

Source: United States Conference of Catholic Bishops, 2009

Upcoming Events

- Play with Love End of Year Celebration at the Zoo – **August 14th**
- Assumption of the Blessed Virgin Mary - **August 15th**

- Grandparents Day – **September 8th**
- 40 Days for Life begins – **September 25th**
- [Cornerstone Conference](#) - October **19th & 20th**

Blessings,

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

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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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