

WASHINGTON STATE KNIGHTS OF COLUMBUS

THE SECOND EDITION SEPTEMBER 2015

BATTLE FOR THE BABIES



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**THE SECOND EDITION IS A
"Strong Visible Program"**





"FAMILY OF THE MONTH"

"THE FAMILY, NATURE'S MASTERPIECE."

SUPREME COUNCIL "FAMILY OF THE MONTH" AWARDS"

Each month the Supreme Council will randomly select families that are nominated by their councils, by completing the Family of the Month form (forms must be submitted to Supreme by the 15th of the month.) Each Family will receive a Holy Family Icon from the Supreme Council.

The following families from Washington are winners for July 2015.

Congratulations to:

David & Anna Toby
Council 7528 - Federal Way

Jose & Marilyn Lopez
Council 11789 - Bremerton



STRONG VISIBLE PROGRAM

THE THINGS WE DO BEST, WE DO AS A FAMILY.





O Almighty God, Whose great power and eternal Wisdom embraces the universe, Watch over all policemen and Law enforcement officers everywhere. Protect them from harm In the performance of their duty To stop crime, robbery, Riots and violence. We pray, help them keep our streets And homes safe, day and night. We commend them to your loving care Because their duty is dangerous.

Grant them strength and courage In their daily assignments. Dear God, protect these brave men and women. Grant them your almighty protection, Unite them safely with their families after Duty has ended. Please God, grant us this wish.



*The difference between Genius and Stupid,
GENIUS HAS LIMITS!*

LITTLE RED RIDING HOOD RAN OFF WITH THE WOLF,
HE PROMISED HER A PORK DINNER.



LITTLE RED WHERE IS YOUR HEAD?

**HOW DID WE ALLOW THIS TO HAPPEN?
COMMON SENSE MUST HAVE BEEN ON VACATION!**

YOU HAVE TO GET YOUR PARENT'S PERMISSION TO GO ON A FIELD TRIP OR TO TAKE
AN ASPIRIN IN SCHOOL, BUT NOT TO GET AN ABORTION.

ONLY UNDER A GODLESS GOVERNMENT CAN YOU:
LEGALLY KILL YOUR CHILDREN
AND GO TO JAIL FOR DISCIPLINING THEM

**BROTHERS, MY FELLOW AMERICANS;
IT'S TIME TO.....**





Because I am a survivor of domestic violence from many years ago, I have always had a soft spot in my heart for those in this situation and I always wanted to do something to help. When I was living through it, they were first developing laws against domestic violence, so I had no place to go and nowhere to get help. Even the police would not help.....

I'm a Special Kind of Bag Lady

By Valerie Baemmert wife of Robert Baemmert State Secretary

But now, thirty years later, there are laws and Domestic Violence Centers and hot lines for help. The statistics are that a woman will attempt to leave the abusive situation eight times before she actually leaves once and for all. I was surprised to find out that men are abused by their spouses in some cases, too. (My husband just raised his hand...what a wise guy!) I can say that yes I tried many times to leave my situation, but it was not until I heard my thirteen year-old son say to me "Mommy why are you taking all of those beatings?" that I decided to leave for good.

I don't carry a chip on my shoulder because I was abused. I am a survivor!! Today I am strong and confident, spoiled and bigger than my husband(I hate when he edits my articles) and spoiled rotten and loved unconditionally. So now I help the Domestic Violence Center in Tri-Cities. What I do is simple and fun. Me and my sisters in my YLI (Young Ladies Institute) church group at Christ the King Church collect toiletries, cell phones, oral hygiene products, cream, deodorant, combs and then we fill up a gallon zip-lock bag, wrap it in a towel and we put this bundle in a beautiful flowered bag for women that have made their break. In 2013 we provided 25 such bags, 30 in 2014, and this year we increased our gift to 48 bags.



Timing is everything and the Center said they need the most help in summer, so this year we gave our bags in July...WOW were they pleased! Lots of smiles and hugs and that was great but knowing that we were helping another person who was living through what I did thirty years ago makes it all worthwhile. I remember leaving with not much more than the cloths on my back. This still happens even though it may be better today. I just thank God my son said those words to me.

HE SAVED ME. NO HE SAVED US.

Now all I have to do is to be patient enough with your State Secretary not to beat him with one of those bags when he gets me mad...just kidding! Keep Smiling and God Bless.





EXPLANATION OF THE VARIOUS REGALIA COLORS TO THE NEW 4TH DEGREES.



Here is what the colors mean:

- Dark Blue - Current or Former Supreme Master
- Light Blue - Current or Former Vice Supreme Master
- Gold - Current or Former District Master
- Green - District Marshal
- White - Current or Past Faithful Navigator
- Purple - Color Corps Commander
- Red - Member

A member holding certain offices of authority has a different color cape (and sometimes their chapeau is different in color too). They are entitled to continue wearing that color when their term of office is complete. This is noted above with the use of the words Former and Past.



Mentoring a New Member using the “Shining Armor” Program

There are responsibilities as a proposer for a new prospect that go beyond helping him fill out his form 100. As a proposer, you're the natural person to become his mentor and help him get to know our council officers and members and get involved in council activities as soon as possible after he takes his First degree. The concept of the “Shining Armor” program is to get new members active in the many facets of our councils as early as possible and assist in maintaining that activity and also honor them as a valued member of your council.

To qualify for the “Shining Armor Award” new Knights must during their first year of membership:

- Be involved in at least three council service programs
- Attend at least three council business meetings
- Receive their Second and Third degrees
- Meet with our council's insurance representative
- Recruit at least one new member

These are the qualifications for the basic program, we need to consider implementing it in your council as a normal way of integrating new members. Keep in mind, the main focus of the program is to get new members actively involved within our council from the very beginning so they don't become a retention problem later.



For more information about this program; **CONTACT: ROMY ABLAO**
http://www.kofc.org/un/en/membership/retention/shining_armor_award.html

SILVER KNIGHT AWARD

Annual Requirements

After first year of Membership

➤ Maintain 3rd Degree membership in good standing

➤ Attend at least 3 Business Meetings

➤ Participate in 3 Service Programs

➤ Meet with Insurance Agent or maintain Insurance Member status

➤ Recruit 2 new members



CONTACT: ROMY ABLAO
19414 AURORA AVE.
N. SHORELINE, WA 98133
Email: romarico.ablao@kofc.org
OR - romakofc@gmail.com

At Day's End

by John Hall

*Is anybody happier because you passed his way?
Does anyone remember that you spoke to him today?
Is there anyone to utter now a kindly word of you?
Can you say tonight, in parting with the day that's slipping fast,
That you helped a single brother of the many that you passed.
Is a single heart rejoicing over what you did or said;
Does the man whose hopes were fading, now with courage look ahead?
Did you waste the day, or lose it? Was it well or sorely spent?
Did you leave a trail of kindness, or a scar of discontent?
As you close your eyes in slumber, do you think that God will say,
"You have earned one more tomorrow by the work you did today?"*

*Submitted to the "Second Edition" by
Manny Aguilar Hispanic Membership Chairman-East
"Manny thinks this is an excellent description of a Knight"*



"HOLY BOWL VI"

October 23, 2015



GAME TIME 7PM



DeSales vs. Tri-Cities Prep



The ball always takes a "Catholic Bounce!"

The 6th annual football game, in Walla Walla this year at the DeSales football field, between two Catholic high schools. Playoff hopes are on the line as well as good old fashion football pride. The Councils and Assemblies of District 7 in coordination with both schools sponsor a traveling game trophy.

All funds generated from the Holy Bowl go to Catholic Education

THE GAME IS PRECEDED AT 4:30PM, BY A GREAT TAILGATE PARTY. BEFORE THE GAME, EVERYONE GATHERS AROUND FIRE POTS AND SHARE "GLORY DAYS" WITH STORIES, LAUGHTER

AND GREAT TAILGATE FOOD!!!!

KNIGHTS CAN MAKE PIGS FLY

*If you believe in me,
And I believe in you,
We could stumble through the boredom and pain
Only rarely looking up through the rain.
To wonder who was the one to blame
For seeing a flock of pigs on the wing.*



By STEVE SNELL

A storyteller has only one job, to sell their story, to make people believe. Believe what you say. They will believe that pigs can fly when they believe in you. You're looking for ways to bring the listener into the story. *To make this happen the storyteller must believe in it most of all, he must find the magic in it. He must find a way to use the magic of belief to weave an adventure they will want to be a part of. The magic of the moment begins when your listeners say to themselves, “Is that possible, could it be, I wonder!...”*

Storytelling is one of the oldest and most powerful tools ever put to use by mankind. Thanks to words and language the storyteller can educate us and connect us to the past and lead us into the future by capturing the listener's hearts, spirits and minds. If you take the time to know your audience and give them little details common to their life you can send shivers through them as they recognize their own lives in the details, they can then grasp the story more powerfully, and they will more willingly give themselves over to the magic of the message.

Imagine the entire population of the room you're in sitting, staring, silent and enthralled – they are all half-smiling at you and your magical words. You want them there, you want them like that, you want them to say, “He held his audience in the palm of his hand”- when all your efforts, all your gestures and expressions, are directed to that end. When they are there and you finish – they believe.

Ask any Brother Knight on a Degree Team and I think they will agree they are telling a story, they are asking for a commitment and they are offering a way of life filled with good works and the opportunity to serve. **Honestly, as Knights we are all telling a story by words and example.** Never forget you are the best recruitment tool, the best storyteller we have – **oh by the way, pigs can fly,**

BELIEVE IT!

**SPOT LIGHT ON STRONG VISIBLE
COUNCIL PROGRAMS**



Our number 1 Priority Feeding the Hungry!! "IVAR'S AWARD"

By Tommy LaCour, GK Harry J Tucker Jr Council 11780

Knights of Columbus, Council Harry J Tucker Jr Council 11780, Presents Appreciation Award to Ivar's of Kent. This award was Presented to Ivar's of Kent, Wa. for their Support and Continuous Contributions to our Council which allows us to be able to

Give MORE to those in need in our Community!!





Bellingham

- Mount Vernon
- Everett
- Kirkland
- Redmond
- Bellevue
- Renton

Omak

Colville

WASHINGTON

WILD FIRES

Thank you
firefighters!



GOD BLESS YOU!

SPOT LIGHT ON STRONG



VISIBLE PROGRAMS!

PUT ON A BACK TO SCHOOL BARBECUE AND THEY WILL COME!



BY TOMMY LACOUR, GK COUNCIL 11780

Every August, the Storehouse (Covington Food Bank), along with the Churches and Organizations that support us, puts on a BBQ for the needy families we serve in our Community, with burgers and hot dogs, watermelon, a show, and even some giant bouncy toys. At this event, we give out school backpacks filled with lots of the supplies the kids need to start school in the fall.

Lots of other services are provided, Dental Check-ups, Clothes and Shoes (Donated from the Knights of Columbus), haircuts, books, diabetes checks, library cards, Even Oil Changes for Mom or Dad, and More....

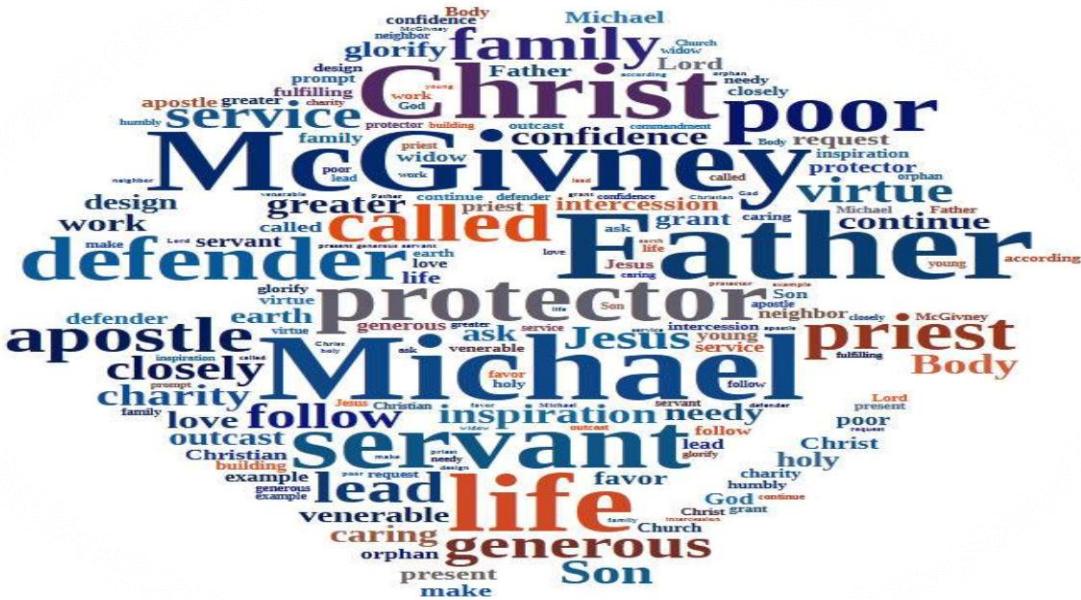
AND THE FOOD TOO: Collected and Donated and Cooked by the Knights of Columbus Council 11780! All of this is FREE to the families with children in need!!

**THERE ARE HUNDREDS OF VOLUNTEERS AND KNIGHTS WORKING
TOGETHER TO SERVE OVER 1000 KIDS AND THEIR FAMILIES!**

more



VENERABLE MICHAEL J. MCGIVNEY



*A prayer cloud made from the text of the prayer for
Father McGivney's Canonization*

THE PRAYER



God, our Father, protector of the poor and defender of the widow and orphan, you called your priest, Father Michael J. McGivney, to be an apostle of Christian family life and to lead the young to the generous service of their neighbor. Through the example of his life and virtue may we follow your Son, Jesus Christ, more closely, fulfilling his commandment of charity and building up his Body which is the Church.

Let the inspiration of your servant prompt us to greater confidence in your love so that we may continue his work of caring for the needy and the outcast. We humbly ask that you glorify your venerable servant Father Michael J. McGivney on earth according to the design of your holy will. Through his intercession, grant the favor I now present (here make your request). Through Christ our Lord. Amen. (Our Father, Hail Mary, Glory be.)

WIVES CORNER # 2

DEPRESSION ERA FAMILY MEMORIES

DELIVERY MEN AND OTHER CHARACTERS

By Sheila Ryan Wallace

(Sheila is the wife of PSD John M. Wallace)

When I was a child, on hot summer days the ice man would come up the street to deliver ice to all the houses where a sign was placed in the window requesting it. The truck would park out on the street in front of our house, and we children would gather to watch the ice man chop a large chunk off a huge ice block in the truck. Small chips would flake off and we would all grab a piece and suck on it, a great way to cool down on a hot day.



The ice man was tall with broad shoulders and apparently very strong. He would wear a leather cover on his shoulders, hoist the block of ice up on his back with his tongs and take it right into the house and put it in the ice box. He was a cheerful fellow, always good to us kids. The ice box would keep our food cold long before we had refrigerators.

Another interesting man who would make the rounds with his horse and wagon was a little Jewish man; Jake, the rag man. He'd come up the road shouting, "Old rags. Old rags," and Mom would bring out some rags of our worn out clothing, and perhaps a stack of newspapers, and he'd pay her a few coins for them. He'd chat with her for a little while, maybe a half hour or so, (it was during the depression and there wasn't much opportunity to make money), then he'd continue on down the street hollering, "Old Rags! Old Rags!"

The milkman came faithfully all through my childhood, delivering milk whether we could pay or not. I remember one time hearing that when all seven children were still at home and Dad was earning about \$40.00 per week, we got behind in our payments for the milk, yet that milkman never stopped bringing it. At one time the bill got up to \$200.00, but the milkman knew Dad would pay when he could, and he knew that we growing children needed the milk to build strong bones, so he never cut us off.

We also had a bread man who delivered our bread and other pastries for awhile although we didn't use him as much. There were two or three corner stores close by where we could pick up a loaf of bread if we ran out. There was also a bread bakery in town where Dad would take us to watch the bread being baked. What a heavenly smell that was!



the Great Depression

Dad loved to buy fresh bread dough. He'd bring it home and fry it, cover it with butter, cinnamon and sugar, and we'd have the best snack anyone could ever want. Another favorite snack Dad promoted for our hungry mouths when we'd run in from play, was bread and molasses. It was filling, healthy and good for us and we liked it.

The coal man would come several times each winter to deliver coal through a window down into the coal bin in our cellar. We'd watch him set up a chute and listen to the coal noisily tumble down to its resting place.

One time the coal man was delivering coal to the aunts next door. Our front fence happened to be broken so he asked us kids if he could drive across our yard to dump his coal down the chute into their cellar. Being children, we said yes and he drove over the lawn, his heavy truck putting great ruts in it. Mom and Dad were very upset and called his company to report it, but nothing was ever done about it. Later on we changed to an oil furnace and the oil man replaced the coal man.

There were a couple of other characters around town during my growing up years. One was a man who wore a hat decorated with all kinds of kitchen gadgets, flowers, etc. which he changed as the mood struck him. It was so incongruous that it brought a smile to the men and women who often had little to smile about during the Depression as they struggled to make a living. I'm almost sure that's why he did it, call him eccentric or not. You never knew what he'd show up with attached to his hat the next time you saw him.

There was also a woman who lived on the street next to ours. She would walk to town or to the store, but turn around and look backwards, sometimes reversing her steps, walking toward home, then perhaps cross the street, walk a ways toward town again and often look back as if wondering if someone was following her. She was harmless, but we kids kept our distance, wondering what made her do that. It must have taken her forever to get to town.

Later someone explained she was going through the change of life. This always puzzled me because I never heard of the change affecting anyone else that way. I sometimes wonder if she was a paranoid schizophrenic.

Another character from my childhood was old Mr. Moore. He was a paper hanger and house painter. Whenever Mom needed papering done at the rentals and at our house she would hire Mr. Moore. He was very deaf and shaky on his feet, and I used to wonder if he would fall off the ladder or get the paper on straight.

I would ask Mom why she hired him as others could do the job much more efficiently and much faster. He was so slow! She would smile and say, "He's a nice man and I feel sorry for him. He needs the money and he does a good job." And she'd hire him again.

He chuckled when he saw me one time when I was very small, bundled up in an apron, standing on a chair and trying to wash the dishes. I'm sure I had water all over the place.

Mom tells the story of a time she invited Mr. Moore for Thanksgiving dinner (this was after I left home, I believe). A mouse fell from somewhere near the ceiling on to the table and scampered away. Mr. Moore looked shocked. Mom and the kids started laughing and the family went on with the meal. It made Mom giggle every time she remembered it. She often wondered what old Mr. Moore thought of our family.

As I look back on these memories I can't help contrast them with the way we treat people today. The man with the funny hat would probably be admitted to a mental hospital for evaluation. The woman with the "change of life" would probably go there also for evaluation and put on medication. Certainly both would be laughed at by groups of children if not adults. Instead, back then, people accepted them as they were and even looked out for them. The milk

man would not consider waiting so long for his money, or if he did, he still would not continue to deliver milk when it was obvious that the family could not pay. Probably the painter would not continue to find work with kind families who would ignore his shakiness and the inconvenience of having to yell at him to make themselves understood. And they would probably not ignore the fact that his work was less than perfect.

And I don't know of too many people who would accept a mouse falling from the ceiling with laughter as my Mom did, and carry on so Thanksgiving dinner would not be disturbed.

Although money was always tight, somehow Dad would frequently find a nickel in his pocket for me to buy a candy bar on my way to school. And he would take us for a ride to the beach or to the mountains or to our grandmother's house nearly every weekend. We never felt poor or deprived, and I believe that is because he was always very thrifty with his money.

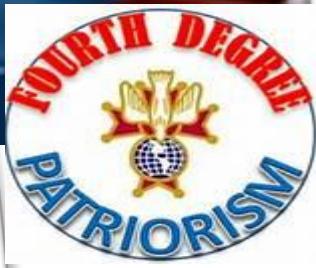
I hope you enjoy these family memories of growing up in
the era of the Great Depression.





***TAKE THE TEST AND STAND WITH BEST,
YOU'LL LIKE THE WAY YOU FEEL!!***

" JOIN THE 4TH DEGREE "



Family of the Month Program



"Attitude of Gratitude"

BY STEVE SNELL STATE FAMILY CHAIRMAN



We want them all recognized, every hardworking Knight and their Family!
We want every Council to be a part of it.

It's not much we are asking; GREAT KNIGHTS & THEIR FAMILIES are all around you.

One of the most unforgettable men I ever met was not some famous politician, war hero or rock star, he was a simple soul who had no wish to dominate or control, but set out to conquer circumstance – he became a helping hand, he became a Knight! He was one of those who kept midnight vigils when someone was in need, he joined his brother Knights in watching over a priest who was in his late 90's, he spent time on his knees outside of an abortion clinic praying for the unborn heart beats, all he asked for them was what had been given to all of us, life.

We want them all recognized, a family each and every month!
We want every Council to be a part of it.

It's not much we are asking; EACH COUNCIL is full of exceptional men.

What I can say with certainty is that across the years around these men of distinction one comes away with a strong feeling of brotherhood and fraternity. These men display a candor, a quiet pride, a kindness, a sense of humor, a love of life that translates into a love for their fellow man. These men, these Knights, are a rare thing in today's culture: close up, as from afar, they are my Hero's. I ask you from the bottom of my heart to display an "Attitude of Gratitude" towards these men, your fellow Knights, by including one of them each and every month in your Hall of Fame and by recognizing them thru The Family of the Month Program.

We want them all!
We want 100% of the Councils to please participate.
It's not much we are asking, they've given so much, and they deserve it!

SPOT LIGHT ON STRONG



VISIBLE PROGRAMS!

Pope Francis has shaken our conscience, our innermost self, our faith; he stresses the need to see Christ in others, especially those in need. God's way has been to come to us through other human beings. While each man must find him in his own heart, yet God gives us his love and helps most often through others. He uses other men to draw us to himself.

"THE 37TH ANNUAL YARD SALE"

By MIKE CALDERON (12983)

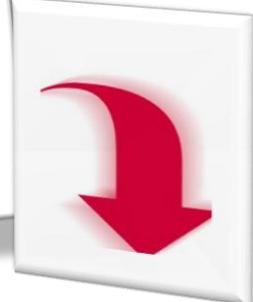
St John the Evangelist in Vancouver 37th annual Yard sale is now history; all proceeds are donated to the local chapter of St Vincent de Paul that helps thousands of needy families with food, and other assistance. This year's figures will amount to over 36K. Hard work and dedication by ladies and men of the parish community brings us to do God's work in fellowship.

Equipment military parachute covers the court yard, filled with treasure the boggles the mind. Each classroom is filled with house ware, electronic, tools, toys and you name it. Everything is marked to sell, so everyone gets a great deal.

Fresh off the grill onion hamburgers made to order, large hall holds displays well arranged clothing by style and size, and a jewelry department tickling ladies desires. The whole of the parish is invited to be involved in some aspect of this event.

Adult Activities group of the parish formed in the early 70's and has been ongoing, founded many parish activities, such as the yard sale, parish luau, fun on the run (a progressive dinner event) that brings adult together for a fun evening and let's not forget the annual prison party. My part in this party is to get inmate singing, 12 days of Christmas brings out enthusiastic voices, almost makes roof shake with joy. What a blessing allowing others the feeling of joy when being behind bars maybe the lowest time of their lives.

The story of creation is meant to teach us that God made everything that exists and that everything he has made is good. God does not interfere to make this and that happen, he gave us free will to do good things for mankind, to be co-creators with him, to develop our world in partnership with him, be fruitful and multiply, that means man and woman. By our achievements, little as they are, creates a better world. The yard sale brought people to our church, some fallen away Catholics; others may not understand what our faith is about. Those that worked the sale could be his angels each do this work with joy in their hearts.





And the great checkout crew!



Always with smiles.



More checkout expertise!



Braving the heat!



Keeping outside sales organized!



LOVED the hot lunches!



Boy Scout area kept busy.



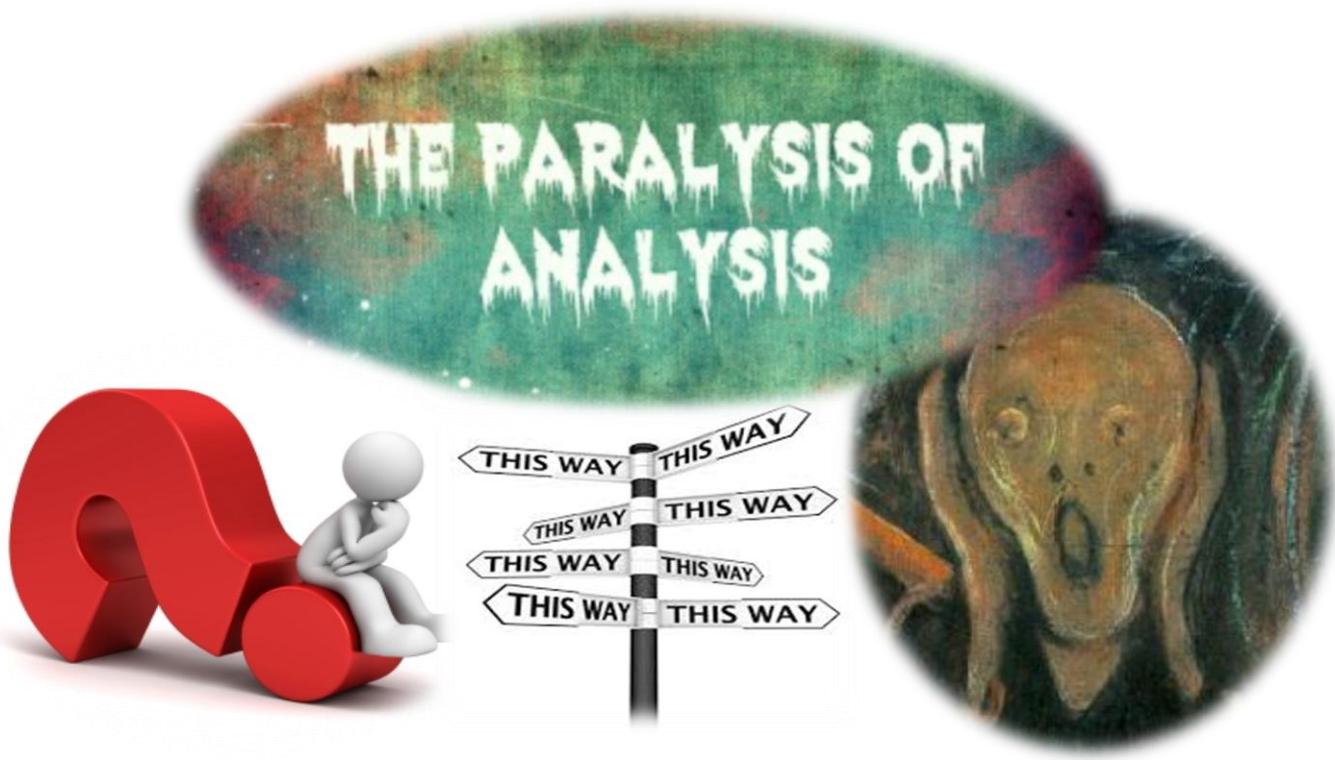
Winding down...still with smiles!



The fun part...tallying results...is it a record?



Are we finished yet?



LEADERSHIP TRAP

"I'm thinking it over!"

When you are faced with an important decision, it's always a good idea to gather information about the possible options and to use that information to evaluate the possible consequences. **Analysis paralysis** happens when..... you spend too much time analyzing that information and second-guessing all those possibilities... when you literally can't make a decision because that excess of information actually prevents you from moving forward.

Don't let your self-doubt keep you from making timely decisions. Make yourself stop over-analyzing and worrying about consequences. Make yourself stop obsessing about making a perfect decision. Concentrate instead on just doing **SOMETHING... COMMUNICATE..... move ahead, take action.....**please for the good of you and your world, we pray to the Lord.

OR PUT ANOTHER WAY:

Jack Benny was pained to part with his money. So ingrained was this part of the Jack Benny persona that on his radio program, among his biggest laughs came when a robber held him up demanding "Your money or your life?" prompting a long pause from Benny... who finally said



TIME TESTED QUALITIES OF

LEADERSHIP

- *Great leaders are not in leadership for personal gain, they lead in order to serve. Show me a man who cannot be bothered to do little things, and I'll show you a man who cannot be trusted to do big things.*
- *Leadership is influence, nothing more, nothing less.*
- *No one respects or follows mediocrity.*
- *When you look at the leaders whose names are revered long after they have finished leading, you find that they were men and women who helped people to live better lives and reach their potential. That is the highest calling of leadership—and its highest value.*
- **GIVE YOUR POWER AWAY.** *One of the ironies of leadership is that you become a better leader by sharing whatever power you have, not by saving it all for yourself. You're meant to be a river, not a reservoir. If you use your power to empower others, your leadership will extend far beyond your grasp. Because of the courage YOU found and the character YOU displayed, other people will recognize YOUR admirable qualities and feel compelled to follow YOU.*

**Be the kind
of leader
that you
would
follow.**





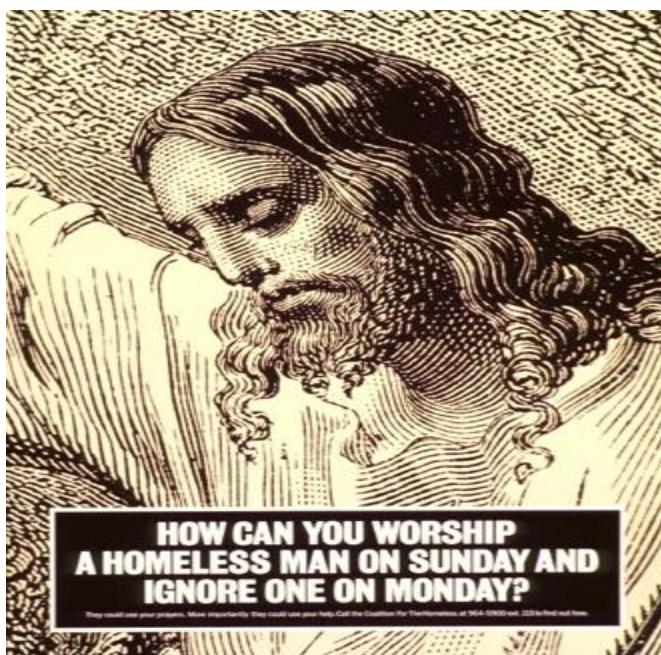
FOOD FOR FAMILIES

"STOP LIGHT INSIGHT"

He is stepping into the crosswalk. He is a stunted, bearded, long haired man of about 30 or so, looks like he needs a meal, he has a reddened nose and reddened eyes. He is dressed in dark clothes, almost clerically, he might be a tenth-rate teacher or preacher ruined by drink or drugs. He smiles and nods, I nod, as he walks across in front of me, a story in passing. Light changes, I drive on.....

About two blocks latter it hits me like a sharp slap in the face, the title of a long lost country song, **"What if Jesus Came back like that!"** I'm shaking as I pull over to the side of the road, **'my God he smiled at me and nodded like he knew me.'** I swear I heard Sister Mildred Marie's voice (my high school religious ed. teacher) reminding me what Jesus said:

"What you do to the least of my brethren, you do unto me"



I broke the law with a U-turn and drove back to where I last seen the "stranger." He was gone! I missed a chance to serve because I failed to recognize it when **HE** was standing in front of me. Brothers don't miss your opportunity to serve **HIM**.

**PLEASE USE THE FOOD FOR
FAMILIES PROGRAM!**

**QUESTIONS – (509-386-3462) or
stevesnell@charter.net**

**STEVE SNELL,
STATE FAMILY CHAIRMAN**



A MESSAGE FROM THE WASHINGTON STATE CULTURE OF LIFE COUPLE



ABORTION AND ITS IMPACT ON WOMEN

By ANDREW AND JOANNE KOPRIVA

In 2011, the *British Journal of Psychiatry* published "the largest quantitative estimate of mental health risks associated with abortion available in the world literature." It measured anxiety, depression, alcohol use, marijuana use, and suicidal behavior. It found that "the overall experience of abortion led to a staggering 81% increased risk of mental health problems across all the variables." Studies done in the U.S., Finland, Denmark, and Canada have come to similar conclusions.

In addition to these five mental health problems, post-abortion syndromes include such emotions as guilt, feelings of numbness, avoidance of children or pregnant women, inability to bond with present or future children, eating disorders, fear of infertility, and nightmares. There is no post-abortion syndrome called elation. And they all remember the anniversary of the aborted child's due date, or the date of the abortion.

Project Rachel was founded as a Catholic ministry to reach out to women who have had an abortion. For more information please visit www.rachelsvineyard.org and www.hlretreat.weebly.com.

Grace and Peace,



**Andrew and Joanne Kopriva
Culture of Life Couple**



Feast of Saint Martha

By FATHER KENNETH KRALL

Jesuit Priest and Professor in the Modern Languages Department at Gonzaga University.



My name is Martha and I am a workaholic. It's important, they tell me, for us workaholics in our twelve step recovery programs to admit our problem openly. Why? Because it's an antidote for all those years of being a workaholic without recognizing the fact, without admitting our problem.

However in my heart of hearts I think that we Marthas get a bum rap. I mean, where would this church of ours be without us Marthas? Let me give you an example. It was all fine and good for Jesus to give his famous Sermon on the Mount, but I can assure you it was one of us Marthas who called ahead of time to see if the mount was free that day and so avoid the awful embarrassment of double booking. Wouldn't it have been terrible if the local synagogue had already booked that mount for its own annual synagogue picnic? No, if a Martha had not looked ahead and checked, then the Sermon on the Mount might never have taken place and what a loss that would have been for our world.



And then of course there was the pre-event advertising. I mean, you can't just have a spur-of-the-moment Sermon on the Mount without getting the public out there for it. If Jesus had preached that famous sermon and had no one with ears been there to hear it, would there have been any sermon at all? I don't think so. And coordinating those posters on the local market bulletin boards, getting those flyers out to all the local synagogues and spreading the news by word of mouth – all those things just don't happen by themselves. Oh, no. And you can just bet your bottom shekel that there were several of us Marthas involved in all of that publicity.

So there was the booking to do, the advertising to get out, but what about the place itself? You just don't walk up a hill and give a Sermon on the Mount. No, take my word for it. First, there's the whole question of acoustics to consider carefully. Just where was the best place for

Jesus to speak? Well, you certainly don't know that without walking around and trying out different places. And then there's the question of sight. Where could Jesus sit so that the people could not only hear him but also see him? Who wants to listen to a Sermon on the Mount if you can't see Jesus giving it? You might as well stay home and read about it in the papers next day. And, of course, there is always the question of bathrooms. You can't rely on nature to provide enough out-of-the-way trees and bushes to ease peoples' needs along these lines, not in a semi-arid location like the Holy Land. Maybe in Seattle or Spokane, but not in dry old Palestine. Oh, no. It was another Martha who called ahead and reserved enough port-a-potties, was there when they arrived and who supervised their actual placement. After all you can't have them too close to the main event nor too far away, take my word for it.

And then there's always the litter. People, especially when so many turned up, people can really be quite thoughtless when it comes to garbage, especially if they're like my sister Mary, who thinks, I guess, that it's her guardian angel's job to pick up after her. No, it takes a Martha to get enough litter barrels, to see to their arrangement and to make sure that people use them. And, of course, if we Marthas had not stayed around afterwards to make sure the mount was left clean and orderly, then we would not have gotten our damage deposit back. After all every shekel counts.

Well, I think I've made my point, don't you? And that point? There are places in our church, many places, when we take the time to think about it, for workaholics, for us Marthas. And that's the way it should be, I guess. However there's always the danger for us Marthas to be so involved with planning and executing and cleaning up after such an event as the Sermon on the Mount that we never find the time to sit down and actually listen to what Jesus said. And that's the point I think Jesus was trying to make in our gospel selection today. We Marthas do need time to sit down and listen to Jesus. Unless you're like me and have a sister named Mary, who can tell you everything Jesus said as you clean up afterwards. And I guess that's a blessing for me, although I do wish she would at times take a towel and dry a few dishes without me having to ask her.

But excuse me, I have a Workaholics Anonymous meeting to attend and I want to take along something for a snack. Oh, I know, they tell us not to worry about such things, but my name is Martha and I just can't go anywhere empty handed.

GOOD BYE, BUT REMEMBER:

