



ARCHDIOCESE OF INDIANAPOLIS

The Church in Central and Southern Indiana

Office of Pro-Life and Family Life

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Dear Brothers and Sisters in Christ,

We have an update regarding the pro-life and family ministries in the Archdiocese of Indianapolis!

Recently a planning process involving a full review and evaluation of the Pro-Life & Family Life Office (PLFL) was completed. After receiving input from an independent assessment, the deans, leadership at the Catholic Center, and the Archbishop, a decision was made to create separate, complementary offices.

Scott Seibert, MSW, LCSW, will serve as Director of the **Office of Family Ministries**. This office is responsible for all programs supporting marriage prep, wedding anniversary celebrations, NFP, as well as marriage and family enrichment. Caren LeMark who coordinates the Pre-Cana Conference and Deb Van Velse, Coordinator of Healing Ministries serving the Bereaved and Divorced will serve from this office.

The Office of Pro-Life ministries is renamed the **Office of Human Life and Dignity**. We are currently recruiting for the position of Coordinator of Human Life and Dignity. The leader in this role is responsible for Pro-Life activities, abortion ministries, and Health Ministries. Jena Hartman, Coordinator for Birthline, will serve from this office.

Keri Carroll will continue to provide administrative support for both offices.

We are excited for the future and to see how God will continue to use us to build up His Church and serve the parish communities of Central and Southern Indiana!

Bulletin Announcements for November 2017

Included in this mailing, please find the bulletin announcements and fliers for the **month of November for the offices of Family Ministries and Human Life & Dignity**. Please consider adding any announcements to your bulletin that your parishioners may be interested.

If your parish has Pro-Life and/or Family Ministry events you want other parishes to know about, please submit them to Keri Carroll by e-mail. We will be in contact with you regarding your request. You may also contact Keri if there are any fliers and brochures listed below that you would like printed and mailed to you. Keri can be reached at (317)-236-1521 kcarroll@archindy.org

A PDF version of the these announcements are online at www.archindy.org/plfl/BulletinsAndNewsletters.html

Because of this change the bulletin announcements will be configured just a bit differently to accommodate different needs. Each office will have hyperlinks that will take you to the exact spot where you are interested. Please be patient as this will be a work in progress. You will still be able to access all events on the [website](#) (which too will be changing in the future.)

Thank you!

Staff of the Offices of Family Ministries and Human Life and Dignity

<http://www.usccb.org/about/pro-life-activities/word-of-life/>

For Any or All Weekends in November

- **Office of Family Ministries Events**

Marriage Prep

- [Pre-Cana Conference – St. Louis Catholic Church, Batesville, IN - November 10-11, 2017](#)
- [Pre-Cana Conference – Fatima - December 1 – 2, 2017](#)
- [Marriage Workshop – St. Simon \(open to all\) – November 4, 2017](#)
- [Worldwide Marriage Encounter – November 3 – 4, 2017](#)

Healing Ministries

- [Holiday Divorce Support Sessions – November 8 – December 20, 2017](#)

- **Human Life and Dignity Events**

Birthline Ministry

- [Birthline Volunteer Opportunities](#)

Respect Life Ministry

- [Save the Date: Indiana March for Life - 45th Anniversary of Roe V. Wade - January 22, 2018](#)

Health Ministries

- [Watch That Backpack Load](#)
- [Diabetes Statistics and Myths](#)

- **Archdiocesan Events**

- [Women’s Care Center First Friday Mass](#)
- [Traveling “Helpers of God’s Precious Infants Prayer Vigil” – Terre Haute & Bloomington](#)
- [Hope & Healing Survivors of Suicide Monthly Support Group – Indianapolis](#)
- [Mid-North Catholic Community Memorial Mass for the Unborn](#)
- [Respect Life Mass – Terre Haute](#)
- [Helpers of God’s Precious Infants Prayer Vigil – Indianapolis](#)
- [Faithful Citizens Rosary Crusade](#)

Family Ministries



November 3-5, 2017: Worldwide Marriage Encounter

What is a **Worldwide Marriage Encounter Weekend**? It is a positive, renewing experience for couples that have a good marriage, but want to make it even better! This is a time for you and your spouse to spend time together and learn about the tools to nourish your Sacrament in a new way. Consider attending on of the upcoming Marriage Encounter Weekends will take place on **November 3-5, 2017** (Our Lady of Fatima Retreat House). To learn more or apply to attend, visit www.wwme.org.

November 4, 2017: Marriage Workshop – St. Simon



A Marriage Workshop will be presented at St. Simon the Apostle (8155 Oaklandon Road, Indianapolis, IN 46236) in the St. John Vianney meeting room on Saturday, November 4th from 9:00 am to 1:00 pm. Fee is \$25 per couple which includes book and materials. To Register: go to Liturgyofmarriage.com or call (316) 502-7171.

November 8 – December 20, 2017: Holiday Divorce Support – Divorce and Beyond

St. Mark Catholic Church, 535 East Edgewood Avenue, Indianapolis 46227 will host a holiday session of Divorce and Beyond six Wednesday evenings 7:00-9:00 p.m. No session Thanksgiving week. *This Catholic based* peer-ministry support group explores the stress, anger, blame and guilt of divorce with the goal of leading participants toward ultimate forgiveness, happiness and growth. This support group offers all separated and divorced an opportunity to be with others who understand the challenges of facing holidays after divorce. All faiths are welcome.

The cost of the six-week program is \$30, which includes materials. Scholarships are available. For more information or to register, please call 317-236-1586 or email dvanvelse@archindy.org. Registration may also be done online www.archindy.org/divorcesupport

November 10 – 11, 2017: Pre-Cana Conference

The Pre-Cana conference is a 1 or 1.5 day workshop (depending on location) that uses the *Joy-Filled Marriage Program*. This program prepares couples to live a Joy-filled marriage, and addresses the issues and challenges engaged couples face today. Heavily rooted in Pope St. John Paul II's *Theology of the Body*, the program has two basic components- Life Skills and Catechetical. It will take place at St. Louis Catholic Church, (13 E. St. Louis Pl, Batesville, IN 47006.) Couples are responsible for finding their own lodging if they wish to stay close by. Contact Kara Tsuleff at 812-932-0789 to register.

December 1 – 2, 2017: Pre-Cana Conference

The Pre-Cana conference is a 1 or 1.5 day workshop (depending on location) that uses the *Joy-Filled Marriage Program*. This program prepares couples to live a Joy-filled marriage, and addresses the issues and challenges engaged couples face today. Heavily rooted in Pope St. John Paul II's *Theology of the Body*, the program has two basic components- Life Skills and Catechetical. It will be held at Fatima Retreat House. First day takes place from 6:30 p.m. - 9:30 p.m.; Second day goes from 9 a.m. - 4 p.m. For events taking place at Fatima Retreat House, couples have the option of staying overnight for an additional fee. [To Register](#) or visit www.archindy.org/precana

Human Life & Dignity

Birthline–Volunteers Needed

Birthline is a program of the Office of Human Life & Dignity which provides Baby layettes for needy families. Can you spare 6 hours a week? We are in need of a “Joe Handyman” to help on Wednesdays from 9:00 am to 4:00 pm on Wednesdays to help receive donations, carry items to client’s cars, clean donated items, and to repair simple fixes. Volunteer must be able to climb stairs. For more information please contact Jena Hartman at (317) 236-1433 or jhartman@archindy.org.

Health Ministry Resources

Backpack Safety - Watch that Backpack Load – [Flier](#)

November is National Diabetes Awareness Month

Visit the [Health Ministry webpage](#)

[Diabetes](#) Statistics and Myths

St. Francis Franciscan Physician Network - [Diabetes Education Program](#)

September 27 – November 5: 40 Days for Life – Indianapolis Fall Campaign

40 Days for Life will run September 27th - November 5th. The peaceful, prayerful vigil will be held from 7:00 am – 7:00 pm Monday - Saturday and noon – 7:00 pm on Sunday outside the Planned Parenthood at 8590 Georgetown Road. Join pro-lifers from across central Indiana in praying to change hearts and save lives. For more information or to sign up to participate visit www.40daysindy.org

The 40 Days Fall campaign will **Kick-off** on Tuesday, September 26th at 6:30pm at St. John the Evangelist, 126 W. Georgia Street. Father Rick Nagel will be our keynote speaker. Join us for an evening of prayer and music to kick-off 40 Days of changing hearts and saving lives.

Mark the **Midpoint** of the 40 Days of Life campaign with a day of prayer, fast, and sacrifice on Monday, October 16th. Visit www.40daysindy.org for more information and to register your participation in the Day of Prayer and Fasting.

Join us on Sunday, November 5th at 5pm at St. John the Evangelist, 126 W. Georgia Street. Ryan Bomberger will be the keynote speaker. Ryan is the Emmy Award Winner, founder of the Radiance Foundation. Conceived in rape, Ryan's biological mother courageously gave him a chance to live and the gift of adoption. Ryan was adopted, loved, and has flourished. His life defies the myth of the 'unwanted' child.

- [Closing Event Flier](#)

January 22, 2018: Indiana March for Life

Save the date! Monday, January 22, 2018 is the 45th solemn anniversary of the Roe v. Wade ruling in the United States of America. To remember that date, we will begin the day with Mass with both Archbishop Charles Thompson of Indianapolis and Bishop Timothy Doherty of the Diocese of Lafayette at St. John the Evangelist Church in Indianapolis at Noon. This day will also include Mass, a march to the capitol building, various speakers, a prayer service, and wrap up with a Youth Rally back at St. John's. More details are to come, but mark your calendars. It is sure to be a powerful event for individuals, youth, and families of Indiana!

Around the Archdiocese Events

November 3, 2017: Women's Care Center First Friday Mass

The Women's Care Center (4901 West 86th Street Indianapolis 46268) invites you to our First Friday Mass on **November 3, 2017** at 5:00 pm in our chapel. There will be light refreshments after Mass and the ability to take a tour and learn more about our mission. We are now serving over 30 women facing unplanned pregnancies many days, most of who benefit from multiple services, such as pregnancy tests, ultrasounds, parenting classes, and goals counseling. We are so grateful to be able to serve the women who walk through our door. If you have questions please contact Jenny Hubbard, Director, at (317) 509-9596. We hope to see you there!

November 4, 2017: Helpers of God's Precious Infants Prayer Vigil – Terre Haute & Bloomington

The traveling Helpers of God's Precious Infants Prayer Vigil begins with participants joining the 7:30 am Mass at the Carmelite Monastery (59 Allendale, Terre Haute) on **November 4th**. At 8:45 am, participants will prayerfully carpool from St. Patrick Parish (1807 Poplar St., Terre Haute) and travel to Planned Parenthood (421 S. College Ave., Bloomington, IN). The prayer vigil will continue until 2:00 pm, and then the carpool will return to Terre Haute. For additional information, please contact Tom McBroom at (812) 841-0060 or mcbroom.tom@gmail.com.

November 9, 2017: Hope and Healing Survivors of Suicide (SOS) Monthly Support Group

On **November 9th**, Hope and Healing, a support group for adults who have lost a loved one to suicide, struggle with thoughts suicide, or seek to understand the causes and prevention of suicide will meet at 7:00 pm. A children's support group, Spread Our Youthful Wings, for ages 9 years to 17 years old is held in the same location and same time as the Hope and Healing SOS Group. **For more information and location site**, please contact Judy Proctor at (317) 851-8344 or visit Hope & Healing SOS at www.hopeandhealingsos.com.

November 13, 2017: Mid-North Catholic Community Memorial Mass for the Unborn

If you have lost a child, grandchild, sibling, family member or friend miscarriage, stillbirth, ectopic pregnancy, abortion or early childhood loss, please consider joining us in prayer at **St. Joan of Arc Church at 7 p.m. on Monday, November 13**. Our hearts go out to you. Our prayers are with you. For more information please contact Joe Sheehan at jsheehan@sjoa.org.

November 15, 2017: Respect Life Mass – Terre Haute

On **November 15th** the 3rd Wednesday of the month, please consider joining the St. Joseph Pro-Life Ministry in praying the Divine Mercy Chaplet (St. Joseph University, 113, S Fifth St., Terre Haute) at 4:30 pm prior to the 5:15 pm Respect Life Mass. For more information, contact the parish office at (812) 232-7011.

November 18, 2017: Helpers of God's Precious Infants Prayer Vigil – Indianapolis

On **November 18th**, the 3rd Saturday of the month, please join in the Helpers of God's Precious Infants Prayer Vigil. Participants attend 8:30 am Mass at St. Michael the Archangel Church (3354 W. 30th St., Indianapolis, IN 46222). Following Mass, participants will prayerfully proceed to the nearby abortion facility and say the Rosary and Divine Mercy Chaplet. The devotions conclude between 10:30-10:45 am. Those who do not process to the facility may remain in the church to say the Rosary and Divine Mercy Chaplet. This event is sponsored by St. Michael's Parish. Please e-mail Peggy Geis at peggygeis@att.net for more information.

November 25, 2017: Faithful Citizens Rosary Crusade –Our Lady of the Most Holy Rosary

Following the 10:00 am Mass at Holy Rosary Parish on Saturday, **November 25th** join us for the recitation of the Rosary and Divine Mercy Chaplet as we witness and pray for the protection of Life, Religious Freedom and Holy Matrimony. For more information, contact Eric at faithful.citizens2016@gmail.com.

DIABETES EDUCATION PROGRAM

Prediabetes

What is prediabetes?

Prediabetes is the state that occurs when a person's blood sugar levels are higher than normal but are not high enough for a diagnosis of diabetes. Studies show that many people with prediabetes develop type 2 diabetes within 5-10 years.

Why do I need to know if I have prediabetes?

If you have prediabetes, you can and should do something about it. Studies have shown that people with prediabetes *can prevent or delay the development of type 2 diabetes by up to 58% through changes in their lifestyle*. For some people with prediabetes, intervening early can actually turn back the clock and return elevated blood sugar levels to the normal range. With prediabetes you increase your risk for heart disease up to 50%.

Diabetes

What is diabetes?

Diabetes occurs when the body does not produce enough insulin or when the body's cells ignore the insulin. Insulin is necessary for the body to be able to use sugar for energy. When sugar builds up in the blood instead of going into cells, it can lead to diabetes complications such as heart attack, stroke, amputation, blindness, kidney disease, and nerve damage.

What do I need to know if I have diabetes?

Diabetes is a common disease, yet every person needs unique care to live well with diabetes. To live well with diabetes, we encourage people with diabetes and their families to learn as much as possible about the latest medical therapies and approaches. Some of these topics include blood sugar self-monitoring, meal planning, medication use, exercise, complications, and continued monitoring by your doctor.

How are prediabetes and diabetes diagnosed?

Your doctor can use three different blood tests that measure blood sugar to determine whether you have normal metabolism, prediabetes, or diabetes:

- The fasting plasma glucose test (FPG) / fasting blood sugar test (FBS)
- The oral glucose tolerance test (OGTT)
- The A1c test (2-3 month average of blood glucose)

	<u>Normal</u>	<u>Prediabetes</u>	<u>Diabetes</u>
FBS (Fasting Blood Sugar)	70-99	100-125	126 +
2 hour OGTT (Oral Glucose Tolerance Test)	Less than 140	140-199	200 +
A1c	Less than 5.7%	5.7-6.4%	6.5 % +

Do you have questions or would like to learn more?

Call the St. Francis Diabetes Education Program.

Day & Evening
Group Classes

317-528-5904

Classes for Prediabetes
& Diabetes

Individual
Sessions

Diabetes is an epidemic that is significantly affecting the health and economy of the U.S. :

- ◆ 1 in 9 U.S. adults have diabetes. CDC estimates that if current trends continue, as many as 1 in 3 Americans could develop diabetes in their lifetime.
- ◆ An estimated 79 million Americans have prediabetes. People with prediabetes are 5 to 15 times more likely to develop type 2 diabetes than persons without prediabetes.
- ◆ Awareness of prediabetes is low. Only 7% of the population with prediabetes know that they have prediabetes

The ICAN/ CDC-led National Diabetes Prevention Program offers communities an effective lifestyle change program that is proven to prevent or delay type 2 diabetes.

- ◆ Program participants at high risk for type 2 diabetes meet in a group with a skilled Lifestyle Coach to learn ways to incorporate healthier eating and moderate physical activity into their daily lives.
- ◆ During the year-long program, participants work with the Lifestyle Coach and the group to identify and discuss overcoming barriers to making these modest lifestyle changes. The Goal is to lose 5-7 % percent of Weight and to do 150 minutes of Physical Activity.

Learn more about the National Diabetes Prevention Program and about the lifestyle change program:

- ◆ If you have a BMI of 24 or higher (22 or higher if you are of Asian descent) and are at risk for developing type 2 diabetes, then you may be eligible to participate in the lifestyle change program.
- ◆ You can determine your risk by:
 - 1) Having a blood test to measure your blood sugar conducted by a health care professional
 - 2) Taking the “Could you have Prediabetes?” risk assessment quiz like the one at www.cdc.gov/diabetes/prevention.
- ◆ To find out more about the National Diabetes Prevention Program, go to: **www.cdc.gov/diabetes/prevention**.

WATCH THAT BACKPACK LOAD



CHILDREN RELY ON
BACKPACKS FOR
SCHOOL & ACTIVITIES
MAKE HEALTHY
BACKPACK HABITS

POOR POSTURE

Children can hurt themselves by using poor posture to carry a heavy bag. They may arch their back, bend forward, twist, or lean to one side.

CHOOSING THE RIGHT BACKPACK

PICK A BACKPACK THAT HAS THE FOLLOWING TRAITS:

- 1 Lightweight but strong
- 2 2 wide, padded shoulder straps (not just 1 strap)
- 3 Padded back to protect against sharp objects
- 4 A waist strap to help keep the bag stable

BACKPACKS THAT ARE TOO HEAVY OR DON'T FIT RIGHT CAN CAUSE HARM

WEARING A BACKPACK SAFELY

Talk with your children about how to safely use a backpack. Help them adjust it.

TEACH THEM TO:

Pack light and at a comfortable weight. When full, it shouldn't be more than 10% to 20% of your child's body weight.

Only carry what's needed.

Use care when putting on and taking off the backpack. **Avoid twisting.** When picking up a heavy backpack, bend with both knees—not at the waist.

Use both straps on both shoulders. This will help spread the weight and promote good posture.

Place the backpack evenly in the middle of the back.

The backpack should sit about 2 inches above the waist.

Tighten and loosen the straps as needed. The straps should be snug while wearing the pack.

IF YOUR CHILD HAS BACK PAIN

Talk with the school about ways to lighten the load.
If the pain continues, talk with your child's healthcare provider.



Franciscan HEALTH