



ARCHDIOCESE
OF INDIANAPOLIS

The Church in Central and Southern Indiana

Office of Marriage and Family Life
Office of Human Life & Dignity
1400 N. Meridian Street, Indianapolis, IN 46202-2367
317-236-1521 800-382-9836 ext. 1521
Fax: 317-236-1401

Bulletin Announcements for August 2018

*****Bulletin Editors please encourage the registration for the Golden Wedding Jubilee****

*****Bulletin Editors please encourage the Respect Life Nominations Awards due August 31st****

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

If your parish has Human Life & Dignity or Marriage and Family Life 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/humanlifeanddignity/BulletinsAndNewsletters.html

Thank you!

Staff of the Offices of Marriage and Family Life & Human Life and Dignity

Word of Life Bulletin Series and Intercessions **from USCCB – August**

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

Not available at time of publication check here as needed.

For Any or All Weekends in August

- **Office of Marriage and Family Life Events**

Marriage Prep

- [Parenting Program Video Series](#)
- [Pre-Cana Española Conferencia – 11 Augusto, 2018 – St. Gabriel](#)
- [Pre-Cana Conference – August 17-18 – Batesville – All Saints, Guilford, IN](#)
- [Pre-Cana Conference – September 8, 2018 – St. Agnes](#)
- [Pre-Cana Conference – October 12-13, 2018 – St. Barnabas](#)
- [Pre-Cana Conference – November 20-Dec 1, 2018 –Batesville – St. Mary’s, Greensburg](#)

Marriage Enrichment

- Annual Celebrate Marriage Conference – Our Lady of the Greenwood Family

Healing Ministries

- [Divorce and Beyond – August 14 – Sept 18th](#)
- [2nd Annual Peace in the Mourning Retreat](#)
- Consolations Ministry Quarterly Gather – Observing all Soul’s Day
- [Marriage Nullity Process: What the Catholic Church Teaches](#)
- [Save the Date: Annual Being & Belonging Retreat – October 26-28, 2018](#)

- **Human Life and Dignity Events**

Birthline Ministry

- [Birthline Volunteer Opportunities](#)

Respect Life Ministry

- [Respect Life Sunday Mass – October 7, 2018](#)
- [Indiana Life Chain](#)

Project Rachel

- [Rachel Vineyard Healing Retreat – November 2-4, 2018](#)

Health Ministries – Resources

- [Parish Nurse/Health Ministry Retreat](#)
- [Mental Health Mass – October 14, 2018](#)

Substance Addictions Ministry

- [Substance Addiction Ministry Mass – August 14, 2018](#)

Corrections Ministry

- [Corrections Ministry Conference: November 3, 2018](#)

- **Events Around the Archdiocese**

- [Women’s Care Center First Friday Mass](#)
- [Hope & Healing Survivors of Suicide Monthly Support Group – Indianapolis](#)
- [Respect Life Mass – Terre Haute](#)
- [Helpers of God’s Precious Infants Prayer Vigil – Indianapolis](#)
- [Faithful Citizens Rosary Crusade](#)

Marriage & Family Life –

www.archindy.org/marriageandfamily

Parenting Program Video Series:

We are excited to announce that our 4-part parenting series, with 2 stand-alone parenting videos is up and running and free of charge on our website: www.archindy.org/parenting. For more information, please contact Keri Carroll by phone at 317-236-1521 or by [email](mailto:kcarroll@archindy.org).

August 5, 2018: 35th Golden Wedding Jubilee



The Office of Marriage and Family Life invites all married couples of the Archdiocese of Indianapolis who will celebrate 50 years of marriage in 2018 to the 35th Annual Golden Wedding Jubilee. This joyful celebration will take place on **August 5, 2018** at 2:00 pm at Ss. Peter and Paul Cathedral. Mass will be celebrated by Archbishop Charles Thompson, and will be followed by a reception across the street at the Catholic Center in Assembly Hall. The **Southside Jazzers** will be the entertainment. The event is free of charge, but **registration is required**. For more information about the event or to register, please visit <http://www.archindy.org/marriageandfamily/ministries-weddingcelebration.html>. **Registration deadline is July 30, 2018**. If you have questions, please contact Keri Carroll at kcarroll@archindy.org or (317) 236-1521.

5 de Agosto, 2018: trigésimo quinto Aniversario Jubileo de bodas de oro

La Oficina de Matrimonio y Vida Familiar invita a todas las parejas casadas de la Arquidiócesis de Indianápolis que celebrarán 50 años de matrimonio en 2018 hasta el 35º Aniversario Anual de la Boda de Oro. Esta alegre celebración tendrá lugar el 5 de agosto de 2018 a las 2:00 p.m. en Ss. Peter y Paul Cathedral. La misa será celebrada por el Arzobispo Charles Thompson, y será seguida por una recepción al otro lado de la calle en el Centro Católico en el Salón de la Asamblea. El evento es gratuito, pero es necesario registrarse. Para obtener más información sobre el evento o para registrarse, visit www.archindy.org/marriageandfamily/ministries-weddingcelebration.html. La fecha límite para inscribirse es el 30 de julio de 2018. Si tiene preguntas, comuníquese con Keri Carroll en kcarroll@archindy.org o (317) 236-1521.

Augusto 11, 2018: PreCana Española Conferencia – St. Gabriel, Indianapolis



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 **St. Gabriel (6000 West 34th St, Indianapolis IN 46224)** Conference is from **9:00 – 4:30 p.m.** Click here [To Register](http://www.archindy.org/marriageandfamily/marriage-precana.html) or visit <http://www.archindy.org/marriageandfamily/marriage-precana.html> to see other Pre-Cana dates for the 2018 year.

August 11, 2018: Annual Celebrate Marriage Conference

The Annual Celebrate Marriage Conference is a day-long enrichment on August 11th from 9:00 am – 5:00 pm. \$20 per couple includes materials, lunch, & complimentary childcare. The Keynote speaker for 2018 will be Dr. Timothy Heck. <https://liturgies.org>. The breakout speakers and the topics are to be announced.

Register online: CelebrateMarriageMinistry.com or call number below.

Location: Our Lady of the Greenwood, 335 S Meridian St, Greenwood, IN 46143.

For questions, email olgmarrimageministry@gmail.com or call (317) 489-1557

[Registration Flyer](#)

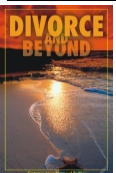
August 17-18, 2018: Pre-Cana Conference – All Saints – St. John, Guilford



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 in **Batesville Deanery – All Saints – St. John's (25743 State Route 1, Guilford, IN 25743.)** First day takes place from **6:30 pm -**

9:30 pm. Second day goes from **9 am - 4 pm.** Click here [To Register](#) or visit www.archindy.org/marriageandfamily/marriage-precana.html to see other Pre-Cana dates for the 2018 year. For other questions please contact **Kara Tsuleff** at **812-932-0789** or ktsuleff@etczone.com

August 14- September 18, 2018: Divorce and Beyond



Nativity Catholic Church, (7225 Southeastern Avenue, Indianapolis 46237) will host Divorce and Beyond for six consecutive Tuesday evenings 7:00-9:00 p.m. The support group explores the stress, anger, blame and guilt of divorce with the goal of leading participants toward ultimate forgiveness, happiness and growth. Separated or divorced of all faiths are welcome.

The cost of the six-week program is \$30, which includes materials. Scholarships are available. Registration forms may be obtained online www.archindy.org/marriageandfamily/ministries-divorce.html. For more information please call Deb VanVelse (317) 236-1586 or email dvanvelse@archindy.org.

September 8, 2018: Pre-Cana Conference – St. Agnes, Nashville



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 **St. Agnes (1008 McLary Road, Nashville, IN 47448)** First day takes place from **6:30 pm - 9:30 pm**. Second day goes from **9 am - 4 pm**. Click here [To Register](#) or visit www.archindy.org/marriageandfamily/marriage-precana.html to see other Pre-Cana dates for the 2018 year.

September 21-23, 2018: 2nd Annual “Peace in the Mourning” Retreat



Our Lady of Fatima Retreat House (5353 East 56th Street, Indianapolis 46226) is hosting the **2nd Annual Peace in the Mourning** Retreat on September 21-23rd. This retreat is for all widows of all ages and background. While the retreat will include elements of the Catholic faith, widows of all faiths are welcome to join on this journey of hope and healing.

Visit www.archindy.org/fatima to register and for Retreat details, or call Dustin Nelson at (317) 545-7681 ext. 101.

[Printable flyer](#)

September 26, 2018: Consolation Ministry Quarterly Gathering – Observing All Soul’s Day

The greatest sign of love for our dearly departed is to pray for them. All Soul’s Day, November 2nd is the day of remembrance for friends and loved ones who have passed away. During November, there are other opportunities to commemorate the Poor Souls by gaining indulgences that are only applicable to them.

Please join us as we network and share ideas on the various ways parishes observe All Soul’s Day and the month of November. All are invited to this special gathering, which will be held at the Catholic Center, 1400 N. Meridian on September 26th from 6:30 pm – 8:30 pm. There is no fee. For more information and to **RSVP** please contact dvanvelse@archindy.org or call (317) 236-1586.

October 12-13, 2018: Pre-Cana Conference – St. Barnabas, Indianapolis



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 **St. Barnabas (8300 Rahke Road, Indianapolis, IN 46217)**. First day takes place from **6:30 pm - 9:30 pm**. Second day goes from **9 am -**

4 pm. Click here [To Register](#) or visit www.archindy.org/marriageandfamily/marriage-precana.html to see other Pre-Cana dates for the 2018 year.

October 24, 2018: Marriage Nullity Process: What the Catholic Church Teaches

A general information session regarding the marriage nullity process will be held on **Wednesday, October 24, 2018** at The Catholic Center. This interactive meeting is designed to answer your questions and provide you with the necessary information to begin a marriage nullity case. Presenters include Fr. Joseph L. Newton, Judicial Vicar, Judge Instructors Ann Tully and Nancy Thompson, and Advocates, Joseph Gehret and Daniel Ross.

Some topics will include: Why is a marriage nullity case necessary? What are the grounds for an annulment? What are the procedures? Who will be contacted in the process?

The evening is hosted by **The Catholic Center, (1400 N. Meridian Street, Indianapolis, IN 46202) from 6:30-9:00 p.m.** in Assembly Hall. There is no cost and registration is not required.

For more information contact the Office of Marriage and Family Life at (317) 236-1586 or 1-800-382-9836, ext. 1586 or e-mail: dvanvelse@archindy.org.

Note to Religion Editors: If you would like to receive this notice electronically, please email dvanvelse@archindy.org.

October 26-28, 2018: Annual Being and Belonging Retreat

“Being and Belonging...A Retreat for Separated and Divorced Catholics” will take place October 26 – 28, 2018 at Fatima Retreat House, 5353 E. 56th Street, Indianapolis, Indiana. This retreat is open to all faiths. The program will help deepen an understanding of the healing process, increase a sense of belonging, and help participants discover and affirm that God is with them in their struggles and hope. Cost is \$190; scholarships available. For additional information please contact The Office of Marriage and Family Life at (317) 236-1586 or email <mailto:dvanvelse@archindy.org>. To register, call Fatima at (317) 545-7681 for more details at www.archindy.org/marriageandfamily/ministries-divorce.html.

November 30-Dec 1, 2018: Pre-Cana Conference – St. Mary’s, Greensburg



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 **St. Mary (1331 East Hunter Robbins Way, Greensburg, IN 47240)**. First day takes place from **6:30 pm - 9:30 pm**. Second day goes from **9 am - 4 pm**. Click here [To Register](#) or visit www.archindy.org/marriageandfamily/marriage-precana.html to see other Pre-Cana dates for the 2018 year.

Human Life & Dignity

www.archindy.org/humanlifeanddignity

Birthline–Volunteers Needed



Birthline is a ministry of the Office of Human Life & Dignity which provides baby layettes for needy families. Birthline is **currently in need** of new or gently used clothing (pants, shirts, pajamas, shoes, dresses and jackets) for girls and boys sizes 24 months – 2-Toddler. Donations can be delivered Monday or Wednesday 9:00 am – 2:30 pm at the Catholic Center (1400 north Meridian Street, Indianapolis, 46202 – at the door on the North side of the building – ring the doorbell.) We are also in need of a Spanish speaking volunteer to help with our Spanish Telephone Helpline. You would be scheduling clients from the comfort of your own home and training will be provided. If you are available to help in this ministry please contact Jená Hartman, Birthline Coordinator, at (317) 236-1433 or jhartman@archindy.org Visit our website: www.archindy.org/humanlifeanddignity/ministries-birthline.html.

Health Ministry Resources

August is:



World Breastfeeding Week August 1- 7
www.worldbreastfeedingweek.org

Minority Mental Health Awareness Month

www.nami.org

Visit the [Health Ministry webpage](#)

Visit the [Substance Addiction Ministry \(SAM\) webpage](#)

Rachel Vineyard Healing Retreats

If you are suffering after abortion, you may feel very alone. You may have experienced abortion many years ago and never told anyone. You may be struggling with a more recent abortion. Regardless of the circumstances, healing is possible. If you would like to learn or to register for a retreat, please contact (317) 452-0054 or www.archindy.org/humanlifeanddignity/past-abortion.html. For more information regarding Rachel's Vineyard Retreats visit: www.rachelsvineyard.org. Inquiries, registration and participation are strictly confidential.

[Register Here](#) or visit www.archindy.org/humanlifeanddignity/ministries-health.html to register.

Save the Date: August 14, 2018 – Substance Addiction Ministry Mass - “Prayer for those Struggling with Addictions, their Families, and Community”



Addiction touches many people's lives, but it is something that few of us really discuss. Addiction should not be battled alone! It impacts the individual, family, and community—we all know someone who is affected by an addiction of some sort. Please join Archbishop Thompson and Substance

Addiction Ministries of Archdiocese of Indianapolis on **August 14 at 7:00 pm** for a Substance Addiction Ministry Mass at Ss. Peter and Paul Cathedral (1347 North Meridian St, Indianapolis 46202), where we will lift up in prayer those who are afflicted and affected by addictions. A reception and refreshments will be available immediately following Mass in the Cathedral Parlor. Please contact us at beichhorn@archindy.org with any questions.

[Printable Flyer](#)

Save the Date: September 7, 2018 – Health Ministry Retreat



The Office of Human Life and Dignity - Health Ministry Committee invites all Parish Nurses, Health Ministers, and those involved in Health Ministry for a day of relaxation and rejuvenation. Join us Friday September 7, 2018 at the Oldenburg Franciscan Center 9am to 3pm. Reflection will be led by Sr. Olga Whittekind, OSF as well as an art reflection by Sr. Anne Vonder Muelen, OSF. There will be lunch and Mass. Come connect with yourself, your community, and with God. We hope you can join us for this beautiful day!

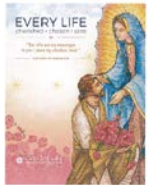
Visit <http://www.archindy.org/humanlifeanddignity/ministries-health.html> or [click here](#)

Printable Flier [click here](#)

[To register](#)

October 7, 2018: Annual Respect Life Sunday Mass

Award Nominations – **Nominations are due August 31st **



Each year, the Office of Human Life & Dignity honors an adult or married couple and a high school student at the Annual Respect Life Sunday Mass on **October 7, 2018** at SS. Peter and Paul Cathedral. Please consider nominating an adult or married couple whom you believe should be recognized for their leadership in promoting the dignity and sanctity of human life in the parish community and the Archdiocese for the **Archbishop O'Meara Respect Life Award** or a high school student who demonstrates leadership in promoting the dignity and sanctity of human life in the parish, community, school community and in the Archdiocese for the **Our Lady of Guadalupe Pro-Life Youth Award**. To obtain a nomination form or to submit a form online, visit www.archindy.org/humanlifeanddignity. Completed nomination forms should be submitted to the Office of Human Life & Dignity at 1400 N. Meridian St, Indianapolis, IN 46202, or emailed to beichhorn@archindy.org no later than August 31, 2018. [Printable Nomination Form](#)

October 7, 2018: 2018 Central Indiana Life Chain – SAVE the DATE

The 2018 Central Indiana Life Chain is scheduled for Respect Life Sunday, **October 7, from 2:30 pm to 3:30 pm**.

Join hundreds of other participants along North Meridian Street as dozens of area churches and faith communities participate in this annual hour of prayer to end abortion in our community and our



country. **SPECIAL NOTE:** This year due to closures on some portions of North Meridian, **we will be relocating many churches** who have participated in the past, with the Life Chain covering **two portions** of North Meridian: from Michigan Street to 15th Street, and from 30th to 38th Street. Have Questions? For more information, contact a Life Chain representative at centralindianalifechain@gmail.com. *Watch for more information and shirt order form as part of the September bulletin!*

October 14, 2018: Mental Health Mass

Join us on October 14th 2:00 pm - 4:00 pm at Ss. Francis and Clare Catholic Church (5901 Olive Branch Road, Greenwood IN 46143) for a mass celebrated by Msgr. William Stumpf for those who are affected by mental illness. A light reception will follow in the Hospitality room. [Printable Flyer](#)

November 2-4, 2018: Rachel Vineyard Healing Retreat

A Rachel's Vineyard Retreat will be held November 2-4, 2018 for women and men who have known regret, sorrow, guilt or shame after abortion. The weekend combines living scripture meditations, spiritual exercises, and discussions in a guided process that leads to the heart of God's love and compassion. If you would like to learn more about this retreat or register for this retreat you can contact our Project Rachel Team at our confidential line (317) 452-0054 or projectrachel@archindy.org. For general information about Rachel's Vineyard Retreats visit www.rachelsvineyard.org. Inquiries, registration and participation are strictly confidential. Due to the nature of this retreat, the location is kept confidential until participants register. Visit www.humanlifeanddignity/past-abortion.html. [Printable Flyer](#)

November 3, 2018: Correction Ministry Conference: "My Heart Near to Your Heart"



The Corrections Ministry of the Archdiocese of Indianapolis is hosting a conference - *"My Heart Near to Your Heart"* at St. Paul's Catholic Center (lower level), 1413 East 17th Street, Bloomington, IN 47408-1602.

Who should attend? Clergy, lay volunteers, those in corrections professions, and anyone interested in learning more about Corrections Ministry. Parish teams especially encouraged to attend.

The day will begin with opening comments from Archbishop Thompson, followed by Liturgy of the Hours. Father David Link, lawyer, dean of the Notre Dame Law School, husband, father, grandfather, widower, and now Catholic priest, Father Dave Link's story is an inspiration and challenge to all. In his priesthood, Father Dave does more than visit the incarcerated; he truly transforms their lives. His inspirational book, *"Camerado, I Give you My Hand"* shares his story and how God can be found anywhere and will be available for purchase.

The day will include interactive concurrent breakout sessions, networking with successful programs and ministries across the Archdiocese, and the opportunity to hear directly from those in re-entry and their families. No fee for the conference, but a free-will offering will be accepted. A complimentary lunch will be provided. Registration begins at 8:30 am with the program beginning promptly at 9:00 am. **You will need to complete a separate registration for each individual attending. ** For more information or visit www.archindy.org/corrections/

To register [Click Here](#)

Save the Date: January 21 & 22, 2019 – Indiana March for Life

The Archdiocese of Indianapolis, the Diocese of Lafayette in Indiana, and Right to Life of Indianapolis invite you to the **"Vigil for Life"** on **January 21, 2019** and the **"Indiana March for Life"** on **January 22, 2019**. The event includes a Youth Rally with a night of worship and keynote speaker at St. John the Evangelist at 7pm on January 21st; Mass celebrated by Archbishop Thompson and Bishop Doherty at St. John the Evangelist at 12:10 pm on January 22nd followed

by a March to the State Capitol. Make plans to attend. More details to come! Information is available by calling (317) 236-1543.

August Events Around the Archdiocese

August 3, 2018: 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 **August 3, 2018** 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!

August 9, 2018: Hope and Healing Survivors of Suicide (SOS) Monthly Support Group

On **August 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.

August 15, 2018: Respect Life Mass – Terre Haute

On **August 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.

August 16, 2018: Pray for an End to Abortion and Sins Against Life Adoration

Please join us for Adoration of the Blessed Sacrament is held at **St. Joseph Catholic Church**, (1401 South Mickley Avenue, Indianapolis, IN 46241) on **every third Thursday – August 16, 2018** from 11:00 am – 7:00 pm to pray specifically for Gabriel Project mothers and babies, for an end to abortion, and sings against life, and for the closing of Clinic for Women abortion facility location at 3607 West 16th Street, and for a return to a “Culture of Life.”

August 18, 2018: Helpers of God's Precious Infants Prayer Vigil – Indianapolis

On **August 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.

August 25, 2018: Faithful Citizens Rosary Crusade –Our Lady of the Most Holy Rosary

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



35th Annual Golden Wedding Jubilee

August 5, 2018

2:00pm

Ss. Peter and Paul Cathedral

(1347 North Meridian Street)

Online registration:

www.archindy.org/weddingcelebrations



ARCHDIOCESE OF INDIANAPOLIS

The Church in Central and Southern Indiana

Office of Marriage and Family Life

1400 North Meridian Street

Indianapolis, IN 46202

317-236-1521



ARCHDIOCESE
OF INDIANAPOLIS
The Church in Central and Southern Indiana

Golden Wedding Jubilee

(Couples who were married anytime in 1968)

August 5, 2018, 2:00 pm

Registration Form (Please Print)

Online registration:

www.archindy.org/weddingcelebration

Last Name _____

Husband's First Name _____ Wife's First Name _____

Address _____

Telephone _____ Date Married _____

E-mail _____

Current Parish _____ Church and City where Married: _____

Please indicate how many of the following you have in your family:

_____ Children _____ Grandchildren _____ Great Grandchildren _____ Great-Great Grandchildren

How many guests will accompany you for the Mass and reception? (Limit 6) _____

Will you need wheelchair accessibility? _____ Will you be attending reception? _____

Fill out the below as applicable. If you have family members who are trained to be an Extraordinary Minister of Holy Communion or a Lector in their parish, and will be attending with you and are interested in serving as a Liturgical Minister during the Golden Wedding Jubilee, please give their contact information.

1) Name _____ Phone _____

Parish _____ Liturgical Ministry _____

2) Name _____ Phone _____

Parish _____ Liturgical Ministry _____

For further information call (317) 236-1521, toll free 1(800) 382-9836 ext. 1521, or Fax (317) 236-1401 – Attention Office of Marriage and Family Life. **Please return this registration form by July 30, 2018 to:**

Archdiocese of Indianapolis
Office of Marriage and Family Life
1400 North Meridian Street
Indianapolis, IN 46202



ARCHDIOCESE
OF INDIANAPOLIS
The Church in Central and Southern Indiana

Bodas de Oro Jubileo

5 de agosto, 2018, 2:00 pm

(Las parejas que se casaron en 1968)

Registración

Registro online:

www.archindy.org/weddingcelebration

Todos los matrimonios deben registrarse para participar
(Por favor complete la siguiente información)

Apellido _____

Nombre del Esposo _____ Nombre de la Esposa _____

Dirección de Correo _____

Número de teléfono _____ Fecha de bodas _____

Correo electrónico _____

Parroquia que pertenece ahora _____ Iglesia y Ciudad donde fue la boda _____

Dirección de correo electrónico (email) _____

Favor de compartir cuantas personas tienen en su familia, de las siguientes opciones:

_____ Hijos _____ Nietos _____ Bisnietos _____ Tataranietos

¿Cuántos invitados los acompañarán para la Misa y recepción? (Limite 6) _____

¿Usa silla de ruedas? _____

Por favor llene la información siguiente si les corresponde. ¿Tiene miembros de su familia que han sido comisionados como lectores o como ministros extraordinarios de la sagrada comunión que los acompañaran a la Misa? Si están interesados en participar en la Misa para el Día del Matrimonio, favor de compartir su información de contacto en las siguientes líneas.

1) Nombre _____ Teléfono _____

Parroquia _____ Ministerio Litúrgico _____

2) Nombre _____ Teléfono _____

Parroquia _____ Ministerio Litúrgico _____

Para mas información, llame al (317) 236-1521, o gratis al 1(800) 382-9836 ext. 1521, o por Fax (317) 236-1401 – Atención a la Oficina de matrimonio y vida familiar. Registración acabara el 30 de Julio o cuando se llene el espacio disponible en la catedral. Favor de entregar esta registración al siguiente:

Arquidiócesis de Indianápolis
Oficina de matrimonio y vida familiar
1400 North Meridian Street
Indianápolis, IN 46202



Substance Addiction Ministry Mass

Prayer for those struggling with addictions,
their families, and community

August 14, 2018 at 7:00 pm

SS. Peter and Paul Cathedral

1347 North Meridian Street

Indianapolis, IN 46202

Celebrant: Archbishop Charles Thompson

Reception and Refreshments after Mass in SSPP Parlor

For more information, email: <mailto:beichhorn@archindy.org>



Sponsored by:
Substance Addiction Ministries
of the Archdiocese of Indianapolis



ARCHDIOCESE
OF INDIANAPOLIS
The Church in Central and Southern Indiana

Returning to our Center Health Ministry Retreat

Oldenburg Franciscan Center
22143 Main Street
Oldenburg, IN 47036

Reflections Led By:
Sr. Olga Whittekind, OSF
&
Sr. Anne Vonder Muelen,
OSF



9.7.2018

9am-3pm

[Register Here](#)

QUESTIONS EMAIL KCARROLL@ARCHINDY.ORG OR CALL 317-236-1521

SPONSORED BY THE OFFICE OF THE HUMAN LIFE AND DIGNITY HEALTH MINISTRIES

September 21-23, 2018

2nd Annual



Jennifer Trapuzzano found herself to be a widow less than a year after being married and just a few weeks before their first daughter was to be born. As a faithful Catholic, Jennifer clung to Christ, who has carried her through many dark times. She learned that "even in the darkest times, there's always a light"

While grieving has never been easy, she found understanding, companionship, and comfort by relating with other widows. Her hope is that through Peace in the Mourning, faithful widows can come together for hope and healing as they remember their beloved spouses.

The 2nd Annual Peace in the Mourning Retreat has been planned for you by widows who want others to experience the peace they found in this retreat experience last year.

Sr. Connie Kramer will serve as your facilitator for the retreat. Fr. Jim Farrell, Marilyn Hess and a panel of widows will serve as presenters.

Location: Our Lady of Fatima Retreat House 5353 East 56th Street, Indianapolis.

Cost: \$195 includes private overnight accommodations for 2 nights, all meals and the program.

Time: Program starts at 6:30 pm on Friday and ends on Sunday by 1 pm.

To Register:

go to www.archindy.org/fatima and click 'register'
or

contact our Registrar, Dustin Nelson,
at 317-545-7681 Ext: 101



Scholarship money is available to help those who cannot afford the full cost of this retreat.

Call Cheryl McSweeney at 317-545-7681 *106 for more information.

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The 2nd Annual Peace in the Mourning Retreat has been planned for you by widows who want others to experience the peace they found in this retreat experience last year.

2nd Annual

Peace in the Mourning Retreat

Information:

Dates: September 21—23, 2018

Cost: \$195—Private Room

Location: Our Lady of Fatima
Retreat House 5353 East 56th
Street, Indianapolis, IN

Who can attend?

Widows of all ages and backgrounds. While the retreat will include elements of our Catholic faith, widows of all faiths are welcome to join on this journey of hope and healing.

The program starts on
September 21st at 6:30 pm and
ends on September 23rd by
1:00 pm after lunch.

Sign up today!

Space is limited

WIDOW'S RETREAT

REGISTRATION

Name _____

Address _____

Daytime Phone _____

E-mail _____

Dietary Restrictions _____

Registration Fee:

\$195—Private Room Register online at

<http://www.archindy.org/Fatima>

*Scholarship money is available to help pay a portion of the cost of this retreat. Call Cheryl McSweeney at 317-545-7681 *106 for more information.

Or: Return completed registration form with check payable to:

Our Lady of Fatima Retreat House
5353 East 56th Street
Indianapolis, IN 46226

Email Cheryl McSweeney at
cmcsweeney@archindy.org or
call at 317- 545-7681 Ext: 106
for further questions.

**We welcome you to
join us on a journey
to a life filled with
promise and peace.
Relax as you
rediscover the
healing and
rejuvenating power
of Christ through the
wisdom, richness,
and truth of your
Catholic faith.**

**This retreat presents
an opportunity to
engage with other
Catholic widows and
offers a deep level of
connection through
the sacraments.**

Help Support the Retreat

Do you feel called to make a donation to help make this retreat possible?

100% of any donations will be applied to the retreat.

Donations can be made online at:

www.archindy.org/Fatima. Donate to the 'Genesis Fund' for scholarships

Or by check to the following:

Our Lady of Fatima Retreat House
5353 East 56th Street
Indianapolis 46227

Memo Line Donation: **Peace in the Mourning/Genesis Fund**

Thank you for your prayerful considerations!



2nd Annual



Christ Focused

Widow's Retreat

September 21-23, 2018

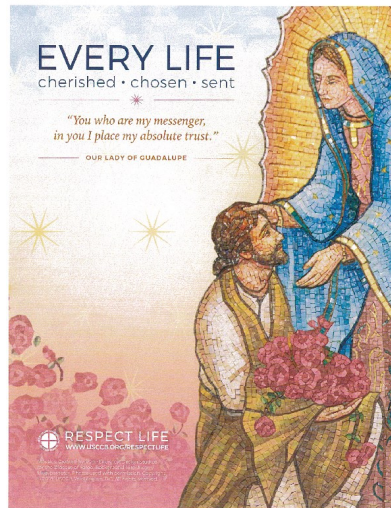
Facilitated by: Sister Connie Kramer, SP

Other Presenters: Fr. Jim Farrell

Marilyn Hess

Panel of Widows





Respect Life Sunday

October 7, 2018

10:30 AM

SS. Peter and Paul Cathedral
1347 North Meridian St.
Indianapolis, IN 46202

Archdiocesan Mass with Award Presentations

Information about local Life Chains available at

www.lifechain.net

Building a Culture of Life & Civilization of Love

www.archindy.org/humanlifeanddignity

E-mail: beichhorn@archindy.org or call (317) 236-1543 for more info

NOMINATION FORM

*Building a Culture of Life
& Civilization of Love*



*Annual Respect Life Awards
Archdiocese of Indianapolis
Respect Life Sunday
October 7, 2018*

Please return completed form to:

Office of Human Life and Dignity
1400 N. Meridian Street
Indianapolis, IN 46203
OR

beichhorn@archindy.org

**All nominations must be received
no later than
August 31, 2018.**

**You will receive confirmation that
this nomination has been
received.**

The Archbishop O'Meara Respect Life Award

honors an adult (or married couple) who demonstrates leadership in promoting the dignity and sanctity of human life in the parish community and in the Archdiocese.

Our Lady of Guadalupe Pro-Life Youth Award

honors a high school student who demonstrates leadership in promoting the dignity and sanctity of human life in the parish community, school community, and in the Archdiocese.

NOMINEE

Check one: ☐ The Archbishop O'Meara Respect Life Award
☐ Our Lady of Guadalupe Pro-Life Youth Award

PART I:

Name: _____

Address: _____

Phone: _____ E-mail: _____

Parish: _____

Occupation: _____

PART II:

NOMINATED BY

Name: _____

Address: _____

Phone: _____

Email: _____

Relationship to Nominee: _____

(pastor, associate pastor, parish life coordinator, pastoral assistant, DRE, youth minister, parish pro-life coordinator/contact, other)

PART III – EXPLANATION OF NOMINATION

Please provide the following information regarding the nominee.

- 1) Describe how the nominee demonstrates leadership in promoting the dignity and sanctity of human life in the parish community, school community, and in the Archdiocese.
- 2) Describe how the nominee witnesses to the intrinsic value of all human life through various activities.
- 3) You may wish to include such things as family, parish, work, volunteer experience, and personal spiritual gifts and characteristics as well as any other information you think is pertinent.

Note: While many respect life ministry initiatives address abortion, respect life also includes ministry to the terminally ill, handicapped, impoverished, neglected and marginalized.

**Please return this form to the Office of Human Life and
Dignity no later than August 31, 2018.**



SAVE THE DATE!

The **2018 Central Indiana Life Chain** is scheduled for Respect Life Sunday, **October 7, from 2:30 pm to 3:30 pm**. Join hundreds of other participants along North Meridian Street as dozens of area churches and faith communities participate in this annual hour of prayer to end abortion in our community and our country.

SPECIAL NOTE: This year due to closures on some portions of North Meridian, **we will be relocating many churches** who have participated in the past, with the Life Chain covering **two portions** of North Meridian: from Michigan Street to 15th Street, and from 30th to 38th Street. Questions? Contact us at centralindianalifechain@gmail.com.

Watch for more information and shirt order form as part of the September bulletin!

Mass for Those Affected by Mental Illness

October 14, 2018
2:00 PM

For all whose lives are affected by Mental Illness:
individuals, family, friends and health care providers

Ss. Francis and Clare Parish Church

5901 W Olive Branch Rd, Greenwood, IN 46143

Monsignor William Stumpf, Main Celebrant

Please join us for a light reception following Mass

*St. Dymphna,
Patron of those with
mental illness,
Pray For Us*



Questions?

Contact Keri Carroll at kcarroll@archindy.org or (317) 236-1521

Sponsored by the Secretariat for Pastoral Ministries & the Office of Catechesis
Archdiocese of Indianapolis

ARCHDIOCESE OF INDIANAPOLIS

CORRECTIONS MINISTRY CONFERENCE

ARCHBISHOP THOMPSON, FATHER DAVID LINK, &
PRESENTERS FROM AROUND THE STATE IN
CORRECTIONS MINISTRY

*"My Heart Near to Your
Heart"*



ST. PAUL CATHOLIC
CENTER, BLOOMINGTON, IN

SATURDAY, NOVEMBER 3, 2018
8:30AM-3:30PM

Who should attend? Clergy, lay volunteers, those in corrections professions, and anyone interested in learning more about Corrections Ministry. Parish teams especially encouraged.

For more information & registration, visit archindy.com/corrections



Ways to Serve

Get Involved...Through Parish Outreach or as an Individual

- Serve in outreach to inmates at a local jail or prison (Masses, Bible study, RCIA)
- Pray for victims and inmates and their families
- Help transport families for visits to facilities
- Serve as a mentor or outreach to people who have been recently released from jail/prison
- Donate spiritual reading materials



Vision & Mission

The Archdiocese of Indianapolis is a Christ-centered Catholic community that upholds the dignity of every human touched by crime in order to practice mercy and foster hope and peace.

The **mission** of corrections ministry is to create an environment of trust through a lens of Catholic social teaching by witnessing the Gospel to the incarcerated, formerly incarcerated and victims/families, through healing and mentoring processes.



Deacon Marc Kellams

Coordinator, Corrections Ministries
1400 Meridian St, Indpls. IN 46202

mkellams@archindy.org

Corrections Ministry



Archdiocese of
Indianapolis

www.archindy.org/corrections



The lower a man has fallen, the more he deserves to be assisted, raised up, cared for, and honored. We learn this from the Gospel. This is justice! Pope Paul VI Homily 1.1.1972

Jesus said, “Judge not, and you will not be judged; condemn not, and you will not be condemned; forgive, and you will be forgiven” (Luke 6:37).

God establishes a relationship between our willingness to give mercy to others and the mercy he gives to us. Prison/jail ministry provides a unique opportunity to provide forgiveness instead of judgment and condemnation.

Key Priority Areas:

- Extend pastoral care through effective ministry to those in prisons and jails.
- Provide ministry/support to persons leaving prison/jail in re-entry. Recidivism rates in Indiana vary, but are about 35%.
- Provide awareness and education in Catholic social justice as it relates to the criminal justice system

Q&A

Where do I start?

A great resource is the Archdiocese website which has a detailed listing of additional resources and opportunities:

www.archindy.org/corrections

Recommended reading:

“Responsibility, Rehabilitation, and Restoration: A Catholic Perspective on Crime and Criminal Justice”
Catholic Bishops of the US”

www.usccb.org

Our parish is interested in learning more. Where do we turn?

A list of contacts for prisons is on the Archindy website above, and may be contacted directly. Information about re-entry programs and contact information is also on the website. If you are interested in a speaker for your parish, contact the Coordinator of Corrections Ministry:

mkellams@archindy.org



Project Rachel

Experience Hope and Healing After Abortion

Upcoming Retreat

Rachel's Vineyard Healing Retreat: November 2-4, 2018

For Confidential Help Contact
317-452-0054 or projectrachel@archindy.org
for more information.

All Calls and Locations Are Confidential.

A Special Word to Those Who Have Had an Abortion ...

*Do not give in to discouragement and do not lose hope....
If you have not already done so, give yourselves over with humility
and trust to repentance. The Father of mercies is ready to give you
his forgiveness and his peace ...
~Saint John Paul II, The Gospel Life*



HOPE FORGIVENESS HEALING



PROJECT RACHEL

POST-ABORTION HEALING MINISTRY

BEGIN TO HOPE AGAIN

A SPECIAL WORD TO THOSE WHO HAVE HAD AN ABORTION...

“Do not give in to discouragement and do not lose hope...If you have not already done so, give yourselves over with humility and trust to repentance. The Father of mercies is ready to give you his forgiveness and his peace in the Sacrament of Reconciliation.”

~Saint John Paul II, *The Gospel of Life*

HEALING RETREATS

NOVEMBER 2-4, 2018

MARCH 1-3, 2019

CONFIDENTIAL HELP AFTER ABORTION: (317) 452-0054
projectrachel@archindy.org

CALL FOR MORE INFORMATION. ALL INQUIRIES ARE CONFIDENTIAL.

SPONSORED BY THE OFFICE OF HUMAN LIFE AND DIGNITY
ARCHDIOCESE OF INDIANAPOLIS

www.HopeAfterAbortion.com • www.archindy.org/ProjectRachel



HOPE FORGIVENESS HEALING

PROJECT RACHEL

POST-ABORTION HEALING MINISTRY

BEGIN TO HOPE AGAIN

A SPECIAL WORD TO THOSE WHO HAVE HAD AN ABORTION...

“Do not give in to discouragement and do not lose hope...If you have not already done so, give yourselves over with humility and trust to repentance. The Father of mercies is ready to give you his forgiveness and his peace in the Sacrament of Reconciliation.”

~Saint John Paul II, *The Gospel of Life*

HEALING RETREATS

November 2-4, 2018 • March 1-3, 2019

CONFIDENTIAL HELP AFTER ABORTION: (317) 452-0054

CALL FOR MORE INFORMATION. ALL INQUIRIES ARE CONFIDENTIAL.

SPONSORED BY THE OFFICE OF HUMAN LIFE AND DIGNITY THE ARCHDIOCESE OF INDIANAPOLIS

(317) 452-0054

projectrachel@archindy.org
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CELEBRATE MARRIAGE CONFERENCE

August 11, 2018



The annual Celebrate Marriage Conference is a day-long enrichment where married couples can get away from jobs, kids, chores, and smart phones—and focus only on each other.

August 11th ♥ 9 AM - 5 PM

The day kicks off at 9 AM with registration, coffee, doughnuts, & praise music provided by OLG's St Jam Band. A marriage blessing will be given at the 5:30 PM mass.

Register online: CelebrateMarriageMinistry.com or call number below.

\$20 per couple includes materials, lunch, & complimentary childcare.

Breakout speakers and topics to be announced.



The Keynote speaker for 2018
will be Dr. Timothy Heck.
<https://liturgies.org>

Location:

Our Lady of the Greenwood
335 S Meridian St
Greenwood, IN 46143

For questions, email olgmarriageministry@gmail.com or call (317)489-1557.

CELEBRATE MARRIAGE CONFERENCE 2018 REGISTRATION

Husband & Wife First & Last Names: _____

Anniversary Date & Year: _____ Phone(s): _____

Email(s): _____

Address: _____

Will you be using childcare provided? NO YES (If yes, provide name & ages of children on back)

Special dietary needs? _____ How will you pay? CASH CHECK (# _____)

Please provide \$20 payment with your registration.
(Make checks payable to Our Lady of the Greenwood)

How did you hear about Celebrate Marriage? _____



Breastfeeding?



Need help?

You are invited to
the Downtown Breastfeeding Drop-in Center!

Free lactation consultations, baby weight checks,
and breastfeeding support

Located in the Catholic Center Downtown
1400 North Meridian Street
(Free parking in rear)

4:30pm - 8:00pm
Wednesdays

For more information, call Kathy McCoy (317) 902-9105 or email kathyRNIBCLC@hotmail.com

Your milk is the best and only food your baby needs from birth to six months.

Breastfeeding is.....
Natural



Healthy

Free



Easy once established



In a world filled with inequality, crises and poverty, breastfeeding is the foundation of lifelong good health for babies and mothers. We are excited to announce the slogan of World Breastfeeding Week (WBW) 2018:

BREASTFEEDING: Foundation of Life

Breastfeeding prevents hunger and malnutrition in all its forms and ensures food security for babies, even in times of crises. With no additional burden on household income, breastfeeding is a low-cost way of feeding babies and contributes to poverty reduction. Nutrition, food security and poverty reduction are fundamental to achieving the United Nation's Sustainable Development Goals.

Objectives of #WBW2018



INFORM

people about how breastfeeding is linked to nutrition, food security and poverty reduction



ANCHOR

breastfeeding within the nutrition, food security and poverty reduction agenda



ENGAGE

with individuals/ organisations working on these issues



GALVANISE

action to advance breastfeeding as part of nutrition, food security and poverty reduction strategies

We all have an important role to play in ensuring the growth, development and survival of children around the world.

Stay connected for more updates on <http://worldbreastfeedingweek.org>



BREASTFEEDING Foundation of Life

WABA | WORLD BREASTFEEDING WEEK

1-7
AUG
2018

Breastfeeding is a universal solution that levels the playing field, giving everyone a fair start in life. It improves the health, wellbeing and survival of women and children around the world.

OBJECTIVES OF #WBW2018

INFORM

people about the links between good nutrition, food security, poverty reduction and breastfeeding



ANCHOR

breastfeeding as the foundation of life



ENGAGE

with individuals and organisations for greater impact



GALVANISE

action to advance breastfeeding as a part of good nutrition, food security and poverty reduction



#WBW2018 FOCUSES ON:



Preventing malnutrition in all its forms



Ensuring food security, even in times of crises



Breaking the cycle of poverty

Let's join hands in protecting, promoting and supporting breastfeeding as the foundation of life!

SPONSORSHIP: WABA does not accept sponsorship of any kind from companies producing breastmilk substitutes, related equipment and/or complementary foods that displace breastfeeding. WABA encourages all participants of World Breastfeeding Week to respect and follow this ethical stance.

www.worldbreastfeedingweek.org

WABA | WORLD BREASTFEEDING WEEK (WBW) 1-7 August 2018



World Alliance for Breastfeeding Action (WABA) is a global network of individuals and organisations concerned with the protection, promotion and support of breastfeeding worldwide based on the Innocenti Declarations, the Ten Links for Nurturing the Future and the WHO/UNICEF Global Strategy for Infant and Young Child Feeding. WABA is in consultative status with UNICEF and an NGO in Special Consultative Status with the Economic and Social Council of the United Nations (ECOSOC). WABA coordinates the annual World Breastfeeding Week campaign. WABA works closely with many organisations and individuals. Our partners in this effort include: the Academy of Breastfeeding Medicine (ABM), International Baby Food Action Network (IBFAN), International Lactation Consultant Association (ILCA), La Leche League International (LLL), United Nations Children's Fund (UNICEF), World Health Organisation (WHO), Food Agricultural Organisation (FAO) and several other international organisations. WABA's work, including World Breastfeeding Week, is made possible through the generous support of the Swedish International Development Cooperation Agency (Sida).

WABA, PO Box 1200 10850 Penang, Malaysia Tel: 60-4-658 4816 Fax: 60-4-657 2655 | Email: wbw@waba.org.my | Web: www.waba.org.my



1-7
AUG
2018

Breastfeeding is a universal solution that levels the playing field, giving everyone a fair start in life. It improves the health, wellbeing and survival of women and children around the world.

OBJECTIVES OF #WBW2018

INFORM

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ANCHOR

breastfeeding as the foundation of life



ENGAGE

with individuals and organisations for greater impact



GALVANISE

action to advance breastfeeding as a part of good nutrition, food security and poverty reduction



A sustainable and more equal world begins with efforts to end poverty, protect the planet and ensure prosperity for all. Malnutrition, food insecurity and poverty affect millions and stand in the way of sustainable development. Breastfeeding is a universal solution that gives everyone a fair start in life and lays the foundation for good health and survival of children and women.

Breastmilk is perfectly designed for the child's nutritional and immunological needs. Breastfeeding is a natural and optimal way of feeding children and promotes bonding between mother and child, regardless of setting. Although global initiation rates are relatively high, only 40% of all babies under 6 months of age are exclusively breastfed and 45% continue breastfeeding up to 24 months of age. Additionally, there are large regional and in-country variations in breastfeeding rates. Scaling up optimal breastfeeding could prevent more than 823 000 child and 20 000 maternal deaths each year. Not breastfeeding is associated with lower intelligence and results in economic losses of about \$302 billion annually.

There are many barriers to creating an enabling and supportive environment for women to breastfeed. They include a lack of enabling health services, family and community support systems and workplace and employment policies. Aggressive marketing of breastmilk substitutes worsens the situation.

Concerted action is needed to achieve the World Health Assembly (WHA) target of at least 50% exclusive breastfeeding by 2025. While significant progress has been made, a lot of work remains to be done to close the gap between policies and implementation. Together, we can advocate for breastfeeding as an essential part of good nutrition, food security and poverty reduction. World Breastfeeding Week 2018 focuses on:

1. Preventing malnutrition in all its forms

Malnutrition refers both to undernutrition and to overweight and associated non-communicable diseases. This double-burden of malnutrition has major consequences on short- and long-term health.

2. Ensuring food security even in times of crisis

Food security means access to food for all people at all times. It is affected by availability to food, affordability and different crises e.g. hunger, natural disasters, conflict and environmental degradation.

3. Breaking the cycle of poverty

Poverty is affected by several factors including hunger and malnutrition. Hunger pushes poor families into a downward spiral and prevents them from breaking out of the poverty cycle.

Breastfeeding helps to prevent malnutrition in all its forms, ensures food security for infants and young children, and thus helps to bring people and nations out of the hunger and poverty cycle. It is therefore a foundation of life. Protecting, promoting and supporting breastfeeding is vital to a more sustainable world.

www.worldbreastfeedingweek.org

WABA | WORLD BREASTFEEDING WEEK (WBW) 1-7 August 2018

Preventing malnutrition in all its forms



Lifelong positive health effects of optimal breastfeeding

There is strong evidence that optimal breastfeeding has many effects on:

- Mother: helps with birth spacing, reduces risk of breast and ovarian cancers, and lowers the risk of hypertension.
- Child: combats infectious diseases, decreases incidence and severity of diarrhoea, lowers respiratory infections and acute otitis media, prevents dental caries and malocclusion, and increases intelligence.

Ensuring food security, even in times of crisis



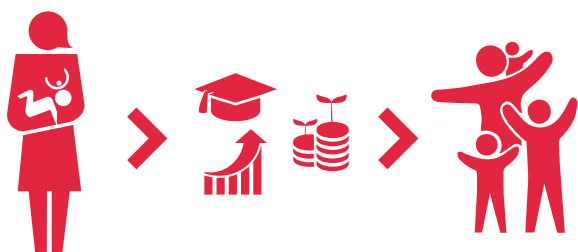
Optimal Infant and Young Child Feeding (IYCF) practices

Optimal breastfeeding is vital to the lifelong good health and wellbeing of women and children.

WHO and UNICEF recommend:

- Early initiation of breastfeeding within 1 hour of birth.
- Exclusive breastfeeding for the first 6 months of life.
- Continued breastfeeding up to 2 years of age or beyond, with introduction of nutritionally adequate and safe complementary (solid) foods at 6 months.

Breaking the cycle of poverty



Economic and environmental costs of not breastfeeding

The short- and long-term costs of not breastfeeding affect the whole of society in the following ways:

- Babies who are not breastfed have lower IQs, reducing their chances of achieving a good education and subsequently earning less later in life.
- Low breastfeeding rates contribute to increased sickness, thereby incurring higher health care and treatment costs.
- The production, packaging, storing, distribution and preparation of infant formula contributes to environmental damage.

It has long been recognised that malnutrition with underweight and stunting is common in low-income countries. In addition to this problem, overweight and associated non-communicable diseases are actually a larger contributor to the burden of disease in low-income compared to high-income countries. Lack of breastfeeding can be linked to both underweight and overweight in children. This double burden of malnutrition has major consequences on short- and long-term health.

Child malnutrition, especially wasting, often results from artificial feeding in low-income settings. Wasting may be prevented indirectly, for example by preventing severe diarrhoea. In addition to breastfeeding, many factors affect the optimal growth and development of children, including the introduction, amount, and frequency of complementary feeding. The risk of the other form of

malnutrition, overweight and obesity, increases the more a child is artificially fed, and this is becoming more common in all settings.

Breastfeeding also has implications for maternal nutrition. The assumption that mothers will become malnourished and lose weight due to breastfeeding does not appear to be valid. Good maternal nutrition together with optimal birth spacing and access to contraceptives are the main factors for preventing malnutrition. Exclusive breastfeeding also helps mothers return to a healthy pre-pregnancy weight and possibly lowers the risk of her developing diabetes.

Optimal breastfeeding helps prevent malnutrition in all its forms with positive lifelong effects on both children and mothers.

The United Nations defines food security as “existing when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food to meet dietary needs for a productive and healthy life.” The first 1000 days are critical as this is when the foundation of human development is being built. Breastfeeding provides food security to infants from the very beginning of life and contributes to food security for the whole family. Policies that protect, promote, and support optimal infant and young child feeding should include food security for all pregnant and lactating women.

Breastfeeding is a prime example of the deep connections between human health and nature's ecosystems. Breastmilk is a natural, renewable food that is environmentally safe and green because it is produced and delivered to the consumer without pollution, packaging, or waste. By contrast, artificial feeding leaves a major environmental footprint that contributes to a depletion of natural

resources, environmental degradation and climate change in a number of ways. Dairy farming causes the production of greenhouse gases. Additionally, the production, packaging, storing, distribution and preparation of infant formula includes the considerable use of fossil fuels and large amounts of water. Therefore, artificial feeding contributes to the emission of greenhouse gases and water scarcity that further aggravate climate change.

Climate change leads to natural disasters and humanitarian crises. Unreliable supply chains of milk powder and the unhygienic conditions that commonly prevail in emergency situations make breastfeeding the safest option.

Breastfeeding is a climate-smart decision that helps ensure food security even in times of crisis. Protecting, promoting and supporting breastfeeding is crucial for the health of our planet and its people.

A sustainable world begins with ending poverty in all its forms everywhere. According to Pinstrup-Andersen, “not every poor person is hungry, but almost all hungry people are poor. Millions live with hunger and malnourishment because they simply cannot afford to buy enough food, cannot afford nutritious foods, or cannot afford the farming supplies they need to grow enough good food of their own.” Hunger and poverty work together in a vicious circle that keeps people from achieving their full potential.

Breastfeeding is a universal solution that levels the playing field to give every child a fair start in life. It enables millions of young children to survive and thrive, setting them on a path towards better health and a more prosperous future. Breastmilk is the most nutritionally and immunologically potent food for infants and toddlers, a food that

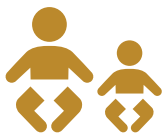
can fuel brain development like nothing else. Breastfeeding powers cognitive development and IQ of children, thus greatly improving educational attainment, participation in the workforce and lifetime earnings. Missing this critical stage of brain development during childhood can result in significant cognitive and economic losses.

Breastfeeding improves the health and wellbeing of women and children and is the foundation of a country's development and future. It is the great equaliser that can help break the cycle of poverty.

Globally, there were

155 million

children under 5 years of age stunted,
52 million wasted and 41 million overweight ¹



In low- and medium-income countries,
babies who were breastfed had a
21% lower risk of death in
their first year, compared
with babies who were never breastfed ²

It is estimated that breastfeeding
reduces the risk of overweight
and obesity by about
compared to formula
feeding ³

10%



More than

1.9 billion

adults (18 years and older) were overweight.
Of these, over 650 million were obese ¹



1. Child malnutrition. (n.d.). Retrieved from <http://www.who.int/gho/child-malnutrition/en/>

2. Akst, J. (2015). Breast Milk and Obesity: A study links components of a mother's milk to her infant's growth. Retrieved from <https://www.the-scientist.com/>

3. Sankar, M. J. et al. (2015). Optimal breastfeeding practices and infant and child mortality: A systematic review and meta-analysis. *Acta Paediatrica*, 104, 3-13

Globally, **815 million**
people are chronically food-insecure
and malnourished and the vast majority
(489 million) live in countries affected
by conflict ⁴

The global infant formula market is
predicted to reach sales of almost

\$70.6 billion

by 2019 ⁵



More than **4000 litres**
of water are needed to
produce just 1 kg of infant
formula powder ⁶



1%

The quantity and quality of milk
production is relatively unaffected by
a woman's nutritional status, except in
extremely malnourished women
(only 1 percent of women) ⁷

Globally, there were about **60 million**
refugees and displaced
populations many of whom are young children and
women at risk of multiple forms of malnutrition,
who can benefit from breastfeeding ⁸



4. Food and Agriculture Organization of the United Nations. (n.d.). How close are we to #ZeroHunger? Retrieved from <http://www.fao.org/state-of-food-security-nutrition/en/>

5. Save the Children. (2018). *Don't push it. Why the formula milk industry must clean up its act.* Retrieved from <https://www.savethechildren.org.uk/content/dam/gb/reports/health/dont-push-it.pdf>

6. Linnekar, A. et al. (2014). *Formula for disaster. Weighing the Impact of Formula Feeding vs. Breastfeeding on Environment.* Retrieved from <http://ibfan.org/docs/FormulaForDisaster.pdf>

7. During disasters, breastfeeding's advantages shine. (n.d.). Retrieved from <https://www.enonline.net//breastfeedingadvantagesdisasters>

8. Nutrition in emergencies. (n.d.). Retrieved from http://www.wpro.who.int/nutrition_wpr/nutrition_emergencies/en/

1 in 5 people

in developing regions still live on
less than \$1.90 a day ⁹



Breastfeeding is one of the best
investments in global health.
Every \$1 invested in breastfeeding
generates \$35 in economic returns ¹⁰

Shorter durations of breastfeeding
for children were associated with a

2.6-point loss
in IQ scores ¹⁰



Not breastfeeding is associated with
economic losses of about
\$302 billion annually or 0.49%
of world gross national income ¹⁰



9. Poverty - United Nations Sustainable Development. (n.d.). Retrieved from <https://www.un.org/sustainabledevelopment/poverty/>

10. Nurturing the Health and Wealth of Nations: The Investment Case for Breastfeeding. <http://www.who.int/nutrition/publications/infantfeeding/global-bf-collective-investmentcase.pdf>

CASE STUDIES

The issues raised in the action folder all require urgent action. Read about how different organisations are working on how to integrate optimal infant feeding—which of course includes breastfeeding—into food security and nutrition programmes, supporting women in disasters and using community promoters to effect improved livelihoods and bring about sustainable change. We hope that you will be inspired by these case studies and take action wherever you are!

CASE STUDY 1

Learning in action: improving complementary feeding

<http://www.thp.org/news/learning-action-improving-complementary-feeding/>

Chronic malnutrition and undernutrition is a major problem facing Malawi, and is caused by food insecurity, unhealthy lifestyles and environments and poor caring practices. The research project primarily focuses on the first 1000 days of life aiming for exclusive breastfeeding for six months followed by appropriate complementary feeding 6-23 months. By improving these practices, stunting and undernourishment can be avoided ensuring proper development for children.

Nutrition interventions are needed to educate families and caregivers on better practices for the first 1000 days of life. Interventions in the study included education for farmers on food security and diversified agriculture while caregivers were trained on proper nutrition and best feeding practices.

How can we apply these lessons at The Hunger Project?

1. Use locally available food to best complement breastfeeding and educate on substitutions when common foods are out of season.
2. Educate communities on portion size and age appropriateness of meals and snacks, especially encouraging enriched porridge for young children even when families think children are too old for the meal, the children still benefit from the nutrition.
3. Consider the complexity of family dynamics; all family members should be educated- feeding crosses gender, and generation (especially grandmothers) and even households.
4. Nutritionally appropriate agriculture support and education according to seasonal crops corresponding with health and nutrition education will help families prepare nutritional foods year round. Providing recipes and cooking classes will also promote good health and confidence in cooking nutritional meals.

CASE STUDY 2

Supporting breastfeeding mothers when disaster strikes

<https://www.worldvision.org/gender-equality-news-stories/support-breastfeeding-moms-emergencies>

After Typhoon Haiyan struck the Philippines in 2013, many mothers told World Vision staff they were too stressed to breastfeed and instead gave their babies water to fill them up and quiet them. Without vital nutritional knowledge, their infants were at risk of malnutrition from diarrhea. These vulnerable moms needed a safe place to get support and education.

A safe space for women to breastfeed

"It is very important to have space for women and children where they can have protection and privacy as well as some normalcy," says Weihui Wang, a child protection expert with World Vision.

In long-term disaster settings like Typhoon Haiyan and Nepal after the 2015 earthquake, programs for nursing mothers gave them a quiet place to gather while they were displaced.

Myrna, a mother of four, says it was a big relief to bring Mary Rose, her youngest, to one of these spaces after Typhoon Haiyan.

"When I come here, baby Mary Rose and I can relax, and I can forget my problems and anxieties," Myrna says. "I also learned a lot of things with other moms."

Well-meaning help can cause harm

Baby formula is high on the list of supplies that well-meaning people want to donate when an emergency strikes, says Minnie Portales. But large amounts of free formula can have the unintended consequence of discouraging breastfeeding among mothers who could continue to breastfeed with the right support.

CASE STUDY 3

In Peru, indigenous promoters work with communities to successfully reduce malnutrition

<http://www.thp.org/news/peru-indigenous-promoters-work-communities-successfully-reduce-malnutrition/>

The 26 Indigenous Promoters of Peru, seven of whom are women, serve as shining examples of community members who take initiative towards being active agents of sustainable change.

Constantly working on improving their leadership skills with a gender-based approach, self-assertion and self-esteem, this group of volunteers has the motivation it takes to bring true development to the Indigenous Shawi communities, which The Hunger Project-Peru works with via Chirapaq (Center for Indigenous Peoples' Cultures of Peru).

Fifteen promoters, both men and women, consistently visit and teach communities about best farming practices in the face of climate change. The

promoters also teach women about healthy ways to improve dietary habits, as well as the health and hygiene of their children, with specific focus on Shawi children under the age of three. Specific concepts being introduced consist of education on food groups and exclusive breastfeeding for the firsts six months.

Lessons like these have resulted in a reduction in infantile chronic malnutrition in eight Shawi communities in Peru.

SPONSORSHIP: WABA does not accept sponsorship of any kind from companies producing breastmilk substitutes, related equipment and/or complementary foods that displace breastfeeding. WABA encourages all participants of World Breastfeeding Week to respect and follow this ethical stance.

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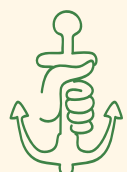
ACTIONS

Wherever you are, you can inform, anchor, engage and galvanise on breastfeeding as the foundation for life.
Here are some actions for you to consider.



INFORM

- Raise awareness of the risks and disadvantages of artificial feeding, especially in vulnerable populations.
- Inform others about the lifelong effects of optimal breastfeeding.
- Promote breastfeeding as a way of reducing the carbon footprint.
- Have conversations about the cost of not breastfeeding for households and countries.



ANCHOR

- Include the protection, promotion and support of exclusive breastfeeding in programmes to combat overweight and obesity.
- Advocate to ministries e.g. Ministry of Agriculture, that food security begins with ensuring optimal breastfeeding.
- Integrate breastfeeding into undergraduate and postgraduate curricula for all relevant professions.
- Integrate breastfeeding into programmes that address maternal, newborn, child, adolescent health and development.
- Ensure that the 2017 UN Operational Guidance on the Management of Infant and Young Child Feeding in Emergencies is applied in all emergency aid interventions.



ENGAGE

- Engage organisations that work on nutrition, hunger, food security, food aid, environment, climate change, and poverty reduction issues.
- Include young people in developing innovative approaches to bring about change.
- Involve men and other sources of familial support to share care and domestic responsibilities.
- Build the capacity of multidisciplinary teams of professionals and lay workers in breastfeeding to create a warm chain of support for mothers.



GALVANISE

- Promote the implementation of the Baby-Friendly Hospital Initiative and community programmes that counsel and support breastfeeding mothers.
- Enact paid maternity and parental protection policies based on the ILO Maternity Protection Convention as a minimum standard.
- Fully implement and monitor the International Code of Marketing of Breastmilk Substitutes and relevant World Health Assembly resolutions.
- Monitor the environmental impact of the infant formula production, distribution and consumption chain.
- Advocate for greater investment in breastfeeding programmes at all levels.

Together we can work towards a healthier, more prosperous and sustainable future

The slogan for World Breastfeeding Week 2018 is **Breastfeeding: Foundation of Life**. Optimal breastfeeding helps prevent malnutrition in all its forms with positive lifelong effects on both children and mothers. Breastfeeding is a climate-smart decision that helps ensure food security even in times of crisis. Protecting, promoting and supporting breastfeeding is crucial for the health of our planet and its people. Beyond being the cornerstone of a child's healthy development, breastfeeding is also the foundation of a country's development. It is the great equaliser that will help break the cycle of poverty.

A team effort is needed to make breastfeeding work. By bringing together different stakeholders from healthcare, community and workplace sectors and including local

authorities, we can create a warm chain of support for breastfeeding mothers. Consistent messages and proper referral systems throughout the warm chain will ensure that the mother-baby dyad benefits from ongoing support and skilled assistance. WABA coordinates a project in Penang, Malaysia to create a breastfeeding friendly community, with the final goal of integrating breastfeeding friendliness into initiatives that focus on healthy cities and sustainable development.

You can create a warm chain of support for breastfeeding wherever you are. Do you have an example of a warm chain in your community? Share your stories, and together we can lay the foundation for a healthier, more prosperous and sustainable future.



World Alliance for Breastfeeding Action (WABA) is a global network of individuals and organisations concerned with the protection, promotion and support of breastfeeding worldwide based on the Innocenti Declarations, the Ten Links for Nurturing the Future and the WHO/UNICEF Global Strategy for Infant and Young Child Feeding. WABA is in consultative status with UNICEF and an NGO in Special Consultative Status with the Economic and Social Council of the United Nations (ECOSOC). WABA coordinates the annual World Breastfeeding Week campaign. WABA works closely with many organisations and individuals. Our partners in this effort include: the Academy of Breastfeeding Medicine (ABM), International Baby Food Action Network (IBFAN), International Lactation Consultant Association (ILCA), La Leche League International (LLL), United Nations Children's Fund (UNICEF), World Health Organisation (WHO), Food Agricultural Organisation (FAO) and several other international organisations. WABA's work, including World Breastfeeding Week, is made possible through the generous support of the Swedish International Development Cooperation Agency (Sida).

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It is Well

You're invited to the 2018 Interfaith Health & Wellness Summit

Presented by



Wednesday, August 22, 2018

8:30 a.m. – 1:30 p.m.

The Willows

6729 Westfield Blvd.
Indianapolis, IN 46220

Breakfast and lunch will be provided.

Cost: Free – advance registration is requested. Seating is limited.

RSVP by August 15, 2018 at 2018interfaithsummit.eventbrite.com.



Herschel Walker
KEYNOTE SPEAKER

On Wednesday, August 22, 2018, interfaith leaders, health service workers and government agencies will gather to help strengthen our community's health and wellness.

Attendees have the opportunity to:

- Hear from keynote speaker, former NFL football player and mental health awareness advocate, Herschel Walker, who'll share his experiences, resources and approaches in creating impactful health programs.
- Participate in an open discussion about health issues during the Health and Wellness In Action panel.
- Collaborate with fellow community leaders on new health initiatives.

Our goal is simple – to engage the faith community in discussions that lead to strengthening the mind, body and soul.



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