



# CENTRAL WASHINGTON CATHOLIC

*El Católico de Washington Central*  
Pāchu Washintin Chmuk Tātpas

JANUARY 2019 *Newsletter*

## The Gift of Your Time Will Outlast Other Valentines

By Christine Corbett Conklin

St. Valentine's Day is already receiving a big marketing push. Yet, long after the Valentine's chocolates are eaten, the flowers are wilted and the trendy gifts are forgotten, the gift of time will live on in the hearts of our loved ones, according to a clinical specialist.

"There's a lot of positive effects of spending time together," observed Stacy Remy, clinical supervisor with Catholic Charities Serving Central Washington. Going to Mass together, planning a "date night" with a spouse, reading together, going for a walk, praying together or tossing a ball with a child can help to build stronger relationships, especially when done on a regular basis.

For special occasions such as Valentine's Day, there's nothing wrong with giving presents, especially when "gifts can be the language of love" for some people, Remy said. A gift that has particular thought and consideration behind it can have lasting meaning.

However, in terms of developing enduring bonds, especially between parents and children, "time will make the biggest difference overall in the quality of your relationship," Remy noted.

"Often, parents will say, 'I spend all day with my kids,'" Remy has found. In reality, that may mean that everyone is in the same room, but glued to their smart phones in front of the TV, or otherwise distracted.

The key is to have quality, one-on-one time, she said. For example,

Remy recalls how, when she was growing up, her father would take her and her two siblings out to dinner, one at a time, not for any special occasion, but just on "a random Tuesday". She treasured this

individual time to talk with him and to feel special.

"Kids are kind of predisposed to want attention," she reflected.

"They will seek out attention any way they can," even if that means doing something to warrant a scolding.

Starting while children are young, and spending at least five minutes per day in happy, trouble-free time, reading a story or singing songs perhaps, "can develop strong attachment that can last a lifetime". The younger the children, the easier it is to implement a pattern of spending quality time together, Remy suggested. As children grow,

one-on-one time should increase to perhaps 30 minutes per day, she said.

It doesn't work, however, to block out one chunk of time and figure that that will take care of the next couple of weeks.

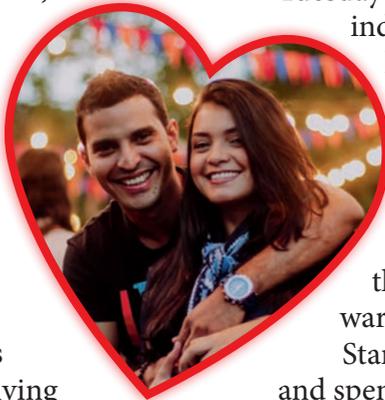
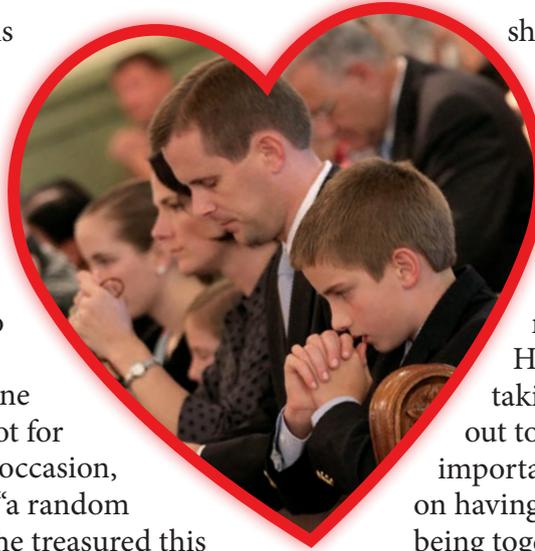
Also, in spending quality time together, care

should be taken to set aside the troubles of the day and disagreements which may exist with loved ones, Remy stressed.

"There is time to talk about problems, too. Otherwise, we would never solve issues," she said.

However, whether you are taking a child to Mass or going out to dinner with your spouse, it is important to focus, on a regular basis, on having a happy time and enjoying being together.

So, as Valentine's Day approaches, consider adding personal time and attention to your regular gift list for loved ones. It can be a blessing for all of you!



### Valentine Boxes Need Your Donations

It's time again to help Catholic Charities Volunteer Services assemble Valentine boxes for low-income elders and adults with disabilities.

Non-perishable food items may be donated in diocesan churches featuring a decorated Valentine box. Checks also are welcome to purchase fresh produce, mailed to: Volunteer Services, c/o Catholic Charities Serving Central Washington, 5301 Tieton Drive, Suite C, Yakima, WA 98908.

Please make sure that your food donation or check is received no later than February 11. Thank you for helping those in need!

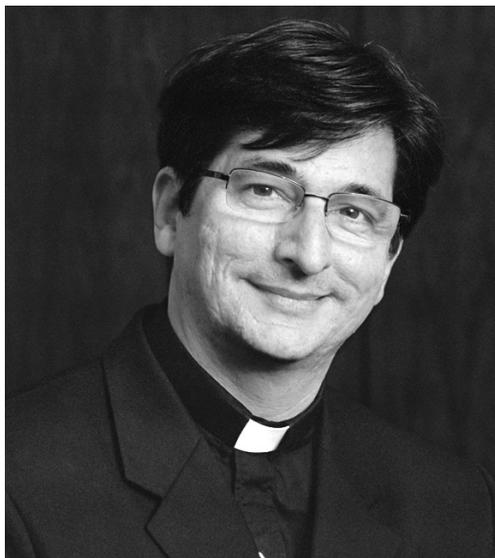
## A Message from Bishop Tyson...

Dear Friends:

Due to a later Easter this year, we have a longer period between the end of the Christmas season and the beginning of Lent. Epiphany, the Feast of the Magi as it is often known in Spanish, marks the end of the “Twelve Days of Christmas.” The Magi – named in tradition as Balthazar, Melchior and Caspar, were meant to represent the three known regions of the world. By tradition, Balthazar came from Africa, Melchior from Europe and Caspar from Asia. The Americas were yet “unknown” at the time of this tradition.

The Magi come because God has been made manifest in the infant Jesus Christ. Indeed, the word “Epiphany” comes from the root of a Greek word meaning “manifestation.” This is the dynamic of the Sunday Gospels we continue to hear from the Feast of the Baptism of the Lord – the last celebration of the Christmas season – right up through the final Sunday before the beginning of Lent. “This is my Son in whom I am well pleased.” These words mark the next “manifestation” of God through the baptism of Jesus by John the Baptist in the Jordan. The Second Sunday of Ordinary time this year featured St. John’s account of the miracle of Jesus changing water into wine at the wedding in Cana – a third manifestation.

Indeed, the Luke cycle of Gospels on the following Sundays speaks to how Jesus, through his teaching, his



**Bishop Joseph Tyson**

preaching, his healings and his miracles, makes God ever more manifest in the world. It is like dropping a pebble into a pond. The pebble creates concentric circles emanating across the pond. Our readings from the Feast of the Epiphany through the Eighth Sunday of Ordinary Time and right up to Ash Wednesday, March 6, describe the growing circle of God’s love made manifest in the day-to-day ministry of Jesus.

This might be a way to see our own Church, as well. The Roman Catholic Church crosses frontiers, histories and nationalities. It stands as a singular witness to a world beyond – the Kingdom of God – seeking to break down the separations of this world. We season each language and each culture with the flavor of the Gospel. We make each language and each culture more

than it ever could be on its own. The Catholic Faith seasons our shared life here in the United States, formed and shaped over many generations from a mélange of languages and cultures. Similarly, the Catholic Church is what stands at the very heart of Mexican culture despite the historically violent and anti-Catholic Mexican revolution and despite the ongoing politics and corruption even today. Those of us who speak Spanish have the opportunity to hear Pope Francis express the truths of the faith in the beauty of the Spanish language.

This is the pattern we can follow, whatever our language or our culture. It is how the Catholic Church makes America great. The articles in this month’s *Central Washington Catholic* share a myriad of ways in which God’s very Spirit ripples out across Central Washington through the people, the parishes and the ministerial outreach of the Church. I hope this issue inspires you to do the same. It’s easy to see the walls of division and prejudice in the world around us. I hope you can see little glimpses of how the Catholic Church makes America greater than she ever could be without the singular contributions of the Church with its witness of service, love, and charity – especially to those most in need.

With every best wish and blessing,  
Yours in Christ,

Most Rev. Joseph J. Tyson  
Bishop of Yakima

## Rachel’s Vineyard Offers Healing *Continued from page 4*

Rachel’s Vineyard offers a unique range of healing care. A retreat includes the sacraments, including Reconciliation and the Eucharist; prayer; group activities; plus psychological and emotional dimensions. There is always at least one priest present, plus a licensed mental health counselor.

All retreat team members are well trained, having prepared for the past three years to begin this ministry. In addition, everything is completely confidential.

For Dr. Petersen, a Rachel’s Vineyard retreat was “a way to achieve the healing I didn’t even know I needed”. Now, she says, she can again feel joy, love and peace. “It

makes me want to go out and help my brothers and sisters,” she said.

The first Rachel’s Vineyard retreat is scheduled for September 27-29 at the Lazy F Camp and Retreat Center in Ellensburg. The cost is \$100 per person or \$200 per couple, which includes two nights lodging and six meals. Scholarships may be available for individuals who need financial assistance. For more information, with strict confidentiality, call (509) 421-7847 or email [rvcentralwa@gmail.com](mailto:rvcentralwa@gmail.com).

If you have had an abortion, God’s healing grace is waiting for you.

If you have been abused or victimized by a member of the Catholic clergy, please believe in the possibility for hope and help and healing. We encourage you to come forward and speak out.

The Yakima Diocese has a sexual abuse hotline for those who wish to report some incident concerning that issue as regards a bishop, priest, deacon or diocesan employee or volunteer. (888) 276-4490

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*PUBLISHER*

*Most Rev. Joseph J. Tyson*

*MODERATOR*

*Monsignor Robert M. Siler*

*EDITOR*

*Christine Corbett Conklin*

*TRANSLATIONS*

*Indiana Blandón*

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*Email: [robert.siler@yakimadiocese.org](mailto:robert.siler@yakimadiocese.org)*

# Before You Send a Young Person a 'Friend Request'...

Courtesy of Virtus

Are you on a social networking site? Do you text? If there are older children or teens in your life, you can bet that their answer to both of these questions is a scoffing, eye-rolling, "Like, who doesn't?" And if you are an interested, modern parent or caring adult, you may be using social networking or texting to stay in touch with the young people in your life. After all, prevailing wisdom tells us to use kids' own media choices to reach them; it is likely that no vigilant adult would allow a teen to operate a social network site without friend access.

Yet, these tools have their risks. What about the attendant risks for responsible, well-intentioned adults? Just as adults who work with children must be cautious and thoughtful with how they interact with kids in person, so too must adults watch their online communications with young people. Not only must you protect yourself from allegations of inappropriateness, you must teach kids what to expect from adults online. Additionally, employees and volunteers should be aware of an organization's policies regarding such communication. Read on for a simple standard for making sure that your online communications are exemplary and without reproach.

We have before applied the "PAN"



standard for appropriate touch in real-life physical settings. If an adult touches a child in any way, it must be **Public, Appropriate, and Non-sexual**. The "PAN" standard is a useful way to think about "virtual" touch, as well.

**Public.** Your communications with children online should be as public as possible. In a text message, whenever feasible, copy another adult on the communications. Similarly, comments on social network sites should be made on their public "wall" or other open portion of the site rather than as a personal message. Not only is it more difficult to misconstrue a message not shrouded in secrecy, its public nature will hold you more accountable to what I'll term as "adult professionalism."

**Appropriate.** Make sure that your communication with kids is for a good reason, that the communication is warranted by some other activity or event. No matter how good your intentions, it raises red flags when an adult texts a child out of the blue with something like, "So what's up?"

**Non-sexual.** It may seem obvious that any online communication with a young person must be non-sexual. What you may not appreciate is just how high the standard is. Beware of physical compliments ("You looked great at the meeting last night") or signs of affection ("Your message make me feel so good") that, even if innocently intended, could be construed as sexual.

In addition to these standards, remember that in any communication between an adult and a child, the adult bears the responsibility for keeping things on the straight and narrow. Be wary of the teen who wants to chat via text or is suggestive or provocative in his or her messages.

Similarly, make sure that you have an idea of the conversation you are joining and the online party you are joining. Being the "friend" of a young person who is circulating inappropriate material is problematic in and of itself – even if your conduct is just fine.

## Celebration of Faith Education Funding Available



### Looking for college scholarships?

Check out our website for available funding. **Deadline is April 1<sup>st</sup>**

### Does your parish desire to provide a more dynamic religious education experience for your children?

Parish Religious Education Program (PREP) grants providesupport for parish religious education programs and training for Catechists. **Deadline is May 1<sup>st</sup>.**

### Want to send your child to a Catholic school?

Tuition assistance is available for children to attend one of our eight area schools. Contact your local school to learn more and request a referral.

New students may apply from April 1 through May 1.

For more information, go to [www.cwcatholicfoundation.org](http://www.cwcatholicfoundation.org) or call (509) 972-3732

## Thank you

for generously supporting our mission with your donations to the Christmas Collection.



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# NEWS

## From Around the Diocese

### Retrouvaille Retreat Scheduled

Retrouvaille, a program for couples who have challenges in their marriage, has scheduled both English-language and Spanish-language weekend retreats at Immaculate Heart Retreat Center in Spokane, February 15-17.

What better way to celebrate the spirit of Valentine's Day than to help improve your marriage? On their own, many find that talking about problems only makes them worse. Some couples experience coldness and simply shut down. Other couples have severe conflict and arguments. Most don't know how to change the situation or even talk with their spouse about it.

*Retrouvaille* (pronounced *retro-vi* with a long i) has helped thousands of couples experiencing marital difficulty at all levels of distress including disillusionment and deep misery. The program is designed to provide the tools to help get marriages back on track.

For more information, visit [www.helpourmarriage.com](http://www.helpourmarriage.com) or, for confidential information, call (800) 470-2230.

### Workshop Focuses on Risks of Pornography

All are invited to a free workshop on "Human Dignity and Spiritual Growth: The Challenge Posed by Pornography." The gathering is scheduled for 5 to 7 p.m., Monday, February 18 in the Murtagh Gathering Hall of Holy Family Parish, Yakima.

The workshop is designed to help strengthen a healthy commitment to chaste living and personal well-being, by "exploring the vulnerabilities and risks of addictive sexual behaviors in the context of current social and internet media." It is sponsored by the Diocese of Yakima.

Speakers for the evening will include Dr. Fernando Ortiz, Ph.D., director of the Counseling Center at Gonzaga University; and Jeanie and Bruce Hannemann, founders of Elizabeth Ministry International and the RECLAIM online recovery program.

### Register for Catholic Youth Camp

It's not too soon to begin thinking about summer camp! A Central Washington Catholic Youth Camp is scheduled for Sunday, June 23 to Friday, June 28 at YMCA Camp Dudley, west of Yakima near White Pass.

This quality, week-long summer camp welcomes those between the ages of 10 and 18. It will include daily Mass and the Rosary; Stations of the Cross; Reconciliation; the presence of priests, sisters and seminarians; daily Faith talks, plus songs and games, swimming, canoeing, rock climbing, a zipline, and campfire every night!

To reserve a place or to learn more, visit [cwcyc.org](http://cwcyc.org), and/or "like" their Facebook page, CWCYCclick. Scholarships may be available.

## Rachel's Vineyard Offers Healing for The Grief of Abortion—

By Christine Corbett Conklin

Those who have experienced the tragedy of abortion will soon have the opportunity to find spiritual healing, closer to home.

Rachel's Vineyard, a post-abortion healing ministry, now has a trained team in place in the Diocese of Yakima, with a first retreat planned for September in Ellensburg.

"This is grief work grounded in Jesus Christ and the Word of God," observed team leader, Dr. Lisa Petersen, who also serves as physician on staff at the Real Options Pregnancy Medical Clinic in Wenatchee. "We are open to women and men who are interested in post-abortion healing."

Often, when a woman has an abortion, she has "unprocessed grief.

You kind of stuff it, pretend you don't need any healing," Dr. Petersen observed.

Even decades later, there can be relationship difficulties, addictions, anger, depression and/or anxiety resulting from the grief a woman experiences, she said.

And Dr. Petersen knows of what she speaks, having undergone an abortion when she was 22 years old. Not until the age of 47 was she even able to say the word "abortion" out loud, she admits.

"I always felt kind of an emotional numbness, an underlying anger," she recalled. That's how I kept a lid on that pain from the past."

It took until 2016, when Dr. Petersen went on a Rachel's Vineyard retreat, for her to finally "get to the other side of the pain". The Rachel's Vineyard ministry relies upon Jesus Christ, the Divine Healer, she observed.

"You have to come face to face with Jesus Christ and help Him heal this deep and mortal wound on your soul."

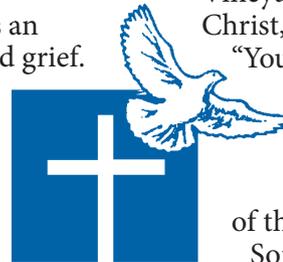
Women may try other types of therapy, to no avail, she suggests. Some try to "self-soothe," through drinking, eating or even shopping. "Others turn to secular counselors who might diagnose depression and/or anxiety and recommend pills, or even validate unhealthy behavior choices."

As a Catholic retreat, open to people of all faiths and those with no faith,

*Continued on page 2*



Dr. Lisa Petersen



Rachel's Vineyard

## Funeral Held for Sister Alice St. Hilaire

Sister Alice St. Hilaire, age 90, a Sister of Providence for 70 years, died December 27 at St. Joseph Residence in Seattle. Following a vigil service on January 2 and a funeral Mass on December 3, both at the Residence, she was buried in Calvary Cemetery, Seattle. A memorial Mass also was celebrated January 19 at St. Joseph Parish in Yakima.

Alice Theodora St. Hilaire was born in 1928 to Leo and Helen (Kohls) St. Hilaire in Yakima. She entered the Sisters of Providence in November 1947 at Mount St. Vincent, Seattle. In November 1949, she professed first vows and received the name Sister Mary Georgetta, and in November 1952, she professed final vows.

Alice graduated in 1946 from St. Joseph Academy, Yakima. She later earned a Bachelor of Arts degree in education from the College of Great Falls and a Ph.D. in Philosophy from St. Louis University where she also earned certification from the Institute of Religious Formation.

Her ministry included teaching

in Montana; Seattle; St. Vincent Academy (now St. Patrick School) in Walla Walla; and in Alaska.

After receiving her doctorate in philosophy, she was on the faculty of Seattle University at Mount St. Vincent; Providence Heights College of Sister Formation in Issaquah; at the Seattle University campus itself; and at St. Thomas Seminary in Kenmore. Sister Alice later returned to St. Louis University for a program at the Institute of Religious Formation.

In 1990, she moved to Central Washington to live with her mother, who was no longer able to care for herself. She was also spiritual director for numerous people. She kept her hand in formation ministry by serving on the Yakima Diocesan Vocation Committee.

In 2015, Sister Alice retired to St. Joseph Residence, Seattle.

Memorial contributions may be made to the Sisters of Providence Retirement Fund, 1801 Lind Avenue SW, #9016, Renton, WA 98057-9016. May she and all of our departed clergy and religious rest in peace.



Sister Alice St. Hilaire