You are the salt of the earth!

Does your relationship with Christ need “salt”- some seasoning to bring out the “faith flavor?” Parishes are communities of faith, of action, and of hope. The pursuit of justice and peace and “how we serve the least of these”- the hungry, the homeless, the stranger and those in prison - is an essential part of our ministry. The purpose of this newsletter is to preserve our gospel values, spread works of justice, and spice our community for Christ.

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Update on Salt & Light Framework - Acknowledging the gospel at work

To better weave our efforts into our parish life, we are developing a framework that affirms current ministries and also encourages new parish commitment and creativity. In Communities of Salt and Light, the U.S. bishops highlight seven elements for effective parish social ministry, (each led by a liaison):

7 Elements (Circles) of Salt & Light
- Prayer & Worship
- Formation & Education
- Global Solidarity & Peace
- Advocacy
- Community Organizing
- Direct Service & Outreach
- Family, Work, & Citizenship

Liaisons will be needed as we integrate our current committees and ministries into this new framework.

JustSkills provides participants with (1) an introduction to some of the skills and tools that make the work of social ministry more doable, effective and integrated within the local parish, (2) it helps parishioners broaden and enhance their commitment and the parish commitment to justice and social ministry, and (3) assists parishes with the integration of existing “service and action, charity and justice” efforts so that, ultimately, one’s faith is more life-giving. JustSkills and participation in building Communities of Salt & Light is for those who are willing and able to make a commitment to the development of their social ministry skills and the application of these skills within the parish. JustSkills asks for some of the most valuable things we have...dedicated participation and time.

JustSkills participants have committed to:
- **Participation**
  1. Be present at and participate in the sessions and retreats
  2. Be willing to take a leadership role in some sessions
  3. Continue and/or strengthen their commitment to prayer and reflection
- **Time**
  1. Approximately twenty, 2 1/2 hour sessions
  2. Two retreats

To hear more about this process, contact Jack Braun at 921-0580, x119 or email at jbraun@hffdl.org.
JustFaith Ministries

JustFaith Ministries offers extended programs that provide opportunities for individuals to study and be formed by the justice tradition articulated by the Scriptures, the Church’s historical witness, theological inquiry and Church social teaching. JustFaith Ministries programs help individuals experience conversion, integrating their personal spirituality with social commitment. Participants are empowered to develop a passion and thirst for justice and to express this passion in concrete acts of social ministry in their parish or church and in the community at large.

These programs are tools that have proven time and again to be effective strategies for training and forming individuals as agents of social transformation. They are exciting opportunities for parishes, churches, dioceses, agencies and small faith communities interested in expanding and promoting social ministry.

We have offered a variety of JustFaith programs at Holy Family. Since 2003, over 60 people have graduated from the JustFaith program, over 25 people have participated in JustMatters, and 6 people have participated in Engaging Spirituality. Currently, 3 people are participating in the JustSkills program.

JustFaith Program

JustFaith, our original program, used in over 1,000 parishes and churches involving 20,000 people, is a 30-week process that empowers participants to develop a passion and thirst for justice, and prepares them for the work of social ministry. It is available in two versions, one for the larger Christian community and one for Catholic parishes that highlights themes of Catholic social teaching. JustFaith focuses on discipleship - engagement in the life of Jesus - and the call to be about God’s dream of justice and compassion in a world scarred by the domestic and global crisis called poverty. Meeting weekly, small groups of 5-15 people employ books, videos, discussion, prayer, retreats and hands-on experiences. The intent is to provide a tapestry of learning opportunities that emphasize and enliven the healing work of God’s compassion found in scripture, church history and teaching, and faithful witnesses.

JustFaith / Engaging Spirituality

JustFaith Ministries presents a spiritual deepening process that invites small groups of adult Christians to explore the intersection between contemplative presence and social action, as it is lived out in their own lives. Engaging Spirituality focuses on the practical challenges of following Jesus into the broken heart of our world, inspired by the urgency and spirit of the Gospel message to our lives, to our relationships, and to our times. Participants practice “the undivided life” of Christian discipleship—engaging in contemplation while immersing themselves in the heart of our fragmented world. It is a 21 week Just Faith program. In addition to spiritual reading, dialogue and immersion experiences, participants listen to the grounded wisdom of 24 spiritual leaders who bear witness to living an authentic Christian life.

JustFaith / Just Matters Modules

JustMatters is an expanding series of formation materials from JustFaith Ministries. JustMatters allows participants to focus on a particular current social justice topic. The general format for these topic-focused modules is prayer, readings, videos, speakers and dialogue. JustMatters allows a group of eight to fifteen people to give sustained attention to a specific area of social concern or social ministry (some with special emphasis on Catholic social teaching) and culminating in a call to engaged action.

During the past two years, Holy Family has offered the modules titled “Prison Reform” and “Crossing Borders”.

In January 2011, we plan to offer the module titled: An Exploration of Nonviolent Peacemaking.

For more information on our formation and education programs, call Caryl Hartjes, CSA at 926-0289, or Jack Braun at 921-0580, x119 or jbraun@hffdl.org.
Global Solidarity & Peace

Our Lady Gate of Heaven/Holy Family National Sister Parish Relationship

In this sister parish relationship, we hope to share involvement of many people from both parish communities. Through mutual visits we experience life in each of our communities. We offer opportunities to support each other and grow in our relationship with God as brothers and sisters. The initial trips to “The Gate” involved mission work of painting and repairs. Currently, we visit our sister parish on the south side of Chicago a couple of times a year to join in liturgy and build upon our relationship. In the summer months, we have hosted members of “The Gate” and their gospel choir here at Holy Family. During these visits, Pastor Mel Hermanns, the gospel choir and liturgical dancers lead us in our liturgies. We also join together for spiritual retreats sharing faith, culture and friendship. The Chicago Sister Parish Committee oversees this sister parish relationship. We meet to nourish the relationship, find ways to help the relationship grow and to coordinate visits.

For more information, contact Carol Braun at cabraun@charter.net or Jack Braun at 921-0580 or jbraun@hffdl.org.

Sister Parish relationship formed in 2001

The foundation and ultimate purpose for our sister parish relationship is spiritual and the building of friendship across cultures and borders. Nicaragua was chosen because of the presence of the Sisters of St. Agnes and the Capuchins who have been ministering there for over 50 years. Together, we have assisted with educational efforts in both public and private schools, supported Christian Formation programs, funded Internet connections and the computer lab there, renovated Casa Schlaefer (the parish community center), promoted justice through Fair Trade, promoted faith sharing, built 2 rural schools and helped rebuild several rural chapels and help provide stipends to educators.

We encourage mutual visits as a key way to strengthen our relationship with the people of Santa Rosa and the Rosita area.

Frequent visits to Rosita have focused on pastoral, educational, healthcare, economic and agricultural needs. Our first trip to Rosita was in 2001. Eighteen people from United Hearts for Health (ecumenical) and two from the Agricultural Committee visited Rosita in February, 2009 and ten people from Holy Family visited Rosita in March, 2009.

Our most recent mutual trip was the arrival of Don Jose and Maura to Fond du Lac this past May. Jose and Maura visited an area farm, our hospitals and clinics, and Catholic Schools. They also and attended several Masses, parish activities and community events.

Let us know if you are interested in a Sunday visit to the GATE later this fall or early winter!

Santa Rosa/Holy Family International Sister Parish Relationship

This Santa Rosa-Holy Family Sister Parish Relationship has called us to expand our boundaries, deepen our faith, and share the love of Christ.

Sister Parish relationship formed in 2001

The foundation and ultimate purpose for our sister parish relationship is spiritual and the building of friendship across cultures and borders. Nicaragua was chosen because of the presence of the Sisters of St. Agnes and the Capuchins who have been ministering there for over 50 years. Together, we have assisted with educational efforts in both public and private schools, supported Christian Formation programs, funded Internet connections and the computer lab there, renovated Casa Schlaefer (the parish community center), promoted justice through Fair Trade, promoted faith sharing, built 2 rural schools and helped rebuild several rural chapels and help provide stipends to educators.

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Direct Service & Outreach and Respect Life

Outreach Committee

The goal of the Holy Family Outreach Committee is to make recommendations on the allocations of the parish Outreach Fund. Through this parish ministry we act as a people of God committing a portion of our resources to groups or individuals outside the parish boundaries. Upon receiving requests for grants, applications are reviewed and evaluated according to “Funding Criteria”. This past fiscal year, Holy Family allocated ½ percent ($15,000) of the funds collected through your parish giving.

Organizations or individuals requesting a grant of $500 or less, fill out an application describing their purpose and a brief description of offered services. Potential recipients are evaluated according to “Funding Criteria”. Following approval, the Outreach Committee submits its recommendations for approval to the Social Ministry Committee and the Parish Council.

We award grants based on “Funding Criteria” specific to four areas: Direct Service, Education, Empowerment and Advocacy.

Direct Service: Charitable efforts to alleviate the symptoms of poverty, alienation, and injustice; the “corporal works of mercy” - feeding the hungry, clothing the naked, visiting the imprisoned, sheltering the homeless, caring for the sick.

Education: The goal is to raise people’s consciousness of and sensitivity of a specific issue through educational programs, speakers, etc.

Empowerment: Helping the hurting or powerless to develop their own voice and pursue their own goals. Examples - support groups, training of leaders, projects that include the people served in their planning and implementation.

Advocacy: Speaking out against conditions which deprive human beings of their dignity or rights; raising our voices on behalf of the voiceless or powerless (the unborn, the poor, the oppressed).

Join us with your talents and help share in the many ways our parish members are living out their faith!

- Opportunities exist for writers and creative people!
- Opportunities exist for administrative tasks
- Opportunities exist for you to bring your specific talents to assist in our ministries
- We are looking for volunteers to help out for just 1 or 2 hours per week or per month - just let us know when it works into your schedule

Call Jack Braun at 921-0580 x119 or email at jbraun@hffdl.org

Parish Pro-Life / Respect Life

Actively promoting a renewed respect for human life is the responsibility of every Catholic. Respect Life committees should include representatives of both adult and youth parish groups, members of organizations that represent persons with disabilities, persons of minority cultures, and those responsible for education and pastoral care.

Pastoral Plan for Pro-Life Activities:
A Campaign in Support of Life

This fall, Fr. Bob Stiefvater will facilitate as parishioners gather in open and compassionate dialogues - exchanging and sharing views and ideas - increasing a common understanding and shared meaning around our pro-life efforts. We will meet to establish goals and objectives that reflect the mission of Holy Family Parish and the vision of our Social Ministry efforts. As we develop this ministry, we encourage your support through prayer. If you are interested in participating in some way or wish to share your thoughts, please contact Jack Braun at 921-0580, x119 or jbraun@hffdl.org.

May the “people of life” constantly grow in number and may a new culture of love and solidarity develop for the true good of the whole of human society.
- Pope John Paul II, The Gospel of Life, no. 101

Contact Jack at 921-0580 or jbraun@hffdl.org for more info.
“CHOSEN” Activities
- What has been happening?
- What’s coming up?

Would you enjoy working with youth?
We have several youth activities leaders but we are looking for some head coaches!

What does a coach do?
- Wants to have fun!
- Encourage youth to participate
- Oversee service projects
- Work with our event coordinators
- Schedule activities
- Promote the responsibilities and rewards of service to our youth and families

Youth Service Opportunities

Woodlands Bingo: Thursday, Nov. 11, 5:45-7pm. Contact Joan at 922-4856.

St. Francis Home Bingo: Thursday, November 18, 6:15-8:00pm. Families are welcome to participate. Children under age 12 must be accompanied by a parent/guardian. Anyone having any bingo prize items such as beanie babies is welcome to donate them. Contact Evelyn at 929-9116.

St. Vincent de Paul Store: Saturdays, 10:00am-12noon. Contact the St. Vincent de Paul store at 322-9505.

Loaves & Fishes: Monday, November 29, from 4:00-7:00pm at Church of Peace. Volunteer 4:00-5:30 or 5:30-7:00 or entire time. Contact Joan at 922-4856 or terrence_braun@sbcglobal.com.

CHOSEN - Youth Service Team

The Youth Service Team is comprised of adults and youth from our parish. Our main purpose is to coordinate, publicize and oversee youth service opportunities in our community and within our parish. The Youth Service Team meets 4-5 times per year to discuss past projects, potential new projects, promotion of projects and ways to increase adult and youth involvement. We believe that inviting our youth to be involved is the key element in the growth of community service.

We currently have several projects, St. Francis Home, Woodlands Senior Park, and the St. Vincent de Paul Store that our youth volunteer at on a monthly basis. Projects with Big Brothers/Big Sisters, Solutions Center, Loaves & Fishes, Broken Bread, Crop Walk, Operation Back to School, Parish Festivals/Dinners and Salvation Army are set up on an as needed basis.

We invite and encourage all parents to be involved and volunteer to serve an hour or two with your son or daughter. Jack Braun, 921-0580, x119 email: jbraun@hffdl.org

Adopt-A-Highway was held this past Saturday, October 30

Our Adopt-A-Highway responsibilities include cleaning the highways around Holy Family three times a year. We will again be looking for 12 adults and/or youth (must be 11 years old or in the 6th grade) to join us for our next day of litter pickup in spring. If you are interested, please contact Jack at the parish office, 921-0580 or Doris at 921-6176.

Leaf Raking, Nov. 13 & 20
ADULTS, YOUTH, and FAMILIES NEEDED

It is leaf-raking time - Need your lawn raked?

How would you like to have a team of 4-6 volunteers come and help with raking your yard? We are offering to rake lawns on Saturday, November 13 and Saturday, November 20. Call Jack at the parish office at 921-0580 to have your lawn raked.

ADULTS, YOUTH, and FAMILIES NEEDED
We just started promoting this event and already 10 lawns need raking! Please help!

Help us rake lawns on Saturday, November 13 and 20. Last year we raked 15 lawns - some small and some large so your help is needed. All youth are required to have a signed parental/guardian permission slip. Please contact Jack at the parish office to sign up.
**Direct Service & Outreach**

**Society of St. Vincent de Paul**
**Holy Family Conference**

“Inspired by Gospel values the Society of St. Vincent de Paul, a Catholic lay organization, leads women and men to join together to grow spiritually by offering person-to-person service to the needy and suffering in the tradition of its founder, Blessed Frederic Ozanam, and its patron, St. Vincent de Paul”.

The Vincentians of Holy Family reach out to local families and individuals through home visits which develop a trust and understanding. During these visits we join with these individuals of our community to determine how the Society may be most effective in providing temporary help. Our Conference provides help with food, clothing, rent, utility and other basic services which may be helpful.

Funds and materials which the Conference is able to share result from the generous contributions to the St. Vincent de Paul Store and gifts from members of our parish and community. The clothing and merchandise which is contributed to the store are shared with those in need or sold to supportive customers to raise funds to be distributed in the Fond du Lac community. All funds raised by the local St. Vincent de Paul Conference are shared with the poor.

Jean White, 926-0018, Holy Family Conference President

*US Manual of the Society of St. Vincent de Paul 1999*

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**Consider joining us!**

Are you being called to the effort of the St Vincent de Paul Society to “do for the least of these”?

“There are other people who can do that. Why not ask them? Why me? Why now?”

**Visit our website at: www.svdpfdl.org**

There are a variety of ways to Volunteer!

Some tend to the call-in phone line to listen to people ask for assistance. Some visit the needy in their homes to provide guidance and support. Some donate clothing or furniture to the St Vincent de Paul Store. Others volunteer at the store. Many people support us financially and through prayer.

Interested in checking out St Vincent de Paul?

Call one of these *Vincentians*: Jean White 926-0018, John Schommer 979-7657, Betsy Norcia 923-5624, Joanne Sheridan 921-1061 or Adrian Kaull 923-3659. To volunteer at our store, contact Carol Braun at 322-9505.

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**Advocacy “…responsible citizenship is a virtue, and participation in political life is a moral obligation...”**

**Voices for Justice Committee - A Network for Legislative Advocacy**

Within the parish, this Social Ministry subcommittee seeks to educate the parish about justice issues and encourage parishioners to work for changes in the structures of society and government to promote justice. As baptized Catholics, we share in the prophetic mission of Jesus and have an obligation to participate to the best of our ability.

As a committee, we do not do all the work ourselves but try to involve others through articles in the Salt Shaker and bulletin, the parish website, promotion of special events, presence at parish festivals, prayer services and ecumenical and community events.  **Continued on next page**
Global Solidarity & Peace

Holy Family formed a fair trade partnership to provide low income artisans and farmers with a living wage for their work. Fair Trade organizations actively seek out disadvantaged producers - especially women and indigenous people and help them create development opportunities that respect their culture and steward their local environment. We support this effort because we believe that Fair Trade is the key to building economically sustainable communities throughout the world. The vision grew as we collaborated with a faith based community effort called Just Fare Market. We sell Fair Trade products the 3rd weekend of the month at Holy Family and partner with Just Fare for educational and community events, for artisan and producer visits, to promote the principles of Fair Trade and to continue to learn the stories of producers and act as servant partners with them.

The 3rd weekend of the month Fair Trade products are available for purchase at Holy Family Church following Masses

We strive to:

◊ Educate our community about the social and environmental consequences of a globalized economy and the benefits of fair trade.
◊ Encourage people to become more mindful of buying and consuming in relation to actual need and environmental sustainability.
◊ Provide an outlet to market Fair Trade handcrafts, clothing, and food products created by artisans and farmers in developing countries.

We are looking for volunteers to help with sales, education or special events. To volunteer or for more information, contact Carol Braun, cabraun@charter.net or 922-8177.

Fair Trade & Just Fare Market

Located in First Presbyterian Church
1225 Fourth St.
Store hours: Thursday, Friday, Saturday from 9:30am - 1:30pm

Alternative Gift & Fair Trade Event

Holy Family Parish Hall
Sat, December 4 5:15pm-6:15pm
& Sun, December 5 9:00am-12:15pm

Give Gifts That Give Back - We are again offering an alternative to the commercial nature of the Christmas Season by providing an ALTERNATIVE GIFT & FAIR TRADE EVENT. This effort connects the spirit of holiday giving and the impact our choices have on the world around us. You can choose to “give gifts that give back” - gifts that assist, empower and provide hope and dignity for those in our own community and around the world. It is Christmas shopping made easy. We will also offer unique Fair Trade gift items to purchase: hand crafted items, vases, baskets, nativity sets, table linens, scarves, jewelry, and more along with Fair Trade coffee, chocolate, and jams that help small scale farmers and artisans in developing countries become economically self sufficient.

This event will host local and international organizations to which you make a monetary donation in the name of a friend or relative. You will receive a gift card to announce your gift donation. Featured organizations this year include: St. Vincent de Paul Society, FDL Adult Literacy, Empowering Women’s Future/AIDS Orphan’s Sewing Project, Heifer International, Solutions Center.

Recent efforts of our Voices for Justice Committee: - Continued from page 6 -

• Coordinated JustFaith programs such as JustFaith, JustMatter Modules: Crossing Borders and Prison Reform, and Engaging Spirituality. Currently we are participating in the JustSkills program
• Organized discussions on several justice topics: the immigrant, fair trade, human trafficking, aid for Africa and Darfur, healthcare (including local dental care for those without means), the broad spectrum and dignity of all life, the death penalty, care for the environment, the economy, peace, and poverty (food & shelter)
• Created the “Neighbors in Faith” Summer Program - a faith enrichment series which provided opportunities for parishioners to immerse themselves in field trips to service organizations, agencies, ministries and faith communities in the FDL area
• Presented the “Walking in Their Shoes” series which included personal presentations by Pastor Fr. Max Tzul, former prisoners, people affected by mental illness and addiction, a video and discussion on “Life in Occupied Palestine” and topics including Catholic Social Teaching and immigration reform
• Published the Salt Shaker - our Social Ministry Newsletter
• Promoted justice, peace, diversity, and ecology programs held in the area
• Conducted letter writing campaigns on healthcare reform and immigration
• Displayed a presence at special events, parish festivals, prayer services and ecumenical and community events
**Holy Family & Community Happenings**

**The Marian University Social Justice Committee is hosting Padre Jesus Alberto Franco**

**We Reap What We Sow! - Understanding the Impact of U.S. Involvement in Colombia**

7:00 pm November 1, 2010
Stayer Center Auditorium
Marian University

Father Jesús Alberto Franco is a renowned leader in the Colombian human rights movement, a Colombian missionary priest, and the executive secretary of the Colombian human rights non-governmental organization Inter-church Commission for Justice and Peace. He has spent the last 3 years in his current role accompanying the resistance processes of Afro-Colombian, Indigenous and mixed race farmers.

Padre Alberto has been a featured speaker for the World Council of Churches in front of the UN in NYC 2009 and at the 2009 School of the Americas Watch protest. Despite the danger he faces to defend the rights of the communities, death threats included, he stresses the importance of recognizing it is not just his personal safety that is being jeopardized through these threats, rather it is the Commission as a whole that is targeted.

**Pax Christi** is an international Catholic peace and justice movement that is active in the United States and has a local group in Fond du Lac. Through prayer, study and action, it strives to create a world that reflects the Peace of Christ by exploring, articulating and witnessing to the call of Christian nonviolence.

Pax Christi FDL meets at 6:00 pm on the second Tuesday of the month at St. Agnes motherhouse, 320 County Road K. All are welcome.

**Next Meeting is Tuesday, November 9**

For more information contact S. Stella Storch at sstorch@csasisters.org or call 907-2315.

**THE HUMAN EXPERIENCE Documentary**

Saturday, November 13, 1:00pm: The Nazareth Project of the Archdiocese of Milwaukee will present the showing of THE HUMAN EXPERIENCE in the Marian University Stayer Center. This is the story of a band of brothers who travel the world in search of the answers to the burning questions: Who am I? Who is Man? Why do we search for meaning? Their journey brings them into the middle of the lives of the homeless on the streets of New York City, the orphans and disabled children of Peru, and the abandoned lepers in the forests of Ghana, Africa. Admission is free, but registration is necessary - to register, go to www.johnpaul2center.org/johnpaulIIcenter/TheHumanExperience.htm.

**HAUNTED BY GOD: THE LIFE OF DOROTHY DAY**

Saturday, November 13 at 6:30pm
Fr. Carr’s Place 2B
1965 Oshkosh Avenue, Oshkosh

A moving, dramatic portrait of an outspoken and influential American Catholic of the 20th Century. Dorothy is the co-founder of the Catholic, Worker Movement. Pope John Paul II approved the first step towards her canonization in 2000.

Suggested donation is $4, students free. For more information, call 715-347-5910. For car-pooling from Fond du Lac, call Jack at Holy Family, 920-921-0580, x119 or jbraun@hffdl.org.

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**HELP FOND DU LAC COUNTY FIGHT UNDERAGE DRINKING by FILLING OUT A SURVEY**

Drug Free Communities Task Force of FDL County (DFC) is working hard at reducing underage drinking and has partnered with the University of Wisconsin Madison-Population Health Institute to conduct a survey on adult attitudes and beliefs about alcohol. DFC is asking all adults to complete this 5-7 minute confidential online survey. The information gathered from the survey will be used to help our communities focus on alcohol-related issues that are important to Fond du Lac County residents. The web address below links directly to the on-line survey. [https://uwmadison.qualtrics.com/SE/?SID=SV_6OqtkxuWbc3NG](https://uwmadison.qualtrics.com/SE/?SID=SV_6OqtkxuWbc3NG)

This survey is intended for adults, ages 18 and older. If you are having difficulty accessing the survey through this link, please copy and paste the entire link directly into your browser. The survey will be active through Friday, November 19, 2010.

If you have questions about the survey please contact 920-906-6700 ext. 4704.
Enrich your Faith with these Upcoming Events

Holy Family
Adult Christian Formation
Continuing Education - 2010-2011

Sunday Morning Selections
9:15-10:00 am, Holy Family Site
North Hall or Fireside Room

November 28 -
Cycle A - the Gospel of Matthew
A new church year begins and our cycle of readings
rotates. A preview of what is uniquely the Gospel of
Matthew.

January 23 -
Serving the Homeless
To the homeless, it is not only the cold, there is also the
loneliness or the lack of a warm meal.

February 27 -
“Preparing our Hearts and Homes for Lent”

“Walking In Their Shoes” Series

“Letting go for God” - Thursday, November 4 at
7:00 pm in Holy Family Church Fireside Room
John and Becky share their personal challenges of
addiction. Surrendering to God, they respond to a calling
based on hope and gratitude.

“Christ Have Mercy” Retreats
Could you use a retreat but you can not really get away
for several days or a weekend? Holy Family might have
just what you need! This is a parish-based retreat to
provide people with a deeper encounter with the mercy of
Christ. It is organized and staffed by parish members
volunteering their time and talent and is being offered
times through next spring. The entire event takes
place at the Holy Family complex. The dates are January
7/8 and April 8/9.

Retreat begins Friday evening with dinner at 6:00 pm
followed by evening session and concludes at 10:00 pm.
Saturday begins with 8:30 am breakfast and culminates
with 4:15 pm Liturgy.

There is no charge or fee for this retreat, but free will
offering will be accepted to assist with costs for food and
printing. For more information, contact Tom or Kay
Groeschl via email at tgroeschl@charter.net.

Contact Information
Holy Family Catholic Community
Diane Michaelson
Director, Christian Formation
271 Fourth Street Way
Fond du Lac, WI 54937
920-921-0580
dmichael@hffdl.org
Website: www.hffdl.org

Click on “Bulletin” and check
“Upcoming Events” for more information
Holy Family Adult Christian Formation 2010-2011

Nazareth Young Adults -
The WHY behind the WHAT of CATHOLICISM for Catholics age 18-35
Join other young adults for prayer and growing in the spirit! We gather every 3rd Tuesday at 7:00 pm at Common Grounds Coffeehouse, Marian University.
- Nov. 16 - The Book of Revelation
- Dec. 21 - Christmas Party
Questions? email us: nazarethyoungadults@gmail.com

Men’s Group - This group, called The Brotherhood of St. Ambrose, meets Wednesdays from 5:30-7:00 am in the Holy Family Hall — fall schedule runs December 13, except Thanksgiving week. Spring schedule pending. Breakfast served at 5:30. Focus: becoming better leaders, husbands, and fathers, using a national men’s program called “That Man is You!”

Men’s Retreat Led by Fr. Luke Strand
Friday, November 5 until Sunday, November 7 at St. Joseph Formation Center, Kangaroo Lake in Door County. Open to all men. To register, contact Chris McGalloway, 920-251-4638 or cmcgalloway@gmail.com. $50 donation requested.

La Fiesta of Our Lady of Guadalupe, December 12 - This is the biggest celebration of our parish Hispanic community. The central event is the festive Mass at 12:00 pm at St. Mary Church. The day begins before dawn with “Las Mananitas” (a serenade) to our Blessed Mother. The events include a procession, dances and a reception.

Las Posadas - A traditional Christmas novena in which we celebrate the Holy Family seeking lodging (“posada”) each evening beginning December 16 through December 24.

“Why Be Catholic?” Series
Fr. Vic Caprilo presents a Pre-Lenten Warm-Up
Understanding Our Experience and Tradition
This 4 week series will use this informative text by Richard Rohr.
Location: North conference room at Holy Family
Dates: 4 Thursdays before Lent
Feb 10, 17, 24, & Mar 3 (snow date Mar 10)
Time: 7:00-8:30 pm
Registration: By January 15. Call Holy Family at 921-0580
Costs: $13, books purchased in advance

Chapter headings:
- “What’s Great about Being Catholic?”
- “What Is the Shadow Side of Catholicism?”
- “How Can You Be Catholic in America Today?”
- “Who are Our Heroes and Heroines?”

* Both of these series qualify for clock hours *

“KNOW YOUR FAITH SERIES”
Fr. Luke Strand will facilitate
Basic Teachings of the Church Apologetics
Have you ever been asked questions about your Catholic faith and not been able to answer? Have you ever felt uncomfortable when friends at work challenged you because of what you believed in? Have people ever come to your door trying to explain to you that your Catholic Faith is just plain wrong? If the answer to any of these is “yes!” you are invited to attend “Know Your Faith” an adult catechetical series starting in February.

Fr. Luke facilitates a DVD presentation by Father John Girotti, addressing topics such as the Church, the Bible, the Saints, and the Eucharist.
Location: Sacred Heart Church
Call parish office, 921-0580, about the availability of Child Care.
Time: Tuesdays from 7:00-8:30 pm
Dates: Feb. 1, 8, 15; Mar. 1, 8, 15; Apr. 5, 12, 19 Fall 2011 - a four-part series—“The Sacraments”

Lenten Opportunities
Parish Mission Retreat - March 27-30, 2011
Theme: “At the Heart of all Religion is Relationship”
Presenter: Fr. Jim Marchionda, OP

Parish Book Reads
The largest book club ever! Read a select book and opt for a small group discussion. Selection for 2010-11 to be announced.
Get Ready for Cold and Flu Season!

The Center for Disease Control recommends three (3) ways to prevent the flu and cold season.

1. **Get your flu shot soon** - The [2010-2011 flu vaccine](#) will protect against an influenza A H3N2 virus, an influenza B virus and the 2009 H1N1 virus that caused so much illness last season.

2. **Take Every Preventive Action to Stop the Spread of Germs** -
   - Cover your nose and mouth with a tissue/or in your sleeve when you cough or sneeze. Throw the tissue in the trash after you use it.
   - Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
   - Avoid touching your eyes, nose and mouth. Germs spread this way.
   - If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
   - While sick, limit contact with others as much as possible to keep from infecting them.

3. **Take Flu antiviral treatment if your doctor recommends**

   Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea.

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**Calling All Snowbird and All Other Travelers!**

A recent article by Peter Greensburg reminds travelers how to pack your medications when traveling by plane. It is not advisable to pack all your medications in a single bag in your suitcase. According to the Transportation Security Administration (TSA), keep your medications in the original containers with labels in place. Any items that are unlabeled or packaged individually could be subject to confiscation or disposal. Wait until you reach your destination to organize your medications the way you would like. Liquid medications less than 3 oz. can be put into a Ziploc bag. If the liquid is more than 3 ounces or larger than what fits into a one quart Ziploc bag, declare it to the security officer and you should then be able to take it on board. Also try to carry a copy of your prescriptions with you in case you lose your medications.

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**Mark Your Calendars!!**

- **Healthy Living and Wellness Expo- Saturday, Nov. 6th, 1:00 pm-4:00pm, Holy Family Hall** - “Making Critical Decisions” - Seminars include “Homecare and Related Services”, “Making Critical Decisions”, and “How to Choose a Rehab Facility”. No matter your age, it’s never too late to make a change and prevent age-related illnesses. Blood Pressures and Flu Shot Clinics will be available.

- **Coping with the Death of Loved Ones- Thursday, November 11, 8:30 am in Holy Family Hall.** Psychologist Capuchin Fr. Marty Pable will reflect with us on the process of healing from our losses, including drawing upon our faith and spiritual resources, as well as the help of other people.

- **Holy Family Blood Drive- Wednesday, November 17th, 12:00 pm to 6 pm, Holy Family Hall.** Please give the gift of life during this holiday season when demand increases.
**EXTRA...EXTRA...“Eat All About It”**

Fast food has become the American way of eating. Fast food is cheaper and faster than other meals for many. Here are some tips to help us eat healthfully and conveniently too.

1. **Say NO thanks to combo meals** - It may seem like a good deal, but it’s often a nutritional disaster.

2. **SWAP super-size for smart size** - For example, a regular burger, fries and drink at Burger King®=700 calories, 24 grams of fat and 10 teaspoons of sugar. Compare that to ordering a Whopper® with king-sized fries and drink at 1730 calories, 46 grams of fat and 27 teaspoons of sugar.

3. **SHARE a big size with friends or family** - There is a smart way to make gigantic portions work for you—share them. By splitting one large portion you save money, calories, and fat. Wendy’s Great Biggie® fries have 250 less calories (530 calories) than two medium fries (780 calories)

4. **SAVE money and calories with kid’s meals** - With kid’s meals, you get reasonable portions. Still feel hungry, bring a piece of fresh fruit with you for your ride back to work or school.

5. **SUBSTITUTE power drinks for soft drinks** - a 44 ounce soft drink has about 450 calories and ¾ cup of sugar (with no nutritional value). Enjoy the power of milk (protein, calcium, and vitamins); orange juice (with vitamin C and folic acid); or refreshing, calorie free water.

6. **SWITCH to the healthful options** - Several national chains offer tasty, healthier options, with low-fat sandwiches on whole-grain breads. Many have grilled chicken salads and sandwiches. Some specialize in burritos or wraps.

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**Granola (Shared by Liz Bittner)**

<table>
<thead>
<tr>
<th>2 cups old fashioned rolled oats</th>
<th>½ cup sliced almonds</th>
<th>½ cup sweetened shredded coconut</th>
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<tbody>
<tr>
<td>2 Tablespoons of vegetable oil</td>
<td>2 Tablespoons of honey</td>
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| Preheat oven to 350 degrees
| Toss oats, coconut and almonds
| In a small bowl, stir the oil and honey together
| Pour over oat mixture and toss
| Bake, tossing occasionally, 10 to 15 minutes
| May store in air tight container up to 1 month
| Serve with yogurt and fresh fruit if desired
| Makes 4 cups

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**The Christian and the Pumpkin**

Being a Christian is like being a pumpkin. God lifts you up, takes you in and washes all the dirt off of you. He opens you up, touches you deep inside and scoops out all the yucky stuff, including the seeds of doubt, hate, greed, etc. Then he carves you a new smiling face and puts His light inside you for the entire world to see.
### November 2010

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
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<tbody>
<tr>
<td>1 “We Reap What We Sow” 7:00pm Stayer Auditorum, Marian University</td>
<td>2 Election Day</td>
<td>3 Social Ministry Meeting, 7:00pm, Holy Family</td>
<td>4 Walking in their Shoes, 7:00pm, Holy Family Hall</td>
<td>5</td>
<td>6 Health and Wellness Expo, Holy Family Hall, 1-4:00pm</td>
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<td>7</td>
<td>8</td>
<td>9 Pax Christi meets 6:00pm at St. Agnes Motherhouse</td>
<td>10</td>
<td>11 Coping with the Death of Loved Ones, Holy Family Hall, 8:30pm</td>
<td>12</td>
<td>13 Leaf raking “The Human Experience”, 1:00pm, Stayer Center “Haunted by God: The life of Dorothy Day”, 6:30pm Fr. Carr’s</td>
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<td>14 Sunday Evening Parent meeting, 5:30pm, Sacred Heart Annex</td>
<td>15</td>
<td>16</td>
<td>17 Blood Drive 12noon-6:00pm, Holy Family Hall</td>
<td>18</td>
<td>19</td>
<td>20 Leaf raking Giving Trees available at all church sites</td>
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<tr>
<td>21 Giving Trees available at all church sites</td>
<td>22</td>
<td>23</td>
<td>24 Ecumenical Thanksgiving Eve Service 7:00pm at Covenant United Methodist Church</td>
<td>25 Turkey Trot 8:00am</td>
<td>26</td>
<td>27 Giving Trees available at all church sites</td>
</tr>
<tr>
<td>28 Giving Trees available at all church sites “The Gospel of Matthew” 9:15 am Holy Family Hall</td>
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### CHRISTMAS GIVING TREES

Our Giving Trees will be available November 20 & 21: We again offer the opportunity to purchase gifts for the children and families from our community. Please select a gift tag from the giving trees in the back of our churches. Each gift tag provides gift suggestions for a child or adult. Please follow information provided on each gift tag. We thank our site coordinators and all of their little helpers for their many hours of work!

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The Festival Foods **Turkey Trot** will be held on Thanksgiving Day morning, November 25! If you are not cooking or travelling that morning, you are invited to walk or run in their fundraiser for the Boys & Girls Club. Or help out as a course monitor. Your shift would run from 8-10 am. You get a free long sleeve t-shirt for sharing your time. Please consider a couple of hours of community service - all the money raised goes to the Boys & Girls Club and the Y. Sign onto this web site to choose which intersection you’d prefer to work:

## December 2010

### Peace Tree Lighting

**Thursday, Dec. 9, 7:00pm**

The Lighting of the Peace Tree is a holiday tradition at St. Agnes Convent. The public is invited and welcome. "Everyone Building Peace Everywhere" is the theme this year.

### Seibel Family Christmas Concert

The 2010 concert will be held on Friday, December 17th. This concert is sponsored by the Holy Family Conference of St. Vincent de Paul and will be held at Holy Family Church. Watch for more info!

### Prayer & Worship

A variety of prayer services are held each year:

- The feast day of St. Vincent de Paul is celebrated by our Holy Family Conference.
- An ecumenical Thanksgiving Eve prayer service is held each year as an opportunity to get together with our Christian brothers and sisters to give thanks for the gifts that God has blessed us with.
- A Dignity of Life prayer service is presented to St. Mary Springs Academy students each January.
- Prayers of the Faithful during weekend Masses invite us to pray for justice and peace.
- Lay-witnessing at our Masses help us share the faith experiences of our mission trips and St. Vincent de Paul.
- During election years, we join together in a special prayer service to draw on our faith to shape a society more respectful of the life, dignity, and rights of the human person, especially the poor and vulnerable.
- A Holy Hour for Life is in January on the vigil of the National Day of Prayer and Penance: The USCCB has initiated a “Holy Hour for Life” that would be held on the eve of the national Day of Prayer and Penance marking the January 22nd Roe v. Wade Supreme Court decision. The goal is to have the Holy Hour held simultaneously in every parish across the country. The USCCB invites our parish to pray for a wide variety of issues that involve a consistent life ethic.

### As another year ends we give thanks for your time, talent and treasure

Appreciation is extended to everyone involved in our Social Ministry efforts during the past year. Your dedication to our direct service, educational, empowerment, and advocacy efforts helps our ministries continue to grow!