

# April 2020

## Child Abuse Prevention Month

### Maintaining Healthy

# Connections

Created for relationship with God and others, it is a great challenge for us to practice “social distancing.” We are hard-wired for connection and our well-being depends on maintaining healthy connections.

The abuse and exploitation of His precious children was never in God’s plan and is not what he desires for us. He created us for love! When we suffer He suffers too!

Because we were created for love, we were also given free will, for love is a gift that must be freely given. At times people fail to choose love, and our deep desire for love and connection makes us vulnerable to being abused (and vulnerable to the spread of viruses!).

This same desire for connection is also what helps us to be resilient in the face of abuse and suffering. Connections through safe, stable, and nurturing relationships, are protective.

Whether protecting our children from a virus or protecting them from abuse, it is key that we establish protective physical boundaries, while maintaining healthy social and spiritual connections.

To prevent the spread of COVID-19, we are encouraged to maintain safe physical boundaries. It is possible to have a healthy and supportive relationship from a distance. Good relationship boundaries involve more than maintaining physical distance. For more information on Boundaries and right relationships go to: <https://gdiocese.org/safe-environment-parent-resources>

Sun In Communion	Mon In Prayer	Tue Across the Miles	Wed At Home	Thu With the Saints	Fri With Friends	Sat With Others in Need
			<b>1</b> <b>Prepare a special place</b> In your home to view livestreamed Masses	<b>2</b> <b>Pray for the intercession of St. Joseph the Protector</b>	<b>3</b> <b>Visit virtually</b> Schedule an online playdate, support group, or chat session via Caribu, Zoom, or other technology	<b>4</b> <b>Share a spiritual bouquet</b> with someone in need of support
<b>5</b> <b>Pray The Mass Readings</b> Participate in the Mass via livestream at: <a href="https://www.gdiocese.org/">https://www.gdiocese.org/</a>	<b>6</b> <b>Pray daily.</b> A Prayer for Healing Victims of Abuse.	<b>7</b> <b>Make and send a “Look Who Loves You” zine book</b> to someone far away	<b>8</b> <b>Make a Look Who Loves You zine book</b> for someone in your house	<b>9</b> <b>Pray for the intercession of Our Lady of Sorrows</b>	<b>10</b> <b>Start a story relay.</b> When it is your turn tell the story of God’s unfailing love.	<b>11</b> <b>Write agape love letters</b> for kids in shelters or Child Advocacy Centers
<b>12</b> <b>Pray the Mass Readings</b> Participate in the Mass via livestream at: <a href="https://www.gdiocese.org/">https://www.gdiocese.org/</a>	<b>13</b> <b>Make a prayer box.</b> Decorate a box. Put inside the things that help you relax and focus on prayer.	<b>14</b> <b>Write a letter</b> to a family member you cannot visit.	<b>15</b> <b>Do a family member’s chores</b>	<b>16</b> <b>Pray for the intercession of St. Josephine Bakhita</b> patroness of human trafficking victims	<b>17</b> <b>Form a virtual book club with friends.</b> Choose from 1000s of books available online for free.	<b>18</b> <b>Order food delivery</b> for a family in need, a shelter, or child welfare organization.
<b>19</b> <b>Pray the Mass Readings</b> Participate in the Mass via livestream at: <a href="https://www.gdiocese.org/">https://www.gdiocese.org/</a>	<b>20</b> <b>Pray the Rosary for Healing</b> Live from the Saint John Paul II Shrine 11:30 MT / 12:30 CT	<b>21</b> <b>Pray, sing a song, play a game</b> Or just talk via skype, facetime or other technology.	<b>22</b> <b>Bear wrongs patiently</b> When frustrated, step away, take deep breaths, pray the Our Father. Ask God for patience.	<b>23</b> <b>Pray for the intercession of St. Maria Goretti,</b> patroness of abuse victims	<b>24</b> <b>Create a finding God at home scavenger hunt</b> Invite friends to share what they find by text or Instagram	<b>25</b> <b>Clean your room</b> closet, storage room, garage, or kitchen pantry and donate items you don’t need.
<b>26</b> <b>Pray the Mass Readings</b> Participate in the Mass via livestream at: <a href="https://www.gdiocese.org/">https://www.gdiocese.org/</a>	<b>27</b> <b>Start a prayer intentions jar</b> When you think of someone, add their name. Then pray for the needs of all in the jar.	<b>28</b> <b>Text, “God loves you and so do I”</b> to someone every time you think of them.	<b>29</b> <b>Forgive injuries</b> Pray the Divine Mercy Chaplet. Pray for the desire and strength to forgive.	<b>30</b> <b>Join the Mass for Healing and Reparation 5:15 pm</b> Livestream Available <a href="https://gdiocese.org/">https://gdiocese.org/</a>		

# In Communion

**Pray the Scripture** In addition to participating in mass this month, practice Lectio Divina with a Sunday or Holy Week reading. Weekly reflections for Child Abuse Prevention Month are available at:

<https://gdiocese.org/materials-resources>

**Attend Mass** If possible attend Mass at your local parish. If COVID-19 restrictions continue throughout the month, connect with your parish or other Catholics across the country by participating in a live streamed mass.

Find your parish Mass at the usual time on your parish Facebook page, log into Mass on the Diocese of Grand Island website:

<https://gdiocese.org/>

or check out the following:

<http://www.usccb.org/about/communications/resources-for-catholics-at-home-during-covid-19.cfm>

## In Prayer

**PrayDaily—A Prayer for Healing Victims of Abuse**

<http://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/Bilingual-PC.pdf>

**Make a Prayer Box** Decorate a box. Put inside items that help you relax and focus on prayer. (e.g. rosary, candle, holy water, prayer guide, MP3 with sacred music, etc.)

**Start a Prayer Intention Jar**

When you think of someone, add their name. Then pray for the needs of all you have added to the jar.

**Pray the Rosary for Healing**

Pray a rosary to Our Lady with special intentions for victims / survivors of abuse and the defense of the vulnerable.

<http://www.usccb.org/issues-and-action/child-and-youth-protection/upload/Rosary-for-Healing-2.pdf>

Join with the USCCB from the Saint Pope John Paul II National Shrine on Monday, April 20th at 1:30 pm ET at: <https://www.facebook.com/usccb/> or <https://twitter.com/USCCB> Or pray the rosary previously recorded at Grand Island Central Catholic:

<https://www.facebook.com/1919364428311894/videos/2261717663841774/>

# Across the Miles

**Send a “Look Who Loves You” Zine Book**

Make and send a “Look Who Loves You” Zine Book, including pictures of family members, for a relative you cannot visit. Talk about how much you love your family and desire good things for them. Remember how God’s love is so much greater than our own and that He desires good for all of His children. Don’t forget to include a picture of Jesus who gives us the ultimate example of love.

Instructions for making a zine book can be found at:

<https://www.scholastic.com/teachers/blog-posts/john-depasquale/zine-making-101/>

A template can be found at:

<https://gdiocese.org/events/across-the-miles-send-a-look-who-loves-you-zine-book>

**Write a letter** to a family member you can’t visit.

**Pray, sing a song, play a game...** or just talk via Skype, Facetime or other technology.

**Text a Loving Reminder** Every time you think of a loved one who you cannot see, send them the text, “God loves you and so do I.”

## At Home

**Prepare a Place** Prepare a place at home to pray and view live stream masses. Follow these useful tips from the Diocese of Sioux Falls on “How to View TV Mass from Home.” <https://www.sfatholic.org/familylife/wp-content/uploads/sites/21/2020/03/How-to-Pray-the-TV-Mass-from-Home.pdf>

**Make a “Look Who Loves You” Zine Book for Someone at Home** (see instructions above)

**Do a Family Member’s Chores.**

And your own as well. Do your best work and ask nothing in return.

**Bear Wrongs Patiently.** When frustrated, step away, take deep breaths, pray the Our Father. Ask God for patience.

**Forgive Injuries** Pray the Divine Mercy Chaplet. Pray for the desire and strength to forgive.

# With the Saints

**St. Joseph the Protector** Pray for the intercession of St. Joseph, the protector.

*St. Joseph,*

*You provided those who were given to your care in this life. Intercede for us, so we may receive the grace we need to provide for those whom are given to our care, whether for a moment for a lifetime. Amen.*

**Our Lady of Sorrows** Pray for the intercession of Our Lady of Sorrows.

*Our Mother of Sorrows, With strength from above you stood by the cross, sharing in the sufferings of Jesus, and with tender care you bore him in your arms, mourning and weeping. We praise you for your faith, which accepted the life God planned for you. We praise you for your hope, which trusted that God would do great things in you. We praise you for your love in bearing with Jesus the sorrows of his passion. Holy Mary, may we follow your example, and stand by all your children who need comfort and love. Mother of God, stand by us in our trials and care for us in our many needs. Pray for us now and at the hour of our death. Amen.*

**St. Josephine Bakhita** Pray for the intercession of St. Josephine Bakhita-patroness of human trafficking victims.

*St. Josephine Bakhita,*

*you were sold into slavery as a child and endured untold hardship and suffering. Once liberated from your physical enslavement, you found true redemption in your encounter with Christ and his Church.*

*O St. Bakhita, assist all those who are trapped in a state of slavery; Intercede with God on their behalf so that they will be released from their chains of captivity.*

*Those whom man enslaves, let God set free. Provide comfort to survivors of slavery and let them look to you as an example of hope and faith. Help all survivors find healing from their wounds. We ask for your prayers and intercessions for those enslaved among us. Amen*

**St. Maria Goretti** Pray for the intercession of St. Maria Goretti, patroness of abuse victims.

*Dear God,*

*we ask you to help all those who suffer from abuse. Help them find healing and peace in their life. May Maria Goretti who was strengthened by Your Grace join with us in prayer for healing of all victims of abuse, particularly those abused as children or young adults.*

*Grant us your Love that we might reach out to them in Your Name with hope in times of trial. As Maria prayed for her attacker, grant us the grace to pray for the true conversion of all involved with the abuse, that they might seek Your Mercy through prayer and penance.*

*Loving God, pour into our hearts and lives your healing Spirit, that the sacredness of every human person might be respected and protected as the precious image of God. Help us to live in the peace which Maria Goretti had found in Christ and in the love of his mother Mary. We ask this in the name of Jesus Christ our Lord.*

*Amen.*

Diocese of Corpus Christi

**Participate in the Mass for Healing and Reparation**

Join Bishop Joseph G. Hanefeldt - Thursday, April 30, 5:15 pm—to pray the Mass in solidarity with all who have been impacted by the pain of abuse.—join via livestream at <https://gdiocese.org/>

## With Friends

**Visit Virtually** Schedule an online play date, support group, or just talk via Caribu, Zoom, or other technology.

How to Have Remote Playdates - Good Housekeeping <https://www.goodhousekeeping.com/life/parenting/a31910863/coronavirus-help-kids-connect-to-friends/>

Caribu free for 60 days -AT&T <https://caribu.com/2020/03/24/att-bringing-families-together-with-contribution-to-caribu/> Parent Tip Sheet for Virtual Playdates - Teachers Pay Teachers <https://www.teacherspayteachers.com/FreeDownload/Parent-Tip-Sheet-for-Virtual-Playdates-5350970>

**Start a story relay.** Choose a story starter and begin writing. After a short while, pass the story on to a friend to write what comes next. When it is your turn tell the story of God’s unfailing love. Find ideas at:

<http://www.scholastic.com/teachers/story-starters/>

**Form a virtual book club with friends.** Choose from 1000s of books available online for free.

Find classic books online at:

<http://read.gov/kids/>

**Create a “Finding God at home” scavenger hunt.** Invite friends to share what they find by text or Instagram. Download this checklist to get started:

<https://d2y1pz2y630308.cloudfront.net/22798/documents/2020/3/Finding%20God%20At%20Home%20Scavenger%20Hunt.pdf>

## With Others in Need

**Create a spiritual bouquet and send it to someone in distress.**

Make a list of prayers / devotions that you will pray for the needs of another. Send the list to the person you are remembering in prayer.

Get inspiration from:

<http://www.simplecatholicliving.com/wp-content/uploads/2011/01/Spiritual-Bouquet2.pdf>

<https://webelievers.com/blogs/let-your-light-shine-activities/let-your-light-shine-spiritual-bouquet-paper-craft>

<http://conceivinghope.blogspot.com/2015/02/spiritual-bouquet.html>

**Write “agape love” letters**

for kids in shelters or Child Advocacy Centers. Agape love images God, it is centered in Christ, and it is enabled by the Holy Spirit. Provide an encounter with Christ’s love for someone who has experienced abuse by writing them an “Agape Love” Letter. Learn more at: <https://gdiocese.org/materials-resources> **Order food delivery** for a family in need, a shelter, or child welfare organization. Purchase an online gift card, or call ahead and make arrangements for the delivery to be received.

**Donate to a Shelter or Parish**

**Thrift Store.** Clean your room closet, storage room, garage, or kitchen pantry and donate items you don’t need.