

Catholic Grandparents Association

Passing on Our Faith and Keeping Prayer at the Heart of Family Life

Summer Issue—July 2020



A Letter from Catherine Wiley—Founder of the Catholic Grandparents Association



Dearest Grandparents and Friends,

In a normal year, July, summer, in many parts of the world, means extra time spent with families, gathering to share activities and food and making memories. This summer, as we know, is different presenting new challenges. We're gathering on video meetings, facetime, phone calls. We've had to become very creative to stay in touch with our grandchildren, to pray with them, to pass on our wisdom and our faith.

It can become disheartening but this month we have great cause for celebration – July 26th is our day, the **Memorial of Saint Joachim and Saint Anne**. A time to rejoice for all the blessings we receive as Grandparents, to remember past summers, to share the memories, to find joy in the little things.

A devoted Grandmother recently wrote that she was on an early morning walk she came across the flower known as “Queen Anne’s Lace, reminding her of St. Anne. History tells us that the plant was named after Queen Anne, who loved to make lace and that the central purple flower is the blood that she may have shed when she pricked herself. The name, Anne, means “Gracious, Merciful or Favored”.

The name Joachim is of Hebrew origin and means “Raised by Yahweh” and in another source, the meaning is “God gives strength”.

Perhaps this can be a conversation starter with your grandchildren. What is the origin and meaning of their name? What Saint might they be named after? How did their parents choose their name? Do they know the meaning of your name? Your confirmation name?

As we celebrate our heavenly mentors, let's take time to rejoice in what we have today – a wildflower with a beautiful name, memories to share . . .

As we await the day that we can hug our grandchildren again, in the words of Pope Francis, in the newly published book, ***Sharing the “Wisdom of Time***, let us remember, “Love is creative and it will not be overcome by the disasters and pitfalls of life”.

We ask you, this month, to please request that our Prayer for Grandparents be shared at your Parish Mass celebrations on July 26th and that our prayer be put on your Parish website.

May the blessings of Saint Joachim and Saint Anne be with you and your families today and always.

Love and Prayers,

Catherine Wiley

Catherine Wiley—Founder of the Catholic Grandparents Association



Please share a copy of this newsletter with your friends. Put it on Bishop's or Priest's desk.

A Prayer to Saint Joachim and Saint Anne



Prayer to Saint Joachim and Saint Anne

Great and glorious patriarch, St. Joachim and good St. Anne, what joy is mine when I consider that you were chosen among all God's holy ones to assist in the fulfilment of the mysteries of God and to enrich our earth with the great Mother of God, Mary Most Holy. By this singular privilege, you have become most powerful with both the Mother and her Son, so as to be able to obtain for us the graces that are needful to us.

With great confidence I have recourse to your mighty protection and I commend to you all my needs both spiritual and temporal and those of my family. Especially do I entrust to your keeping the particular favor that I desire and look for from your intercession.

And since you were a perfect pattern of the interior life, obtain for me the grace to pray earnestly and never to set my heart on the passing goods of this life. Give me a lively and enduring love for Jesus and Mary. Obtain for me also a sincere devotion and obedience to Holy Church and the sovereign pontiff who rules over her in order that I may live and die in faith and hope and perfect charity. Let me ever invoke the holy names of Jesus and Mary.

And may I thus be saved. Amen



DRAWING GOD



Follow young Emma, who is inspired to draw like Picasso after a field trip to the art museum. Emma wanted to draw something beyond spectacular and decides to draw GOD. Find out what happens when her classmates can't see GOD in any of her drawings...

ORDER THE BOOK

Order on Amazon.com or from your local bookstore

Are you looking for a book that will capture your grandchild's faith imagination?

Checkout the "Drawing God" children's book, which is a catalyst for faith conversation

and fun. Enjoy the activities and ideas in the guide at the back of the book, too.

Learn more: www.drawing-god.com

Staff

THE CHURCH IN THE 21ST CENTURY CENTER



Karen Kelly Kiefer

DIRECTOR

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Karen Kelly Kiefer joins the Church in the 21st Century Center as its Director. A Boston College alumna, Karen later returned to the university to work in the Office of University Advancement for close to a decade under the leadership of J. Donald Monan, S.J., and served as an adjunct faculty member in the Communication Department. Her marketing/communications background and deep commitment to faith and praxis inspired her to create the nonprofit organization, Spread the Bread. Karen credits Boston College faculty for their profound influence towards the formation of this lay bread vocation. Active in the Church and its future, Karen and her husband Sam are raising four young daughters.

BOSTON COLLEGE
THE CHURCH IN THE 21ST CENTURY CENTER

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About the Center

THE CHURCH IN THE 21ST CENTURY CENTER

Mission Statement

The Church in the 21st Century (C21) Center at Boston College is a catalyst and resource for the renewal of the Catholic Church in the United States. Drawing from both the Boston College community and others, the C21 Center engages in critical conversations facing the Catholic community focusing on four critical issues: holding on the faith, roles and relationships in the Church, sexuality in the Catholic tradition, and the Catholic intellectual tradition.

The Center At A Glance

HISTORY:

The Church in the 21st Century Center was originally conceived as a two-year initiative in September 2003, to explore the problematic issues highlighted by the sexual abuse scandal in the Catholic Church. Boston College offered symposia, lectures, conferences, published papers, and other resources to assist the Church to negotiate the movement from crisis to renewal. In 2004, the university established The Church in the 21st Century Center as a permanent commitment to explore the heuristic issues facing the Catholic Church today.

FOCAL ISSUES

The Church in the 21st Century Center focuses on four major areas:

1. Holding on the Faith
2. Roles and Relationships in the Church
3. Sexuality in the Catholic Tradition
4. The Catholic Intellectual Tradition

Catherine Wiley and Marilyn Henry were recently interviewed by Karen Kiefer for a "God Pod" talk to be viewed/heard on the C21 site—please stay tuned for a date . . .

World Communication Day 24 May

“May this event encourage us to tell and share constructive stories that help us to understand that we are all part of a story that is larger than ourselves, and can look forward to the future with hope if we truly care for one another as brothers and sisters.”



Examples of books available for preserving and passing on your stories



Available on the Loyola Press website—Catechist's Journey



That you may tell your children and grandchildren Ex 10:2

By Paul O'Brien

Life Coach, A.C.E. Personal Trainer & Biohacker



How can seniors sustain an exercise routine to maintain health amidst the current pandemic? This may be a question you've been asking. With the closure of gyms and fitness studios, it may be some time before normal service resumes.

As a result, online fitness classes are booming and fitness 'gurus' are popping up like daisies in spring-time. Though many seniors may be plugged into the benefits of online exercising, to others it is a new departure. There is also a significant number who are not tech savvy or have chosen not to engage with the internet age for different reasons and need to find another solution staying active.

The Evidence

The evidence that we should remain active as we age is indisputable. The World Health Organisation (WHO) website, in commenting on research data states that seniors who are physically active:

- Have lower rates of all-cause mortality, coronary heart disease, high blood pressure, stroke, type 2 diabetes, colon cancer and breast cancer, a higher level of cardiorespiratory and muscular fitness, healthier body mass and composition.
- Have a biomarker profile that is more favourable for the prevention of cardiovascular disease, type 2 diabetes and the enhancement of bone health
- Exhibit higher levels of functional health, a lower risk of falling, and better cognitive function; have reduced risk of moderate and severe functional limitations and role limitations. (1)

A New Paradigm

In my own work with clients, I've also witnessed the beneficial effects on quality of life, mood regulation, focus, productivity, stress management and overall happiness in those with a consistent exercise routine. However, I believe we have also lost the point of why we exercise. Squeezed into another compartmentalised 'box' in our busy lives, exercise becomes stale, joyless, and resented.

We need to reimagine exercise. To achieve this, we must remember why we do it. Yes, we want to be healthy, avoid illness and visit the doctor less, but, surely, we want these things to happen as a bonus to our true goal – to experience the joy of our physical bodies.

The Joy of Movement

You were born to move. When you do so, your body thrives. Every cell rejoices at your movement. Movement is growth, change and means challenge and adaptation for your body and its' cells. In other words, movement allows your body to express its' 'raison d'être', the very purpose of its' existence. God granted you your body to express your beauty, love and joy in the world. And that expression is called movement.

Cast your mind back to when you were a child. You most likely ran, crawled, jumped, skipped, rolled, and put your body through its paces every day. As a result, you experienced the freedom of self-expression and joy that comes with movement. You never thought of what you were doing as 'exercise', and the thought of setting aside specific time in your day to move around didn't exist. Instead of exercise, there was play, fun and exploration.

Think Movement, Not Exercise continued...

You are never too old to experience your body anew. As I rapidly approach my 50th year, I am enjoying a level of physical self-expression and fitness I haven't experienced in years. I simply decided to stop 'exercising' and to play instead, to rediscover the curiosity of my youth in exploring what my body is capable of. You can do this too.

Let's Play

To begin, I'd like you to write a paragraph about how you'd like to experience your body. What do you want to feel – energy, vitality, freedom of movement, wonder? What feelings would you like to create around movement? Fun, joy, play, expression? The next step is to approach exercise with a mindset of curiosity. Begin to explore what your body can do. Start gently. It may not be possible to climb trees, roll around and engage in childlike games, but that doesn't mean you can't experience joy in movement.

I recommend using a concept called 'movement snacking'. A movement snack is a new perspective on physical activity that I use in my own life. Instead of setting aside a set chunk of time, say 30-minutes to 'exercise'. Movement snacking involves seeking out opportunities for movement throughout your day. A snack can last from 30-seconds to a couple of minutes. Here are some great examples of movement snacks you can try at home:

1. Sit-to-Stands – whenever you sit down, say for a meal or to watch TV, do 1-minute of sit-to-stands. This involves planting your feet on the floor, keeping a straight back and standing to a fully upright position with your shoulders back. Slowly return to the seated position and repeat for time. You can use your hands to stand and sit.
2. Hip Circles – Stand behind a chair, using the chair back for support. Slowly start to circle your hips in an anti-clockwise direction. Start with small circles and gradually make them wider. Repeat in the opposite direction. Keep your torso upright and your knees slightly bent to avoid low back strain. Do 30-seconds each side.
3. Arm Windmills – From the same starting position, hold onto the chair back with one hand. Keeping the other arm straight, slowly start to windmill your arm into a full rotation. Allow your body to rotate as much as it needs. Rotate your arm in both directions for 20-seconds. Repeat on the other side.

These exercises will help posture, balance and mobility, which are key factors for health maintenance for seniors. The website link (2) below will show some examples of these and other exercises that you can incorporate into your daily movement snacking. Setting an alarm to sound every hour as a reminder to do some movement snacking is a great idea to develop the habit. Thought it may not sound like much, the cumulative effect of consistent movement snacking can yield great health benefits. Movement is life.

References

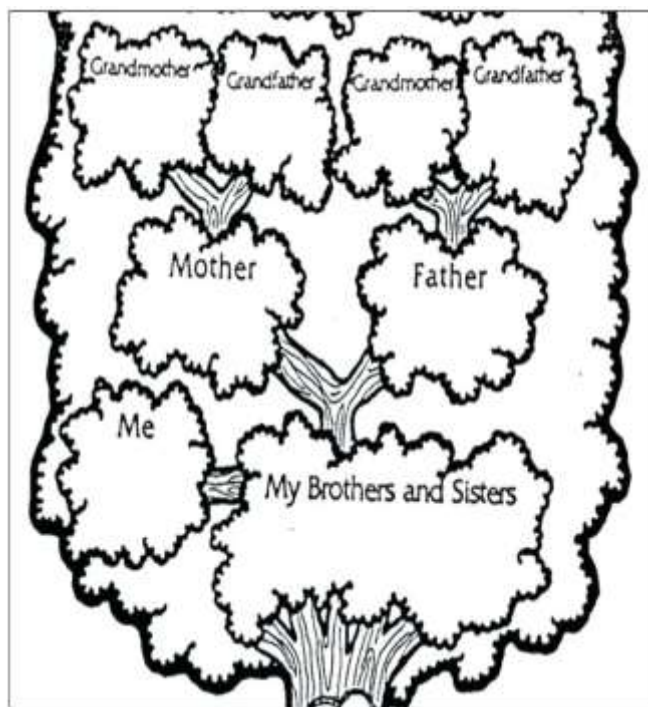
1. https://www.who.int/dietphysicalactivity/factsheet_olderadults/en/#:~:text=Benefits%20of%20physical%20activity%20for%20older%20adults&text=exhibit%20higher%20levels%20of%20functional,functional%20limitations%20and%20role%20limitations.
2. <https://www.cbc.ca/life/wellness/online-workouts-for-seniors-and-how-to-pick-the-right-one-for-you-1.5508773>



Draw Your Family



Fill in the Names



Resources Page



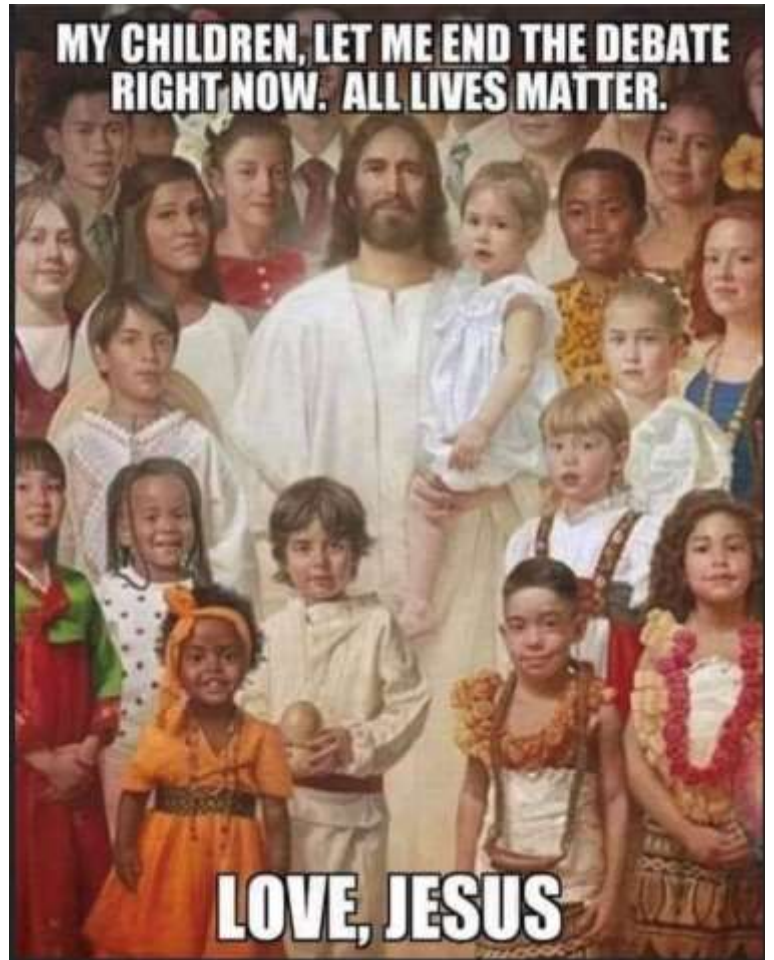
Arzobispado de San Salvador

1 hr · 🌐



The #COVID19 pandemic has revealed that our societies have not organized enough to make room for the elderly, with just respect for their dignity and fragility. Where you don't care for the elderly, there's no future for the young. #PapaFrancisco 🙏🇺🇸

⚙️ · Rate this translation



EWTN Live Eucharistic Adoration—please consult your local station for time

Basilica of the National Shrine of the Immaculate Conception, Washington, DC Livestream Sunday Mass 12:00 (consult website for changes).

Virtual tours of the 4 major Basilicas in Rome are available online for viewing—St. Peter, St. Mary Major, Basilica of St. John Lateran, St. Paul Outside the Walls

Our Lady of Knock Live Stream Services:

<https://www.knockshrine.ie/watch-ceremonies-online/>

Our Lady of Walsingham Live Stream Services:

<https://www.walsingham.org.uk/live-stream/>

Grandparents Ministries—While we can't meet in person, we can meet by conference phone calls and video conferencing to pray together for each other, our families, our Church and Our World.

May Saint Joachim and Saint Anne, parents of Mary, Grandparents of Jesus, bless all families now and forever



Our Exclusive Medal

Our beautiful, exclusive new medal of Saint Joachim and Saint Anne with their grandson, Jesus is now available.

In Keeping with the charism which is the Catholic Grandparents Association, our exclusive medal has at its' center, the Child Jesus holding a Red rose representing the Blessed Virgin Mary as the Mystic rose. Jesus is surrounded by His Grandparents, St. Joachim and St. Anne so that together, three generations, Grandparents, parents and children are represented as one family symbolizing the communion of the Holy Trinity.

Working with renowned arts and craftsmen in Rome, this exquisite design came to fruition after many years of searching for the image that would truly depict the beauty, selfless love and devotion that Grandparents have for their grandchildren. It is our hope that this beautiful image signifying God's plan for the sanctity and unity of familial generational bonds will bring great joy, encouragement and support to Grandparents in passing on their faith.



Presentation Medal—€95, \$95 Medals—
Sterling Silver €20, \$20 *Silver Plated €10,
\$10 * Gold Plated €10, \$10 Plus shipping,
medal only

GRANDPARENT'S PRAYER



Infant Jesus and Mary our Queen and Mother, we come before you to place our grandchildren in your protective arms. Shield them from the evil spirits and the worldliness that is all about them.

O, Jesus, cover them with your precious blood. We plead with you to grant them the graces to know their vocation you have chosen

for them and the graces for them to follow it. Send their guardian angels to protect them always. St. Joseph, guide them. St. Anne, Grandmother of the Infant Jesus, watch over our grandchildren. We thank you. Amen.

Thank You to Judy Trudeau, CGA Ministry Leader,
St. Patrick, Brighton, Michigan, US

Pope Francis' prayer to Mary during Coronavirus Pandemic

Dominus Est Ph

O Mary, you always shine on our path as a sign of salvation and of hope. We entrust ourselves to you, Health of the Sick, who at the cross took part in Jesus' pain, keeping your faith firm. You, Salvation of the Roman People, know what we need, and we are sure you will provide so that, as in Cana of Galilee, we may return to joy and to feasting after this time of trial. Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross, to the joy of the resurrection. Amen.

Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and blessed Virgin.

