Make Your Pro-Life Voice Heard!

Please take action on the following legislation by contacting your lawmakers through the Catholic Action Network. Go to www.nyscatholic.org, click on Take Action. It is quick and easy!

**OPPOSE DOCTOR-ASSISTED SUICIDE**

“Proponents of doctor-assisted suicide are pushing their agenda in states across the country, and New York is in their sights. These policies are dangerous for patients, caregivers, and vulnerable populations such as the elderly and persons who are disabled. Suicide is not medical care. Please tell your Senate and Assembly representatives that you oppose this dangerous and deadly practice.” For more details about this, visit www.nyscatholic.org, then click on Bill Memos.

**HELP MAINTAIN THE BAN ON SURROGACY**

“Governor Andrew Cuomo has included language in his state budget proposal to repeal New York’s ban on surrogate motherhood for profit. He is absolutely committed to undoing the ban, which was signed into law by his father, calling it “antiquated” and “based in fear.” His budget language would enable the buying and selling of children and the exploitation of women for their eggs and wombs. Please urge your elected officials to remove this language from the budget and to oppose any other legislation to legalize commercial surrogacy.”

**Syracuse Diocese Marches for Life in Washington, DC**

The Office of Family/Respect Life Ministry brought 3 buses of pilgrims, tripling the number from last year, to the March for Life in Washington, DC on January 24. They started the day by joining more than 300 others from the diocese at a Mass celebrated by Bishop Douglas J. Lucia at the National Basilica. The Bishop reminded the pilgrims that we are made in God’s image; sons and daughters who are called to share the treasure of who we are. The pilgrims joined hundreds of thousands of other people to prayerfully and peacefully march for life. This year’s theme for the Washington March for Life was “Life Empowers: Pro-Life is Pro-Woman.”

For more information about the March, visit thecatholicsun.com, the Diocese of Syracuse on Facebook and the Family/Respect Life on Facebook, https://www.facebook.com/familyrespectlifesyracuse/?fref=ts.

Bishop Lucia celebrating Mass for the Syracuse marchers in the crypt at the Basilica of the Immaculate Conception. (Photos courtesy of Lisa Hall and Morgan Durfee.)
The United States Conference of Catholic Bishops (USCCB) has invited parishes, through the support of their bishop and pastor, to join a nationwide effort from March 25, 2020 to March 25, 2021, titled “Walking with Moms in Need: A Year of Service.”

Archbishop Joseph F. Naumann, Chairman of the Committee on Pro-Life Activities for the USCCB, said “The challenges can be immense for women in difficult or unplanned pregnancies. 75% of women who choose abortion are low income. Women facing challenging pregnancies should see the Church as a place where they can find help, especially with its myriad of social services and organizations dedicated to meeting the needs of people in crisis.”

Though thousands of women are helped through pregnancy resources coordinated at the diocesan and regional level, through Catholic organizations and other agencies, he said there are still “gaps”, that can be addressed at the local parish level. “Each parish is best able to identify the local pregnancy help resources that are currently available and to identify potential gaps that need to be addressed.” (Archbishop Naumann’s address to the body of bishops, November 11, 2019, www.usccb.org/moms-in-need)

For this Year of Service, the USCCB Pro-Life Committee is developing educational, pastoral, and action-oriented resources for parish use, such as:

- Tools for documenting an inventory of local resources for pregnant mothers in need.
- Ideas for improving parish responses.
- Prayers for building a culture of life and a civilization of love.
- Reflections on the teachings of Evangelium vitae, Evangelii gaudium, and Laudato si’.

**WHAT YOU CAN DO:** Visit: www.usccb.org/moms-in-need:

- Sign up to receive monthly prayer intentions and updates on this Year of Service.
- Participate in the year of service in prayer with the Prayer for Pregnant Mothers (Prayer cards will be printed)
- Read the USCCB press release: Pro-Life Committee Chairman Invites Bishops to Join Initiative Serving Pregnant and Parenting Mothers in Need (November 11, 2019)

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A PRAYER FOR PREGNANT MOTHERS

O Blessed Mother, you received the good news of the incarnation of Christ, your Son, with faith and trust. Grant your protection to all pregnant mothers facing difficulties. Guide us as we strive to make our parish communities places of welcome and assistance for mothers in need. Help us become instruments of God’s love and compassion.

Mary, Mother of the Church, graciously help us build a culture of life and a civilization of love, together with all people of good will, to the praise and glory of God, the Creator and lover of life. Amen.

*Cf. Evangelium vitae 105° Libreria Editrice Vaticana, Vatican City. Adapted with permission. All rights reserved. Copyright © 2019, United States Conference of Catholic Bishops, Washington, D.C. All rights reserved.*

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"Pregnant and parenting moms in need are in our parishes and our neighborhoods."
THIRD OPTION

Marriage Program

Find the joy in your marriage and live a happier, healthier life together!

The Third Option is an ongoing group program to build better marriages.

2020 Marriage Enrichment meetings are in the following areas:

SYRACUSE AREA:

March 22: “Redefining the Power Struggle: Getting on the Same Team”
April 5: “Coping with Control Issues: It Doesn’t Have to Be This Way”
April 19: “Listening Beyond the Words: The Miracle Skill”
May 3: “Appreciating Personality Differences. Yes, Appreciating!”
May 17: “Recognizing Childhood Baggage Saves Misunderstandings”
June 14: “Speaking the Truth in Love: Seven Communication Techniques”

Meetings are 7:00 - 9:00 p.m. at Holy Cross Church, 4112 E. Genesee St., Dewitt, NY. No registration required, just come. For more information, email Stephanie at sstewart@syrdio.org or call (315) 472-6754 Ext. 5. There is no charge; a free will offering is accepted.

UTICA AREA:

March 8: “Handling Anger Constructively”
March 22: “Speaking the Truth in Love”
April 5: “Learning How to Fight Fair”
April 19: “Breaking the Hurt Cycle”
May 3: “Practicing Forgiveness and Repair”
May 17: “Rebuilding Trust”

Meetings are 6:30-8:30 p.m. at The Good News Center, 10475 Cosby Manor Rd., Utica. The meetings are free and open to the public. For inquiries, call (315) 735-6210 or email: info@thegoodnewscenter.org.

DIOCESAN EVENTS

WINTER FAMILY FUN DAY AT GREEK PEAK: 2177 Clute Rd., Cortland, March 21, 2020, 12:00-4:00 p.m., hosted by the Syracuse Diocese NFP Ministry: Join other families for lots of winter fun – INSIDE at Greek Peak’s Cascades Indoor Waterpark! For more information and to register go to https://nfpwinterfun2020.eventbrite.com, visit syracusenfp.org or call (315) 472-6754, ext. 2.

DAY OF HOPE & HEALING FOR WOMEN: April 18, 2020: Have you felt guilty, sad, ashamed or not forgiven due to an abortion? Experience God’s mercy and peace at a Day of Hope and Healing. For more information, call Project Rachel Ministry at (855) 364-0076 or email: hopeandhealing@syrdio.org. All calls and emails are confidential.

THE WAY OF PEACE: ANNUAL DAY OF RENEWAL FOR SEPARATED AND DIVORCED: Christ the King Retreat Center, 500 Brookford Rd., Syracuse, April 18, 2020, 8:00 a.m.-3:30 p.m.: Tuition sponsorship is available. To register, go to https://thewayofpeace.eventbrite.com or contact Deacon Dean Brainard, email: dbrainard@syrdio.org, or call (315) 472-6754 for more information. All are welcome!

THIRD OPTION MARRIAGE ENRICHMENT MEETINGS: Holy Cross Church, 4112 E. Genesee St., Dewitt, 7:00 p.m.: No registration required, just come. For more information email Stephanie at sstewart@syrdio.org or call (315) 472-6754 ext. 5. There is no charge; a free will offering is accepted.

IGNITE 2020 CATHOLIC MEN’S CONFERENCE: SRC Arena, Onondaga Community College, 4585 W. Seneca Turnpike, Syracuse, March 28, 2020, 8:00 a.m. – 4:45 p.m.: Guest speakers include Steve Ray, Chris Greisen, and Fr. Thomas Petri, O.P. Cost is $55 (until March 15), $65 (advanced registration) and $70 at the door. Cost includes conference registration, continental breakfast and lunch. For more information visit: www.ignitecatholicmen.org.

THEOLOGY OF THE BODY RESOURCES: Discover the extraordinary Catholic teaching known as the Theology of the Body by St. John Paul II. It explains God’s plan for human love, the purpose of life, and how to find true happiness. For more information about a parish talk, diocesan study group for adults or youth, books and other resources, contact Sharon Flanagan at the Office of Family/Respect Life Ministry, (315) 470-1417 or email: sflanagan@syrdio.org.
**UPCOMING FAMILY/PRO-LIFE HAPPENINGS**

**WESTERN REGION:**

**40 DAYS FOR LIFE, SYRACUSE:** February 26-April 5, 2020, Planned Parenthood, 1120 E. Genesee St., Syracuse: Pray peacefully during a 40-day vigil in the public right-of-way outside of Planned Parenthood and help spread the word about this important outreach. For more information or to volunteer, please contact Jeanie Owens (315) 956-7772 or Shannon Guy (315) 664-5067, or visit 40daysforlife.com/Syracuse or email: syracuse40daysforlife@gmail.com.

**FRIENDS FOR LIFE INC. ANNUAL LUNCHEON:** Barbagallo’s Restaurant, 6344 E. Molloy Rd., East Syracuse, April 18, 2020: Lunch will be served at noon. For more information contact Joan Brown (315) 488-4146 or Betty Morrell (315) 488-1301.

**SYRACUSE RIGHT TO LIFE ORATORY CONTESTS:** Holiday Inn, 441 Electronics Parkway, Liverpool, March 29, 2020, noon to 3:00 p.m.: There will be a contest for 11th and 12th grade students and a separate contest for 9th and 10th grade students. The youth are expected to present an original 5-7 minutes’ pro-life speech on abortion, infanticide, euthanasia or stem cell research. There will be $500 in local prizes awarded. For more information, contact Holly Delavan (315) 492-3956, Lorraine Kiehl (315) 451-1788, or Syracuse Right to Life Assoc. (315) 546-BABY (2229).

**JOSEPH’S HOUSE 6TH ANNUAL “BIRDIES FOR BABIES” GOLF TOURNAMENT:** Skaneateles Country Club, 3344 W. Lake St., Skaneateles, June 8, 2020: The proceeds of the tournament will benefit Joseph’s House, a loving home for homeless pregnant women. For information about registration and sponsorships, visit: https://www.jhfw.org/birdies-for-babies.

**EASTERN REGION:**

**THIRD OPTION MARRIAGE ENRICHMENT MEETINGS:** The Good News Center, 10475 Cosby Manor Rd., Utica, 6:30-8:30 p.m.: Topics that will be discussed include: Mar. 8 - “Handling Anger Constructively”; Mar. 22 - “Speaking the Truth in Love”; Apr. 5 - “Learning How to Fight Fair”; Apr. 19 - “Breaking the Hurt Cycle”; May 3 - “Practicing Forgiveness & Repair”; May 17 - “Rebuilding Trust”. The meetings are free and open to the public. For inquiries, call (315) 735-6210 or email: info@thegoodnewscenter.org.

**PRAYERS FOR LIFE:** Planned Parenthood, 1424 Genesee St., Utica: Pray peacefully every Wednesday in the public right-of-way outside of Planned Parenthood.

**SOUTHERN REGION:**

**40 DAYS FOR LIFE ITHACA:** Planned Parenthood, 620 West Seneca St., Ithaca, February 26- April 5, 2020: A peaceful and prayerful vigil will be held at the “Street Chapel” across from Planned Parenthood, Ithaca. For more information, visit https://40daysforlife.com/local-campaigns/ithaca/ and contact Mary Anne Tissot (315) 246-7479, email: sweetwind53@yahoo.com or Carolann Darling (607) 351-6668 at cdsheep809@yahoo.com.

**40 DAYS FOR LIFE BINGHAMTON/VESTAL:** February 26-April 5, 2020, Southern Tier Women’s Services, 149 Vestal Parkway West, Vestal: Pray to end abortion at the public right-of-way outside the vigil site at Southern Tier Women’s Services. For more information, contact Lauren at (607) 349-2752 or visit https://40daysforlife.com/binghamton and 40 Days for Life Binghamton on Facebook.

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**Office of Family/Respect Life Ministry**

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www.syrdio.org • email: familyrespectlife@syrdio.org

Like us on Facebook
https://www.facebook.com/familyrespectsyracuse/?fref=ts

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Maria Klawiter, Southern Region Family/RL Program Coordinator, (607) 754-8033, email: mklawiter@syrdio.org

Chrissa Bobak, Western/Northern Region NFP Coordinator, (315) 472-6754, email: cbobak@syrdio.org
WINTER FAMILY FUN DAY

Saturday, March 21, 2020
12:00 - 4:00 p.m.

EVENT LOCATION: Cascades Indoor Waterpark at Greek Peak
COST: $20 per person, which includes access to the waterpark and lunch!
Children under 2 years old are FREE

For more information and to register, go to https://nfpwinterfun2020.eventbrite.com

Questions? Contact us at nfp@syrdio.org or (315) 472-6754, ext. 2.
Hosted by the Syracuse Diocese NFP Ministry, Office of Family/Respect Life
PRAY FOR TRANSFORMATION THIS LENT
(From https://dynamiccatholic.com)

Most people have never prayed a prayer of transformation. Too often when we pray, we pray for tweaking. We want God to tweak this and tweak that. God is not interested in tweaking. God is in the business of transformation. He wants to turn your life upside down, which as it turns out is right side up. If you want to see something incredible, start praying for transformation. That’s a prayer God will answer.

Lenten Prayer for Transformation

Loving Father,
I invite you into my life today and make myself available to you. Help me to become the-best-version-of-myself by seeking your will and becoming a living example of your love in the world. Open my heart to the areas of my life that need to change in order for me to carry out the mission and experience the joy you have imagined for my life. Inspire me to live the Catholic faith in ways that are dynamic and engaging. Show me how to best get involved in the life of my parish. Make our community hungry for best practices and continuous learning. Give me courage when I am afraid, hope when I am discouraged, and clarity in times of decision. Teach me to enjoy uncertainty and lead your Church to become all you imagined it would be for the people of our times.

Amen.

The Way of Peace

ANNUAL DAY OF RENEWAL FOR THE SEPARATED AND DIVORCED

“In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.” - Luke 1:78-79

Saturday, April 18, 2020
8:00 a.m. - 3:30 p.m.
Christ the King Retreat Center
500 Brookford Rd., Syracuse, NY 13224

Registration: $50 includes a light breakfast, buffet style lunch, and all activities.
Tuition sponsorship is available.

To register online visit:
https://thewayofpeace.eventbrite.com

For more information contact:
Deacon Dean Brainard • (315) 472-6754
or email: dbrainard@syrdio.org

All Are Welcome!

• Uplifting and enlightening keynote by Father John Rose
• Empowering Workshops include:
  “Helping Our Children”
  “Discerning a Path Forward”
  “The Dating Game”
  “Coping with Grief”
  ...And more
• An opportunity to talk one-on-one with Fr. John Rose who will offer spiritual and practical guidance.
• A healing, Closing Liturgy
NEED SOMEONE TO TALK TO?
CALL OR VISIT:

**SYRACUSE AREA:**

- **Birthright**, 346 North Midler Ave. #46, Syracuse, NY 13206
  - (315) 479-5807 or (800) 550-4900, https://birthright.org/syracuse
- **New Hope Family Services**, 3519 James Street, Syracuse, NY 13206
  - (315) 437-8300 or (800) 272-3171, www.newhopefamilyservices.com
- **Care Net Pregnancy Center of Central New York**, 4268 Wetzel Rd., Liverpool, NY 13090
  - (315) 715-0500, https://carenetcares.com/contact-us/liverpool
- **Catholic Charities of Onondaga County Lullaby League**, (315) 362-7647
  - www.ccoc.us/parent-education-programs

**OSWEGO/FULTON/CAMDEN AREA:**

- **New Life Pregnancy Center**, 3349 Main St., Mexico, NY 13114
  - (315) 963-2273, (800) 712-4357, https://nlpregnancy.org
- **Pregnancy Care Center**, 157 Liberty St., Oswego, NY 13126, (315) 343-4866
- **Care Net Pregnancy Center of Central New York**, 101 Main St., Camden, NY 13316
  - (315) 245-2364, https://carenetcares.com/contact-us/camden

**UTICA/ONEIDA/ROME/MORRISVILLE/NEW HARTFORD AREA:**

- **Care Net Pregnancy Centers of Central New York**, 1418 Genesee St, Utica, NY 13502, (315) 738-9435; 126 N. Main St., Oneida, NY 13421, (315) 366-9902; 312 N. James St., Rome, NY 13440, (315) 337-0242; 89 E. Main St., Morrisville, NY 13408, (315) 684-3003;
- **Evelyn’s House** (for young mothers and babies), 10 Barton Ave., Utica, NY 13502
  - (315) 733-0236, www.fnccny.org
- **Catholic Charities “Pregnancy & Parenting Support”**, 1408 Genesee St., Utica, NY 13502,
  - (315) 724-2158, www.catholiccharitiesom.org

**BINGHAMTON/CORTLAND AREA:**

- **Life Choices/Binghamton Location**, 93 Oak St., Binghamton, NY 13905
  - Call or text: (607) 205-8506, email: info@lifechoicescenter.org, website: https://lifechoicescenter.org/
- **Birthright**, 435 Main St., #126, Johnson City, NY, 13790
  - (607) 798-7661, (800) 550-4900, https://birthright.org/binghamton
- **Mom’s House**, 770 Harry L Dr., Johnson City, NY 13790
- **Cortland Pregnancy Center**, 4 Church St., Cortland, NY 13045, (607) 753-3909
- **Catholic Charities of Broome County**, 232 Main St., Binghamton, NY 13905
  - (607) 729-9166, www.catholiccharitiesbc.org

**ALL AREAS:**