

# Catechetical Newsletter

Department of Catechetical Services

October 2011

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### Pastoral Juvenil

#### Hispana

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### Associate Director Children's Catechesis

Claudio Mora

### Adult Faith Coordinator

Sylvia García

### Catechetical Instructional Specialist

María Beltrán

### Special Needs Coordinator

Melissa Waldon

### Administrative Registrar

To be announced soon

## The God of Relationships Speaks

*Jesus, Karl Rahner, has written, is the communication of the Trinitarian God intervening in human history. As we look with awe and wonder at the model Jesus laid down for us, we realize we who are called to be evangelizers, teachers of the Word and servant-leaders can give but a portion compared to the person of Jesus Christ. For, we are called by Him, who knows no bounds.*

St Francis of Assisi says of *Jesus*:

*For one in such a lofty position, to stoop so low is a marvel that is staggering. What sublime humility and humble sublimeness, that the Lord of the Universe, the Divine Son of God, should stoop as to hide himself under the appearance of bread for our salvation! Behold the humble way of God, my brothers [and sisters].*

How can we put forward mortal gifts in return for the limitless love He extends to us? How can we give back in human measure to God the Son, who Himself has limitless gifts to offer?

Opening ourselves to Him like the petals of the flower, facing toward the sun of holiness, knowledge and compassion, we too can begin to orient ourselves to a life lived in the warmth of his tender nurturing. Offering to Him, a soul that is prayerful and open to his grace, and a mind that is willing to learn and grow and finally a life given for others, is a the path he asks us to follow. Because it is only when we are fed, that we can give to others. It is only when we are nourished by sharing an intimate relationship with our God that can we reflect His love out into the world like the blossom.

Just as a flower cannot grow in a vacuum, needing soil and the water to thrive, neither can we thrive on our own. We must develop a bond with the *God of relationships*, who lives in Trinity and in turn, reaches out in relationship to us. It is only when we accept His love that we can first know how to reach out in this same kind of relationship to our brothers and sisters.

The language of this relationship with God is prayer. We ask, we adore, we seek forgiveness and we pray for family and friends, among our supplications, and He, in turn, answers us through the language of prayer. Our most important task is to *learn how to hear Him*. For it is through the suppression of our senses and the quieting of mind, our self-talk, and our busy multitasking, that we can prepare ourselves to be silent and hear His answers.

Silence is something which the modern world devalues but the quiet needed to pray is like an island of calm and peacefulness to be nurtured. It is only through the silence, that the voice of God makes its way to our hearts and our minds.

The stories of Jesus, throughout the four Gospels, tell us that often He went off to pray. He used this time to silence the noise of the crowds and to silence Himself in order to connect with the Father in relationship. It was in this stillness of prayer that He met the ordeal of His approaching crucifixion and it was in the hush of the early morning hours that he rose again in triumph. When we learn to use the silence effectively, we can speak to the world with a mighty roar. For it is God's voice, that of the Father, the Son and Spirit that we pass on to a world hungry to hear Him speak!



## El Dios Relacional Habla

De acuerdo con Karl Rahner, *Jesús es la comunicación del Dios Trinitario quien interviene en la historia humana*. Cuando admiramos y nos maravillamos al contemplar el modelo que Jesús nos dejó, nos damos cuenta que quienes hemos sido llamados a ser evangelizadores, maestros de la Palabra y dirigentes servidores, solo podemos dar una pequeña porción en comparación a la persona de Jesucristo, ya que hemos sido llamados por El quién no conoce límites.

San Francisco de Asís nos dice de *Jesús*:

*Para alguien que se encuentra en una posición tan privilegiada, descender a un nivel tan inferior es una extraordinaria maravilla. ¡Oh admirable celsitud y asombrosa condescendencia! ¡Oh humildad sublime! ¡Oh sublimidad humilde, pues el Señor del Universo, Dios e Hijo de Dios, de tal manera se humilla, que por nuestra salvación se esconde bajo una pequeña forma de pan! Ved, hermanos, la humildad de Dios y derramad ante él vuestros corazones.*

¿Cómo podemos presentar nuestros dones humanos a cambio del amor ilimitado que El nos ofrece? ¿Cómo podemos pagar por nuestros propios meritos a Dios Hijo, quien, El mismo, tiene dones ilimitados que ofrecernos?

Abriéndonos a El cómo los pétalos de una flor, virando hacia el sol de santidad, conocimiento y compasión, podemos comenzar a orientarnos hacia una vida en la calidez de su tierno afecto. Ofreciéndole un alma orante y abierta a su gracia, una mente deseosa de aprender y crecer y finalmente una vida al servicio del prójimo es el camino que nos pide que sigamos. Porque es solo cuando conocemos su amor podemos darlo a los demás. Solo cuando compartimos una relación íntima con Dios podemos, como una flor, reflejar su amor al mundo.

Al igual que una flor no puede crecer al vacío, ya que necesita tierra y agua para crecer, nosotros tampoco podemos crecer por nuestros propios meritos. Necesitamos desarrollar una unión con el “Dios relacional”, quien vive en comunidad Trinitaria y quien busca relacionarse con nosotros. Solamente cuando aceptamos Su amor podemos saber cómo lograr ese mismo tipo de relación con nuestros hermanos y hermanas.

El lenguaje en esta relación con Dios es la oración. Entre nuestras suplicas, pedimos, adoramos, buscamos el perdón y oramos por la familia y los amigos, y El, a su vez, nos contesta a través del lenguaje de la oración. *Nuestra tarea más importante es aprender como escucharlo*. Porque suprimiendo nuestros sentidos, aquietando nuestra mente y nuestras múltiples ocupaciones, podemos prepararnos para estar en silencio y escuchar su respuesta. El silencio es algo que el mundo moderno devalúa, sin embargo, la tranquilidad necesaria para orar es como una isla de calma y paz que debemos fomentar. Es a través del silencio, que la voz Dios llega hasta nuestros corazones y a nuestras mentes.

Las historias de Jesús, en los cuatro evangelios, nos dicen que El frecuentemente se apartaba para ponerse en oración. Él utilizó este tiempo para silenciar el ruido de la muchedumbre y para, en silencio, conectarse con el Padre. En la quietud de la oración, Jesús se encontró con la experiencia de su próxima crucifixión y en el silencio de las tempranas horas de la mañana, El resucito triunfante. Cuando aprendemos a utilizar el silencio con eficacia, podemos hablar al mundo con una voz poderosa. ¡Porque es la voz de Dios, del Padre, el Hijo y el Espíritu la que transmitimos a un mundo que se encuentra tan deseoso de escucharle!



SOUND OF SILENCE

# Dates to Remember 2011




Date 2011	Event
Fri.-Oct. 28 Sat.- Oct. 29	<b>UDMC Conference</b> University of Dallas in Collaboration with the Diocese of Dallas & Fort Worth presents a regional 2 day conference for more information see website at <a href="http://udmc.udallas.edu/s/818/mc/start.aspx">http://udmc.udallas.edu/s/818/mc/start.aspx</a>
Tues- Nov. 1	<b>All Saints Day</b> , Holy Day of Obligation, Pastoral Center closed for the holy day.
Wed.- Nov. 2	<b>All Souls Day</b> , Day of Remembrance of those who have passed before us.
Sun.-Nov. 6	<b>Daylight Savings Time Ends</b> Turn back the clock one hour.
Wed.-Nov. 9	<b>Catechetical Leadership Formation Program (CLFP)</b> Christology taught by Dorothy Jonaitis.
Fri.-Nov. 11	<b>Veterans Day</b> , Honoring our Men in Uniform past and present, Pastoral Center Closed for the holiday.
Sat.-Nov. 17	<b>GRACE Committee</b> Adult Parish leaders interested in furthering the awareness of and resources for those with Special Needs. Location St. Mark Parish, Plano. Time: 6:30 p.m. - 8:00 p.m.
Thurs.- Nov. 24 &25	<b>Thanksgiving Holiday</b> , Pastoral Center closed Thursday and Friday for the holiday.
Sun.-Nov. 27	<b>First Sunday of Advent</b>
Sun.-Nov. 27	<b>New Roman Missal introduced at the Mass</b> this Sunday Begins Sunday Cycle B.
Thurs.-Dec. 1	<b>Disabilities Training</b> for those who work with Special Needs children / adults in Faith Formation programs. Watch for more details soon. To register contact Melissa Waldon, 214-379-2895 or <a href="mailto:mwaldon@cathdal.org">mwaldon@cathdal.org</a> .
Thurs.-Dec. 8	<b>Feast of the Immaculate Conception</b> Holy Day, Pastoral Center Closed.
Mon.-Dec. 12	<b>Feast of Our Lady of Guadalupe</b> Patroness of the Americas.
Thurs.-Dec. 15	Attention <b>RCIA Directors for Catechumens &amp; Candidates</b> : Lists due on Thursday, December 15, 2011 Call Sylvia Garcia at 214-379-2857 or <a href="mailto:sgarcia@cathdal.org">sgarcia@cathdal.org</a> for more info.
Fri. - Mon. Dec. 23-26	Pastoral Center closed for the <b>Christmas Holiday</b> .
Sun. Dec. 25	<b>Christmas</b> , Holy Day celebrates the Birth of Jesus
Fri. - Dec. 30	<b>New Year's Eve</b> Pastoral Center Closed

**Congratulations!**

**To Lloyd Michael Eddings and Lourdes Genera who have completed their Level One Certificate from the University of Dayton VLCFF Program!**

# Dates to Remember 2012

Date 2012	Event
Sun.-Jan 1	Holy Day, <b>Solemnity of Mary the Mother of God</b>
Wed.-Jan 11	<b>CLFP Church History.</b>
Thurs.-Jan 12	<b>PCLs General Meeting</b> 9:00 a.m.– 3:00 Topic Catechetical Models. Details to Follow.
Sat.– Jan 14	<b>RCIA Training:</b> Spirituality of the Catechists /Team.
Tue.-Jan 17	<b>Martin Luther King Holiday</b> , Pastoral Center Closed
Tue –Fri, Jan 24-27	<b>Southwest Liturgical Conference Study Week</b> , Keynote Donald Cardinal Wuerl, Washington, DC , Speakers Msgr. Ray East, Sr. Helen Prejean, CSJ, and many, many more (Los talleres en español el viernes)
Sat.– Feb 4	RCIA: Rites in Parish Celebrations. Details to follow.
Tue.-Jan 14	<b>RCIA Workshop :</b> Spirituality of the Team. St Elizabeth of Hungary 8:45 a.m.- 3:00 p.m.
Tue Feb 14	<b>Happy Valentines Day!</b>
Wed, -Feb 15	<b>PCL Retreat :</b> Details to follow. Mark this day as a day of Spiritual Renewal.
Wed-Feb 22	 <b>Ash Wednesday</b> (contrary to popular belief not a Holy Day of Obligation) but a time of remembrance of our mortality. We are signed with ashes to remind us of our need to repent of our sinful ways. This day marks the beginning of Lent



## ***"First Fridays for Food Security" Facebook Event: November 4***

### **First Fridays for Food Security: November 4, 2011**



On Friday, November 4 (the first Friday in November) Catholics are invited to "fast" by limiting meal spending to the amount allotted for a family of their size in the USDA Modified Thrifty Food Plan, which is used as the basis for the Supplemental Nutrition Assistance Program (formerly called

food stamps). On Friday, November 4, participants can visit the [Facebook event page](#) to leave comments about their experiences and access information and reflections on food insecurity in the U.S.A [handout on the theme of Poverty in the United States for use on November 4](#) (<http://tiny.cc/4o7op>) is also available. First Fridays for Food Security will continue on every first Friday through April 6, 2012.

*Taken from the NCCL Weekly Newsletter October 24, 2011*

# Welcome Claudio Mora

## New Associate Director for Children's Ministry

### Claudio Mora's Biography:

I was born in Santiago, Chile. I am the youngest in my family, we are eight brothers and sisters; my parents are still alive and they all live in Chile.

I came to the United States as a Lay Missionary with the Columban Fathers in 1994; I worked as a missionary for six years at Immaculate Conception Parish in Grand Prairie.

I am married to Aida and we have three beautiful girls: Amy (11), Annie (8) and Millie (6). We live in Allen, Texas and we are parishioners of St. Mark's.

I have worked as a Director of Faith Formation in St. Edward Catholic Church since August 2000. I have a Bachelor's Degree in Religious Education and I'm currently completing my Masters in Religious Education from Felician College.

I'm very excited to join the diocesan catechetical team; I pray that I can contribute to the teaching of the faith to our children throughout our diocese.

### My goal for this year:

For this year I would like to get to know more in detail the work of the Parish Catechetical Leaders of our Diocese and to be able to offer to them some of the experience and ideas I have accumulated in the 11 years I have worked as a PCL.

Claudio's first challenge will be adopting a religious education curriculum for grades 1 through 8.



## Time to Get Catechist Courses On the Pastoral Center Calendar For Next Semester!\*



**Now is the time to plan:**  
**Perhaps you'd like to sneak in one last course this semester**

**Or to let us know your plans  
for January through May. !**

**\*And remember to ask about Pastoral Center  
(PC) Courses**

**Contact Jeanne at 214- 379- 2850 or  
[jjakubowski@cathdal.org](mailto:jjakubowski@cathdal.org)**



# UDMC

**UNIVERSITY OF DALLAS**  
Ministry Conference  
**OCTOBER 28 - 29, 2011**  
Dallas Convention Center

*Walking Together in Faith*  
*Caminando juntos en la fe / Cùng Đồng Hành trong Đức Tin*  
*Featuring*  
**His Eminence Francis Cardinal George, OMI**  
Archbishop of Chicago and past president of the  
United States Conference of Catholic Bishops

Sponsored by:

Diocese of Dallas    University of Dallas    Diocese of Fort Worth

**So good  
to see so many of you  
at this year's  
UDMC Conference**

**Here are helpful hints for  
next year's planning...**

**Start preparing now to  
send all you Parish  
Catechists & Ministry  
Volunteers as well as  
Adults in the Pews.**

**This conference is enjoy-  
able for all who want to  
Learn about their faith  
on an Adult Level ...**

**Including all  
Children's Catechists,  
Youth Ministry Volunteers  
Adult Faith Formation  
Catechists and  
& RCIA Catechists  
& Interested Adults in  
your Congregation,**

## **Head's Up!**

**Next Year's Ministry Conference will be held at the new  
Irving Convention Center  
500 West Las Colinas Boulevard,  
Irving, Texas 75039 | 972.252.7476 | 800.247-8464 |  
[info@irvingtexas.com](mailto:info@irvingtexas.com)**

**Watch for next year's dates at:  
<http://udmc.udallas.edu/s/818/mc/start.aspx>**

## Adult Faith

# Adult Faith Formation

### Top Ten Guidelines for Effective Adult Faith Formation

- 1. Provide time during each session for critical reflection.** It is very important for adults to ask what difference does this teaching of the Church or this message of the Gospel make to the way I live my life? Take time at your gatherings to listen to people. Often the time before the gathering starts and after a gathering ends provides excellent opportunities to really connect with people. Make sure the questions for small-group discussion are interesting and direct.
- 2. Lose the lecture.** Too many times those who plan adult faith formation sessions simply bring in a speaker to present a topic. Adults learn and grow in faith through a wide variety of experiences. Incorporate prayer, quiet reflection, guided imagery, conversation, service, music, stories, and drama. If you do bring in a speaker, make sure the speaker's presentation includes real-life stories that help illustrate key points. Prepare speakers by telling them important things to know or understand about your parish and your parishioners.
- 3. Make a commitment.** If your parish believes that adult faith formation is important and says that life long learning is a priority, then the parish budget and resources need to reflect this. Know what resources your parish now uses to support your adult faith formation programs. Include financial resources, paid staff time, volunteer hours.
- 4. Faith formation is a team sport.** If you want to convey the importance of adult learning, then the entire pastoral team needs to be on deck — planning, evaluating, and leading. Find ways for each member of the parish staff to contribute and participate in adult faith formation gathering
- 5. Language: Get real.** Avoid “churchy” language; use language that helps people connect faith and the teachings of the Church with the way they live their lives. Resources such as U.S. Catholic magazine can provide ideas on how to use real-life language.
- 6. Connect with the Church's liturgical year.** Pay close attention to the liturgical seasons as an important dimension of parish life and a source of direction for planning. When possible, incorporate when hymns, songs, and Scripture from a recent Sunday liturgy into the adult gathering.
- 7. Creativity is essential.** Find ways to engage the imaginations of the adults. Don't just talk about the message, let adults experience it through art, music, drama, reflection, and shared conversation.
- 8. Dessert is not optional.** Create an atmosphere of welcome and hospitality. Treat your participants as honored guests. Serve food (good food).
- 9. Timing is everything.** Make a schedule and stick to it. If you start on time and end on time, you'll gain a great deal of respect and you'll keep people coming back.
- 10. Have fun!** Weave humor and good fun into the flow of the session. Special touches like flowers on a table or lit candles can go a long way to creating an environment that reflects welcome. Award a door prize to one of your guests at the end of a gathering. Prizes can be a free ticket to a parish breakfast, a candy bar, or a book.

Adapted from *Top 10 Guidelines & Top 10 Pitfalls for Adult Faith Formation*,  
<http://www.loyolapress.com/toward-effective-adult-faith-formation.htm>



# RCIA

## What is Evangelization?

*Excerpt from Go and Make Disciples: A National Plan and Strategy for Catholic Evangelization in the United States.*

“Evangelizing means bringing the Good News of Jesus into every human situation and seeking to convert individuals and society by the divine power of the Gospel itself.

The simplest way to say what evangelization means is to follow Pope Paul VI, whose message *Evangelii Nuntiandi* (On Evangelization in the Modern World) has inspired so much recent thought and activity in the Church. We can rephrase his words to say that evangelizing means bringing the Good News of Jesus into every human situation and seeking to convert individuals and society by the divine power of the Gospel itself. At its essence are the proclamation of salvation in Jesus Christ and the response of a person in faith, which are both works of the Spirit of God. Evangelization must always be directly connected to the Lord Jesus Christ. "There is no true evangelization if the name, the teaching, the life, the promises, the Kingdom and the mystery of Jesus of Nazareth, the Son of God are not proclaimed."

Taken from <http://www.usccb.org/beliefs-and-teachings/how-we-teach/evangelization/>

### The North American Forum on the Catechumenate “Concerning the Baptized Institute”

To be hosted by the Diocese of Dallas on

**July 27 and 28, 2012**

This Institute will focus on the theological and pastoral realities of working with baptized adults completing their initiation and/or being received into full communion. Suitable paths to Eucharist for both baptized-catechized adults and baptized-uncatechized adults.

Approximate cost will be around \$200 per person

### Continuing Catechetical Formation:

#### 2011-2012 Schedule

Jan 14	RCIA Spirituality at St. Elizabeth of Hungary Parish
Feb 4	RCIA Rites in Parish Celebrations
Feb 13 & 14	RCIA Retreats

### Catechumens & Candidates

Lists due on Thursday, December 15, 2011.  
Call Sylvia at 214-379-2857 for more info.

## Special Needs



Catechesis for Children with  
Special Needs

### **G. R. A. C. E.** **Gather, Receive, Accept, Catechize,** **& Enrich**

The **G.R.A.C.E. Committee** is a group of dedicated leaders who have joined in an effort to build awareness of and to minister effectively to, those with special needs, in an effort to be one church for all ages, stages, and abilities.

#### **Grace Committee**

November 17th, 2011

6:30pm - 8:00pm

St. Mark Parish Center, JPII Conference Room.  
1105 W. 15th Street,  
Plano, TX, 75075

#### **Disabilities Training**

Holy Family Parish, 2323 Cheyenne, Irving, TX, 75062  
Thursday December 1, 2011  
Watch for more details

To Register, Contact: Melissa Waldon, Diocese of Dallas  
214-379-2895 or [mwaldon@cathdal.org](mailto:mwaldon@cathdal.org)

## Regional and National Conferences

### Southwest Liturgical Conference Study Week

January 24-27, 2012

Sheraton Hotel

Dallas, TX



Opening Night Address: Cardinal Donald Wuerl,

Major presenters: Archbishop Wilton Gregory, Sr. Helen Prejean, Msgr Ray East, Sr. Maureen Sullivan, OP, Sr Kathleen Harmon, SNDdeN, Arturo Chavez, Bishop

### National Catechetical Conferences

**May 6-10, 2012**

NCCL (National Conference of Catechetical Leadership)

San Diego, California



NCEA (National Catholic Education Association)

Which includes the NPCD  
(National Association of Catechetical Directors)

**April 11-13, 2012**

Boston, MA

Los Angeles Religious Education Congress

Youth Day March 22, 2012

Adults March 23-25

Anaheim Convention Center (Across from Disneyland)

Last year's attendance over 39,000~makes this one of the largest and most popular conferences in the U.S.!



# Advent, Christmas

## First Week of Advent Begins Sunday, November 27, 2011



- ★ Catholic Mom.com/Advent at <http://catholicmom.com/advent.htm>
- ★ Revised Roman Missal use begins the first Sunday in Advent:  
<http://revisedromanmissal.org/News/articleType/ArticleView/articleId/45/Use-of-New-Roman-Missal-to-begin-in-US-at-Advent-2011.aspx>
- ★ Change in the Peoples Part of the Mass :  
<http://www.usccb.org/prayer-and-worship/roman-missal/background/articles-documents-and-reflections/changes-in-the-peoples-parts.cfm>
- ★ **Activities 10 ways to get more out of Advent • What is Advent? • Traditions: Posadas, Calendar, Chain, Jesse Tree**  
<http://www.osv.com/OSV4MeNav/ChurchSeasons/AdventResources/DefinitiveGuidetoAdvent/tabid/7301/Default.aspx>
- ★ Loyola Press: <http://www.loyolapress.com/liturgical-year-advent.htm>
- ★ Christmas Resources: <http://silk.net/RelEd/christmas.htm>

## Advent Resources

### for Small Faith Sharing Groups and RCIA:

Liguori Publications: *Daybreaks*, available in both English and Spanish; *Advent Wreath Prayers and Calendar*; *Advent and Christmas Wisdom* books; *Joyful Meditations for Every Day of Advent*. [www.liquori.org](http://www.liquori.org)

23rd Publications: *Putting Down Roots Day by Day Reflections and Prayers*; *An Amazing Journey Everyday Reflections, Practices and Prayers*.  
[www.23rdpublications.com](http://www.23rdpublications.com)

“The Catechist is a lay person specially appointed by the Church, in accordance with local needs, to make Christ known, loved and followed by those who do not yet know Him and by the faithful themselves.” Guide for Catechists, 3

## ...And More

### Prayer Websites

- ★ <http://www.prayingeachday.org/prayersites.html>
- ★ <http://www.prayingeachday.org/19subeducationsites.html>
- ★ <http://www.catholicity.com/links/152/>
- ★ [htm.org/downloads/Mental Prayer Methods.pdf](http://www.htm.org/downloads/Mental_Prayer_Methods.pdf)
- ★ <http://www.catholic.org/clife/advent/>
- ★ <http://www.pray-as-you-go.org>

### Español

Spanish music and prayer resources:

- ★ <http://www.catholic.org/prwire/headline.php?ID=4599>
- ★ [http://www.iglesia.cl/parroquiavirtual/dir\\_catolico.html](http://www.iglesia.cl/parroquiavirtual/dir_catolico.html)
- ★ <http://www.devocionario.com/info/links1.html>
- ★ <http://es.catholic.net/comunicadorescatolicos/579/2343/>
- ★ <http://www.apologeticacatolica.org/Links.htm>

### Written:

- ★ This month's **Magnificat** has a section reflecting the changes in the prayers in the New Roman Missal



#### ...Note Left on the Desk of a PCL by a first time Catechist

"I just wanted to stop by and thank you for giving the opportunity to help out. I absolutely love it... I enjoy doing it and I feel blessed to be part of it. Thank you so much for all that you have done. I have been wanting to thank you, but I know you are a very busy woman and didn't want to take up too much of your time. Those kids, are just amazing... they are so smart and I love teaching them, actually THEY are teaching me... its such a wonderful feeling to have kids look up to you while you are teaching and growing in your faith..... Our God is such an awesome God... I'm truly blessed and I thank you for giving me the opportunity to be a part of the {Faith Formation} classes. Have a blessed day!"





## Seven Ways Sharing Can Make You Happy

Good to remember...especially over the Holidays. You may also wish to make the connection to main tenants of Catholic Social Teaching. "All have a right to life and the things required by human decency."

Office of Justice and Social Ministry Diocese of St. Paul/Minneapolis

[http://www.osjspm.org/files/officeforsocialjustice/files/Key%20\(10\)%20Principles%20of%20CS-1pageT.pdf](http://www.osjspm.org/files/officeforsocialjustice/files/Key%20(10)%20Principles%20of%20CS-1pageT.pdf)

Sharing can do more than just save you a buck. New psychological research suggests that sharing fosters trust and cooperation in the community and contributes to personal well-being. This article offers some of the ways that sharing can boost your happiness levels and help your community thrive. 1. Sharing involves reciprocal giving, and the research is full of the benefits of giving, from greater physical health to personal happiness.

2. Sharing can cause the release of oxytocin, a hormone that increases feelings of well-being.
3. Sharing builds trust, and trust is highly correlated with happiness.
4. Sharing increases positive social interaction with others, which can prolong your life.
5. Sharing invokes gratitude, and gratitude is highly correlated with happiness.
6. Sharing can decrease the disparity between "the haves" and the "have nots," which increases well-being.
7. Sharing involves cooperation, and cooperation has been essential to human flourishing.

The complete text, including several video clips, can be found at [Sharing](http://tiny.cc/qxnng) (<http://tiny.cc/qxnng>).  
NCCL Newsletter Monday October 23, 2011

## Our Thanksgiving Prayer

Lord, Bless the people who gather today to share this holiday, our family and friends.

Bless the hands who created this meal, cooking and baking with such love and care.

Bless the farmers, who grew the traditional meats, who tended the fruits and vegetables that adorn this table.

Bless too, Lord, all who will not eat today. Those who live in poverty and strife, and those who live without basic freedom.

Lord, bless those Native Americans who, because they of their compassion, helped our forefathers and mothers to survive in an unfamiliar land.

We ask that you bring peace and love to a world which too often forgets you. Help us to always be your presence in the world. Amen.

