

Maintain the truth lovingly and
 always love truthfully.
 John Paul II

Fall Luncheon Hosts DVD Premiere Showing

PRESIDENT'S LETTER

INSIDE

PRESIDENT'S LETTER cont.....PAGE 2
 INTRIGUING ST. PHILOMENA.....PAGE 3
 JUDGE ACTION NOT PERSON.....PAGE 4
 EUCHARIST CENTERED LIFE.....PAGE 5
 A. HERKENHOFF AWARD.....PAGE 7
 CPO MAILBAG.....PAGE 8

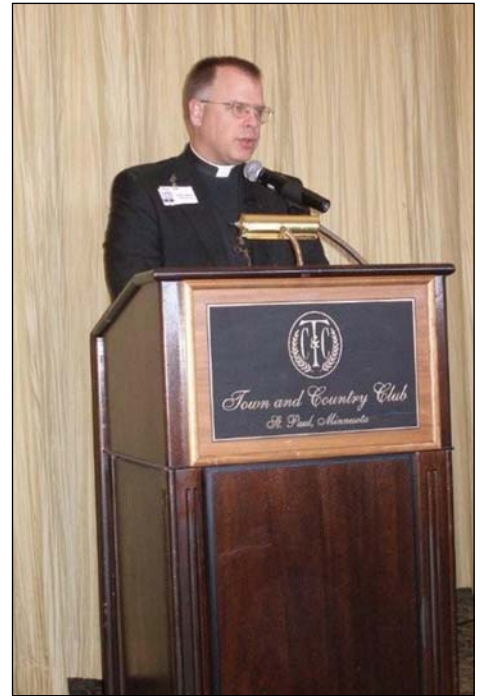
Dear Friends,

Parents and grandparents face a lot of negative pressure these days. It's coming at us from all sides...from the media, groups like Planned Parenthood and even from our peers. Unfortunately because of all the negative pressure many parents get confused and have lost confidence in their role as the "primary educators" of their children.

CPO receives emails and calls from parents and grandparents, who are seeking help in how to best handle the delicate issue of human sexuality from a Catholic perspective when raising their children and grandchildren. For example one parent asks:

My 11 year old son is beginning to ask questions! I want to begin talking to him about sex but I want help in teaching him the Catholic way. Can you please direct me to websites or materials that will help me out?

The CPO Board of Directors discussed how we could help parents in this area and we prayed for God's guidance. We thought about how successful our award winning cable TV program has been, so we decided to create a dynamic video production which is based on the official Catholic Church document, *The Truth and Meaning of Human Sexuality: Guidelines for Education within the Family*, written in 1995 by the Pontifical Council for the Family.



Fr. Robert Altier, CPO Spiritual Director, speaking at 2008 Fall Luncheon



2008 Fall Luncheon at Town and Country Club

We worked diligently for over a year and we have created a one-of-a-kind, superb quality, video production entitled, *A Parent's Guide: Teaching the Truth and Meaning of Human Sexuality*. In the film we have interviewed members of the clergy, the medical profession, educators, parents and grandparents about their experiences concerning this critical issue of our culture. Our DVD is the perfect tool for parents who can spend 1 hour watching it in their own homes, and hopefully come away, armed with knowledge and the confidence to say, *Yes, we are the Primary Educators of our children and we will take this role seriously!*

We had the premiere showing of *A Parent's Guide: Teaching the Truth and Meaning of Human Sexuality* at our annual fall Luncheon and received amazing responses, such as, *I think this was the best luncheon ever-everyone was simply spellbound by the video and how professional it was and I hope your plans for further productions will be soon realized;* and another, *I would like to order 5 DVD's at this time. I thought it was amazing and such a needed tool! Thanks for all the time, energy, love, blood, sweat, and tears that went into the making of this. It is a masterpiece!*

We continue to get rave reviews and requests for the DVD from around the country. After watching it one young mom said, *Now I really understand what the Church is saying!* Parents are giving the DVD to their married sons and daughters, a priest in Connecticut

Continued on page 2

Continued from page 1

ordered 100 for an engaged couples class and a Catholic bookstore in Wisconsin ordered 1,500 copies of the DVD for a Catholic men's conference in Milwaukee.

We have an excellent trailer of the film on our website at www.catholicparents.org and more information on how to receive a copy of *A Parents' Guide: Teaching the Truth and Meaning of Human Sexuality*. You can always let us know by phone or regular mail if you are interested in the DVD. We have a suggested donation of \$10.00 per DVD.

On our website we continue to update the list of the religious education series and "sex ed." programs being used at most of the Catholic grade schools in our Archdiocese. We've provided this list along with many excellent reviews of these programs; check our website at: www.catholicparents.org - in **Features** see **Religious Education & More**.

The new **2009 CPO TV Season** begins in February. If you have cable TV be sure to watch the excellent Catholic programs on Metro Cable Network (MCN), channel 6 on Sunday evenings at 9:30 to 10:00pm.

Seating is limited--Register early for the annual **CPO Lenten Retreat** to be held on **Saturday, March 28, 2009!** This year's theme is: *Authentic Change in a Secular World: Conversion to Christ* and as always, we will have several inspirational talks by Fr. Robert Altier. This year the Retreat will be held at the beautiful Church of Saint John of St. Paul. For more information and to register, please see the flyer that is included in this newsletter.

It's because of God's Grace and your tremendous support that we were able to celebrate CPO's 10th anniversary (1998 - 2008). Every year we seem to have just enough money to keep us going...God is so Good! We are very grateful to all of our donors, our volunteers, and for all your prayers! Please continue to support CPO so we will be able to continue our Mission:

To build a network of faithful, dynamic, and informed parents, students, and alumni, committed to working with Catholic schools, other programs of education and the community at large, to ensure the authentic teaching and protection of our Catholic Faith, and to address issues that undermine our Catholic Faith and Morals.

A Holy Mass is offered every month of the year for the intentions of our benefactors.

I hope to see you at the Lenten Retreat on March 28th!

*God bless you and yours,
Colleen Perfect*

Kitchen Volunteers at 2008 Lenten Retreat, left to right: Corrine Jensen, Jade Grutsch, Ellie Jensen, Nancy Barrett, Marie Miller, Roz Ferguson, Donna Grutsch and Johnney Grutsch.



DVD Producers Nancy Barrett and Colleen Perfect, center, with 6 of 12 DVD interviewees, left to right: Becki & Dan Berthiaume, Barb Perfect, Tim Perfect, Jr., Tricia Humphrey, Paul Barrett, Jr.



Cameraman Kevin McKeever films Tricia Humphrey for DVD.



The Intriguing Saint Philomena

BY MARILYN GRUTSCH

We recently bought a new puppy, JP, who joins our elderly 13 year old dog, Squiggy. It's amusing to watch how differently they look at life. When Squiggy goes out in the winter cold and snow, she basically takes care of business and is ready to return to the cozy warmth of the indoors. JP, on the other hand, reacts as if everything is a new and exciting adventure, awaiting his discovery. You can almost hear him say, *Come on Squiggy, look at the new snow. You can lick it. And what's this ... a dried leaf hidden in the snow? Let's have some fun!* After romping and tugging to retrieve it, he playfully tosses it up in the air and chases it with delight, oblivious to the reason he went outside in the first place. Squiggy looks at him through the eyes of wisdom learned in her full life, beginning with her own puppyhood and onto her years of daily experiences, including a near fatal injury from a dog attack, 2 knee surgeries, eye cancer, achy joints, and blindness. When JP eagerly romps and invites her to play, Squiggy's reaction seems a bit like Eeyore's attitude from *Winnie the Pooh*, *Life is hard sometimes. It's not all an adventure. Sometimes we need to do work. It's time for my nap.*

As I was in the midst of writing this article about CPO's patron saint, Saint Philomena, I couldn't help but think of the dog analogy to the human life journey...the gleefulness and wonder of youth contrasted to the wisdom and experience of the old...and how much we need each other. The saint we chose to be our heavenly intercessor is child-like and playful at heart, but very powerful with God and deeply in tune to the seriousness of the needs of our mission.

Who is this fascinating saint who has been called by Pope Gregory the XVI *The Great Wonder Worker of the Nineteenth Century* and *Patroness of the Living Rosary*, *Patroness of the Children of Mary* by Pope Pius IX, and *My dear little saint* by St. John Vianney, Cure of Ars. She has also been the object of devotion by numerous popes and saints of the last 2 centuries: Pope Leo XII, Pope Leo XIII, Pope St. Pius X, Pope Paul VI, Pope John Paul II, St. Peter Julian Eymard, St. Peter Chanel, St. Anthony Mary Clare, St. Madeleine Sophi Barat, St. Euphrasia Pelletier, St. Francis Xavier Cabrini, St. John Nepomucene Neumann, Blessed Anna Maria Taigi, and Venerable Pauline Jaricot. What is most extraordinary about this saint is that she is the only person recognized by the Church as a saint solely on the basis of her powerful intercession, since nothing historical was known of her except her name and the evidence of her martyrdom. She is St. Philomena and this is her story.

In May 1802, after having rested in the obscurity of St. Priscilla's tomb for 1700 years, excavators in Rome discovered Philomena. On her tomb were symbols of a lily signifying virginity, arrows, an anchor, and a lance indicating martyrdom.

It was marked with three terra cotta tiles: *Pax tecum, Filumena*, which is *Peace be with you, Philomena*. Inside the coffin were the remains of a girl about 13 years of age.

Although this was transferred to the Treasury of Rare Collections of Christian Antiquity in the Vatican, not much attention was given to it since there was no record of a virgin martyr named Philomena. However, 3 years later, a humble priest, Fr. Don Francesco di Lucia was traveling to Rome with his Bishop, seeking a saint's relics for his parish church. As they wandered through the vast collection of the Treasury of Relics, this priest was entirely unmoved until he came upon Philomena, when he felt an indescribable burning desire to obtain her precious remains. Although it was against the custom to bestow such treasures on a simple priest, St. Philomena came to his rescue and, through a miraculous healing, convinced the Bishop that she was meant to go with this priest.

From that moment, a constant flow of miracles began to happen. It was almost as if she were eagerly awaiting this liberation from the hidden prison of the tomb so that she could become a powerful intercessor for mankind. Her miracles were so numerous and profound that only 35 years later, Pope Gregory XVI elevated her to sainthood

bestowing on her the title *Philomena, Powerful with God* and also testified, *Pray to St. Philomena. Whatever you ask her, she will obtain for you.*

Many of her miracles have a playful, whimsical quality about them. St. Pius X said of her, *She has a remarkable habit of revealing her personality in her style of intercession.* She communicates in tangible ways, such as knocks on walls or ceilings to let people know she has heard their petition. She's been known to re-arrange things in cupboards, inflict pain in order to get someone's attention, and multiply a pile of books and scatter them around a room. Many times, she leaves a visual mark of her intervention, such as when a man's broken wrist was immediately healed but the bone was left with a line where the fracture had been. An Irish artist, who painted a famous rendition of her said that he heard the voice of a girl clarifying and correcting the layout of his work. To contain her relics, a 4 foot figurine of a feminine child was built. Each time the reliquary was opened and redressed, the figurine grew. Today it is more the size of a woman. It is now a regular occurrence that the figurine changes position, which has been extensively documented and observed. Her miracles are too numerous to mention but many have been attributed to her intercession, including healings of bone disease, severe headaches, malignant tumors, broken marriages, needs for money, and infertility. One of her most notable followers was St. John Vianney, who formed an intimate bond



Continued from page 3

with her after he placed one of her relics in his parish church and she delighted in bestowing uncountable favors on him. In fact, in his humility and not wanting to receive credit for miracles attributed to him, he once commented: *It's St. Philomena. I wish she would work her miracles away from here.*

Even though the early Church has no record of her personal life, she revealed to 3 different people, living far apart and unknown to each other, the identical the story of her life and details of her martyrdom. The book containing these private revelations received the Imprimatur of the Holy Office in 1833. Although this does not guarantee the authenticity of them, it shows that we are within our right to accept them and the Church finds nothing in them worthy of censure.

This saint seems to have a special interest in schools. Children quickly find her to be a favorite because of her childlike methods of bestowing favors on them. *Teachers would do well to place their schools under her protection and erect her statue in a place where the children can easily visit it and adorn it with offerings of flowers, lamps, and candles." St. Philomena, the Wonder Worker*, p.104. There are numerous accounts of her stepping in to save schools from anti-church people who desire to destroy the religious influence.

Today's youth need a young heroic witness for the upholding of Christian purity even if their peers and their own parents are not

encouraging them. They face situations very similar to those which Philomena had to contend with. Both the Emperor and her parents encouraged her to become the Empress of Rome—the highest position of power and fame the world could offer any woman. Similarly, our young people are continually tempted by the allure of power and pride and illicit pleasures. Because Philomena said yes to Christ and to His Kingdom, it is little wonder that Jesus is making her well known again as the Patroness of Purity, for the young people of the twenty-first century.

Dr. Mark Miravalle, Professor of Theology,
Franciscan University of Stebenville, Ohio

She can be invoked as the Patroness of babies, infants, youth, the rosary, and purity. Although her feast day, August 11th, was removed from the liturgical calendar in 1961, it was not a declaration that she was not a saint, nor a prohibition of private devotion to her. In fact, affection for her continues to grow, including from the Popes and saints of this century, to whom she in turn continues to shower graces and favors from Heaven. May she give us, at CPO, the balance we need in our particular mission to work diligently in safeguarding our Catholic faith with the thoughtful wisdom of adulthood but never forgetting the merry wonder and bold hopefulness of youth.

Resources: Saint Philomena, the Wonder Worker, Fr. Paul O'Sullivan; *I Ask St. Philomena*, Rick Medina; About Saint Philomena at www.saintphilomena.com.

Judge the Action Not the Person

BY FR. ROBERT ALTIER, CPO SPIRITUAL DIRECTOR

Judge not, that you be not judged. Matthew 7:1 This is probably one of the most quoted passages in Scripture, but it is also one of the most misused passages in Scripture. Today we are constantly being told that we cannot judge others. This is certainly true because only God is the Judge of the person. However, since we live in a society that does not make proper distinctions, we fall into the trap of thinking that all judging and all judgments are wrong. This is simply not true.

We need to make a distinction because our Lord's injunction against judging is not intended as an absolute. Each of us makes proper judgments (and probably many improper) every day of our lives. It is a necessity for us to make judgments in the proper sense. For instance, we teach our children that there is a difference between right and wrong, we correct people if they make a mistake, we agree or disagree with things people say, people are arrested every day for violating laws, etc. All of these actions require judgments on our part. If the judgment is about the propriety or impropriety of the action or statement, then the judgment is morally acceptable. Our judgment in such cases may be incorrect, but it is still a morally acceptable thing to do.

What is not acceptable is to make judgments about the person who is performing the action. The reason is that we do not know what the person's motive was or what he may have been thinking when he performed the action. Again, we need to make a distinction: we can make judgments about the sensible things regarding the person, but not about the person himself. For instance, we can say that the person needs a bath or that the

person likes flashy clothes. We need to be careful about suggesting, for instance, that someone is a bad person, that the person performed this action because... (when we impute motives that we really do not know), that the person is just plain stupid, etc. The fact is, that in most cases we have no idea what the person's background is, what kind of brokenness may be present, what kind of pressures the person may be under or what may be happening inside the person that caused him to see things a certain way or to think a certain way about something.

Only God knows what is in a person's heart and mind, therefore, only God can judge the person. The problem today is that if you make a judgment about an action, people are quick to tell you that you cannot judge. When I make a judgment like this and the person responds *You cannot judge me*, I respond *I did not judge you; I judged your action. However, you just judged me.* This usually leaves them speechless.

We seem to be in a situation where we are supposed to allow anything and everything while remaining silent; if we say that something is wrong, then we are labeled as being judgmental. Keep the distinctions clear, make judgments on actions, statements or sensible things, but try to avoid making judgments about the person. This, however, is not an easy task. The Desert Fathers tell us that our desire to judge others will be the last thing to go before achieving perfection. It is a scary proposition to think that we will be judged the way we judge. Perhaps this thought will help us to find excuses for people rather than assuming, judging and condemning. ❖

Living a Eucharist Centered Life

BY JULIE BLONIGEN

God's call to holiness is universal. Every human person is, by God's design, created to live a holy life, to become ever more united to Christ. The Eucharist is at the very heart of the life of the Catholic and devotion to the Eucharist is the key to spiritual progress.

First and foremost, a devotion to the Eucharist always begins with Mass. The Eucharistic celebration, Mass, is always there for us. Never changing. Always present. Forever Christ, Body, Blood, Soul and Divinity, in every drop of Precious Blood, every tiny particle of the Host. Every hour of the day, somewhere in the world, the re-presentation of Calvary which is the Mass, is celebrated by a human being called a priest—Black, White, Croatian, Australian, Nigerian, tall, short, nice irritable, old, young, humble, proud, whatever his personal traits—in persona Christi, acting in the person of Christ. And by this priest's words and actions of the Consecration the bread and wine become the Body and Blood of Christ. As Monsignor Romano Guardini writes in his beautiful book, *Meditations Before Mass*: *When the priest, empowered by the Lord Himself, speaks the words over the bread and the wine, Christ walks alive and real among His congregation until He gives Himself as nourishment in the sacred Supper.*

Alive and real. Walking among us. Then allowing us to consume Him! And to think we have the privilege of being there! Every day!

Yes, every day we can (that is, are allowed, truly invited to) participate in the Mass. *But*, you say, *I already go to Mass every Sunday. Isn't that enough? I'm fulfilling my Sunday obligation.* To this, we must respond that if the motive for going to Church on Sundays is "to fulfill an obligation," no, it is not enough. Going ahead of time, on Saturday, with the intention of "getting it out of the way" so one can sleep in on Sunday or go out partying Saturday night, is worse yet. Neither the "obligatory" or the "let's get this over with" attitude will promote growth in holiness. If we love our Lord, going to see Him should be a pleasure! Participating in, not just "attending" Mass, is a privilege for the person who wishes to become closer to our Lord. Going to the boss's house for dinner can be an "obligation" to fulfill (or risk not getting that hoped for promotion). Going to our divine Boss's house for the Eucharistic meal should be enthusiastically looked forward to, wholeheartedly desired, and properly prepared for. That preparation includes the required one hour fasting from foods and beverages other than water, being in a state of Grace with no mortal sin on one's soul, dressing in one's "good clothes" (not blue jeans, low cut tops or shorts), and filling one's heart and soul with thoughts of Who one is about to receive. Reading then meditating on the scripture passages for the day is recommended. Prior to Mass it is good to ask our Lord to help us

concentrate on the celebration about to begin. Paying attention during Mass requires effort, surely, with mundane thoughts (and the Devil) tugging at our minds to distract us. Especially important is being alert and in focus during the Consecration, when we witness the miracle of ordinary bread and wine becoming Christ's Body and Blood. The Church's wise liturgical practice, sadly now in rare use, of the acolyte ringing a bell at this time signified this as the highpoint of the Mass and served as a "wake up call" to the congregation, telling them, *Look! Christ is arriving!* The consecration is a wonderful time to unite ourselves with Christ in offering Himself to the Father, as well as to petition God for our specific needs and those of our friends and family.



Immediately after receiving Communion, one should close oneself off from the world around one, draw close to Jesus, and focus on devotional thoughts. We are never closer to Jesus than the first 15 minutes after receiving Him—the amount of time the Church tells us He is truly and really Present in our body.

Attending weekday Mass—Monday through Saturday—should be a goal for those wishing to grow in faith. If it is possible to attend Mass daily, but one is not yet in that habit, a good way to begin is to make a good effort to add one or two extra weekday Masses, increasing the frequency as one is able to do so. During Lent one is always amazed at how attendance grows and is an indication that many more are able to participate in weekday Mass than do so on a year-round basis.

Second, for those whose schedule just does not allow for daily Mass participation, a visit—whether five minutes or fifty—to the Blessed Sacrament is nearly always possible. Just stopping by to "say hello" to Our Lord in His home on earth, the Tabernacle, allows us to acknowledge His Presence in the Eucharist.

Every one of us, even daily Mass goers, should make a visit daily to the Blessed Sacrament. Along the same vein, each time one passes a Catholic Church, one should make the sign of the cross, say a quick prayer or ejaculation such as *Jesus, present in the Blessed Sacrament, I love you*, or offer some other prayerful gesture of devotion.

Thirdly, in addition to visits to the Blessed Sacrament and greeting our friend Jesus in His churches, for those desiring to participate more frequently in Mass, but unable for reasons such as schedule, family, or health issues, to participate in Mass, the Church has provided us with the beautiful private devotion of making a Spiritual Communion. EWTN loyalists can probably hear at this very moment the lovely musical tones of the female voice inviting the shut-in who is unable to receive Holy Communion to join them in making a spiritual communion. Devotional books often include this kind of prayer. One of our favorites is the following:

Continued from page 5

JESUS, MY LOVE!

An Act of Spiritual Communion, said at night before retiring

Come, O my loving Redeemer!

Come and dwell within me during this night.

Come from the Tabernacle; come from the Ciborium.

Take my heart and make it a living and loving tabernacle, a holy abode for Thee to take Thy rest. I adore Thee, my Jesus!

I love Thee and I thank Thee. Take every beat of this poor heart of mine as an act of adoration, love and gratitude throughout the course of this night. Oh! That I may inhale Thy courage and strength, Thy charity, humility, obedience, patience and purity! May I imbibe a measure of Thy Love, Thy Spirit and Thy Life!

May Thou live in me as I take my rest, and fill me with Thy Holy Love, O my Jesus, Thou art my only Love!

In addition to Mass, spiritual communions and spur of the moment or planned Eucharistic visits, a fourth and tremendous opportunity for coming ever closer to our Lord is to make a holy hour in those wonderful chapels and churches where Eucharistic Adoration is held. Some have Perpetual Adoration, with adorers present 24/7 for 365 days of the year. Other churches may have adoration one day each week or month, such as on first Fridays of the month.

New adorers often ask, *What should I do there for an entire hour?*

The simplest answer: adore! As one story goes, St. John Vianney observed a local citizen making frequent visits to the Blessed Sacrament.

When he asked the man what he did there, the man replied, *I look at Him, and He looks at me.* Adoration is for prayer and meditation—formal prayers, mental prayer, the rosary, Divine Mercy chaplets are all good avenues to draw us to His Divine Presence. Reading should be limited to short devotional works or passages, on which one then meditates. Spending the majority of the time reading in front of the exposed Blessed Sacrament would be as rude as going to a friend's home and then sticking one's nose in a book, every once in a while giving the host or hostess a quick nod or a few words, but generally ignoring their presence. Remember, when we are in front of the Blessed Sacrament, we are in front of Christ Himself! We are as close to Him as when He walked the earth. And we can speak with Him and listen to Him just as the disciples could 2000 years ago.

Fifth, there is one act of adoration that NO one can find an excuse to omit: Eucharistic aspirations. These are short expressions of love, devotion and thanksgiving to our Lord for giving Himself to us in the Sacred Body and Precious Blood. One can compose one's own, or use those found in prayer books, such as the following:

Christ in the Holy Eucharist, I adore You!

Lord, increase my love for You in the Real Presence of the Eucharist!

Eucharistic Christ, teach me how to imitate your virtues!

And finally, throughout the day incorporate into your little daily living tasks the Eucharist and the thought of Jesus coming to you, Body, Blood, Soul and Divinity in the sacred Host and Precious Blood. As suggested in the booklet *My Eucharistic Day: Rules and Practices Recommended by Saint Peter Julian Eymard*, one can perform the following devotional acts:

- Before and after meals, withdraw and kneel down to greet Jesus for a moment.
- Several times during the day, such as when the clock strikes the hour, tell Jesus how much you love Him.
- Place yourself in spirit before the Tabernacle when beginning your morning prayer.
- On waking, in spirit go to the foot of the Tabernacle where Jesus, out of love for us, remains. Offer your day to Jesus, asking Him to preserve you from all sin and bless your day.
- Whenever beginning any work or occupation, first go in thought to the Tabernacle and ask Jesus for His blessings.

With such a wide variety of devotional practices, all of us have the ability to increase our faith and love for Jesus in the

Blessed Sacrament. The greater one's devotion to the Eucharist, the greater one's sense of peace. There is the physical sense of peace and quiet when present, praying, adoring in the Eucharistic Presence but there is also inner peace. Peace that satisfies. Peace that calms fear. Peace that fills one with the love of God. The "great school of peace" that is the Eucharist, in the words of

John Paul II. In the great spiritual and earthly peace the Eucharist provides, one finds one's prayers answered...and the answers to one's prayers!

In the spiritual life, one is never static. One either goes forward toward Our Lord, or backs away from Him by NOT progressing in our spiritual life. Jesus is waiting! Come to Him!



2008 Lenten Retreat - hard working Board Members, left to right: Terese Jensen, Richard Layer, John Trojack.



ARTHUR A. HERKENHOFF AWARD

Art Herkenhoff was a true friend and one of CPO's founding Board members. He was a hero in all the areas that truly matter: in Faith, Family and Pro-life involvement. Art had enormous courage in the face of opposition to proclaim the Truth of Jesus Christ and the Catholic Church, and he always exhibited true charity, humility and joy.

Each year CPO receives many outstanding nominations for the Arthur A. Herkenhoff Award. For the past four years the CPO Board of Directors has had the difficult task of choosing one Catholic person to receive this award. The following exceptional individuals were chosen for 2007 and 2008.

The 2007 Arthur A. Herkenhoff Award was presented to a very worthy recipient, **Mary L. Ball**.



Colleen Perfect, CPO President, Mary L. Ball and family members and Mrs. Kathleen Herkenhoff and family members.

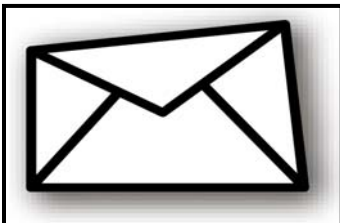
The 2008 Arthur A. Herkenhoff Award was presented to a remarkable gentleman, **John Gray**, shown below with his family.



Colleen Perfect, CPO President, John Gray, Mrs. Kathleen Herkenhoff and Herkenhoff family

The Board of Directors of Catholic Parents OnLine seeks the names of individuals who would be worthy of nomination for the 2009 5th Annual Arthur A. Herkenhoff Award. The persons nominated should exhibit the same qualities, principles and values which characterized the life and person of Art Herkenhoff: Faith, family, pro-life involvement, courage, charity and joy. This year's award will be presented at the CPO Annual Fundraising Luncheon to be held on Saturday, October 24th.

Please submit your nomination by October 1, 2009. You may complete the Online Nomination Form at: www.catholicparents.org/herkenhoff/index.html or contact us at 651-705-5409 and we'll be happy to mail you the form!



From the CPO Mailbag

CPO is so wonderful...even though my two children are adults, my son has nine children and I am able to share CPO with them whenever possible and for this we are truly grateful. I will continue to keep you all in my daily prayers at Mass.

Thank you for your website! My husband and I are raising 7 year old twin boys and life is so challenging! Your website is great!

Your video, A Parent's Guide:

Teaching the Truth and Meaning of Human Sexuality, was fantastic and beautifully done. I purchased one for our clients at [pro-life pregnancy center] to view. Hopefully it will help them start thinking in a totally different way about Jesus, human sexuality and commitment. Thank you for the wonderful works you produce.

As a subscriber to your e-mails, I have become a better parent and wife. I want to thank you for all you do and let you know it is appreciated.

I was so pleased to have come to the CPO Luncheon; it was truly a spectacular event. It really made my day, plus my week and maybe my month too. Congratulations on it! I hope Catholic Parents OnLine thrives; this is certainly the time for it, and the need is so great. I will pass the word as I can!

Heard you on Relevant Radio when I was in the car driving. Great Job. Thanks much for your witness.

You are a gift from God to me. This is exactly what I needed to pass on to my adult children, raised Catholic and not attending. Thank you! I also thank you for Fr. Altier's retreat; it was my first and I have no words for how much I enjoyed it! Thank you so

much for this ministry of Catholic Parents OnLine.

Thanks for sending the DVD's of your new guide for parents to teach God's beautiful plan for human sexuality. What a powerful way to help them combat the lies our youth have been fed for decades. God reward you for your love, sacrifice and perseverance in making this happen!

Your email messages and audios and videos make my day. God is really using you and your special ministry in the Catholic Church.

