

# MOMMY & ME

***Mommy and Me explores the  
challenging and rewarding  
journey of Catholic parenthood.***



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# To 360 or not to 360? Spying vs. trusting



Kim  
**ROBERTS**  
NOLA  
CATHOLIC PARENTING

Technology can be extremely helpful in day-to-day activities. I mean, who doesn't use at least one app at least once a day?

Whether it's to get from one location to another, to find a recipe, cruise social media or order from Amazon, we are a society that has become used

to the comfort and ease that technology provides.

As parents, we have gotten used to being able to look at life 360 and knowing where our youngest child was at any time. This really put our mind at ease during her high school years and made it easier to pick her up after functions and events.

Well, she has now started her freshman year of college, and we want to keep the 360 activated for safety purposes, but I have to fight the urge to look and see where she is in the evening and if she is at-

tending class during the day.

It's a dilemma, for sure, that I am wrestling with to tell the truth. I feel pretty confident that we taught her how to be safe and to know right from wrong. But, I still worry about her.

I have found solace in another app that I have been turning to whenever I feel the urge to check to see where my daughter is – the Hallow app. It has everything that I have needed – prayers, novenas, meditations, daily rosary, devotionals and daily saints. It has become my reminder

to just be still and breathe.

Whenever I open it, I immediately feel calm, inspired and in the presence of God. It has been just what I needed – no pressure, unguided, unscheduled prayer and reflection to help me “not spy on my daughter” (her words not mine).

What I've learned so far on this new journey of mine? I have to trust that the Lord will watch over her, and that he is also there for me when I need him as I travel through this uncharted territory.

Kim Roberts resides in River

Ridge with her husband. She also has two adult children and a teenager in college and is active at St. Matthew the Apostle Parish and its Home and School Association. She has been president of the Council of Catholic School Cooperative Clubs, has served on the Dominican High Parents' Club board and works with the Notre Dame Seminary Gala Committee and the Keep Christ in Christmas Committee. She has a bachelor of arts degree in journalism from Louisiana Tech University as well as a master of arts degree. She is a freelance writer.

## Partners in prayer save the day for lost senior ring

Recently, we celebrated my daughter's senior Ring Mass, and I cannot tell you how excited she was to finally wear her ring. She received it on a Friday and, the following Friday, she lost it! To say she was upset was an understatement.

My daughter rarely wears jewelry, so she thought it

had somehow slipped off her finger. We retraced her steps and then turned the house upside down, but nothing was found.

The next day I was searching again and was so distraught that I immediately sent a message to my Lectio Divina group for help. I simply texted this group of 11 ladies and said, “Would



Vivian Gonzalez  
**MARINO**  
NOLA  
CATHOLIC PARENTING

you all mind saying a quick Memorare prayer for Juliette because we lost her senior ring, and we need help finding it!”

Within seconds, I received responses from these wonderful ladies with prayer emojis and even some offering their time in adoration for her.

I texted the group at 11:34 a.m.; I found it at 12:36 p.m. in the most obscure place – at the bottom of her water bottle. How it got there is beyond me, but we found it! How did I find it – with the help of my friends and their prayers.

You see, about two years ago, I prayed to Mary and Jesus asking them to send me their best friends. I specifically asked them to send

one or even two people with whom I could enjoy talking about faith, family and life in general.

My prayer was answered almost a year later when I got the invitation to join this Lectio Divina group. Instead of sending one or two friends, he sent me a group! We have been meeting weekly for over a year now, and it truly is the best part of my week.

When I think of them, the parable of the paralytic man on the roof comes to mind. In Mark 2:2-11, a group of men are carrying a paralytic man on a mat in hopes that they can bring him to Jesus. Due to the crowds, their only option was to dig a hole in the roof so they could lower the man down in front of Jesus. Once they did this, Jesus forgave his sins and healed him.

My Lectio group is the equivalent of these men. They saw my need and, without hesitation, they brought it to Jesus and he answered their prayers for me.

At some point, we will

all take turns being that paralytic man, and having friends to dig those holes for you is the greatest gift God can give. My prayer now is for Jesus and Mary to send their best friends to my children!

Vivian Marino is a wife and mother to four children living in the New Orleans Lakefront area. She graduated from St. Mary's Dominican High School, Louisiana State University with a bachelor's degree in science, and then earned her master's in exercise physiology at the University of New Orleans. She has done research at Tulane School of Public Health and worked as a personal trainer. These days, she's busy raising her children – two boys and two girls ages 18, 16, 14 and 8. Her favorite things include spending time with her family, weekend dinners with her husband, hiking whenever she gets the chance and praying the daily rosary with her favorite online community, “Many Hail Marys at a Time.”



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Feathers*

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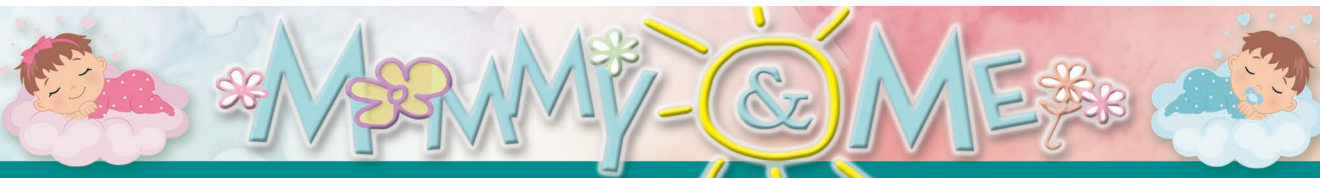


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# Morning offering starts the day with a glow

A typical thought I used to have in the morning was wondering how my day would turn out. I hoped it would be positive and free of issues and trouble.

But, then, I heard a priest talk about praying the morning offering, like religious men and women do when they awaken, and I decided to give it a try. It has changed my life.

The morning offering of prayers takes away the uncertainty of my long-term and immediate future. I recommend that everyone offer their prayers, works, joys and sufferings to God the first thing in the morning – before even putting one foot on the ground!



Greg  
**ZAMBRANO**

NOLA  
CATHOLIC PARENTING

Bible passages reinforce how the first and best of many things were offered to God: the first harvest and livestock were given to the temple; the best wine during the wedding feast at Cana; the first-born taken to the temple in Jerusalem to be consecrated to God as Jesus was in the Presentation of our Lord.

By doing this small task regularly, it has removed

doubt from my day. If God is the first person I talk to and think about, he will live in me all day. If I have had doubt at dawn, I now have direction at day break. I don't need to know where I am going or what is hidden, because God is by my side.

The direction I now travel with certainty is toward God. I have found happiness knowing God is by my side on this long and difficult path. He is my hope, my light, my salvation, my God.

You can teach your children the way toward happiness and peace in the morning, too, by orienting them toward God. I look forward to waking up each day greeting the Lord

with devotion.

Greg Zambrano was born in Colombia and raised in Miami, Florida. After serving in both the Marine Corps and the Air Force for 10 years, he became a stay-at-home father. He and his wife have been married for 19 years and have two daughters who

are now home-schooled. They enjoy going to nearby parks and playgrounds, especially when the weather cools down. Also, as a family, they enjoy going to the movies, eating at restaurants and attending Mass on Saturday at Our Lady of Prompt Succor Shrine on State Street.

## In the season of little ones, pray!



Kristen  
**BOURGEOIS**

NOLA  
CATHOLIC PARENTING

I knew my life would change once I got married. And, I knew it would change again when we had children. But I was quite naïve in how much life would change. One of the aspects of life that has really changed in this season of having little kids is my prayer life.

How do you keep your prayer life with little ones? It has been a lot of trial and error. I know some moms who wake before the kiddos for quiet prayer time. I know other moms who do prayer time while the children nap.

For me, I pray mentally throughout the day. Even if it's just to say, "Come, Holy Spirit." I've also had to learn to accept interruptions when I am able to say a rosary or when I sit to read or journal. It was St. Thérèse of

Lisieux who welcomed interruptions in her work, seeing them as the will of God. I am learning to practice that in my own life. And, it's not always easy.

I've also learned to share my prayer time with my little ones. This year, I decided to commit to a holy hour at our adoration chapel. Knowing that Jesus is waiting for me along with the person I am to relieve has kept me dedicated to prayer time with Jesus in adoration.

I used to make my holy hour by myself. But, as life happens, I am learning to pivot to my needs and the needs of my family. My 3-year-old son has been requesting to attend adoration with me. At first, I was a bit hesitant because, well, he is 3. I also didn't want to disturb other people's prayer time. But, I felt like the Lord was inviting me to share my time with him with my son and to be obedient in bringing the little ones to him.

I know what my prayer life was like before having a family. It was so rich, and I do really miss it.

I know the Lord is always teaching me something in every different season. The Lord is teaching me to persevere, to be creative and to share my prayer time with my little ones. I know I can look back at the season before children and be confident that God gave me what I needed in that season. And, I can trust that he will give me what I need in this season, too.

Kristen Bourgeois is a wife and mother who grew up in New York and now calls New Orleans home. Kristen was a police detective for 15 years investigating crimes for a local police department. Currently, Kristen is a stay-at-home momma with two boys and a girl. Kristen had a conversion while a detective and seeks to help parents find peace in the chaos of our daily lives. Hearing God's voice and finding ways to pray is a passion of Kristen who loves to discover a new chaplet or prayer app and share the Good News! Kristen loves adventure, traveling on horse-back, glamping, puppies and watching Disney's Bluey with her kiddos.

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# Seeing Jesus in the poor brings kids close to God

Parents of a young child feel the joy of active magical thinking over the holidays. This type of thinking is one reason children have a more direct relationship with God than adults, to whom God or even God's very existence can become hidden. As a child



Phillip  
**GARSIDE**

NOLA  
CATHOLIC PARENTING

matures, magical thinking confronts the hard structures

that the adult world has fabricated. We tend to train it out of children.

I am here to assure the reader that the magic does not have to end with the season or even with childhood.

Clever parents navigate child development so that children can engage their environment realistically, yet not lose a sense of wonder and reverence for mystery. This requires a long-term strategy. Thus, when Santa Claus is first sincerely questioned, my spouse and I give vague answers concerning the "Spirit of Christmas." This lets the child believe magically until they are ready to adapt otherwise. As the child matures and probes, we subtly connect that spirit to the general spirit of love. Ultimately, it is no shock when they slowly learn real story of Santa Claus" because they retain the most important thing – the awe of transcendent love made real in an immanent and tangible way.

Even when the Christmas season is over, we don't have to neglect our children's gift of magical thinking or its pedagogical potential. Parents can choose the values, virtues and mysteries they want their children to experience and use magical thinking to develop them.

For example, as you witness for your children by acts of charity toward an indigent, it is not crazy to let them know that you did that act because the indigent "is Jesus." Jesus told us that when we do for the least of our brothers and sisters, we do for him.

Moreover, your child's magical thinking will allow for a particular awe of charity unmatched in the adult world. As the child grows, he or she will become aware that a beggar is not "Jesus"

the same way that the incarnation walked the Earth two millennia ago.

But, like adults who experience the awe of Christmas in a new way, children so trained can experience the awe of charity at more profound levels when they become adults. The magic of experiencing and expressing love does not have to end with the Christmas season. It should continue in manifold ways throughout Ordinary Time and the entire year.

Phillip Garside has lived on the Gulf Coast his entire life. His spiritual formation took place at the hands of the Jesuits and the Carmelites. Both imprinted upon him their charisma of contemplation in action.

While Phillip enjoys his morning meditation on the hagiographies of each of the daily celebrated saints, the readings from the Liturgy of the Word and the Office of Readings when the sun comes up, he sees his task as maneuvering these meditations into a creatively sculpted, lived experience among his family, his profession, his parish and in society as a whole. By profession, Phillip has been a short order cook, an artist, an analytical scientist and an academic educator. He and his spouse Rebecca co-created and maintain three children in the hopes of one day jettisoning them into the world and infecting it with their Domestic Church's uniquely bizarre brand of Catholicism.

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## Infectious baby giggles



Sarah  
**MCDONALD**  
NOLA  
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children laughing!

Number 6 has an incredible laugh. He laughs and giggles at his dad, his siblings and me. It is contagious and it is amazingly fantastic. The best thing: it is uninhibited. It is pure, unadulterated joy. In their laughs and giggles, our babies model for us how God calls all of us to live – joyfully.

God speaks to our hearts through a baby's giggle.

So, next time you are feeling down or maybe unsure of God's presence in your life, listen to a baby laugh and let a baby's pure joy permeate your soul. I promise it's worth it!

Sarah McDonald is a wife and mother living with her family of eight in Metairie. Professionally, she works as director of communications for the Archdiocese of New Orleans. She and her family are avid sports fans who love to cook and spend time with family and friends.

There are a lot of things to love about having a new baby. There are snuggles and cuddles and smiles and coos, but one thing stands out to me: baby giggles.

I have been blessed with six happy and healthy babies. Each one of my babies has brought my family and me an incredible amount of joy.

Just when you think you know joy, though, listen to a baby giggle. Listen to a baby laugh. A good belly laugh from a baby cannot help but bring smiles to anyone who hears it. Their laughs are so extraordinary, I think I have a recording of each one of my



# Culture of welcome helps harried moms at Mass

Considering the challenges of managing young children during Mass, how do you show love and support to a family with littles?

Recedntly at Mass, we sat behind the sweetest family. A 2-year-old was accompanied by her parents, grandmother and newborn sister. She was curious, creative and community oriented. She wondered about the people around her, what they were doing, what objects they had and was willing to share information about herself.

Proud of her work, the little artist showed her accomplishments with the biggest



Ty  
**SALVANT**

NOLA  
CATHOLIC PARENTING

smile.

Of course, her parents encouraged her to be quiet and not distract those around her. We'd make eye contact, and I'd share a knowing smile with the parents to reassure them their daughter was not a problem.

I had a desire to make this little girl feel loved. So, whenever she showed me her artwork, I smiled, nod-

ded my approval or complimented the picture. She was appropriately quiet enough and did not distract from my Mass attendance. Instead, she allowed me to reflect Christ's love to her.

After Mass, I shared a few tips that helped me manage littles and reassured her parents that it gets easier.

Hopefully, that family will continue to come to Mass with their littles, even though it's a challenge. Maybe, they will extend grace to a family who needs to feel God's loving presence through them. Maybe another person saw me and lessened the scowl on their face because Mass

was not silent.

Answering God's call to love thy neighbor is not just about performing acts of kindness, but also about creating a welcoming and nurturing environment that allows others to feel God's presence through us. I can't think of a better place for that to occur than the church!

How are you creating a culture of welcome in your parish?

I believe we need to modify our expectations of motherhood to include space for women to practice self-care as a form of self-love and self-compassion.

*Ty Salvant is an advisor, wife of 22 years, homeschooling mom of six, avid volunteer and author who helps women achieve a whole, balanced, and fulfilled family, marriage and self through workshops, retreats, and events. In her weekly blog, Time with Ty, she shares information and resources to help women invest in themselves, their marriages, families, and communities by offering relevant, succinct blogs to encourage, inspire and motivate readers to live their best life while not neglecting themselves. She enjoys movies, reading, games and spending time with friends and family.*



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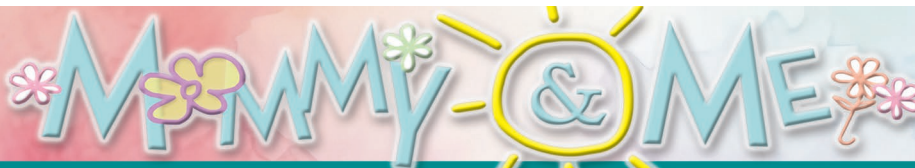
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# Develop your 'divine friendship' with Jesus

Friendship is described in Wikipedia as a relationship of mutual affection between two people. Encyclopedia Britannica's definition is a state of enduring affection, esteem, intimacy and trust for another.

What is the purpose of friendship and are we called to have a friendship with God who is Divine?

In the Gospel of John 15:13 Jesus describes friendship as "Greater love has no one than this, that someone lay down



Lisa  
**JANUSA**

NOLA  
CATHOLIC PARENTING

his life for his friends." This is the highest example of friendship, but are we capable of this kind of sacrifice?

In the beginning of creation, God made man and woman for each other. They

were not meant to be alone. We experience our first friendships in our families. Later, we make friends on the playground, in school, church and neighborhoods.

It isn't easy to make and keep friends. Soon, we learn that friendship is something we must cherish and develop if we want it to bless us. If we are selfish, then friendships will be shallow and self-serving.

Our good and bad friendships will form us. Parents need to guide their children in choosing their friends. What

about our friendship with God? Does God want a true friendship with each of his children? Yes, and God made us to be in divine relationship with him.

"I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father" (John 15:15).

God loves us and desires that we be his friend. Let us be friends with God because

his friendship is divine and will lead us to true and eternal happiness. What a friend we have in Jesus.

*Lisa Janusa is a mother and grandmother in New Orleans and has been a St. Dominic Church parishioner with her husband for 50 years. A big part of her life has been spent serving God through various music ministries in St. Dominic Church and School. She is proud of her Catholic faith and is happy to share her knowledge and experiences in her life with the readers.*

## Children can learn to be a light for their classmates



Gavin  
**LEWIS**

NOLA  
CATHOLIC PARENTING

As children are in the midst of the new academic year, they have a wonderful opportunity to embrace Jesus' teachings and be a light for others in their school halls. Imagine how the world would be if every student walked with compassion, kindness and love, just as Jesus did.

"Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven" (Matthew 5:16).

We are called to be a light for others, just as Jesus was a light in the world. By showing kindness, love and respect to our peers and teachers, we illuminate the way for those around us and reflect God's goodness.

Kindness is also a powerful virtue that can transform our school environment. When

we choose to be kind, we mirror God's love and forgiveness, creating a compassionate atmosphere that uplifts and encourages everyone.

Our words also hold tremendous power. Encouraging and uplifting words can brighten someone's day and bring joy to their hearts. Let us choose our words carefully, spreading positivity and uplifting others.

By walking with Jesus in our school halls and being a light for others, we can create a warm and loving environment where everyone feels valued and cared for. By embracing compassion, kindness and humility, we can truly make a difference in the lives of those around us.

Let us shine brightly, just like the stars in the night sky, illuminating the world with God's love and grace.

*Gavin C. Lewis Sr., a native of New Orleans, is married and has four young children. He is a graduate of McDonogh 35 Senior High School, earned a bachelor's degree from the University of Louisiana at Lafayette, a master's in educational leadership from the*

*University of Holy Cross and is currently a full-time student on track to earn a doctorate in*

*organizational development. He enjoys reading, traveling with his family, going to sporting*

*events with his son, swimming and playing dress up with his three daughters.*

## Mom, would you just say a prayer?

I think my favorite and most memorable NOLA Catholic Parenting blogs are those of parents writing about lessons learned from their precious children. My heart swells when a child's value is recognized, and I am especially touched when God speaks to us through these little ones.

Over the past year, my 11-year-old son encountered what seemed like a significant challenge even for an adult.

When initially presented to me, my mind went to work formulating possible courses of action. My son listened to my brainstorming and then simply asked if I would say a prayer – which was not on my list of possible solutions. In fact, I had not even stopped to pray before trying to solve the



Charla Spalluto  
**MISSE**

NOLA  
CATHOLIC PARENTING

problem.

Praise and thanks be to God for my son! I was awestruck by his witness to the power of prayer and profoundly inspired by his strength of faith. A moment like that can change everything.

I do try to pray before taking action or making decisions, because I want to be aligned with God's will. When presented with this challenge, though, I jumped at the chance to fix things.

I am so deeply grateful that my son pulled me to my senses in such a gentle and respectful way. He reminded me

to be humble and trusting. And, what better solution than to surrender to God's plan and put our future in his hands.

The Lord shepherded us through, and my son overcame the challenge with grace and strength. Thank you, Lord, for the blessings you send to us in and through our children.

*A native of New Orleans, Charla Misse feels blessed to worship, work and play in her hometown. She supports various charitable organizations, sits on the finance committee for St. Dominic Church and is a Boy Scouts of America den leader and religious emblems coordinator. Things that make her happy are laughing with her family, baking for her loved ones, exercising outdoors, visiting the adoration chapel and picking her son up from school.*



# Storing up treasures in the attic can get in the way

For years, when my kids outgrew their clothes, I packed them up to store in the attic. What started out as a sensible practice while in the season of having babies slowly turned into a bad habit. The more I packed and saved, the more it fed my fears of God not providing for us in the future.

I'm not saying that saving my eldest son's clothes for his younger brothers was wrong. My boys are all two years apart. That was just common sense! In that case, saving was prudent.

But eventually, God helped me to recognize that some of my saving was spiraling into hoarding. When I packed everything away, it helped maintain my disordered views of self-reliance.

We have been blessed with an amazing support system in our homeschooling community. Instead of saving things



Jenny  
**DENDINGER**  
NOLA  
CATHOLIC PARENTING

for the future or donating to local charities, many families offer their items to our group first. We can also post requests for help with clothes or even furniture, and assistance is almost always covered in record time.

The generosity I have witnessed has been such a beautiful and uplifting example to me!

I recently helped a sweet friend push her stroller into church as she carried her baby inside. While it rolled just fine, I noticed that the basket underneath was ripped, and we had trouble getting the seat

to recline once her baby fell asleep.

As I sat in church, God reminded me that I had a stroller in my attic. We had stored it there years ago, just in case we needed it again one day. I joyfully realized that day had come!

My friend's face lit up when she saw my stroller, and I was equally excited to offer it to her. At first, she was hesitant to accept. What if I needed it again?

"Well," I said with a confident smile given to me from experience, "if that happens, then God will provide."

*Jenny Dendinger is a Louisiana native who married her high school sweetheart, Buddy, after he stole her heart at their neighborhood bus stop over 20 years ago. She currently spends her days perpetually reheating her coffee while clinging to Mama Mary for help as she home schools their five*

*children. Because big family life is always full of surprises, she is a firm believer in the vital refreshment that results from continuing to date her husband. She is also known to appreciate the comfort of her daddy's Monday night red beans, the thrill of hunting for treasure at garage sales and the satisfaction of a sweet victory on family game night. While her*

*house has all the familiar traits of a homeschooling family – hopelessly messy and overflowing with books – her favorite lessons involve putting aside their formal work and going beyond the walls of their home to put their faith into action. Jenny constantly strives to live simply, speak truthfully, give generously and pray unceasingly.*

## The tree of life protects us all



Ana  
**BORDEN**  
NOLA  
CATHOLIC PARENTING

We have a massive cypress tree that shades us from the summer sun. By the time fall rolls around, with each breeze, the leaves fall through the end of the year. Our yard becomes topped with a golden-brown layer throughout most of the first half of winter.

With the help of our younger two, we find joy raking all of the leaves and relocating them into our flower beds, providing a deep layer of mulch to protect the Louisiana irises, our sweet bay magnolia and other plants. There are so many leaves, we fill an entire

garbage can to use the next fall!

As the leaves decay, it is amazing knowing how it is helping new life grow by actually revitalizing the soil. The leaves protect plants from cold temperatures while they continue to develop and prepare to bloom in spring and make their appearance in a few weeks.

I can't help but find comparisons of our very tall, old and cherished tree to stories from the Bible. Jesus talked about the kingdom of heaven being like a tree. He loved us so much that he died on one.

Trees provide us shade, absorb water to protect us from floods, provide beauty and nurture and protect us and the animals in our kingdom under its branches. Even in the "death" of its leaves, he lives on, continuing to protect new life so as to prosper and live his word.

Often times, I hear neigh-

bors express the nuisance and burden of fallen leaves. Instead, let's embrace picking up leaves as if they are messages from Jesus and his love for us, and use our energy to exercise our minds to see the joy of new life while "spreading" Jesus' messages.

*Ana Batista Borden is a native New Orleanian, wife, mother, architect and Roman Catholic. She and husband Brad juggle their own businesses – hers is AMB2 Architecture, LLC – while finding balance navigating life with little ones in the Catholic faith and as active parishioners at their church. She enjoys walking adventures with her family, wedding cake snowballs and drawing and painting anything that has to do with buildings. Her favorite quote is from Pope Benedict XVI: "The world offers you comfort. But you were not made for comfort. You were made for greatness."*



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# Reflecting on my temperaments helps me grow

Investigating your temperaments is a great way to know better what gifts God has given you.

We all have four temperaments: sanguine, melancholic, phlegmatic and choleric. Jesus is the perfection of all temperaments.

Most people have a primary temperament that consists of a person's inclinations, emotional responses and dispositions. Understanding our temperaments and how we relate to others is respected in our Catholic faith and can help us grow in virtues.

In my Catholic coaching program, we have been taught about the temperaments God has gifted us with. We can become more self-



Gina  
**STERNFELS**

NOLA  
CATHOLIC PARENTING

aware of these gifts, which helps us know about our contributions, motivations and weaknesses.

St. Theresa of Avila often spoke of growing close to the Lord through our self-awareness.

It has been interesting to understand myself, which helps my relationships with my husband and kids. As a woman, I have often struggled with comparing myself

to others. God does not want me to compare myself to anyone else. God creates uniquely, so he calls me to take responsibility and know I am made in his image.

I am to trust him and grow in my relationship to know him. That can only be if I learn to love myself the way he loves me. I desire that for myself and my family.

I choose to grow more virtuous with him. I choose for my kids to see me develop a deeper awareness of myself through my temperaments. I can model what it looks like to contribute goodness to myself, my family and the world around me while I grow closer to the Lord.

There are many places to learn about your temperaments. To learn more about temperaments, I recommend the book, "The Temperament God Gave You," by Art and Laraine Bennett.

You can also take a free online assessment with Metanoia Catholic at <https://s.metanoiacatholic.com/of-cywtau>.

Gina Kurtich Sternfels grew up in Plaquemines Parish. She graduated from Immaculata High School and Louisiana State University where she studied fine arts and psychology. She now resides on the northshore with her husband, Roland, and three boys (ages 20, 18, 17). She is passionate about disabilities

as she has a son with autism. Dealing with boys and autism in the house has kept her on her toes, and she embraces life as "never boring!" She participates on the Archdiocese Commission on Persons with Disabilities. With Roland, she has been part of Catholic Engaged Encounter for many years. She and her family are parishioners at Most Holy Trinity Catholic Church in Covington. She has joined the Encounter School of Ministry to dig deep and learn more about her faith in a new way. She is working on being still, to hear the Father's voice and use her gifts of creativity amidst the business of day-to-day life as a momma ... on path with purpose!

## Jesus is our 'still point' on the dizzying swing of life



Charlotte  
**PHILLIPS**

NOLA  
CATHOLIC PARENTING

A few weeks ago, I went to City Park's Carousel Gardens with my family and found myself on the swings with our 7-year-old. We both excitedly buckled ourselves into our swing – him in the swing in front of me.

As we began to swing in circles, I couldn't help but think, as I get older, these rides seem to spin faster and faster. Just as I was starting to get dizzy, my sweet boy yelled, "Mama look, I'm flying!" as he extended his arms out like an airplane.

In that moment, I forgot about being dizzy. My son became my still point, turning my swirling and blurry vision to joy as I was able to completely focus on his giggles as we flew in our swings.

As I was swinging with my son, I could have let the dizzy feeling take over. I could have let it turn my stomach in circles, having me count down the minutes until the ride was over. I could have stayed inside my own head, letting the fear that had crept in take over and rob me of the fun I had on this ride.

Instead, I heard the joy in my son's voice and his sweet laugh. I focused on him and his happiness, not on the scenes passing me by in a blur.

As we continued to swing, I heard a little whisper from

God, "Jesus is our still point." I smiled as I tucked this thought in the back of my mind and stretched my arms out to fly with my son.

Later in prayer that night I thought, Jesus is our still point on the swing of life. How many times on this "swing of life" have we let fear creep in, letting ourselves get dizzy and swirl? How many times have we missed Jesus being our still point, excitedly reminding us to put our focus on him, and to embrace the joy that is this swing of life?

As we get older, time does seem to go by faster and faster. This doesn't mean we have to watch our life go by in a blur; we don't have to be dizzy counting down for time to slow down. We just have to find our still point in



Photo | ADOBE STOCK

Focusing on Jesus can give anxious parents a "still point" to handle life's ups and down, NOLA Catholic Parenting columnist Charlotte Phillips writes.

Jesus, embrace the joy of life and enjoy the ride.

Charlotte Phillips lives in New Orleans with her husband, Kevin and their four children. Professionally, she is the development and events coordinator

for Tulane Catholic. She has a bachelor of arts in theology and a master of pastoral studies from Spring Hill College. Charlotte enjoys Mardi Gras, listening to live music and spending time with her family.



## Prayer pals, even virtual, keep the faith flourishing

**D**o you know how most things are better with friends or family around? Learning about God and our beautiful Catholic faith is no exception.

About two years ago, I received a call from a fellow parishioner asking me to help her start a "Walking with Purpose" ministry in our parish. I really didn't need more on my plate, but when she explained that it was a Bible study, I realized I had just been thinking



Stacy  
**LAMORTE**

NOLA  
CATHOLIC PARENTING

how much I would love to learn to read the Bible in a meaningful way, so I agreed!

We are going on our third year with a women's Bible study ministry in our parish.

We now have morning and evening offerings, and I have gotten as much out of it as I have put into it. Week after week, meeting with the same friends to dive deeper into God's word is fortifying my faith. Even when I don't feel like doing the work or showing up, I know that I am going to grow in faith and have fun.

I was also invited by another friend to pray the rosary at 6:45 a.m. daily with a group of Catholics on YouTube at

"Many Hail Marys at a Time." Some days, there are over 1,000 viewers praying live together from all over the world! While that doesn't have the same interpersonal experience as sitting around a quaint, pink linen-draped table with my friends, it does make me feel like a part of community, and I miss it when I don't do it.

If you haven't ever tried joining a prayer or Bible study group, why not put that on your goals to reach

before the end of the year?

*Stacy Glynn LaMorte is a wife and mother of three teenagers. She is a Personal Trainer and is also enjoying her new profession as an ADHD and Life Coach to adolescents and adults. She feels that coaching is a culmination of her passions: faith, family, education, and fostering change. In addition, she enjoys spending time with her family and her two dogs, gardening, writing, travel, reading and exercising.*

## Scars of Christ are testament that we can overcome

**W**hile discussing the way of the cross, my daughter said, "I do not like to see Jesus with scars or bleeding."

I reminded her that the Bible teaches us that scars are painful, but they also represent healing. She realized she had to think about it in a different perspective. "Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have" (Luke 24:39).

Even though our earthly bodies may be weak and even die, our spirits are alive and well. It is not about the flesh and bones or even the scars; it is about the miracle that is to come with healing – the resurrection.

When we think of Jesus, we think of the human experience of his scars. As humans, our scars are where our spiritual strength can strengthen us; each scar is a testament that we are overcomers. This spiritual strength helps us to



Kristy  
**SOLIS**

NOLA  
CATHOLIC PARENTING

heal, to move on and to spiritually grow.

My hope is when my daughter sees anyone's scars, including Jesus', she will see it is only a part of the story.

All scars tell a story, which is greater than pain. The story is one of power to heal and restore in Jesus' name. Jesus shows us that this is a testament of what God has brought us through, and it will encourage others.

Just as we share Jesus' story, we need to be willing to share our spiritual story as well.

*Kristy Solis grew up in Metairie, where she still resides with her family. Professionally, she has practiced as a registered nurse and a family nurse practitioner.*

*Currently, she serves full-time as a nursing faculty member with the University of Holy Cross. Personally, Kristy's husband serves the country in the United States Army. She has two young daughters and one young-at-heart papa. Her family is blessed to be part of Our Lady of Prompt Succor Catholic Church family in St. Bernard. Kristy's favorite things: to pray with her family and experience new adventures with them.*

## Christmas sing-a-long at Notre Dame Seminary's outdoor creche Dec. 3

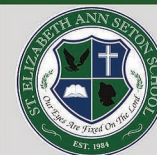


Photo by Jonelle Foltz | CLARION HERALD

In celebration of the fifth anniversary of the Clarion Herald's NOLA Catholic Parenting columns, the public is invited to attend the lighting and blessing of the outdoor creche Sunday, Dec. 3 on the front lawn of Notre Dame Seminary, 2901 S. Carrollton Ave. in New Orleans. The creche will be blessed by Father Joshua Rodrigue, rector-president of the seminary, at approximately 6 p.m., following evening vespers. The seminary's schola will sing.



St. Elizabeth Ann Seton School does not discriminate on the basis of race, color, national and ethnic origin in the administration of its educational policies.



**Saint Elizabeth  
Ann Seton**

*Catholic Elementary School*

**Grades Pre-K1 through 7**

For Information 504-468-3524

Private Tours Available

4335 Sal Lentini Pkwy.

Kenner, Louisiana 70065

[www.seasschool.org](http://www.seasschool.org)

[elizabeth@archdiocese-no.org](mailto:elizabeth@archdiocese-no.org)





# List of pre-school programs in archdiocese

The following is a list of programs for 3-year-olds in the Archdiocese of New Orleans, as reported to the Clarion Herald. Programs for even younger children are also listed, where applicable. In addition to the listed open house dates, schools offer pre-scheduled tours and/or tours by appointment. Contact the school office for each school's visitation policy and availability of before- and after-care.



Catholic Values in the Salesian tradition of  
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*It's a great time to be a Charger!*



I.C.S. does not discriminate on the basis of race, color, national or ethnic origin in the administration of its policies.

## ORLEANS PARISH (EAST BANK)

### ACADEMY OF THE SACRED HEART

Girls only. "Little Hearts Early Learning Program" offers half-day and full-day options five days a week for 1-, 2-, 3- and 4-year-olds. Before- and after-care available. Summer camp opportunities for 1-, 2-, 3- and 4-year-olds also. Private tours available by appointment.

**PHONE:** (504) 269-6509  
**E-MAIL:** [Ineil@ashrosary.org](mailto:Ineil@ashrosary.org)  
**WEBSITE:** [www.ashrosary.org/littlehearts](http://www.ashrosary.org/littlehearts)

### CABRINI HIGH SCHOOL

1400 Moss St.  
Full-day "Crescent Cradle" preschool for ages 6 weeks through 3 years.

**OPEN HOUSE:** Tours for prospective parents are scheduled Tuesday through Thursday at 2 p.m.  
**PHONE:** (504) 482-3670  
**E-MAIL:** [ajasmin@cabrinihigh.com](mailto:ajasmin@cabrinihigh.com)  
**WEBSITE:** [www.cabrinihigh.com](http://www.cabrinihigh.com)

### CHRISTIAN BROTHERS SCHOOL - CANAL STREET CAMPUS

4600 Canal St.  
Pre-K4, Coed, Full day  
**PHONE:** (504) 488-4426  
Visit website for information about admissions and school tours.  
**E-MAIL:** [school@cbs-no.org](mailto:school@cbs-no.org)  
**WEBSITE:** [www.cbs-no.org](http://www.cbs-no.org)

### CUB CORNER PRE-SCHOOL

420 Allen Toussaint Blvd.  
**E-MAIL:** [grillotg@bellsouth.net](mailto:grillotg@bellsouth.net)  
**PHONE:** (504) 286-8673

### HOLY CROSS PRIMARY

5500 Paris Ave.  
Pre-K4 program for 4-year-olds offers a project-inspired environment which provides a variety of opportunities for students to explore and discover the world around them. Campus tours by appointment.  
**PHONE:** (504) 942-3100  
**E-MAIL:** [jwatson@holycrosstigers.com](mailto:jwatson@holycrosstigers.com)  
**WEBSITE:** [holycrosstigers.com](http://holycrosstigers.com)

### HOLY NAME OF JESUS

6325 Cromwell Place  
Year-round, full-day daycare for children 6 weeks to 2 years old. PK-3 and PK-4 programs offered five days a week. Private school tours available by appointment. Applications on the website.  
**PHONE:** (504) 861-1466

**E-MAIL:** [admissions@hjnjschool.org](mailto:admissions@hjnjschool.org)  
**WEBSITE:** [www.hjnjschool.org](http://www.hjnjschool.org)

### RESURRECTION OF OUR LORD

4861 Rosalia Drive, New Orleans  
Pre-K programs for 3- and 4-year-olds. Full day, five days a week. Private tours available by appointment.  
**PHONE:** (504) 243-2257  
**E-MAIL:** [resurrection@roolschool.org](mailto:resurrection@roolschool.org)  
**WEBSITE:** [resurrectionrams.org](http://resurrectionrams.org)

### ST. ANTHONY OF PADUA PRESCHOOL

4601 Cleveland Ave. Full-day Montessori program for ages 2 and 3. Tours available by appointment  
**PHONE:** (504) 488-8510  
**E-MAIL:** [stanthonyofpaduapreschool@gmail.com](mailto:stanthonyofpaduapreschool@gmail.com)  
**WEBSITE:** [www.sapparish.org](http://www.sapparish.org)

### ST. DOMINIC

6326 Memphis St.  
Full-day 3- and 4-year-old programs  
**OPEN HOUSE:** November 14 at 9 a.m.  
**PHONE:** (504) 482-4123  
**E-MAIL:** [info@stdominicnola.org](mailto:info@stdominicnola.org)  
**WEBSITE:** [stdominicnola.org](http://stdominicnola.org)

### ST. JOHN BERCHMAN'S CHILD DEVELOPMENT CENTER

2710 Gentilly Blvd.  
Programs for 18 months to 4-year-olds.  
**EMAIL:** [stjohnberchmans1@gmail.com](mailto:stjohnberchmans1@gmail.com)  
**WEBSITE:** [stjohnberchmansccdc.weebly.com](http://stjohnberchmansccdc.weebly.com)

### ST. MARY'S ACADEMY

6905 Chef Menteur Blvd.  
Full-day programs for age 4 (7:40 a.m. to 2:45 p.m.); extended day available for an additional fee. Private tours by appointment.  
**PHONE:** (504) 245-0200, ext. 119  
**E-MAIL:** [tmasseyhaynes@stmarysno.org](mailto:tmasseyhaynes@stmarysno.org)  
**WEBSITE:** [www.smaneworleans.com](http://www.smaneworleans.com)

### ST. PIUS X

6600 Spanish Fort Blvd.,  
Full-day 3- and 4-year-old programs.  
Private tours by appointment.  
**PHONE:** (504) 282-2811  
**E-MAIL:** [kschneider@spxno.org](mailto:kschneider@spxno.org)  
**WEBSITE:** [www.stpiusxno.org](http://www.stpiusxno.org)

### ST. STEPHEN

1027 Napoleon Ave.  
Full-day 2-, 3- and 4-year-old programs.  
**PHONE:** (504) 891-1927  
**E-MAIL:** [rkendrick@arch-no.org](mailto:rkendrick@arch-no.org)  
**WEBSITE:** [www.ststephencs.org](http://www.ststephencs.org)

## STUART HALL SCHOOL FOR BOYS

2032 South Carrollton Ave.  
Boys' only. Full-day 3- and 4-year-old programs. Private tours available by appointment.  
**PHONE:** (504) 861-5384  
**E-MAIL:** [admissions@stuarthall.org](mailto:admissions@stuarthall.org)  
**WEBSITE (ADMISSIONS):** <https://stuarthall.myschoolapp.com/app/login/apply>

## URSULINE ACADEMY

2635 State St.  
Early Childhood Program: Lily House Nursery (6 weeks to Toddler 1-year-old program); 10- and 12-month full-day programs available. Half- and full-day Toddler 2 and 3. Full-day pre-kindergarten and kindergarten.  
**EARLY CHILDHOOD TOURS:** Dec. 2 (9, 10 a.m.)  
**PHONE:** (504) 866-5292  
**E-MAIL:** [admissions@uanola.org](mailto:admissions@uanola.org)  
**WEBSITE:** [go.uanola.org](http://go.uanola.org)

## ORLEANS PARISH (WEST BANK)

### ST. ANDREW THE APOSTLE (ALGIERS)

3131 Eton St.  
Blue Ribbon Lighthouse School of Excellence. Full-day pre-K for 8-week-, 1-, 2-, 3- and 4-year-olds. Entire school composed of 8-week-olds to seventh grade. Tours on by appointment on the website.  
**PHONE:** (504) 394-4171  
**E-MAIL:** [info@sasno.org](mailto:info@sasno.org)  
**WEBSITE:** [www.sasno.org](http://www.sasno.org)

## JEFFERSON PARISH (EAST BANK)

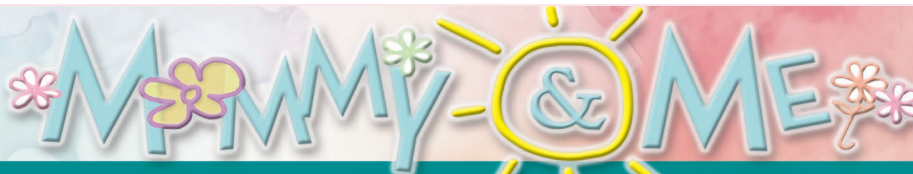
### ST. ANGELA MERICI, METAIRIE

835 Melody Drive  
2-, 3- and 4-year-old programs. Tours by request.  
**PHONE:** (504) 835-8491  
**E-MAIL:** [pbennett@stangelaschool.org](mailto:pbennett@stangelaschool.org)  
**WEBSITE:** [www.stangelaschool.org](http://www.stangelaschool.org)

### ST. ANN, METAIRIE

4921 Meadowdale St.  
2-year-old and 3-year-old programs: offer options of five full days, three full days or three half days. Full-day 4-year-old program offered three or five days a week.  
**OPEN HOUSE:** Jan. 10, 7 p.m. Plus, tours every Monday and Thursday at 9:30 a.m.  
**PHONE:** (504) 455-8383  
**E-MAIL:** [stann@stannschool.org](mailto:stann@stannschool.org)  
**WEBSITE:** [www.stannschool.org](http://www.stannschool.org)





## PRE-K3

► From PAGE 10

### ST. BENILDE, METAIRIE

1801 Division St.  
Pre-K1 and Pre-K2 programs; full-day, 12 month program, after care available. Pre-K3 and Pre-K4 programs; full-day, after care and summer camp available. Private tours available by appointment.  
**PHONE:** (504) 833-9894  
**E-MAIL:** sdefourmeaux@stbenilde.com  
**WEBSITE:** www.stbenilde.com

### ST. CATHERINE OF SIENA, METAIRIE

400 Codifer Blvd.  
Full-day 3-year-old program  
**OPEN HOUSE:** Nov. 16, 6 and 7 p.m. To register for Open House, visit scsgators.org/openhouse  
**PHONE:** (504) 831-1166  
**E-MAIL:** jcarroll@scsgators.org  
**WEBSITE:** scsgators.org

### ST. CHRISTOPHER, METAIRIE

3900 Derbigny St.  
Year-round, full-day daycare for 6 weeks to 2 years old. Full-day 3- and 4-year-old programs offered five days a week.  
**OPEN HOUSE:** Jan. 11, 6-7:30 p.m. Private tours available by appointment at website.  
**PHONE:** (504) 837-6871  
**E-MAIL:** rtrahan@stchristophersschool.org  
**WEBSITE:** stchristophersschool.org

### ST. CLEMENT OF ROME, METAIRIE

3978 W. Esplanade Ave.  
Full-day 2-, 3- and 4-year-old programs. Tours are available upon request. Email admissions@scrschool.org  
**PHONE:** (504) 888-0386  
**E-MAIL:** kdownes@scrschool.org  
**WEBSITE:** scrschool.org

### ST. EDWARD THE CONFESSOR, METAIRIE

4901 W. Metairie Ave.  
LA Type 1 pre-K1 and pre-K2 open year-round. Full-day 1-, 2-, 3- and 4-year-old programs. Virtual open house/virtual tour available at steddyschool.com  
**OPEN HOUSE:** Nov. 16, 9 a.m. and 7 p.m.  
**PHONE:** (504) 888-6353  
**E-MAIL:** submit@steddyschool.com  
**WEBSITE:** steddyschool.com

### ST. ELIZABETH ANN SETON, KENNER

4335 Sal Lentini Pkwy.  
1-, 2- or 3-year-old programs offered as three or five full-day options. Full-day 4-year-old program offered five days a week.

**PHONE:** (504) 468-3524  
**E-MAIL:** office@seasschool.org  
**WEBSITE:** seasschool.org

### ST. FRANCIS XAVIER, METAIRIE

215 Betz Place  
Full-day 2-, 3- and 4-year-old programs. Private school tours available (Monday, Thursday and Friday) by appointment. Virtual tour of school at school.stfrancisxavier.com. Beginning Dec. 4, applications will be accepted online.  
**PHONE:** (504) 833-1471  
**E-MAIL:** jwelly@stfrancisxavier.com  
**WEBSITE:** school.stfrancis.com

### ST. LOUIS KING OF FRANCE, METAIRIE

1600 Lake Ave.  
Full-day programs for ages 6 weeks through 7th grade. Private tours available year-round.  
**PHONE:** (504) 833-8224  
**E-MAIL:** alouis@silkschool.com  
**WEBSITE:** silkschool.com

### ST. MATTHEW THE APOSTLE, RIVER RIDGE

10021 Jefferson Hwy.  
10 months or 12 months full-day program for infants (starting at 6 weeks), 1- and 2-year-olds. St. Matthew the Apostle School also offers pre-K3 and pre-K4 programs. Private tours daily by appointment. Go to smaschool.net.  
**PHONE (LITTLE CRUSADERS):** (504) 737-2887  
**E-MAIL (LITTLE CRUSADERS):** reedc@smaschool.net  
**PHONE (SCHOOL):** (504) 737-4604, Ext. 300  
**E-MAIL (SCHOOL):** bonurat@smaschool.net

### ST. PHILIP NERI, METAIRIE

6600 Kawanee Ave.  
Programs available for ages 6 weeks and up. To book a private tour, call the school.  
**PHONE:** (504) 887-2322  
**E-MAIL:** lrobinette@stphilipneri.org  
**WEBSITE:** stphilipneri.org

### ST. RITA, HARAHAH

194 Ravan Ave.  
"Tiny Trots" programs for 2-, 3- and 4-year-olds. Private tours available on Tuesdays by appointment.  
**PHONE:** (504) 737-0744, ext. 1000  
**E-MAIL:** schooloffice@stritaharahan.com  
**WEBSITE:** stritaharahan.com

### ST. THERESE ACADEMY, METAIRIE

6421 W. Metairie Ave. (on campus of St. Mary Magdalen Parish)  
Pre-K4 program available.  
**PHONE:** (504) 513-4400  
**WEBSITE:** sttheresenola.org

### JEFFERSON PARISH (WEST BANK)

### IMMACULATE CONCEPTION, MARRERO

601 Ave. C  
Guardian Angels Early Learning Center at Immaculate Conception School. Full-day programs for nursery, 1-, 2- and 3-year-olds. Private tours available by appointment.  
**PHONE:** (504) 347-4409  
**E-MAIL:** r.rawle@icschargers.org  
**WEBSITE:** icschargers.org

### OUR LADY OF PROMPT SUCCOR SCHOOL, WESTWEGO

531 Avenue A  
Full-day pre-K3 and pre-K4 program Monday through Friday. Private tours available by appointment.  
**PHONE:** (504) 341-9505  
**EMAIL:** aussin@arch-no.org  
**WEBSITE:** olpspanthers.org

### ST. CLETUS, GREINA

3610 Claire Ave.  
Full-day 3- and 4-year-old programs. Private tours by appointment.  
**PHONE:** (504) 366-3538, ext. 100  
**E-MAIL:** jgrabert@stcletuscolts.com  
**WEBSITE:** stcletuscolts.com or plusportals.com/stcletus

### VISITATION OF OUR LADY, MARRERO

3520 Ames Blvd.  
Full-day 2-, 3- and 4-year-old programs. Private tours available upon request.  
**PHONE:** (504) 347-3377  
**E-MAIL:** volschool@vol.org  
**WEBSITE:** school.vol.org

### PLAQUEMINES PARISH

### OUR LADY OF PERPETUAL HELP SCHOOL, BELLE CHASSE

8970 Hwy. 23  
The Early Learning Center offers year-round options for infants to 2 years old. The school provides classes for Pre-K3 through seventh grade.  
**PHONE:** (504) 394-0757  
**E-MAIL:** olphbc@olphbc.org  
**WEBSITE:** school.olphbc.org

### ST. BERNARD PARISH

OUR LADY OF PROMPT SUCCOR, CHALMETTE  
2305 Fenelon St.

Full-day Pre-K3 and Pre-K4 programs. Also, part-time Pre-K3 program available on Monday, Wednesday, Friday. Semi-private tours Nov. 8, 15, 29 (grades Pre-K3 through 1, 9-10 a.m.; grades 2-7, 10-11 a.m.). Must call to schedule a tour. Also, "A Night with the Patriots" on Jan. 10, 4:30-6 p.m.  
**PHONE:** (504) 271-2953  
**E-MAIL:** patriots@olpsschool.org  
**WEBSITE:** olpsschool.org

### ST. CHARLES PARISH

### HOLY FAMILY PARISH, LULING

155 Holy Family Lane  
Half-day pre-school in the parish center for children ages 2-4. Before- and after-care additional. Tours available upon request. Visit the "Holy Family Pre-School" Facebook page.  
**PHONE:** (985) 785-9244  
**E-MAIL:** holyfamilypreschoolluling@gmail.com

### ST. CHARLES BORROMEO, DESTREHAN

13396 River Road  
Full-day 3- and 4-year-old programs.  
**PHONE:** (985) 764-9232  
**E-MAIL:** jgoertz@scbhumilitas.org  
**WEBSITE:** school.scbhumilitas.org

### ST. JOHN THE BAPTIST PARISH

### ST. JOAN OF ARC, LAPLACE

412 Fir St.  
2-, 3- and 4-year-old programs offer options of five full days or three full days (Monday, Wednesday, Friday). Contact the school office to schedule a tour.  
**PHONE:** (985) 652-6310  
**E-MAIL:** c.creppel@sja-school.com  
**WEBSITE:** sja-school.com

### ST. PETER, RESERVE

188 W. 7th St.  
Daycare from 18 months to 2 years old. Pre-K3 and 4-year-old classes. Three- and five-day options available. Summer care available. Call for a private tour.  
**PHONE:** (985) 536-4296  
**WEBSITE:** stpeterreserve.org

### ST. TAMMANY PARISH

### MARY QUEEN OF PEACE, MANDEVILLE

Full-day 3-year-old and 4-year-old programs offered five days a week. School tours available.  
**OPEN HOUSE:** Dec. 4, 7 and 12 and Jan. 5 and 8 at 8 and 9 a.m.

**PHONE:** (985) 674-2466  
**E-MAIL:** sskansi@maryqueenofpeace.org  
**WEBSITE:** mqpcs.org

### OUR LADY OF LOURDES, SLIDELL

120 Westchester Blvd.  
Early Childhood Development Center (ECDC) for 6-week to 3-year-old programs offered for five full days a week.  
**OPEN HOUSE FOR ECDC:** Dec. 7, 6 p.m. and Jan. 25, 6 p.m.  
**PHONE:** (985) 649-4420  
Program for pre-K4 students is five full days  
**OPEN HOUSE FOR PRE-K4:** Dec. 6, 6 p.m. and Jan. 17, 6 p.m. (meet at main campus, 345 Westchester Blvd.)  
**PHONE:** (985) 643-3230  
**E-MAIL:** kmaples@ollourdes.org  
**WEBSITE:** olonline.com

### OUR LADY OF THE LAKE, MANDEVILLE

316 Lafitte St.  
Part-time 2-year-old Mothers' Day Out program offered two days a week. Full-day 3-year-old program offered two, three or five days a week. Full-day 4-year-old program offered five days a week. Call to schedule tours.  
**PHONE:** (985) 626-5678, ext. 4183  
**E-MAIL:** pjohanson@ourladyofthelakeschool.org  
**WEBSITE:** ourladyofthelakeschool.org

### ST. MARGARET MARY, SLIDELL

1050 A Robert Blvd.  
Two-day-a-week Mothers' Day Out 2-year-old program, 9 a.m.-2:15 p.m. Mondays/Wednesdays or Tuesdays/Thursdays. Full-day pre-K3 and pre-K4 offered for three or five days a week. School tours available.  
**OPEN HOUSE:** Jan. 18, 7 p.m.  
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**E-MAIL:** gknock@saintmmschool.org  
**WEBSITE:** saintmm.org

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130 E. Temperance St.  
Key Cottage for 3-year-olds offers five full days, three full days (Monday, Wednesday and Friday) or two full days (Tuesday and Thursday). Pre-K4 program is five full days.  
**OPEN HOUSE:** Jan. 5, 9 a.m.  
**PHONE:** (985) 892-1831, ext. 3032  
**E-MAIL:** tmtour@stpetercov.org  
**WEBSITE:** stpetercov.org

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## Vatican: Motherhood is not a liability but a gift to women

By Justin McLellan

Catholic News Service

VATICAN CITY (CNS) – Through a “narrow focus on pregnancy prevention” and the promotion of abortion, many international organizations too often view motherhood as a liability to the advancement of women, the Vatican said.

“Respect for women must include cherishing their unique gifts and capacities, including motherhood,” said Msgr. Robert Murphy, speaking on behalf of the Holy See’s permanent observer mission to the United Nations.

Addressing a committee meeting focused Oct. 4 on “the advancement of women,” Msgr. Murphy, the deputy permanent observer, criticized efforts to reduce maternal mortality through pregnancy prevention without working to make childbirth safer, as well as the promotion of abortion while ignoring the need to ensure greater support for the mothers of unborn children.

The Vatican representative also condemned the practice of prenatal sex selection – the use of techniques to choose the sex of child, including embryo implantations following in vitro fertilization and the selective termination of pregnancies – which, he said, has led to “millions of missing girls” and is “an affront to the dignity of women.”

“Women and their children

are also increasingly commodified through assisted reproductive technologies. In particular, turning the capacity for pregnancy into a commercial matter, as in egg donation or surrogacy, rather than an act of love, undermines and demeans women,” he added.

The monsignor’s comments came during a meeting of the U.N. committee dealing with social, humanitarian and cultural issues during the U.N. General Assembly in New York.

“Poverty, lack of education and family instability put women and girls at risk of being trafficked,” Msgr. Murphy said. “We must address the causes that make trafficking so easy and profitable, and work to identify victims and prosecute traffickers and smugglers.”

A significant portion of sex trafficking victims are forced to participate in the creation of pornography, he said, and even women who voluntarily participate in the porn industry “detail violence, coercion and substance abuse after leaving it.”

“This is not accidental or incidental, but intrinsic to the nature of a business where women who often find themselves in vulnerable situations are taken for commodities,” he added.

Yet the harms of pornography extend beyond its production, the monsignor said, criticizing its “violent and demeaning content, often grounded in misogynistic and racist stereotypes” and its widespread availability.

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