



Roman Catholic Diocese of Syracuse, Office of Family/Respect Life Ministry
240 E. Onondaga St., Syracuse, NY 13202 • Lisa Hall, Director • (315) 472-6754 Ext. 1 • e-mail: lhall@syrdio.org

Syracuse Holy Hour, Mass, and March for Life

A Day of Prayer for
the Legal Protection
of Unborn Children

Join us at the
Cathedral of the
Immaculate
Conception for:

- Holy Hour- 9:30am
- Mass- 10:30am
- Syracuse March for Life*
12:00pm (starting at the MOST)

*Sponsored by Syracuse Right to Life

Bishop Douglas J. Lucia
President and Homilist

Co-Sponsored by the Offices of
Family/Respect Life Ministry and
Adolescent Catechesis & Discipleship



Saturday
January 18, 2025

For More Information

Contact:

Charles O'Malley,
Program Coordinator
(315) 472-6754 x.7
familyrespectlife@syrdio.org

Person of Life: Laura Ryder

1. Tell us how you got started in the collaboration between yourself, Liverpool Catholic Community, and the Family/Respect Life Office?

About a year and a half ago I spoke to my pastor, Fr. Zachary Miller, about my desire to be in a formal bible study class. He suggested I take the class offered through the Diocesan Formation for Ministry (FFM) Program for Individuals wishing to be commissioned. I was familiar with the program because I had already been commissioned twenty years ago. Fr. Zach asked me to consider being recommissioned. I had the desire but was unsure about which ministry to pursue. I had already been commissioned in Human Development and now was wondering if God was calling me to a new ministry. I have volunteered at Birthright of Onondaga County for the past eight years, which made me think of the importance of Respect Life Ministry in our parishes. Currently, there was no such ministry at our linked parishes, Pope John XXIII and Christ the King. I went back to the FFM Program and a big part of my prayer life was focused on discerning where God was calling me. I had several conversations with Fr. Zach during that time and slowly it became clear that the Holy Spirit was nudging me to start a Respect Life Ministry in my parish. Under Fr. Zach's direction, I contacted Lisa Hall (Director of the Family/Respect Life Office) and the collaboration began!



2. Your parish Respect Life Ministry has Four Pillars. What are they?

The following are the four pillars which were created by myself and Lisa Hall, Director of the Family/Respect Life Office:

I) Beginning of Life: Pro-Life (Walking with Moms in Need), Miscarriage Support, IVF, ART (Artificial Reproductive Technologies), Adverse Prenatal Diagnosis, Adoption Resources, Post-Abortion Healing (Project Rachel Ministry)

II) Marriage: Marriage Preparation, Natural Family Planning, Marriage Enrichment, Convalidation

III) Family: Parenting/Grandparenting (Faith Sharing), Chastity Education, Support for Caregivers, Special Needs, Economic Needs (Resources), Separated/Divorced Ministry, Annulment Information

IV) End of Life: End of Life Moral and Medical Decision Making, End of Life Care, Bereavement/Transitional Care, Euthanasia/Assisted Suicide Alternatives

3. What will you be focusing on in the coming year?

In the coming year I will be focusing my attention and energy on:

1. Making certain parishioners in my linked parishes are aware of the new ministry.
2. Helping parishioners understand the four pillars in our Respect Life Ministry, starting from the moment of conception to the time of natural death.
3. Educating about what each pillar represents. We will offer a bulletin board in the church vestibule highlighting each pillar and sharing educational resources and websites.
4. Working closely with the new formed parish Respect Life committee to create a survey for parishioners to determine interest in the four pillars.
5. Moving forward with parish level initiatives based on the survey. I will continue to work closely with the Family/Respect Life Office to pass along information about diocesan events that pertain to the four pillars. They will also provide support when planning events at the parish level. Fr. Zach recently reminded me, very wisely, that we have to go slowly. We cannot tackle all four pillars at once. He suggested that I start with one pillar and focus on it. For this year, we will focus on marriage.

(Continued on page 4)

Respect Life Month Recap

Masses for Life with Bishop Lucia

Bishop Lucia visited each of the Diocesan Catholic high schools to celebrate a Mass for Life with students, parents, and faculty. What a wonderful witness it is to see students come together to recognize and celebrate God's gift of Life!



Photos Courtesy of the Syracuse Diocese and The Catholic Sun

Pro-Life Clubs at Catholic High Schools

All four of the Catholic High Schools in the Diocese have their own Pro-Life Clubs that promote respect for human life from conception to natural death. In collaboration with the Family/Respect Life Office, these groups organize events that aim to educate students on the sanctity of human life and cultivate a culture of life at their schools. Some of these events include: Life is Sweet Cupcake events, Baby Bottle Drives to support crisis pregnancy centers, volunteer service opportunities, and attending the Syracuse Holy Hour, Mass, and March for Life.

Person of Life: Laura Ryder (continued)

4. Do you think anyone in a parish can do this? How should they get started if they're interested in life and family issues?

Absolutely! First, and most importantly, spend time in prayer discerning if this is where the Holy Spirit is leading you. I spent a lot of time, months in fact, in prayer and discernment. I also suggest scheduling a meeting with your pastor. When I met with Fr. Zachary Miller, I knew this was something I felt strongly about. Fr. Zach was and is so supportive and encouraging. He suggested I contact Lisa Hall and work with her to create the framework, which I did. The rest is history and Lisa and her staff continue to help me implement this ministry at the parish level. The thing to remember is that you are not doing this alone. Allow the Holy Spirit to work through you and reach out to people who will support you. If you wish to learn more about being commissioned as a Family Life or Respect Life Minister in your parish, contact the Family/Respect Life Office at 315-472-6754 or familyrespectlife@syrдио.org.



Building a Culture of Life

Bishop James Moynihan Pro-Vita Scholarships For High School Seniors

Presented by Bishop Lucia in January 2025

Contest is open to all public or private school Catholic students in the Syracuse Diocese.

Submission may be video, essay, song, music, photos, or art (limit to 2 minutes or 500 words).

Scan the QR Code to send submissions by December 13, 2024.



Bishop Moynihan praying for those involved with abortion.

Awards:

Two - \$1000 and One - \$500 Scholarships

**must be used for college tuition or books*

Based on answering:

Why are you Pro-Life & How will You help build a culture of life?



Building a Culture of Life

9 Days for Life Novena

Join thousands of Catholics praying for the protection of human life during the 9 Days for Life novena January 16-24! Each day's prayer intention is accompanied by a short reflection and suggested actions to help build a culture of life. Participants can download the novena or sign up to receive the daily prayers via email or text message. Resources are available to promote and share the novena in your parish, school, or ministry.



Visit www.9daysforlife.com to sign up and learn more!

Hospice Center Wishlists

Francis House, Syracuse

- Adult Briefs with Tabs (Not Pull-Ups): Unisex, Medium, Large, Extra Large
- Food Gift Cards: Nichols Supermarket, Price Chopper, Tops, Walmart, Wegmans
- Baby wipes; Unscented
- Juice (64 oz); Apple, Cranberry Juice Cocktail
- Soda (2-liters): Ginger Ale, Pepsi/ Coke
- Unscented Lotion

Mercy House, Endicott

- Gift Cards (Sam's, Walmart, Aldi, Price Chopper, & Weis)
- Coffee (regular ground)
- K-cups (regular & decaf)
- Soda (cans): Coke, Ginger Ale, Diet Coke, 7-UP
- Liquid Laundry Detergent
- Toilet Paper
- 33-Gallon Trash Bags

Pregnancy Center Wishlists

Birthright of Onondaga County

- Baby bottles
- Baby Wash and towels
- Diapers: NB and #1
- Wipes and pacifiers
- Baby food and sippy cups
- Sleepers: Newborn to 12 to 24 months
- Newborn sweaters, hats/booties, hoodies
- Plush blankets and receiving blankets
- Umbrella strollers
- Infant toys/books
- Personal care items for Mothers (Shampoo, conditioner, body wash and lotion, toothpaste)

Joseph's House, Syracuse

- Toothpaste (full-size)
- Body Wash
- Body Lotion
- Shampoo and conditioner (for all hair types)
- Deodorant
- Baby wipes
- Diapers: sizes 4, 5, and 6
- Pillows (new only)
- Square hampers
- Baby wipes
- Laundry pods
- Dishwasher detergent pods


Strengthening Marriages and Families

WORLD MARRIAGE DAY Mass and Reception

Sunday, February 9, 2025 at 2:00 pm

The Cathedral of the Immaculate Conception

Celebrant: Most Reverend Douglas J. Lucia



All married couples and their families are welcome.

Special recognition honoring those celebrating 25, 50, and 50+ years of marriage in 2025.

Couples celebrating 25, 50, or 50+ anniversaries, please contact your parish office to receive your invitation

A special blessing will be offered for all couples in attendance.



Sponsored by the Office of Family/Respect Life Ministry



Blessing of the Manger

God of every nation and people,
from the very beginning of creation
you have made manifest your love:
when our need for a savior was great
you sent your son to be born of the Virgin Mary
To our lives he brings joy and peace,
justice, mercy and love.

Lord,
bless all who look upon this manger;
may it remind us of the humble birth of Jesus
and raise our thoughts to him,
who is God-with-us and Savior of all,
and who lives and reigns forever and ever.



DIOCESAN EVENTS

- **SYRACUSE HOLY HOUR, MASS, AND MARCH FOR LIFE, January 18, 2025:**
See page one for details and contact Charles O'Malley at comalley@syrdio.org or (315) 472-6754 ext. 7 for more information.
- **WORLD MARRIAGE DAY MASS AND RECEPTION, Sunday, February 9 2025 at 2:00pm**
- **DAY OF HOPE AND HEALING FOR WOMEN, April 15, 2025:**
Have you felt sad, ashamed, or not forgiven due to an abortion? Experience God's mercy and peace at a Day of Hope and Healing. For more information, call Project Rachel Ministry at (855) 364-0076 or email: hopeandhealing@syrdio.org. All calls and emails are confidential.
- **HOPE FOR THE NEW YEAR, Grief Workshop, Friday, January 24, 2025 at 12:00pm:**
Workshop will be held at St. Ann's in Manlius from 12:00pm-2:00pm. Learn about the journey of grief, leaning on God, and supporting one another. Registration: <https://bit.ly/griefworkshop124>
- **THIRD OPTION MARRIAGE ENRICHMENT MEETINGS:**
Meetings are held on Sunday's from 6:30pm-8:30pm online or in person at the parish center of St. Michael and St. Peter Church at 4780 W. Seneca Turnpike, Syracuse, NY 13215. Come build your marriage in the comfort of your own home. Upcoming topic dates are: **Dec. 1-- Practicing Forgiveness: The Way We Start Over; Dec. 15-- Rebuilding Trust in Marriage: It Can Be Done; Jan. 5 -- Two Great Secrets of Happily Married Couples; Jan. 19-- Ending the Blame Game: It Feels Good.** For more information or to participate, contact Stephanie Stewart at sstewart@syrdio.org or (315) 472-6754
- **BRANCH OUT AND GROW, Support Group Meetings for those affected by separation and divorce:**
Online zoom meetings every 1st and 3rd Wednesday of each month from 7:00-8:00pm. Meeting topics: **Dec. 4-- Financial and Legal Issues; Dec. 18-- Conflict; Jan. 8-- Forgiveness; Jan. 15-- Your Former Spouse; Feb. 5-- Single Living.** If you're interested in joining the meetings, learning more, or talking one-on-one, contact the Family/Respect Life Office at pjowett@syrdio.org or (315) 472-6754 ext. 9.
- **IGNITE CATHOLIC MEN'S CONFERENCE: March 29, 2025:**
Guest speakers are Bear Woznick, Fr. Chase Hilgenbrick, and Ben Steele.

UPCOMING FAMILY/PRO-LIFE HAPPENINGS

- **THE THIRD OPTION MARRIAGE ENRICHMENT MEETINGS:**
Meetings are held at The Good News Center, 10475 Cosby Manor Rd., Utica, every other Sunday (except for holidays) from 6:30-8:30pm. Meeting topics: **Dec. 8-- Listening Beyond the Words; Dec. 22-- Appreciating Personality Differences.**
- **SURVIVING THE HOLIDAYS presented by Grief Survivors Support Group, Tuesday, December 3 at 6:00pm:**
When you are grieving a loved one's death, the holiday season can be especially painful. The Surviving the Holidays seminar helps participants prepare for the holidays and discover hope in the future. 6-7:30pm at The Good News Center, 10475 Cosby Manor Road, Utica, NY 13502. Call 315-735- 6210 to register or email at info@thegoodnewscenter.org

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Life Line

Loving God, during this holy season of Advent we ask for your blessing on all of our families.

Let Mary's openness to your wondrous ways be an inspiration to place all trust in you.

Let Joseph's courage provide hope during times of anxiety and uncertainty.

Let Jesus' life ignite all families with a spirit of light and love.

May the grace that encircled the Holy Family widen to embrace all families.

Amen.



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