



CENTRAL WASHINGTON CATHOLIC

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MARCH 2021 *Letter*

The Miracle of Easter Provides Inspiration for Our Troubled Times

By Christine Corbett Conklin

Sometimes, the miracle of Easter seems just too good to be true. Yet, imagine how it must have been that very first Easter, for the disciples and friends of Jesus.

They had seen Jesus die on the cross at Calvary. They saw His body placed in the tomb. Then, a mere three days later, the stone was rolled back from the entrance of the tomb and Jesus' body was gone! His burial clothes were folded and set to the side. What were they to think?

"Even though Jesus three times predicted His death and resurrection, no one really caught on to it," observed Very Rev. Michael Ibach, judicial vicar for the Diocese of Yakima and parochial vicar of Holy Family Parish. "They didn't take it literally. It was never heard of before."

At a time of high political intrigue, it was natural to suspect that "Jewish leaders had somebody come and rob the tomb," Father Ibach said. In turn, the Jewish leaders no doubt thought that the disciples of Jesus had stolen His body.

Even when, on the evening of the Resurrection, Jesus came to the "upper room" and the disciples could see Him, "they thought it was some sort of phantom," Father explained. They were frightened. Jesus

had to encourage them to give Him something to eat, to show them that He was indeed real.

Yet, even after a week, when Jesus again came to the upper room to be with the disciples, Thomas questioned the reality of Jesus' presence. He

needed to touch the Savior's wounds to be convinced that He was there in the flesh.

The Gospels talk about how the apostles had "never really grasped what would happen." Just slowly, they started to ponder the miracle that had occurred. Fifty days following the Resurrection, on Pentecost, the Holy Spirit came upon them so that "they began to understand what this might mean for man's salvation," Father Ibach said.

Where the death of Jesus had appeared to those around Him to be "a defeat," a sign that there "was no hope," the Resurrection came with a very different message.

To this day, Easter Sunday, which celebrates the Resurrection of Christ, is the high point of the Catholic Church year. It emphasizes how "Jesus has turned the course

of humanity's destruction into life." Beginning with the sin of Adam and Eve, "we became more and more separated from Christ," Father observed. However, Jesus' death and resurrection turned the tide, bringing us into a new relationship with God, a



new covenant based on the sacrifice of Jesus.

Easter holds a beautiful meaning for us all: "that it is (God) the Father's will that He should lose none of us," Father Ibach said.

Although, in the midst of a pandemic, there will be a few

modifications in Easter liturgies this year, for the most part the rites of the "Triduum" – the three days from the evening of Holy Thursday through Good Friday, Holy Saturday and the evening of Easter – will be just as before.

Reservations will be needed to attend any of the liturgies, attendance will be reduced and elements such as the washing of the feet on Holy Thursday will be eliminated.

Holy Communion will be distributed only under the form of the host. And masks and social distancing will be required. Yet, the rich significance of these holy days will be unchanged.

We also have the chance to show our appreciation for all God has done for us through following the requirements for the final days of Lent. That includes fasting and abstinence from meat on Good Friday (April 2) for those between the ages of 14 and 59 who do not have special health or work restrictions which make this unwise.

"The important message is that Easter is for us the summit of what God has done for us ... the promise that we will share in eternal life," Father Ibach said. And that is something worth celebrating! Happy Easter!



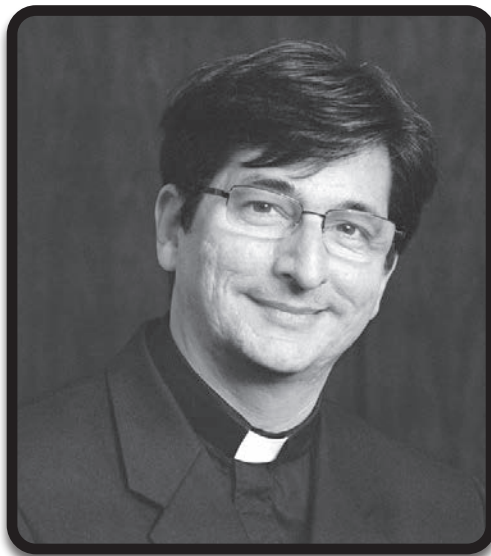
A Message from Bishop Tyson...

Dear Friends:

How do we carry the Easter message? The now deceased scripture scholar, Father Eugene LaVerdiere, SSS, tells the story of visiting one of the villages in northern Canada. The catechist and the town children were preparing a skit re-enacting the Easter resurrection. Different children took different parts from different Gospel accounts. A couple of the boys became soldiers guarding the tomb. A couple of girls play the part of the women with the burial oil. One young boy still had no part. When asked by the catechist, "What part would you like to play?", the boy answered that he wanted to play the part of the stone. "But wouldn't you like to be one of the soldiers or one of the disciples? Why do you want to play the part of the stone?" The boy answered that he wanted to play the part of the stone because he would be able to "...let Jesus out of the tomb."

But is this the real Easter message? Perceptively, Father LaVerdiere noted that the stone was not an impediment for Jesus to get out of the tomb. Rather, the stone rolled away allows the women, the other disciples (John 20: 1-9) and really all of us to see that He is risen. In the words of the angel, "He is not here; for He has risen, as He said. Come, see the place where He lay." (Matthew 28:6).

How do we carry the Easter



Bishop Joseph Tyson

message? It is not easy to peer into empty tombs. This month of April is Child Abuse Prevention Month. In this context, the *Central Washington Catholic* again features Dr. Fernando Ortiz who oversees counseling services at Gonzaga University. He also screens seminarians as well as candidates for the permanent diaconate. We have brought him to our Diocese through a series of Zoom conferences regarding mental and behavioral health issues such as pornography, opioid addiction, as well as our outreach to at-risk youths through our parish ministries. In one of the Zoom conferences, Dr. Ortiz eloquently

spoke about the power of the sacraments that point to Christ in the emptiness of addictions. Our PREPARES essay this month points to the courage of a dad in coming to the United States to support his family. Such major changes can evoke loneliness and emptiness. Yet trusting the vision of Christ's empty tomb disposes us to discover His risen presence amidst even the most demanding challenges of our lives.

Removing the stone does not let Jesus out, as the young boy in that northern Canadian village soon learned, but it allows us to look in, to see that Jesus is not in the tomb. Jesus is risen. This is the message we proclaim as a Church in our liturgy and through our works of mercy. Whether it is Father Michael Ibach's comments on Easter, or the stories of lives changed through our Church's witness to Christ, I hope this issue of the *Central Washington Catholic* inspires you to peer into the empty tomb and declare again today that Christ is risen. I hope these stories help you discover the way we still carry the Easter message.

With every best wish and blessing!

Yours in Christ,

Most Reverend Joseph J. Tyson
Bishop of Yakima

A Tribute to Dad Who Crossed The Border...

This month, PREPARES has a guest writer and a guest artist. The story was written by a local 12-year-old, and the portrait of their father was created by his nine-year-old sister. The family has been with PREPARES for many years.



I admire my father for being brave and hard-working.

My dad works hard. He leaves for work at five in the morning. The work is tiring, because he has to work fast. I went with him once, and my arms got sore pretty quickly because the apple stems are tough, and hard to pull off the tree. He has to do it six days a week. Then he comes home, and has to take care of us – and we are not that easy to take care of! Sometimes he would

like to take a nap, but we are too loud.

My dad is very brave. To cross the border, you have to be brave, because it is very frightening. My dad grew up in Guerrero, Mexico. In Mexico, he had eight siblings, and he was in the middle. It was very hard to get a job to pay for food and clothing,

because the pay was so low. He wanted to move to the U.S. to get a better job, and for his children to have a better future than him.

When he arrived it was hard, because he didn't know anyone, or anything. But there were some kind people who helped him. There was a woman who took care of me when I was a baby, while my parents crossed the border. There were people from church who welcomed us to Yakima. They pray for us, and support us through bad

times.

I think that it was a great sacrifice that he had to make, to leave his family. If he had stayed in Mexico, I probably wouldn't have nice clothing, enough food, or shelter.

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If you have been abused or victimized by a member of the Catholic clergy, please believe in the possibility for hope and help and healing. We encourage you to come forward and speak out.

The Yakima Diocese has a sexual abuse hotline for those who wish to report some incident concerning that issue as regards a bishop, priest, deacon or diocesan employee or volunteer. (888) 276-4490

Take Steps to End Child Sexual Abuse

Every April, Catholic parishes and schools across the United States participate in National Child Abuse Prevention Month.

The Effects of ABUSE

When a child is abused, the effects are grave and can last a lifetime. Some of the most common effects of abuse include:

- Loss of faith and trust in God.
- Post-traumatic stress disorder, psychological distress, and other indirect signs of trauma, such as anxiety, trouble sleeping, chronic stomach pain, and headaches.

- A greater risk of developing behavioral problems, substance abuse, and suicide.

The sense of violation goes deep into a person's psyche and feelings of anger, shame, hurt, and betrayal can build long after the abuse has taken place.

Steps to Prevent ABUSE

Communicate with Your Children

It is extremely important to communicate openly with your children. Let them know that they can talk to you about anything that bothers them. This will help you identify warning signs and grooming behaviors perpetrated by offenders before they escalate to abuse.

Educate Yourself and Your Children on

Abuse

Learning how to identify, prevent, and report abuse is key. Parents and guardians should empower their children to protect themselves from harm and to report abuse. Ask your diocesan safe environment coordinator or parish delegate about opportunities for safe environment training.

Identify and Report Warning Signs of Child Abusers

Grooming behaviors are the actions abusers take to project the image that they are kind, generous, caring people, while their intent is to lure a minor into an inappropriate relationship. Offenders can be patient and may groom their victim, his or her family, or community for years.

Some abusers isolate a potential victim by giving him or her undue attention or lavish gifts, while others allow young people to participate in activities which their parents or guardians would not approve, such as watching pornography,

drinking alcohol, using drugs, and excessive touching, such as wrestling and tickling. Abusers also often try to isolate their victims from family or friends and encourage their victims to keep secrets from their parents or other caring adults.

Holding Offenders ACCOUNTABLE

To help hold offenders accountable, report all suspected abuse to local public authorities. You can also contact your local diocesan victim assistance coordinator to make a report and seek outreach for the abused. In accordance with diocesan policy, when a single act of sexual abuse is admitted or established, the offender is to be removed permanently from ministry.

NOTE: The Diocese of Yakima's Abuse Reporting Hotline number is 1-888-276-4490.

Prayer for Healing



God of endless love, ever caring, ever strong, always present, always just: You gave your only Son to save us by His blood on the cross.

Gentle Jesus, shepherd of peace, join to your own suffering the pain of all who have been hurt in body, mind, and spirit by those who betrayed the trust placed in them.

Hear the cries of our brothers and sisters who have been gravely harmed, and the cries of those who love them. Soothe their restless hearts with hope, steady their shaken spirits with faith. Grant them justice for their cause, enlightened by your truth.

Holy Spirit, comforter of hearts, heal your people's wounds and transform brokenness into wholeness. Grant us the courage and wisdom, humility and grace, to act with justice. Breathe wisdom into our prayers and labors. Grant that all harmed by abuse may find peace in justice.

We ask this through Christ, our Lord. Amen.



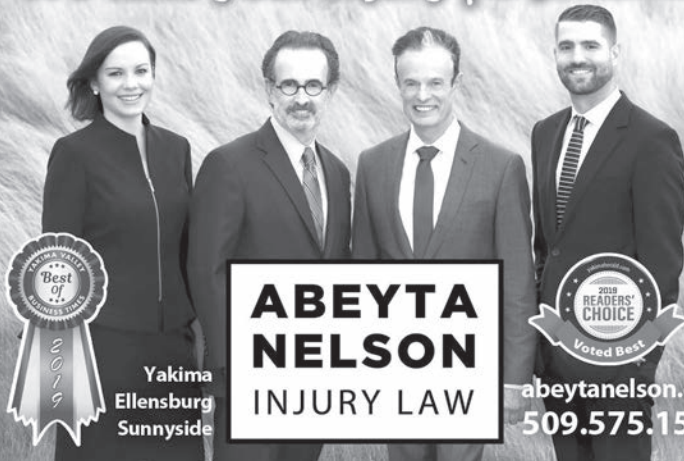
Did you know the Foundation offers a variety of grants and scholarships for students, families, and parishes in our Diocese?

All our applications are now open!

To learn more or to apply, visit:

<https://cwatholicfoundation.org/grants-and-tuition>

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NEWS

From Around the Diocese

Engaged Encounter Goes Virtual—

Couples planning to be married are invited to attend a virtual Catholic Engaged Encounter, April 16-18.

In collaboration with other dioceses, Catholic Engaged Encounter of Central Washington is offering this opportunity “to share honest and intensive communication about (your) future lives together.”

To register for this virtual program, please call Paul and Pegi Ackerman at (509) 575-4931 or visit the website at <http://eecentralwa.org>.

Masses Resume at Ahtanum Mission—

Beginning in April, Mass will again be celebrated at the historic Ahtanum Mission site, 17740 Ahtanum Road, in Yakima.

Mass is held at 9:30 a.m. on the first Sunday of each month, through November. At present, Mass will be outdoors so attendees are asked to bring a chair. Masks are required.

Support the Home Missions Appeal—

Parishes throughout the United States will take up the Catholic Home Missions Appeal April 24-25 to assist our country’s mission dioceses, including the Diocese of Yakima.

A program of the United States Conference of Catholic Bishops, Catholic Home Missions is providing the Diocese of Yakima \$155,000 this year, for seminarian education, the Magnificat adult education program, and the annual Church Mission Congress for religious educators.

Nearly half of our country is considered home mission territory. This appeal helps dioceses in the United States which cannot always assure access to basic pastoral services such as Mass, the sacraments, and religious education.

Through your support, the Catholic Home Missions Appeal helps these mission dioceses form vibrant faith communities and strengthens the Church at home. Please be generous. A donations page will be available toward the end of April at: <https://bit.ly/395qg6F>.

Be Alert to The ‘Silent Epidemic’ of Pornography, Part Two

Following is the second part of an article about the widespread addiction to pornography. The first part of this article dealt with how both males and females are addicted, how even a casual exposure can begin such an addiction and how individuals and marriages can be severely harmed by this “silent epidemic.” Information is based upon a presentation to clergy and staff of the Diocese of Yakima by Dr. Fernando Ortiz, a licensed psychologist and director of counseling services at Gonzaga University.



If you or a loved one has become addicted to pornography, how can you find a way out?

To begin, the individual (and the family) must understand the dynamics of addiction and the addict must take responsibility for his or her own recovery, Dr. Ortiz said. “The family must understand their role as providers of support and accountability only,” he urged.

To understand this addiction more fully, there is literature available and community organizations such as “Sex Addicts Anonymous” may provide more information.

“It may be necessary for the family of the addict to confront him about the addiction,” Ortiz added. It’s a good idea to have a mental health professional present if you do this, and the setting should be one of love and compassion – not shame.

“An ultimatum might be needed if the addict does not cooperate,” Ortiz suggested.

In practical steps to recovery, “the addict must remove anything from his life that even remotely reminds him of the addiction,” he continued. This includes tempting literature, DVDs, books, magazines and catalogs.

Since the computer is a common source of temptation, it should be placed in a common area of the home where anyone can see what the addict is doing, and parental controls should be placed (in the case of minors) to block questionable websites.

Ortiz also suggests a period of “re-booting” for the individual. This gives the brain “a rest from the rush.” Allow the brain to recover, with adequate sleep, nutrition and exercise. Find other activities to occupy time and identify other things that make a person happy. As needed, consider intervention with prescribed medication.

It’s important to “identify and eliminate or recondition things that trigger cravings (such as) people, places, things, emotions, times of the day,”

he recommends. Develop alternatives to harmful behavior. Remember that individual, marital and group therapy is available that may help “uncover and resolve the root cause(s) of the addiction,” he said. These causes range from lack of confidence to loneliness, anger, betrayal, excessive responsibility, selfishness or even work and family stress.

It helps if family members can “understand how they might have contributed to/enabled the addiction,” Ortiz suggests. This could involve being distant, controlling, overly critical, rejecting the person or even being overly dependent on the addict.

The model of the 10-step program for Alcoholics Anonymous, modified for pornography addiction, also may be useful. Included here would be asking God “to remove our shortcomings,” making a list of persons harmed by addiction, becoming “willing to make amends to them all,” and having “a spiritual awakening.”

Going forward, it’s important that the pornography addict finds “healthier, less destructive ways” to “cope with crisis situations/urges.” This involves managing and “tolerating” emotions, accepting that “sometimes you can’t change them or reduce their intensity,” finding support and looking for “the silver lining” – or positive aspects of life and emotions. It is good to have an “accountability partner” to offer support on a daily basis. Manage your time to avoid “idleness and boredom” that may lead to bad habits, Ortiz suggests.

Boost your spiritual life by attending Mass, receiving Reconciliation frequently (ideally with the same confessor), daily prayer, and devotions including the Rosary and Divine Mercy Chaplet. Other positive steps would include Scripture study; reading about the lives of the saints; or enriching knowledge of how we are creations of God, worthy of respect, by reading Pope Saint John Paul II’s “Theology of the Body.”

Seek “access to God’s healing grace, the source of all healing,” Ortiz recommends. “Positive spirituality” can help addicts “understand the sinfulness of pornography use,” and help individuals “grow in virtue” and “become good role models for their children.”