

# Among Friends

Newsletter of the Friends of St. John the Caregiver

Winter 2007

**Jeanne Berdeaux**, director of the Respect Life Department at the **Diocese of Venice in Florida**, gave us a call (our office number out in the Seattle area is 425-744-8016) to let us know she was so pleased to *finally* find a ministry for family caregivers.

She asked for multiple copies of all our material to help caregivers and parishes in southwestern Florida.

We were more than happy to oblige. Would your diocese like the same?



A "thank you" to **Dan Connors**, editor of **Catholic Digest** magazine, who was kind enough to include a blurb about FSJC in the February issue. That notice featured how to get a free copy of "The Little Book of Caregiver Prayers." (It's a snap.

Just send a self-addressed stamped envelope to FSJC, P.O. Box 320, Mountlake Terrace, WA 98043.)

Catholics know how to eat! And they're quick to invite visitors to join right in. That's what Monica and Bill Dodds confirmed last fall as they visited parishes through western Washington state and made presentations on the spirituality of caregiving and the Friends of St. John the Caregiver.



Thanks so much for the hospitality (doughnuts, potluck meals, yummy sandwiches . . . and the desserts, oh my!) at: **St. Pius X, Mountlake Terrace;**  
*Parish visits (Continued on page 2)*

## Principles of Catholic Caregiving

**Love and respect:** Whether you're caring for an aging parent or other older family member, a spouse, a child with special needs or a friend, the bond between you and your loved one is like no other. You probably realize that this relationship — though seldom ideal and never perfect — remains a tremendously important part of your life.

You're now being given the opportunity — the challenge — to "honor" your mother and father, to love your spouse, to care for your child or friend in a new, different and more demanding way.

**Caregiving is pro-life:** The "culture of life" includes providing care for a loved one who is sick, elderly, disabled or frail.

A cornerstone of respect for human life is compassionate care for the most vulnerable among us at all the stages of life, from the moment of conception until natural death.

**The spirituality of caregiving:** Caring for a loved one is a vocation, a calling from God. It's a mission and a role a caregiver accepts in the name of love and it is Love itself who accompanies both the caregiver and the care-receiver on this journey.

An awareness of the presence of God, fostered by a turning to both formal and informal prayer, helps you offer loving and compassionate care.

— From "The Basics of Catholic Caregiving"

### Get your free copy of 'The Basics of Catholic Caregiving'

Free copies of the "The Basics of Catholic Caregiving" are available online at [www.YourAgingParent.com/caregiving\\_basics.pdf](http://www.YourAgingParent.com/caregiving_basics.pdf) or by sending a note to FSJC, P.O. Box 320, Mountlake Terrace, WA 98043.

## IRS says FSJC is A-OK

We received word in late November that the Friends of St. John the Caregiver was approved for 501(c)(3) status with the Internal Revenue Service.

Besides opening up many more possibilities for grants from a variety of sources, that also means donations from individuals may be tax deductible.

Why only "may be"? It depends on how a person files his or her income

tax. It's best to check with your accountant or the person who prepares your taxes to be sure.

### Keep an eye out

Speaking of donations, please keep any eye out for our Lent 2007 fund-raising mailer.

It's donors just like you who made it possible for FSJC to not only grow during its first year but to truly thrive.

God bless each and every one of you!



## Why St. John the Apostle?

We couldn't find any saint listed as the "official" patron for family caregivers who take care of aging parents -- and for all caregivers -- but we can't think of a better choice than the caregiver Christ chose from the

*Patron saint (Continued on page 2)*

## 'Five Guidelines from God'

Tony H., a member who lives in Florida, sent a note letting us know he thought the first edition of *Among Friends* is "great and I look forward to future issues." He added, "For your consideration, I include 'Five Guidelines from God' which appeared in our Sunday bulletin today. I think you [and all caregivers] will find it inspiring, too. Kind regards, Tony."

### 1. Quit Worrying

Life has dealt you a blow and all you do is sit and worry. Have you forgotten that I am here to take all your burdens and carry them for you? Or do you just enjoy fretting over every little thing that comes your way?

### 2. Put It on the List

Something needs to be done or needs to be taken care of? Put it on the list. No, not *your* list. Put it on *my* to-do-list. Let me be the one to take care of the problem. I can't help you until you turn it over to me. I can take care of anything you put into my hands. In fact, if the truth were ever really known, I take care of a lot of things for you that you never even realize.

### 3. Trust Me

Once you've given your burdens to me, quit trying to take them back. Trust in me. Have the faith that I will take

care of all your needs, your problems and your trials. Problems with the kids? Put them on my list. Problem with finances? Put it on my list. Problems with riding an emotional roller coaster? Put it on my list. I want to help you. All you have to do is ask.

### 4. Leave It Alone

Don't wake up one morning and say, "Well, I'm feeling much stronger now, I think I can handle it from here." Why do you think you're feeling stronger now? It's simple. You gave me your burdens and I'm taking care of them. I also renew your strength and cover you in my peace. Don't you know that if I give you these problems back, you will be right back where you started? Leave them with me and forget about them.

### 5. Talk to Me

I want you to forget a lot of things. Forget what was making you crazy. Forget the worry and the fretting because you know I'm in control. But there's one thing I pray you never forget. Please, don't forget to talk to me – often! I love you! I want to hear your voice. I want you to include me in the things going on in your life. I want to hear you talk about your friends and family. Prayer is simply you having a conversation with me. I want to be your dearest friend.

### Have you noticed?

Once you become aware of family caregivers you tend to see them everywhere. Why? Because they are.

### Friends of St. John the Caregiver is...

An international Catholic organization addressing the growing needs of family caregivers by providing:

—spirituality, information and resources to individual caregivers

[www.YourAgingParent.com](http://www.YourAgingParent.com)

—training and educational material to dioceses and parishes

[www.CatholicCaregivers.com](http://www.CatholicCaregivers.com)

—a membership association\* offering spiritual support for:

-those who need care

-those who give care

-those who assist others giving care

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

The **Friends of St. John the Caregiver** firmly believes: **Caregiving is pro-life!**

No membership dues! No meetings! All we ask is that you pray for family caregivers and those receiving care. Donations greatly appreciated. FSJC is a 501(c)(3) organization. Donations are tax deductible as provided by law.

### Four easy ways you can help family caregivers today

- Invite a friend, family member, or fellow parishioner to become a member of the Friends of St. John the Caregiver.
- Ask your parish to include a link to [www.FSJC.org](http://www.FSJC.org) on its Web site.
- Send a \$20 donation to:  
Friends of St. John the Caregiver  
P.O. Box 320  
Mountlake Terrace, WA 98043
- Pray for caregivers!

*Parish visits (Continued from page 1)*

**Holy Trinity, Bremerton; St. Frances Cabrini, Lakewood; Blessed Sacrament, Seattle; St. Theresa, Federal Way; Queen of Heaven, Tacoma; St. Augustine, Oak Harbor; Sacred Heart, Lacey; Our Lady of Fatima, Seattle; and St. Michael, Olympia.**

*Patron saint (Continued from page 1)*

cross for his own mother.

"When Jesus saw his mother and the disciple there whom he loved, he said to his mother, 'Woman, behold your son. Then he said to the disciple, 'Behold, your mother.' And from that hour the disciple took her into his home."--John 19:26-27