

FROM THE PASTOR'S DESK

Dear Parishioners,

The recent public acknowledgement of the widespread verbal and physical abuse of women and girls has been distressing to hear. However, it is about time that we as a society address this issue. The Lord Jesus set the standard for all Christians when He said that to **look** on another person with lust is gravely sinful, never mind saying vulgar things or assaulting them. As Christians we are temples of the Holy Spirit and should not degrade ourselves or grieve the Spirit by acting in a lewd manner or dressing immodestly. Unfortunately, much of our society chooses to ignore what our Lord teaches about the virtue of chastity. This makes it especially important that Christian parents teach this virtue to your children and grandchildren. The essay below may help you teach these important lessons.

With my prayers,

Fr. Conley

Parenting in the Age of Weinstein

Dr. Gregory Popcak is *the Executive Director of the [Pastoral Solutions Institute](#), an organization dedicated to helping Catholics find faith-filled solutions to tough marriage, family, and personal problems*

Almost every day, new allegations of sexual harassment are in the headlines. The #MeToo campaign has exposed the abusive behavior of power-brokers in Hollywood and DC while victims, who have been silenced for too long, find their voices again.

One parent — despairing at the onslaught of depressing headlines and salacious stories — recently asked me, “What can we do to raise boys not to act like this? How can we protect our girls from a culture like this?” While we can never control every variable, the truth is that parents can do a lot to raise young men who can be respectful of women and young women who know how they deserve to be treated. Interestingly, the answer to both questions involves the same two things.

Attend to Attachment

Research consistently shows that a child's attachment style predicts both how likely a child is to victimize others as he or she grows up, as well as how likely it is that a child will be able to set appropriate boundaries with those who try to hurt them.

There are three basic attachment styles (secure, anxious, and avoidant) that determine a child's basic sense of how they should both treat others and expect to be treated by others. Which attachment style a particular child develops is determined by how promptly, generously, and consistently his or her parents respond to the child's emotional needs.

Securely-attached children are raised by parents who are generous with affection, employ gentle discipline that teaches good behavior instead of merely punishing bad behavior, encourage healthy emotional expression,

and model the healthy give-and-take involved in loving relationships. Securely attached children are naturally empathic, and are naturally repulsed by the idea of using or hurting another person. They also have a gut-level sense of when they are not being treated properly and so are much more likely to sense and avoid dangerous situations, set boundaries early when someone tries to take advantage of them, and be confident about seeking help when they feel like they are in over their heads.

Anxiously-attached children are raised by parents who tend to be conditional about giving affection and praise, tend to use harsh, emotionally-driven discipline that blames rather than teaches, and tend to be too distracted by their own problems to consistently respond to the child's emotional needs. This child grows up feeling like it is their job to make other people meet their needs and it is their fault when other people don't treat them well. As adults, anxiously attached children often have a hard time recognizing unhealthy relationships. They tend not to notice that others are treating them badly until it has gone too far. And then, when they do notice, they tend to blame themselves, thinking they somehow caused the problem or even deserved the poor treatment. This makes it difficult for them to set limits, or seek help.

Avoidantly-attached children are raised by parents who are unaffectionate and emotionally shut-off, tend to use heavy-handed approaches to discipline, and tend to leave children to themselves. Avoidantly-attached children grow up to become adults who, because they have never been taught to connect emotionally or spiritually with others, over-emphasize the importance of sex. The more seriously avoidant a child's attachment style is, the more likely that child will be a bully, a sex-addict, or, in the extreme, a sociopath who takes joy in hurting others.

If you want to raise a child who knows how to treat others well and knows how he or she deserves to be treated, the most important thing you can do is teach your child what a healthy relationship looks like by engaging in those practices that promote secure attachment.

Love vs. Use

The second most important thing a parent can do to raise children who know how to treat others well and how they deserve to be treated is to teach kids, from an early age, that everything we do to another person is either ordered toward loving them or using them. When we are affectionate and respectful, when we do things to build them up, or look for ways to make their lives easier or more pleasant, we love others and help them become the persons they are meant to be. By contrast, when we disregard others, when we are critical, mean, or derogatory, when we use people as a means to some end, or act in ways that say we don't care about what they are going through, we treat people as things to be used, abused, or neglected.

As Catholics, we believe that the only appropriate response to another person is love, never use. Children as young as 4 or 5 can understand the difference between love and use in relationships.

Parents who foster healthy attachment and teach their child the difference between loving and using another person from the earliest days are prone to raise healthy kids. They also strike a blow against a culture that sees people as objects and relationships as exchanges where the powerful use the less powerful as a means to their selfish ends.

EASTER-ADOPT –A- FAMILY PROGRAM

Remember those who are less fortunate than you. St. Mary's Easter "Adopt A Family Cross" which is sponsored by the Social Concerns Committee, is up and waiting for you to come and adopt a needy family. Each small cross represents a needy family in our local area. If you choose to adopt a family, KEEP the top part of the cross so you will know the family ID number and the number of family members. Fill out, and tear off the bottom portion of the cross, and place it in the basket for the Social Concerns Committee. Please purchase shopping cards and/or non-perishable dinner food items and bring to the Parish Hall on Saturday, March 24th, between 8am and 10am.

OUR PENANCE SERVICE FOR LENT IS THIS WEDNESDAY, MARCH 14TH AT 7 PM. Those who don't drive at night are welcome to come to our school penance service on Tuesday, March 20, at 10:15 am.

PILGRIMAGE TO MOTHER SETON SHRINE IN EMMITSBURG, SATURDAY, April 28. We will leave at 8am and be back by 7pm. Fr. Conley will be leading this pilgrimage to the Shrine of St. Elizabeth Ann Seton where we will offer Mass, have a tour, and eat lunch. While in Emmitsburg we will also visit the Lourdes Grotto. On the way back from Emmitsburg we will stop at the Springfield Manor Winery in Thurmont for a wine and cheese tasting. Thanks to the generosity of a benefactor and the Keller Bus Company, the cost of the trip is just \$35 per person and includes lunch and the winery visit. For more information and to register contact Lauren Balderson at 301-870-2220 ext 11 or smbassist@comcast.net. Payment is due at registration. Checks should be made out to St. Mary's Church.

CONGRATULATIONS RAFFLE WINNERS:

2/20/2018 drawing: Christina & Rosemary Buzzeo - \$1,000, Jordan Calomeris - \$1,000

3/2/2018 drawing: Louis Cecchini III - \$4,500, Francis Briscoe - \$4,500, William Vincent - \$20,000.

OYSTER FEST AT ST FRANCIS DE SALES IN BENEDICT ON MARCH 24TH

Please mark your calendars and plan to join us for our Spring Oyster Fest on the banks of the Patuxent River in bucolic Benedict, Maryland on Saturday, March 24th, 2018, from 12-3 pm at the hall, 7209 Benedict Avenue. Enjoy all you can eat local fried, scalded and oysters on the half shell at our outdoor raw bar, steamed shrimp, ham and a variety of side dishes. Everything is home made. Cake and dessert sale, crafts, raffle items, game of chance. \$25 per adult. (Children \$5, Max \$20) Reserve table for six by March 14th for a discount \$125.00.



We all know how that turned out!

THERE WILL BE NO MORNING MASS OR CONFESSIONS ON SATURDAY, MARCH 17TH.

KNOW OF PARISHIONERS WHO ARE HOMEBOUND? Please contact Fr. Conley or Sister Theresa at the rectory so we can minister to their spiritual needs.

MASS INTENTIONS FOR THIS WEEK:

SUN: 8am Parishioners, 10am Josephine Venezzio, **12N:** Rev. Francis Chodnicki, **MON:** 8am John F. Coates, **TUES:** 8am Deacon Richard Fisher, **WED:** 8am Joseph L. Plater, **THURS:** 8am Ella Neal, **FRI:** 9:30am Taylor Halbleib, **SAT:** 9am Ella Neal, 4pm Donald Goldsmith.

PLEASE REMEMBER IN YOUR DAILY

PRAYERS: Mary Bowes, Frances Card, Joe Cross, Kendall Farrell, George Fassel, Arlene Gandolfi, Martha Gehring, Judy Istvan-Windsor, Irma Johnson, Regina Kijesky, Marie Knobel, Lillian Komar, Susie Logan, Maurice Long, Jim Middleton, Mary Emma Middleton, Larry Miller, Joseph Mona, Wayne Mullings, Ryan Myers, Lenora Proctor, Joseph Quade, Sylvene Savoy, William Leon Savoy, Edna Sweeney, Beth Weise, Tim Welch, Brice Zimmer.

OFFERTORY COLLECTION LAST WEEKEND, \$10,596.01. The unidentified donations totaled \$554.01. We received \$847.12 for our School Support.