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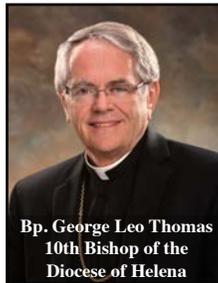
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Publication Cycle

October 2017
December 2017
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April 2018



Bp. George Leo Thomas
10th Bishop of the
Diocese of Helena

The Qualities of a Happy Marriage

On Friday, July 10, I pre-
sided at the wedding of my
nephew Mark and his fiancée
Raisa. Family celebrations
like this bring a special joy
into my heart.

In the weeks leading up to the ceremony, I asked myself, "Why do some marriages remain forever young, while others grow stale with the passage of time?" What qualities are present in those marriages that thrive both "in good times and in bad?"

During the past 41 years, I have prayerfully ob-
served married couples in my extended family and
circle of friends, and have concluded that they hold
a number of qualities in common.

Here are a few observations I have drawn from
couples whose marriages have remained vibrant
and full of life. You may add your own.

Imperfection In his book entitled, *The Seven
Laws of Love*, David Willis wrote, "A perfect marriage
is just two imperfect people who refuse to give up
on each other." Every married couple will tell you
that their marriage is a work in progress, a relation-
ship that is flawed, imperfect, and incomplete. But
the power of love helps them fill the imperfections,
complement shortcomings, and bring out the best
in each other. A nationally syndicated columnist
observed, "Love is friendship that has caught fire. It
is quiet understanding, mutual confidence, sharing
and forgiving. It is loyalty through good times and
bad times. It settles for less than perfection, and
makes allowances for human weakness... If you
have love in your life, it can make up for a great
many things you lack. If you don't have it, no matter
what else there is, it will never be enough."

Time Every married couple I know agrees that
the occupational hazards of married life are habit,
routine and mediocrity. Happy married couples
know that the marriage needs renewal, refresh-
ment, and rejuvenation every day of the year, most

especially following the arrival of children. Happy
couples never stop courting each other, and never
take each other for granted. They keep the flames
of passion alive in the marriage. They remain for-
ever young at heart by having a weekly date night,
by spending time together over a quiet dinner, a
movie, or an anniversary break away from the kids.
They intentionally spend the gift of time in their
marriage as a gift that keeps on giving.

Little Things An old love song says it well
– "Little things mean a lot." Simple kindnesses, a
loving glance across a crowded room, a bouquet
of flowers for no good reason, a note, a phone call
from afar, or a text message that says I love you
more than any other person in world, are precious
gifts that cost very little. These little things are
present in abundance in the lives of happily mar-
ried couples I know.

Forgiveness A comedian once opined,
"Marriage is a relationship in which one person
is always right and the other one is the husband."
Happily married couples have learned that when
they make a mistake, they ask and receive the gift
of forgiveness from their spouse. They learn the art
of moving forward instead of keeping their eyes
fixed on the rearview mirror. They deliberately
avoid resentment and grudges. They remember
the sobering advice of a noted psychiatrist, who
wrote, "Those with whom you choose to remain
angry will control you. They will limit you physi-
cally, emotionally, and spiritually." Happy spouses
know that forgiveness emancipates the heart, and
fills married life with peace. They have discovered
the healing grace that is present in the Sacra-
ment of Reconciliation. They also know that some
problems in marriage need professional guidance
and are humble enough to ask for help when they
need it.

Flexibility Strong Married couples have
learned the necessity of flexibility, the art of
compromise, and the wisdom of "going with the
flow." The art of negotiation has salvaged many a
difficult situation, and the absence of compromise
can lead to rigidity, resentment, and an infinite
(Continued p. 4)

Butte Central Launches Bishop Thomas Scholars Academy

Dan Bartleson
Director, Communication Services

This fall, High School Students will be able to earn the "Bishop Thomas Scholar" academic distinction through a new program at Butte Central Catholic High School. The program, according to BCCS President, Don Peoples Jr., aims to be "the best college preparatory program in Montana." In a television interview with KXLF, Peoples explained, "We really feel our kids are doing well in college... but we want to go to another level."

Successful applicants from each grade level will add two one-hour segments each week to their regular classes. This year's focus will be on Math and English, "We will focus primarily on math and English writing exercises, because we feel those two core disciplines are really essential for college success. But all curricular areas will be involved: science, social studies, Catholic studies. All the curricular activities in our school will be part of the program."

Directed by English teacher, Chris Barfield, instruction will involve the BCHS teaching staff and will include preparation for the ACT and SAT college placement exams. The approach to instruction will include academic lectures in conjunction with Montana Tech's Speakers Bureau and Catholic Faith development components offered by clergy. Fine arts and computer science will be included and classes will take place in the Simperman Virtual Library Learning Center at the high school.

The program is named in honor of Bishop George Leo Thomas, who graduated Butte Central in 1968. "We felt it was really fitting to name the program in his honor. He's just a staunch, loyal supporter of Catholic education. We feel he really embodies the spirit of what we want to accomplish with this program."

To be eligible, students simply need to be enrolled at Butte Central High School and can contact the school for an application. BCCS (406) 782-6761
www.buttecentral.org

Seminarian Profile: Tyler Frohlich

Dan Bartleson

This September, Tyler Frohlich will begin his third year at St. John Vianney Theological Seminary in Denver, CO. I had a chance to talk with him this summer.

Born and raised in Billings, Frohlich attended Billings Catholic Schools and Graduated from Carroll College in 2012. Once seriously considering marriage, he described discernment as an ongoing relationship of trust. "Every step forward is an act of faith. Once I take that step, I get to see more of the beauty of the priesthood. It can be scary not knowing what's next but that's what trust is. That trust is what the priesthood is all about."



Tyler served this summer at Ss. Cyril and Methodius Parish in East Helena and last summer in Choteau at St. Joseph Parish and said, "The generosity and humility of the families taught me a lot. There is such a deep faithfulness, a desire to know Truth and a hunger for what is right. The laity knowing their faith and sharing it is how the Church moves forward. When I'm studying I long to be in Montana. I keep in touch with families I've gotten to know. There's really a desire to be home. That's our calling, to serve the people here. To give back and serve in Montana is a deep desire in the hearts of all the guys."

Looking ahead, Tyler shared his gratitude for his fellow seminarians, "I look forward to the brotherhood with the men who are with you when stuff gets hard. We've all had to face challenges. We encourage each other and strive for a life of holiness together. It's good to know that I'm not alone and maybe one day I'll make it."

To our readers, Tyler had a simple request: "I'd like to say to everyone that your prayers really do matter for us. They get us through final exams and lonely times and give us joy in good times. Please keep praying for us and we'll keep praying for you."

A Legacy of Faith, Community, and Education

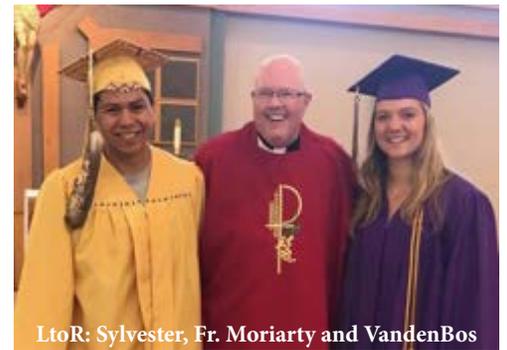
Jeanne Saarinen
Director, Foundation for the Diocese of Helena

St. Margaret Parish in Cut Bank recently awarded two \$1,000 education scholarships from the Josephine McDermott Memorial Endowment Fund.

In 2012, Mrs. Donna Greytak established this scholarship fund as a permanent endowment with the Foundation in loving memory of her sister Josephine McDermott. McDermott, a long-time Cut Bank resident, teacher and St. Margaret parishioner, died peacefully in 2011 at age 97. Josephine's storied career included teaching first grade to our own Bishop George Leo Thomas.

When told about this year's scholarship recipients, Donna said "Oh how wonderful! Josephine is smiling down from Heaven!"

To be eligible, the student must be an active member of St. Margaret Parish and a graduating senior from Cut Bank High School. This year's scholarship recipients are Marissa Lee VandenBos and Tyrell Sylvester, both attending Butte's Montana Tech in the fall. Marissa will study nursing and Tyrell engineering.



ltoR: Sylvester, Fr. Moriarty and VandenBos

Fr. Tim Moriarty, pastor at St. Margaret Parish, said it was an honor to give them the award. "Both Marissa and Tyrell are solid young adults, active in the community, and a strong faith life."

Thanks to Mrs. Greytak, this endowment will continue funding scholarships in Josephine's memory in perpetuity. For information on establishing a permanent endowment fund with the Foundation, contact Jeanne Saarinen, (406) 389-7051, jeanne@fdoh.org
www.fdo.org

Diocesan Pastoral Plan; Q&A with Sr. Rita McGinnis, SCL

Dan Bartleson
Director, Communication Services

This July, I caught up with Sr. Rita McGinnis, SCL. As Director of Chancery Services and the Office of Pastoral Planning Services, she proved to be the perfect person to provide some background and bring me up to speed on the current pastoral planning process.

What is a pastoral plan & what does it do?

The Diocesan Pastoral Plan articulates the vision and gives direction to the priorities of the Diocese. These goals help shape and move our Diocesan Church forward in our parishes, missions and ministries. It also provides a five-year plan, brings clarity and serves as a kind of a roadmap that steers pastoral momentum.

How is a pastoral plan drafted and finalized?

Shortly after Bishop Thomas first came to the Diocese of Helena he called forth a Diocesan Pastoral Council to conduct prayerful consultation throughout the Diocese. Ultimately, the pastoral plan, *Come to the Light*, was promulgated in 2007.

As the Diocese began on the path to financial recovery, Bishop Thomas formed a new Pastoral Council in 2016. The current Council will continue to seek input from every parish through two rounds of diocese-wide Parish Listening Sessions (one completed and one in the fall of 2017). Listening Sessions gather pa-

rishioners to discern diocesan needs and priorities. The Council will consolidate priorities from this process for inclusion in the plan to be reviewed by the Presbyteral Council (Priests' Council) and then recommended to the Bishop.

Where are we in the current planning process?

Initial Parish Listening Sessions wrapped up in the spring of 2017. Thus far, every parish has been invited to the process and over 1300 voices have been heard through parish Listening Sessions. The pastoral council is currently working to consolidate priorities from this first round of input.

Once a pastoral plan is in place, how do initiatives take shape?

Embarking on the new pastoral plan, as with the planning process, will be an endeavor for all Catholics in the Diocese. Successful initiatives are born through investment and involvement at every level; parishioners, clergy, religious, the Presbyteral Council, the Diocesan Pastoral Council, Diocesan staff, and consultative diocesan group. Successful initiatives of 2007's *Come to the Light* clearly show the powerful effect of an all-in approach to fulfilling the pastoral plan.

What are some of the initiatives from *Come to the Light* that came to fruition?

Instituting the Office of Youth and Young Adult Ministry blossomed to become a nationally recognized template for evangelization and youth leadership.

Regular trips to Guatemala raised awareness, visibility and support for the mission, clinic and school. The Guatemala Mission still provides transformative expe-

riences as visitors see first-hand how Catholic Social Teaching informs caring and educating the marginalized as well as providing help to alleviate poverty and disease.

Reinstating training for the Permanent Diaconate saw 17 Deacons ordained to serve in 2012. There are currently a total of 27 Deacons in active service to the parishes of the Diocese, a critical ministry in addition to and in support of our priests.

Many other priorities were addressed in *Come to the Light* and the full document is available on the web. (www.diocesehelena.org/offices-and-ministries/pastoral-planning-services)

What are the remaining steps in the current planning process?

In the fall, parish communities will review the broad scope of conversations from spring. They begin the work of discerning practical priorities to recommend for final consideration in the Pastoral Plan. The Diocesan Pastoral Council will draft this into a plan which will be reviewed by the Presbyteral Council (Advisory Council of Priests) and ultimately recommended to Bishop Thomas.

How do parishioners contribute at this point?

Parishioners can be on the lookout for the second round of Parish Listening Sessions through bulletin announcements and informational posters at their parish. The pastoral plan is foremost a fruit of prayerful discernment and dialogue. Please pray for Bishop Thomas, the Diocesan Pastoral Council and all those involved at every level in our Diocese.



Friendship, Fun and a Thirst for Faith at Legendary Lodge

Cody Tredik
Communications Staff

Young campers from across the Diocese of Helena, the state of Montana, and across the country embarked on another summer of adventure at our diocesan summer camp on Salmon Lake.

Over the course of seven weeks, youth from grades 5-12 jumped into a camp experience full of fun and fellowship, all while exploring the great Truths of the Catholic faith. Campers participated in sessions on archery, hatchet throwing, canoeing, snorkeling, and fire-building. Youth also went on the lakeshore hike and practiced teamwork on the low ropes course.

Every activity at Legendary Lodge includes an aspect of faith, including personal prayer, scripture, and Catholic social teaching. Campers are challenged to apply these tenets of faith to each activity and the impact of faith on their daily lives.

Camps are steeped in prayer and sacrament; daily Mass is offered, Reconciliation is celebrated on Tuesdays and prayer occurs throughout the day.

This summer's theme, "Thirst", was chosen by the Diocesan Catholic Youth Coalition Board last October. Camp sessions explored the words of Christ on the cross, "I thirst" (John 19:28). Students dove into the reality of God's profound thirst for them, and His desire to love them as His sons and daughters. Campers discussed how they could go back home and quench their own thirst for Jesus through prayer, sacrament and by sharing their enthusiasm with family, friends, and home parishes.

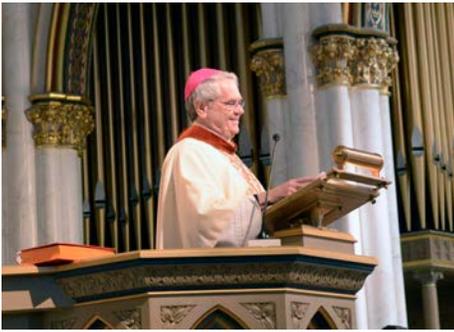
Small group conversations, skit night, the dance, and legends told around the campfire were some highlights for campers as they made or strengthened Christ-centered friendships and created memories which will last a lifetime. New additions to help campers cool off in style, generously provided by Son Light donors and Dick Anderson Construction,



included a 25-foot floating trampoline and a lumberjack log rolling game. Both water toys proved to be a big hit with all age groups, as well as the staff and weekend retreat-goers.

As another beautiful Montana summer comes to a close, we can again be encouraged that our young people have not only found a fun-filled adventure at camp, but also a personal encounter with our Lord, and a challenge to be sent out as joyful disciples to communities across our diocese and beyond.





Bishop Ordains Longo and Paddock to Priesthood

Dan Bartleson

On June 23rd, through the laying on of hands and invocation of the Holy Spirit, Bishop George Leo Thomas ordained Deacons Kirby Robert Longo and Joseph Scott Paddock to the priesthood. Family, friends, priests, religious sisters, deacons and many guests filled the Cathedral of St. Helena to capacity.

In his homily, Bishop Thomas encouraged both men, "...take (Christ's) yoke upon your shoulders and learn from Him, but also make it your passion to invite others to encounter Him, to embrace and to love Him as the one who fills our lives with meaning, truth and love, joy and hope." Bishop Thomas emphasized the need for priests to be in intimate relationship with Jesus Christ and to share life and ministry deeply with the laity.



Father Kirby Longo, the youngest of three, grew up in Billings and began attending Billings Central Catholic Schools in 6th grade. He always felt

called to share the Faith saying, "I wanted to be a missionary as a kid. I wanted to serve more than anything, more than getting married or anything else. I had a lot of zeal." Fr. Longo received Baptism and First Communion during his senior year of high school and "...fell in love with the Church through adoration (of the Blessed Sacrament)." He went on, "I was somehow just always certain that it was the body of Christ.

Fr. Kirby attended Carroll College spending summers firefighting with the Forest Service in Bigfork and met Msgr. Don Shea, the pastor at St. John Paul II Parish. "I got to spend time with Msgr. Shea and he was instrumental in me continuing to discern." Fr. Kirby included Fr. Dan Shea and Fr. Marc Lenneman as key friendships that encouraged him during his time at Carroll. "That's when I began to seriously discern priesthood for the Diocese of Helena."

Fr. Kirby attended St. John Theological Seminary in Denver. "Each year of study and formation I felt called to stay for another. It was good to just follow Christ in a trusting way." He was ordained a deacon in June of 2016. "At deacon ordination, the promise of obedience was profound and at priestly ordination having all the priests lay hands on me gave me a powerful sense of brotherhood. It was really beautiful seeing all the stages of priestly life."

Fr. Longo is now serving as Parochial Vicar at St. Anne and Holy Spirit Parishes in Butte. He has begun celebrating Mass, visiting the sick at St. James Hospital, and visiting the faithful at assisted living homes. He is getting familiar with the community there and said, "Butte is proud of their community. I'm enjoying ministry here and look forward to working with young people here." In addition to presiding at several weddings this summer, Fr. Kirby will be filling in as Camp Chaplain at Legendary Lodge for a week in August.

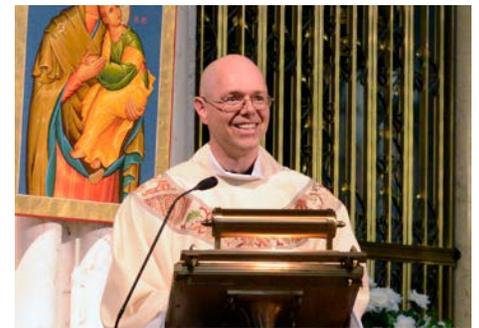
Fr. Joseph Paddock was born and raised in Anaconda and established a successful career before answering the call to priesthood. After high school, Fr. Paddock earned a BA in Science and Chemical Engineering from Montana State University in 2000. His interest in the world of biotech led him to take a job in Omaha, NE. There he found community at St. Leo's Parish, served with the Knights of Columbus and joined a local group of Catholic young adults.

His faith life continued to grow while earning his MBA at the University of Notre Dame. His time there had a real impact. "To me, Notre Dame was like Disneyland for Catholics. There was daily Mass, a chapel right in the business building, and a real openness to discussing and living your faith. It was tremendous. I realized I could be Catholic in all facets of life."

After a stint in Southern California working in the biotech field and wanting to be closer to home, he started work for Amazon.com. Eventually stationed in Reno, Nev., and attending Immaculate Conception Parish in Sparks, his calling to the priesthood began to materialize. Fr. Norman King, the priest at I.C. in Sparks, several parishioners and many folks back home in Anaconda were commenting that he would make a good priest. Initially, he was taken aback, "I felt like considering priesthood was only for super holy people." In prayer, he would often say "This seems absurd but I'll walk with you Lord."

In fall of 2010, Fr. Joseph left a message with Bishop Thomas's office, "He called me back the very next day. I was shocked that it was him in person on the phone and then we had a really great conversation for over an hour." A meeting followed with Bishop Thomas and vocation directors and an invitation to attend seminary followed. "I prayed on it for about two months. I had gotten really excited but I didn't want to be selfish. After some time getting used to the idea, I had a great sense of peace and joy."

Fr. Paddock entered Mt. Angel Seminary in Mt. Angel, Ore. in 2011 and found the transition challenging, "I had to let go of the hyper-planning and preparation approach. I was used to working to gain a competitive advantage; now I was learning to trust Him and His guidance of my days, weeks and years." He went on to say, "At seminary, the relationship with Jesus was my biggest blessing. I took my holy hour seriously and was able to focus on who He is and who I am in relationship to Him, that I'm a beloved son, called to be a spiritual father and that the Divine Physician of souls works through the priesthood."



Fr. Paddock is serving as Parochial Vicar at St. Matthew Parish in Kalispell. Currently enjoying administering the sacraments and getting to know the community, he looks forward to supporting the many ministries of the parish and St. Matthew's Parish School.

Happy Marriage (cont. from p. 1)

Bishop George Leo Thomas

number of Maalox moments. A humorist once observed, "When I married Mr. Right, they forgot to mention that his first name was "Always."

Communication Mastering the art of communication is a lifelong endeavor. The happily married couples I know share their innermost thoughts with one another and avoid the poison of secret keeping. They have learned to fight fairly, and when disagreements come, they avoid mean spirited characterizations and name calling. They never resort to the silent treatment as their weapon of choice, and don't let the sun go down on their anger. They laugh

together often, retire the cell phone away during meals, and limit TV and computer time. Husbands learn early on to enter birthday and anniversary dates into their electronic calendar, realizing that it's cheaper than buying those next day roses at Safeway.

Spirituality Every happily married couple I know has built their marriage on a strong spiritual foundation. The happily married encounter Jesus deeply, daily and personally. They nourish their marriage on Word and Sacrament, and live out their faith through works of charity and compassion. They are actively engaged in the life of their parish, and have learned to pray together as a couple. They introduce their children to the Lord and help them to love Him as "the definitive answer to the question of

the meaning of life."

In 2014, Pope Francis addressed married couples during an audience at the Vatican. He described the love between husband and wife as "an icon of God's love for us." He characterized marriage as a "beautiful reflection of God's love, permanent, faithful, and life-giving." His words were practical, concise, and born in the heart of a pastor who is well acquainted with the joys and struggles, the challenges and hopes that every married couple encounters.

I ask God's abundant blessings upon the married couples of our Diocese, and pray that your own marriage will always be that "beautiful reflection of God's love."

OYYAM Manager Hired

Bishop George Leo Thomas approved the hiring of Kevin Molm as the Manager of the Office of Youth and Young Adult Ministry (OYYAM) for the Diocese of Helena.

Kevin succeeds Doug Tooke who remains active as a Parish Youth Coordinator, Ministry Consultant, and Keynote Speaker.



Kevin has extensive experience in Youth and Young Adult Ministry including service in the Diocese of Boise in Young Adult ministry and, most recently, as the Catholic Campus Minister for the University of Montana, his Alma

Mater. He holds a BA in Political Science and MPA from U of M as well as a Certification in Youth Ministry from the University of Dayton.

Regarding Youth Ministry, he said, "It's an incredible honor and blessing to share in the delight of witnessing a youth come to know Christ."

Kevin's work in the OYYAM began in June with Justice Outreach Project in Browning. He also facilitated the Catholic Youth Coalition Leadership Camp at Legendary Lodge in July with 110 teens, the largest ever contingent for that event.

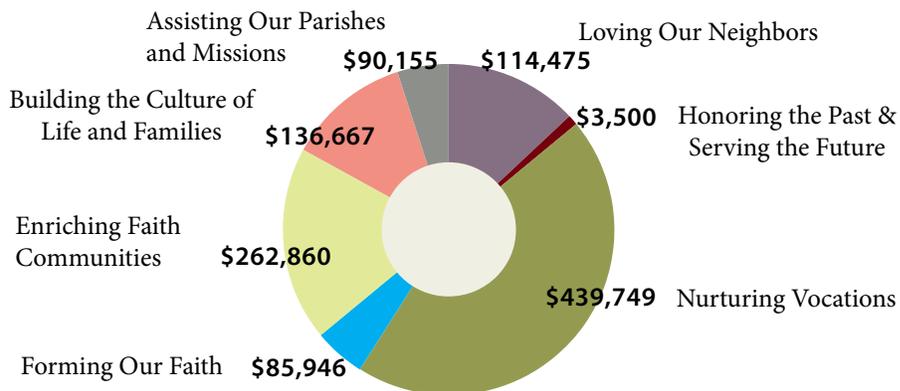
He said, "There are strong youth leaders in this diocese that I admire a lot, and I'm looking forward to getting to know them more and serving alongside them."

National Collections Offer Dignity, Hope

We stand in solidarity with God's people when we give generously to the eight National Collections held throughout the year in our Diocese. Together, we partner with Catholic individuals and families all around the world, offering hope and dignity to people in need through collections for CRS, Black and Indian Mission, Operation Rice Bowl, Committee on the Home Missions, Peter's Pence, Propagation of the Faith, Catholic Campaign for Human Development and Retirement Fund for Religious.

Annual Catholic Appeal 2016

Distributions as of July 31, 2017
\$1,133,352



Building Bridges, Remaining Faithful

The people of our Diocese make ministry possible by offering their gifts in support of the Annual Catholic Appeal. To date we've received over \$1.8 million from 5,825 households (38% of parish registered households). This newsletter offers us all a chance to meet the people and hear the stories happening in our Diocese that are a result, in part, of the resources offered to the 27 ACA ministries and services. Many faithful individuals and families in our 57 parishes and 38 missions continue to help build bridges across our Diocese and at our mission in Guatemala.

CSSM Director Appointed

Bishop Michael Warfel and Bishop George Leo Thomas are pleased to announce the appointment of Twila Costigan as the Executive Director of Catholic Social Services of Montana, effective in early August.



Twila follows Rosemary Miller, who is retiring after serving for nearly twenty years as the CSSM Executive Director.

Twila was raised in Great Falls and attended Carroll College in Helena; she also received a Masters of Social Work (MSW) degree through the University of Walla Walla - Missoula. Twila has thirty-seven years' of experience as a social worker, including positions at the Child and Family Services Division of the Montana Department of Health and Human Services, at Intermountain Children's Home, and for the past four years at Catholic Social Services. Twila and her husband, Bryan, are active members of St. Mary Catholic Community in Helena.

Bishops Thomas and Warfel and the Board of Catholic Social Services of Montana look forward to working with Twila as CSSM moves into a hope-filled future.

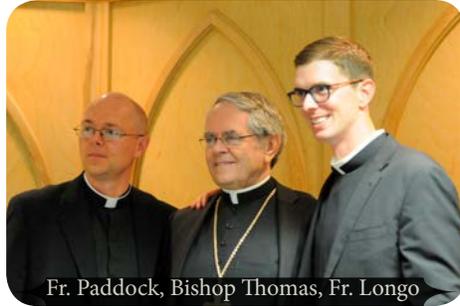
The Foundation for the Diocese of Helena recently awarded the Diocese of Helena Office of Communications Services a grant in the amount of \$2,000. The grant will assist one year of publication of the Diocese of Helena Newsletter, to be sent to all households registered at a parish in the Diocese.

To learn more about the Foundation, its grants program and endowments, contact your parish or:
Jeanne Saarinen - (406) 389-7051

The Diocese of Helena is firmly committed to the safety and protection of our children and young people. To report allegations of sexual abuse or to obtain information regarding the implementation of the "Charter for the Protection of Children and Young People," email VictimAssistant@diocesehelena.org or call the victim's advocate at 406-459-0513. The Charter and diocesan policies is online at www.diocesehelena.org/resources/safe-environment.html



Mass at Indian Days with Bishop Thomas



Fr. Paddock, Bishop Thomas, Fr. Longo



Tyler Frohlich



Leadership Camp at Legendary Lodge



Ordination of Frs. Longo & Paddock



Mass at Camp with Fr. Marc Lenneman



The Roman Catholic Diocese of Helena

NEWSLETTER

August, 2017

PRAYER FOR VOCATIONS

Father, you call each one of us by name and ask us to follow you.

Bless your church by raising up dedicated and generous leaders from our families and friends who will serve your people as Sisters, Priests, Brothers, Deacons, and Lay Ministers.

Inspire us as we grow to know you, and open our hearts to hear your call.

*We ask this in Jesus name
Amen.*

Please Continue to Pray for Our Seminarians



From Left: Matthew Christiaens, Tyler Frohlich, Nathan Scheidecker, Bishop Thomas, Shannon Augare, Kyle Tannehill, Cody Kruegar, Fr. Marc Lenneman.