

Bulletin editors: The online, password protected directory has been re-organized. You must be logged in to see it on this page: <http://dioceseofraleigh.org/content/diocesan-directory>. It is only intended for staff so please be cautious when sharing. If you need the password, call Anjanette Wiley at 919-821-9730. If you see an error, email Suzanne Smith at Suzanne.smith@raldioc.org.

Diocesan Directory for July 2018 has been posted.

Logos can be found in the logo section.

My Parish App FREE Webinar Series for App admins: "Maybe you've just launched myParish App. Maybe your parish launched a while ago. If your parish chose to use this tool, you want it to be successful. You want people to use it again and again. You know it's a great resource, but **How do we make myParish App a successful communication tool for our church?**" Spots are already filling up fast. <http://myparishapp.com/free-myparish-app-webinar-series/>

Facebook

Look for photos, videos and stories of your favorite ministries, parishes and schools on our Diocesan Facebook page!

[Raleigh to Rome](#) is a weekly Catholic news brief of local and global Catholic news hosted by Kate Watson, Editor of the *NC Catholics* magazine. New episodes are posted every Friday morning! [Watch and subscribe to the Raleigh to Rome YouTube channel.](#)

NEW ANNOUNCEMENTS



New Dates Scheduled! Join NC Catholics Volunteer on the following dates to help as we repair homes damaged by Hurricane Matthew in the Tar River Deanery. Volunteers from all areas and of all experience levels are encouraged to participate!

July 28th, August 25th, September 15th, October 20th, November 10th

If you have any questions, please contact Daniel Altenau at Daniel.Altenau@raldioc.org or at (919) 821 - 9767. Spots are limited so sign up now! www.CatholicCharitiesRaleigh.org/NCCV

Sunday, July 15th, 2018

Jesus is asking us to go out two by two and proclaim His good news. Strengthen your relationship, rekindle your romance and renew your sacrament. The next Worldwide Marriage Encounter weekends are: Aug 3-5, 2018 in Chapel Hill, NC and Nov 9-11, 2018 in ATLANTIC BEACH, NC. Early sign up is recommended. For more information visit our website at: <https://NCMarriageDiscovery.org> or contact us at applications@NCMarriageDiscovery.org or 704-315-2144.

Taller Diocesano

"FERTILIDAD Y FE: Viviendo a Imagen de Dios"

Sabado, 21 de Julio, 2018

Te invitamos a nuestro Taller de Educación Sexualidad "FERTILIDAD Y FE: Viviendo a Imagen de Dios" Sábado el 21 de Julio en la Iglesia de St. Thomas More, en Chapel Hill NC. En este programa profundizaremos sobre lo que Dios nos ha dado en nuestra sexualidad, viviendo en su imagen creativa como hombres y mujeres. Los profesionales médicos presentarán una introducción a los distintos métodos de Planificación Familiar Natural

(Conciencia de la fertilidad) y las opciones de información para aprenderlos. Costo: \$10/individual, \$15 pareja (Descuentos disponibles, por favor llame a Married Life para detalles)
Para registrarse y más información, puedes contactar a Roberto Cortes en Married Life al (919) 821-9735; correo electrónico Roberto.cortes@raldioc.org

*PREVIOUS ANNOUNCEMENTS

*Any announcements that need to be deleted will be in red text.

GENERAL ANNOUNCEMENTS



Attention Catholic Scouts & Venture Crew Members! 2019 St. George Trek at Philmont

The St. George Trek is an 11-day High Adventure back-packing experience placed within the context of a retreat

program dedicated to assisting a scout's awareness of his or her Christian vocation. You'll be hiking the Sangre de Cristo range of the Rocky Mountains with members of other dioceses around the U.S, as well as with priests, religious men & women, and seminarians experiencing the sacraments and the church's life of prayer daily.

Interested? Required "Letters of Interest" are due no later than Sept 15th!

Find out more at:

<http://www.dioceseofraleigh.org/offices/catholic-scouting/st-george-trek>

Save the Date!

October 20th, 2018

The Catholic Diocese of Raleigh Charismatic Renewal

We are pleased and excited to announce our upcoming Conference

Guest Speaker Peter Herbeck: **"From a New Pentecost to an Unshakable Kingdom"**

St. Michael the Archangel Church,

804 High House Rd.

Cary, NC

Conference Registration begins June 2018

For more information about Peter Herbeck and this event please visit our website: www.ccsraleigh.weebly.com

The Diocese of Raleigh is seeking a full time Communications Specialist (Bilingual-Spanish/English) Key responsibilities / day-to-day job functions

- Create bilingual (Spanish and English) content to promote the ministerial work of the Catholic Diocese of Raleigh, including Catholic Charities
- Utilize various communication methods to highlight positive community impact and increase brand awareness within Spanish- and English-speaking populations throughout the Diocese of Raleigh
- Work with central and regional staff to tell success stories, maintain the online presence for the agency, and create marketing materials
- Will include occasional travel to regional offices throughout central and eastern North Carolina

CURSILLO



CELEBRACIÓN 55° ANIVERSARIO - CURSILLO

DOMINGO 29 JULIO 2018 – Holy Name Cathedral

3 pm – MISA con Obispo Luis Rafael Zarama

Después – *ULTRA ULTREYA* hasta 7 pm con música y comida. Traigan sillas.

Favo Invitad@s: Cursillistas, Alvernistas y familias. Favor de traer sus propias sillas para usar en la plaza de la Catedral. r de responder a Facebook: **Cursillo de Cristiandad – Diocese of Raleigh** o paulbrantsj@yahoo.com

CURSILLO 55th ANNIVERSARY CELEBRATION

SUNDAY, 29 JULY 2018 – Holy Name Cathedral

3 pm – MASS with Bishop Luis Rafael Zarama

After Mass – *ULTRA ULTREYA* until 7 pm with music and food. Bring your own chairs.

Please reply to Facebook: **Cursillo de Cristiandad – Diocese of Raleigh** or paulbrantsj@yahoo.com

MARRIED LIFE

Help us to support the Bishops' Initiative on marriage! Couples who attend Worldwide Marriage Encounter weekends not only rediscover the joy, intimacy & romance in their relationships, but also become more active in their parish. Together, we are making marriages, families and our Church stronger & healthier. *You can help couples in your parish find us by placing information and a link to Worldwide Marriage Encounter (<http://www.wwme.org/>) on your parish website. Contact us and we can provide information about WWME and a logo that can be used. Thanks!*

Please include the bulletin announcement shown below in your Sunday, June 24th, 2018 parish bulletin.

Sunday, June 24th, 2018

"My God is now my strength!" Let God be the strength of your marriage. The next **Worldwide Marriage Encounter** weekends are: Aug 3-5, 2018 in Chapel Hill, NC and Nov 9-11, 2018 in ATLANTIC BEACH, NC. Early sign up is recommended. For more information visit our website at: <https://NCMarriageDiscovery.org> or contact us at applications@NCMarriageDiscovery.org or 704-315-2144.



If you do not wish to use the weekly scripture bulletin announcements provided, you may use this announcement for the entire month of June.

Don't take a vacation from your marriage! Come learn a technique of loving communication that you can use for the rest of your lives. It is a chance to look deeply into your relationship with each other and with God. Fill your marriage with joy! The next **Worldwide Marriage Encounter** weekends are: Aug 3-5, 2018 in Chapel Hill, NC and Nov 9-11, 2018 in ATLANTIC BEACH, NC. Early sign up is recommended. For more information visit our website at: <https://NCMarriageDiscovery.org> or contact us at applications@NCMarriageDiscovery.org or 704-315-2144.

Divorced? Remarried? Planning to marry someone who is divorced? Do you have questions about freedom to marry in the Catholic Church? Did you know that the Tribunal is available to answer these and any other questions you may have about remarriage in the Church? Please contact Mrs. Vikki Newell 919-821-9759 with your questions, or you may wish to visit our website <http://www.dioceseofraleigh.org/offices/tribunal> for further information. We welcome the opportunity to help you.

Divorciado? Vuelto a casar? Pensando en casarse con alguien que se divorció? ¿Tiene preguntas acerca de la libertad de casarse en la Iglesia Católica? ¿Sabía usted que el Tribunal está disponible para responder a estas y otras preguntas que usted pueda tener acerca de volverse a casar en la Iglesia? Por favor, póngase en contacto con el Sra. Teresa Aldahondo

Bulletin Announcements

July 9, 2018

(919-821-9758 or Teresa.Aldahondo@raldioc.org) con sus preguntas, o usted puede visitar nuestro sitio web <http://www.dioceseofraleigh.org/offices/tribunal> para más información. Damos la bienvenida a la oportunidad de poder ayudarle.

2018 Diocesan One-Day Marriage Preparation Workshop

Inviting all engaged couples who are preparing for the Sacrament of Matrimony to attend a One-Day Diocesan Marriage Preparation Workshop. At this workshop you will deepen your relationship with your fiancé as you prepare to begin living out the sacrament of marriage. Topics for the day include: Theology of Marriage, Communication and Conflict Resolution, Finance & Stewardship, Intimacy and Natural Family Planning, and Living a Sacramental Marriage. Remember to talk with your Pastor before signing up. Registration and a list of dates and locations can be found at:

<https://raldioc.configio.com/go/marriageprep> Additional Details: Rebekah.tolson@raldioc.org 919-821-9753

2018 Workshop for Engaged Couples

Are you currently engaged and looking for a way to deepen your relationship as you prepare for marriage in the Catholic Church? Consider joining other engaged couples at a One-Day Marriage Preparation Workshop sponsored by the Diocese of Raleigh Office of Married Life. Remember to talk with your Pastor before signing up. Registration, dates and locations can be found at: <https://raldioc.configio.com/go/marriageprep> Additional Details: Rebekah.tolson@raldioc.org 919-821-9753

2018 Marriage Preparation Workshop

Are you engaged and looking for a way to enrich your relationship before the wedding day? Take some time as an engaged couple to learn from a dedicated team of married couples & ministers who will reflect with you on your wedding vows and living these vows in your married life. Remember to talk with your Pastor before signing up. For more information and to register, please visit: <https://raldioc.configio.com/go/marriageprep> Additional Details:

Rebekah.tolson@raldioc.org 919-821-9753

Marriage Preparation Ministry

Do you have a desire to serve engaged couples as they prepare to enter into the sacrament of marriage? We are seeking out individuals and couples who would be interested in serving engaged couples in the parish and diocese by being a part of the One Day Marriage Preparation Workshop Team. There are varying roles that you could be a part of including: hospitality, presenting, and facilitating, and more.

Please contact Rebekah Tolson with the Office of Married Life at 919-821-9753 or Rebekah.tolson@raldioc.org .

Taller Diocesano de Preparación Matrimonial

Invitamos a todas las parejas que estén comprometidas y estén en el proceso de recibir el Sacramento del Matrimonio, a participar en el taller diocesano de Preparación Matrimonial. Este taller consiste de un día: *de 9:00 am a 4:00pm*. En este día las parejas profundizarán sobre su vocación o llamado al Sacramento de Matrimonio, y obtendrán herramientas que les ayuden, no solo a prepararse para el día de la celebración, sino para algo más importante, su vida matrimonial después de la boda, que es, toda la vida como “esposos”. Los temas que se trata en este día son: “Sacramento del Matrimonio”; La Economía en el Hogar”, “Comunicación y Resolución de Conflictos”, “Amor y Sexualidad”, “La Planificación Natural de la Familia”, “Jesús, Amigo Verdadero” y “El Perdón-Adoración”.

Puedes encontrar las fechas y lugares en que se llevarán a cabo estos talleres en: <https://raldioc.configio.com/go/unidos> Mas información al teléfono (919) 821-9735 o envíame un correo electrónico a roberto.cortes@raldioc.org

¿Estás Pensando en Casarte?

Pues entonces te invitamos a que te prepares para lo que es tu mayor inversión en la vida: *tu Matrimonio*. Ven y prepárate para este gran proyecto que Dios tiene para ti y tu pareja; y, junto a otras parejas con ese mismo fin, profundiza lo que es la belleza del matrimonio y las bendiciones que recibes en él. ¿Como? Asistiendo a uno de nuestros Talleres diocesanos de Preparación Matrimonial de la diócesis de Raleigh. Puedes encontrar los detalles en:

<https://raldioc.configio.com/go/unidos> Mas información al teléfono (919) 821-9735 o envíame un correo electrónico a roberto.cortes@raldioc.org

Me quiero casar y... ????

¿Estás listo para casarte? Ven, te invitamos a hacerlo. Contamos con talleres diocesanos de preparación matrimonial. Pero... ¿qué es eso? Bueno, es un día en que compartes con otras parejas que tienen la misma meta que tu: *Ser Feliz en el Matrimonio*. Pues en este taller te damos las herramientas de cómo lograrlo, y puedes recibir el testimonio de parejas que ya han recorrido esa experiencia del Sacramento. Tenemos varias fechas y lugares, búscalas en:

<https://raldioc.configio.com/go/unidos> Mas información al teléfono (919) 821-9735 o envíame un correo electrónico a roberto.cortes@raldioc.org

¿Te Gustaría servirle a Dios junto con tu Pareja?

Sabes, *Dios te ha llamado al Matrimonio y puedes servirle a Él en pareja*. Te invitamos a servir en este ministerio de vida matrimonial. Tu ayuda es muy importante y muy valiosa. Si quieres participar, buscamos parejas que nos ayuden en la preparación de las parejas que se van a casar. Puedes aportar tus talentos, cualquiera que estos sean. Tendrás un roll de acuerdo a lo que puedas y quieras desempeñar y la oportunidad de aprender para realizar otros. Solo necesitamos tus "ganas de Servir", contáctame. Mas información al teléfono (919) 821-9735 o envíame un correo electrónico a roberto.cortes@raldioc.org

RETROVAILLE



Please help families in your community.

Most couples across the nation who have attended Retrouvaille (pronounced retro-vi with a long i) tell us they learned about this program from their weekly Bulletin. Many are afraid to ask their pastor or friends for help with their marriages. Others are just hoping time will make things better. They tell us that seeing the program announced repeatedly in their Bulletin gave them the courage to pick up the phone and make the call. Most say that Retrouvaille was the lifeline that helped their marriage and their family. You are our lifeline to them!

By running the announcements below of the upcoming Retrouvaille weekend right now and continuing to run one every week (if possible) you give troubled marriages and their hurting families a chance to heal. We thank you in advance!

Yours, Dave and Fran Polovick

910-392-4027 Please call with any questions Retrouvaille

WEEK 4 July 1, 2018

Stress in Your Marriage? – Retrouvaille is a program for married couples that feel bored, disillusioned, frustrated, or angry in their marriage. Some experience coldness. Others experience conflict in their relationship. Most don't know how to change the situation. This program has helped many couples experiencing such difficulties. For confidential information or to apply to attend the program beginning with a weekend on October 12, 2018 call 800-470-2230 or email: retrouvaillenc@msn.com or visit the web site at www.retrouvaille.org.

WEEK 5 July 8, 2018

Rediscover Your Marriage – Retrouvaille simply means 'rediscovery'. The program offers the chance to rediscover yourself, your spouse, and a loving relationship in your marriage. Many couples headed for divorce have successfully saved their marriages by attending. Retrouvaille is a not spiritual retreat, not a sensitivity group, not a seminar, not a social gathering. For confidential information or to apply to attend the program beginning with a weekend on October 12, 2018 call 800-470-2230 or email: retrouvaillenc@msn.com or visit the web site at www.retrouvaille.org.

WEEK 6 July 15, 2018

Bulletin Announcements

July 9, 2018

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WEEK 7 July 22, 2018

Marriage Help – **Retrouvaille** has helped tens of thousands of couples at all stages of disillusionment or misery in their marriage. This program can help you too. For confidential information or to apply to attend the program beginning with a weekend on October 12, 2018 call 800-470-2230 or email: retrouvaillenc@msn.com or visit the web site at www.retrouvaille.org.

WEEK 8 July 29, 2018

You Can Help Your Marriage – Do you feel alone? Are you frustrated or angry with each other? Do you argue or have you just stopped talking to each other? **Retrouvaille** helps couples through difficult times in their marriages. For confidential information or to apply to attend the program beginning with a weekend on October 12, 2018 call 800-470-2230 or email: retrouvaillenc@msn.com or visit the web site at www.retrouvaille.org.

WEEK 9 August 5, 2018

Stress in Your Marriage? – **Retrouvaille** is a program for married couples that feel bored, disillusioned, frustrated, or angry in their marriage. Some experience coldness. Others experience conflict in their relationship. Most don't know how to change the situation. This program has helped many couples experiencing such difficulties. For confidential information or to apply to attend the program beginning with a weekend on October 12, 2018 call 800-470-2230 or email: retrouvaillenc@msn.com or visit the web site at www.retrouvaille.org.

WEEK 10 August 12, 2018

Rediscover Your Marriage – **Retrouvaille** simply means 'rediscovery'. The program offers the chance to rediscover yourself, your spouse, and a loving relationship in your marriage. Many couples headed for divorce have successfully saved their marriages by attending. Retrouvaille is a not spiritual retreat, not a sensitivity group, not a seminar, not a social gathering. For confidential information or to apply to attend the program beginning with a weekend on October 12, 2018 call 800-470-2230 or email: retrouvaillenc@msn.com or visit the web site at www.retrouvaille.org.

SINGLE/SINGLE AGAIN

Single/Single Again Ministry – If you are a single, separated, divorced or widowed person, you are invited to join us at our monthly Mass held at Cardinal Gibbon HS chapel at 5:30 pm. A pot-luck social follow Mass. 2018 Masses are: June 17. For more information contact Celia at ckeator@nc.rr.com or visit www.singlesingleagain.com or on Facebook www.facebook.com/singleagainraleigh



Single/Single Again Ministry

If you are single, separated, divorced or widowed person, please join us for our 23rd Annual Single/Single Again Beach Retreat, August 24-26 at Trinity Retreat Center in Salter Path NC. It is a weekend of prayer, renewal and relaxation.

The theme this year is SAY YES 2 YOUR LIFE: HOW TO EXPERIENCE GOD IN YOUR LIFE EVERYDAY. Our Facilitator is Ms. Sally Orcutt, O.P

For additional information please contact Celia Keator at ckeator@nc.rr.com.

CATHOLIC CHARITIES

Durham Bulls Bulletin Announcement



Pitch in for Charity and support **Catholic Charities of the Diocese of Raleigh** by coming to an evening of baseball with the Durham Bulls at the Durham Bulls Athletic Park on Friday, July 27th at 7:05 pm. A portion of every ticket purchased through the Catholic Charities link will support our work!



Enjoy this **Food Truck Friday** with the Bulls and be sure to stay for **fireworks** after the game!

For more information, please visit www.CatholicCharitiesRaleigh.org/BullsPitch4Charity or contact Daniel Altenau at (919) 821-9767 or at Daniel.Aldenau@raldioc.org.

Wilmington Sharks Bulletin Announcement



Pitch in for Charity and support **Catholic Charities of the Diocese of Raleigh** by coming to an evening of baseball with the Wilmington Sharks at Legion Stadium on Friday, July 20th at 7:00 pm. A portion of every ticket purchased through the Catholic Charities link will support our work!



Stay for fireworks after the game!

For more information about the game, please visit www.CatholicCharitiesRaleigh.org/SharksPitch4Charity or contact Daniel Altenau at (919) 821-9767 or Daniel.Aldenau@raldioc.org.

Carolina Mudcats Bulletin Announcement



Pitch in for Charity and support **Catholic Charities of the Diocese of Raleigh** by coming to an evening of baseball with the Carolina Mudcats at Five County Stadium on Friday, July 13th at 7:00 pm. A portion of every ticket purchased through the "Catholic Charities – Pitch in for Charity" group will support our work!



Stay for fireworks after the game!

For more information about the game, please visit www.CatholicCharitiesRaleigh.org/MudcatsPitch4Charity or contact Daniel Altenau at (919) 821-9767 or Daniel.Aldenau@raldioc.org.

Can you paint and swing a hammer? Or are you interested in learning these skills and more?

Join Catholic Charities and the Knights of Columbus as we help repair homes damaged by Hurricane Matthew in the Tar River and Cape Fear Deaneries. Volunteers of all experience levels are encouraged to participate!

If you have any questions, please contact Daniel Altenau at Daniel.Aldenau@raldioc.org or at (919) 821 - 9767. Spots are limited so sign up now! www.CatholicCharitiesRaleigh.org/NCCV



New Dates Scheduled! Join NC Catholics Volunteer on Saturday, **July 28th** and Saturday, **August 25th** as we help repair homes damaged by Hurricane Matthew in the Tar River Deanery. Volunteers from all areas and of all experience levels are encouraged to participate! If you have any questions, please contact Daniel Altenau at Daniel.Aldenau@raldioc.org or at (919) 821 - 9767. Spots are limited so sign up now! www.CatholicCharitiesRaleigh.org/NCCV

YOUNG ADULTS/YOUTH MINISTRY



World Youth Day in Panama: January 21-28, 2019

Interested in going? Visit <https://raldioc.configio.com/go/wyd2019> For more information contact Ricardo Veloz at (919) 600-8750 or Ricardo.Veloz@raldioc.org right away.



Jornada Mundial de la Juventud 2019 en Panamá:

¿Estas interesado en ir? Visite <https://raldioc.configio.com/go/wyd2019> Para más información contacte a Ricardo Veloz al (919) 600-8750 o Ricardo.Veloz@raldioc.org inmediatamente

COURAGE/ENCOURAGE

Courage is a prayer and fellowship group that assists individuals with same-sex attractions (or SSA) to live chaste lives in accordance with the teachings of the Catholic Church. Meetings are for men and women and strict confidentiality is maintained. For more information email: courage.sacred.heart@gmail.com. Or call: (919) 289-9489.

EnCourage is the affiliate support group for parents, friends and family members of loved ones with SSA. EnCourage helps members to focus on their own spiritual development and offers a supportive environment to share information and guidance for maintaining healthy relationships with our loved ones. For more information, email encourage.sacred.heart@gmail.com. Or call: (984) 221-0730. Strict confidentiality is maintained.

HUMAN LIFE & DIGNITY

Project Rachel Support Group Abortion is one of the most common procedures in the US, experienced by millions of women, many of whom are Catholic. Abortion creates a wound in post-abortive women, (and men) resulting in spiritual and emotional problems. The Project Rachel ministry assists women and men who have been wounded by abortion to find truth and healing. There is a support group beginning in the Triangle area in August. If you have experienced an abortion and would like more information about the support group, contact Project Rachel at (919) 852-1021 or email projectrachel@nc.rr.com. For more information go to <http://projectrachelinc.org/> (website) Calls and appointments are kept strictly confidential.

Tradition teaches us Christ was conceived on the Feast of the Annunciation. We will watch the parallel development of "Abigail" in the womb beginning on March 25 (Feast of the Annunciation) until December 25. The Office of Human Life and Dignity is making available a series of bulletin messages describing the fetal development of "Abigail." Each week we will send out the messages to the parishes. Please consider inserting these messages in the bulletin for the upcoming weeks and each week through December 25.

Bulletin Announcements

July 9, 2018

June 17 (week 13)

Abigail now sleeps and exercises the muscles energetically. She is able to turn her head, curl her toes, make a fist and open and close her mouth while breathing the amniotic fluid to help develop the respiratory system. While Abigail is active, she is very small, weighing about one ounce.

“Just as you do not know how the breath comes to the bones in the mother’s womb, so you do not know the work of God, who makes everything.” (Ecclesiastes 11:5)

June 24 (week 14)

Baby Abigail is almost three inches long and growing very fast. She will continue to grow until about 23 years of age. Her vocal cords are beginning to form. Her mother is feeling better and has more energy.

“And the Child grew and became strong in spirit, filled with wisdom; and the grace of God was upon him.” (Luke 2:40)

July 1 (week 15)

Abigail’s taste buds are working! She drinks more amniotic fluid and it tastes sweet. Her skin is transparent and is very sensitive to pain except for her back and the top of her head. She may be small, but she is growing fast! This week, Mom will enjoy fireworks and celebrate the birth of our nation, but Abigail won’t hear anything – yet.

“God [had] from my mother’s womb set me apart and called me through his grace...” (Galatians 1:15)

July 8 (week 16)

Soon Abigail will be able to grasp with her hands. What will she grasp? Her other hand! She has her own unique fingerprints now. Her fingernails and toenails are growing. She also has an adult’s taste buds. Her eyebrows and hair on her head are sprouting. But it will probably change color and texture after birth. She is kicking, twisting, and flailing really hard. But, Mom can’t feel Abigail moving in the womb – yet.

“They will see the glory of the Lord, the splendor of our God.” (Isaiah 35:2)

July 15 (week 17)

I’m getting a little baby fat under my skin. My heart is pumping as much as 6 gallons a day at a rate about double my mom’s. I can swim and kick and do somersaults! I’m the same size as my placenta now. I’m not a lightweight anymore – I weigh almost six ounces and I am about three inches long.

Mom might be able to hear tiny thumps of Abigail’s heartbeat with an external monitor now.

“Before I formed you in the womb I knew you,” Jer. 1: 5

July 22 (week 18)

When I am sleeping, I have REM (rapid eye movements), which means I am dreaming, but I can’t remember my dreams. My vocal cords have formed but I don’t make a sound – must be because there is no air in here. Isn’t it amazing that I’m able to breathe “underwater,” inhaling and exhaling small amounts of amniotic fluid?

Mom is probably starting to “show” now.

“I came that they may have life and have it abundantly.” (John 10:10)

July 29 (week 19)

Abigail is working on developing great lungs. Mom may start to feel Abigail as a flutter in her lower abdomen.

Abigail’s private parts are clearly visible now, but no peeking – after all, Abigail is naked. Doesn’t Abigail have a right to privacy?

Wow! I like sucking my thumb.

Just as you do not know how the breath comes to the bones in the mother’s womb, so you do not know the work of God, who makes everything. (Ecclesiastes 11:5)

August 5 (week 20)

Bulletin Announcements

July 9, 2018

I can hear my mother's heartbeat and some other funny noises she makes. I'm beginning to know her voice. My umbilical cord (that's where I get my food from) is really awesome – an engineering marvel.

Abigail's umbilical cord transports 300 quarts of fluid per day and completes a round-trip of fluids every 30 seconds.

I am 20 weeks old now, and in another 20 weeks I will be born!

"You did form my inward parts; you did knit me together in my mother's womb." (Ps 139)

August 12 (week 21)

If you were to shine a very bright light on my mother's abdomen, I may slowly move my hand in front of my eyes. If you make a very loud noise, I may cover my ears with my hands. But I can also hear my mom's voice, and when she sings a lullaby, it soothes me, and helps me sleep.

Dad, did you know: Low-frequency sounds, mimicking a male voice, penetrate the abdomen and uterine wall better than the higher frequencies of the female voice?

Mom may be able to feel kicks now. Don't forget those prenatal vitamins!

August 19 (week 22)

Hair is starting to grow on my head. I wonder—what color is it? My legs are getting stronger, so soon Mom will really feel my kicks. I like sleeping in the same position now. I'm over 6 inches tall when I stretch out, and I weigh over 10 ounces.

Mom can distinguish two heartbeats if she lies quietly and flat on her back, locates her own heartbeat by finding her pulse, then lays her hand on her belly. Abigail's heart pumps about six gallons of blood every day.

"For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled." (Luke 1:44-45)

August 26 (week 23)

My tongue is fully formed now. I'm practicing giving people a raspberry! I can hear noises from the outside. Some loud ones scare me. I know Mom's voice and like the music she listens to. I now have fingernails and fingerprints. I'm not as little as I used to be just a few weeks ago. Now I am about 10 inches long if I could stand up straight!

Mom is waiting to find out if Abigail is a boy or girl.

"...and every tongue confess that Jesus Christ is Lord, to the glory of God the Father ." (Philippians 2:11)

September 2 (week 24)

I can hear Mom's conversations more clearly now. I can hear her read, sing, and talk. I like to kick back, suck my thumb, and listen to her read to me. My eyelids and eyebrows are fully formed. My fingernails have grown to the end of my fingers. My brain is growing really fast so I'm going to be very smart. Abigail weighs nearly a pound now.

"Therefore, take these words of mine into your heart and soul....Teach them to your children, speaking of them at home and abroad, whether you are busy or at rest." (Deuteronomy 11:18-19)

September 9 (week 25)

I have fine hair all over my body that is there to protect my skin. Abigail will lose all this body hair before birth. I'm a little thin at this point, but am putting on more baby fat. My eyes are formed, but the iris does not have color – I'd like brown eyes!

Abigail now weighs over a pound and is about a foot long. 50 years ago, if the baby was born at this age, the child could not have survived. But today, with modern technology, babies born at this age have a good chance of survival.

"Even the hairs of your head have all been counted. Do not be afraid. You are worth more than many sparrows." (Luke 12:7)

September 16 (week 26)

I'm really beginning to bulk up. I gained 6 ounces this week! I think most of it was muscle, but also some bone mass and some organ development. My taste buds allow me to distinguish bitter, sweet, and sour. My lungs have developed so well, I'm now officially considered viable. Abigail could live outside the womb. Each parent contributed 15,000 genes that determined not only what Abigail looks like, but also how Abigail interprets tastes, Abigail's athletic abilities, allergies,

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health, and much more.

“Yet you drew me forth from the womb, made me safe at my mother’s breast.” (Psalm 22:10)

September 23 (week 27)

Thousands and thousands of brain cells are growing in Abigail’s head every day! Soon Abigail will have billions of brain cells. *I can make a fist and grasp things. My spine is beginning to form to protect my spinal cord. I’m covered by a white, cheesy substance that protects my skin. Don’t worry, it will come off right after birth.*

Mom can tell if her baby gets the hiccups.

“Before I formed you in the womb I knew you, before you were born I dedicated you, a prophet to the nations I appointed you.” (Jeremiah 1:5)

September 30 (week 28)

Abigail’s taste buds continue to form. *I can taste sweet things now. My mom likes chocolate, and so do I. A bright light can be seen through my mommy’s tummy. I have eyelashes and eyebrows now. My fingerprints are fully formed. My toenails and fingernails are growing and may need to be clipped when I’m born.*

Mom may be feeling like a “Soccer Mom” now that her uterus is the size of a soccer ball.

“How sweet to my tongue is your promise, sweeter than honey to my mouth!” (Psalm 119:103)

October 7 (week 29)

Whoa! I’ve had trouble with my balance, but it’s getting better. I’m going to be in my first Life Chain today. The cars may not notice me, but my mom will. Not much room to wave in here, but my eyes are opening, so I will practice blinking at everyone.

Abigail weighs about 2 pounds.

Mom’s talking about different names for me. How about Abigail?

“Come, let us sing joyfully to the Lord; cry out to the rock of our salvation.” (Psalm 95:1)

October 14 (week 30)

Abigail has doubled in size over the last 4 weeks and is getting cramped in the womb.

I am about 14 inches tall now and growing really fast. I don’t have as much room to do my exercises. I try to stretch out, and Mom can feel me move about. My muscle tone is getting much better, and my body is filling out with baby fat. You could hear my heartbeat if you put your ear on my mother’s tummy.

“Rejoice always. Pray without ceasing. In all circumstances give thanks, for this is the will of God for you in Christ Jesus.” (1 Thessalonians 5:16-18)

October 21 (week 31)

I must be getting younger. The wrinkles I had everywhere are slowly disappearing as I gain more and more weight. I used to have a big head, but now my body is catching up. Hair is growing on my head – nice fine hair. I can move my eyes, but it is still pretty dark in here. I can hear my mom. I can’t wait to see her.

Abigail takes mom’s breath away as she kicks her lungs and ribs. The third trimester is filled with aches and pains and general discomfort for Mom, but she knows that soon she will see her baby.

“I was a stranger and you welcomed me...whatever you did for one of these least brothers of mine, you did for me.” (Matthew 25:35,40)

October 28 (week 32)

I weigh three pounds now and will gain about a half pound each week until birth. It’s really cramped now, so Abigail has assumed the fetal position. I can see, but I don’t have 20/20 vision and I won’t have 20/20 vision until I’m 7 to 9 years old – hopefully.

Mom is pretty uncomfortable. Fatigue is her constant companion. Sleeping on her left side may help, as it will remove some pressure on the nerves and blood vessels in her back.

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“For you love all things that are and loathe nothing that you have made; for what you hated, you would not have fashioned.” (Wisdom 11:24)

November 4 (week 33)

Abigail weighs over 3 pounds and may weigh about 7 pounds at birth. *My brain is growing very fast. I'm starting to have regular sleep and awake time. I have dreams, but I keep them secret between God and me. I'm using my four senses of vision, hearing, taste, and touch. I try to stretch out but there is not enough room. Mom is planning a Baby Shower. I don't know why, it's always wet in here.*

“Should there be a prophet among you, in visions will I reveal myself to him, in dreams will I speak to him.” (Numbers 12:6)

November 11 (week 34)

I'm almost 17 inches long but I'm all curled up so it is hard to see how tall I am. I like to look around when I'm awake, but it is hard to see anything – it's all fuzzy. Ouch! I scratched myself with my long fingernails.

Abigail has started to move head down because 96% of babies are born that way. Mom's uterus is stretching and is pushing her organs every which way, causing heartburn, constipation, indigestion, and breathlessness.

“Whoever humbles himself like a child is the greatest in the kingdom of heaven.” (Matthew 18:5)

November 18 (week 35)

Abigail's immune system is really beefing up. Abigail will be ready to fight infections and illnesses right after birth. The amniotic fluid has reached its peak so she has lots of padding. Abigail's skull is pliable and soft, ready for delivery. *I'm going to decide when I will be born.*

Mom feels she has to go to the restroom frequently – the pressure is on.

“He is the image of the invisible God, the firstborn of all creation...all things were created through him and for him.” (Colossians 1:15-16)

November 25 (week 36)

Abigail weighs about 5 ½ pounds now. She is really putting on baby fat, which will help keep her warm after birth. The lungs are almost complete. You may be able to see Abigail's body parts as the uterine wall gets thinner – feet, head, and hands.

Mom is looking for a pediatrician to examine the baby after birth. She's getting ready in case Abigail is ready.

“Therefore, stay awake! For you do not know on which day your Lord will come.” (Matthew 24:42)

December 2 (week 37)

Abigail is absorbing about a gallon of amniotic fluid per day. She is now receiving valuable antibodies from Mom to fight off infections. Fat is deposited in Abigail's cheeks this week, and the muscles that help Abigail suck are helping to fill her little face. Abigail is about 6 pounds and over 20 inches in length. *I'm still eating leftovers from Thanksgiving. I'm a little plump, but I'm ready for my first picture.*

Sometimes moms have cravings. Pickles and ice cream make a good snack.

“Welcome one another, then, as Christ welcomed you, for the glory of God.” (Romans 15:7)

December 9 (week 38)

Abigail is now considered full-term but continues to gain and grow every day. Lungs are days from completion. *I'm practicing breathing with my amniotic fluid.* It is easy to grasp things with Abigail's little fingers. Typically, boys will weigh more than girls at birth. Only 4% of babies are actually born on their due date.

Mom, pack your bags, and don't forget the camera for those all-important pictures of the baby.

“They will see the glory of the Lord, the splendor of our God.” (Isaiah 35:2)

December 16 (week 39)

Abigail now weighs between 5 and 9 pounds. The average size of a baby is 7 pounds.

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It's really crowded in here, and it's very hard to move.

The umbilical cord doesn't have any nerve endings (this means that neither Mom nor Abigail will feel any pain when it is cut!), and it is about ½ inch thick. The good news for Mom is it's easier to breathe because the baby is moving down. The bad news is Mom may be running to the bathroom every two minutes.

"God [had] from my mother's womb set me apart and called me through his grace..." (Galatians 1:15)

December 23 (week 40)

Celebrate! Abigail is born! Don't be surprised at how Abigail looks after birth. Her head may be misshapen and the skin may be discolored with patchy looking rashes. Abigail, like all babies, is made in the image and likeness of God.

"Glory to God in the highest and on earth peace to those on whom his favor rests." (Luke 2:14)