The White Ribbon Against Pornography (WRAP) campaign, begun in 1987, brings people together to promote awareness and tackle the societal harms of pornography. This year’s WRAP Week runs from Oct. 27 to Nov. 3.

Pornography is big business. It is aggressive, savvy and available online for free in content to lure new users, marketing to both males and females. As Americans, we are immersed in media and the exposure to pornography. There is a dangerous addiction to pornography; the brains of those addicted to it are triggered much like that of people with drug or alcohol addictions. As with any addiction, recovery is a long and challenging process, and help is needed to regain freedom from it.

Here are four ways you can participate in the WRAP campaign:
1. Wear a white ribbon; it’s a great conversation starter.
2. Talk to your children and grandchildren about pornography and its harms.
3. Politely make complaints to businesses that distribute or advertise pornography and obscene material.
4. Pray and fast that God would heal those harmed by pornography and struggling with compulsive pornography use.

— Terri McCormack is marriage and family coordinator for the Diocese of Burlington.

**RESOURCES**

Create in Me a Clean Heart, a 2015 pastoral response by the United States Conference of Catholic Bishops

Reclaim (reclaimsexualhealth.com)

End Sexual Exploitation (endsexualexploitation.org)

Social Media Platform Safety Center
Google’s SafetyCenter (google.com/safetycenter/families/start); Apple’s Parental Controls (support.apple.com/en-us/HT201304); Snapchat Safety Center (snapchat.com/safety)

Protect Young Minds (protectyoungminds.org)

How to Strengthen Your Marriage After Porn Addiction, For Your Marriage (foryourmarriage.org/pornographys-effects-on-marriage-and-hope-for-married-couples)
information about a prayer service in your area. Each hour will include prayer, quiet reflection, contemplative reading and a rosary for clergy. See your church bulletin for details.

Columbus has been sponsoring this annual, statewide event. Lectures will be around 40-50 minutes. There will be time for questions and fellowship afterwards. Talks will be given by Anthony Rosselli, PhD candidate. Moses' story is one of the Old Testament's most fascinating and memorable. The burning bush; the ten plagues; the flight through the Red Sea. These stories have even found their way into Hollywood depictions. But what did the ancient Jews and Christians think these stories meant? What did God mean when he bizarrely told Moses his name was "I AM"? What are we to make of these famous plagues?

For 10 years the Vermont Knights of Columbus has been sponsoring this annual, statewide event. Each hour will include prayer, quiet reflection, contemplative reading and a rosary for clergy. See your church bulletin for information about a prayer service in your area.

UPCOMING EVENTS

10|21 MONDAY
7 Themes of Catholic Social Teaching
Holy Family Parish Hall, Essex Jct. • 7-8 pm
Often called “the Church’s Best Kept Secret,” Catholic Social Teaching is a good and useful guide in living the Christian life and truly being a Light to the World. Join our discussions on how these ideals can help bring us more into a Christ-centered life.

10|23 WEDNESDAY
VCP Networking Breakfast
Pomerleau Alumni Center, St. Michael’s College, Colchester • 8-9:30 am
This free event will begin with networking and refreshments, followed by words from a professional development speaker, and followed by more networking and discussion. Patrick Leduc, CIO & VP of Career and Education Outreach / HR at VSAC will be the October guest speaker. To register or for more information: vermontcatholic.org/vcp

10|23 WEDNESDAY
Mater Christi School Open House
Mater Christi School, Burlington • 8:30 - 11 am
Mater Christi School is a private Catholic school that combines rigorous, 21st-century academics with a global philosophy in the Mercy tradition. It is a close-knit community and value-centered school where families of all faiths and beliefs are welcome. Register to attend our Open House and learn more about our school, or call 802-658-3992 to schedule a personal tour or shadow day for your child(ren).

10|26 SATURDAY
Confirmation Retreat: Pilgrimage to Cathedral of St. Joseph Cathedral
Cathedral of St. Joseph, Burlington • 11:30 - 5 pm
Take your 8th, 9th, or 10th Confirmation students on a pilgrimage to St. Joseph’s Cathedral in Burlington! Students will learn about (and tour!) the cathedral, have an opportunity to prayerfully prepare for Confirmation, and learn more about the Sacrament. Bishop Coyne will join us to meet the students and share some words about Confirmation. The retreat will close with the 4:00pm Vigil Mass at the Cathedral.

10|26 SATURDAY
Roast Pork Supper
Our Lady of the Angels, Randolph • 5 - 7 pm
The Knights of Columbus Council #143251 is hosting a roast pork supper by chef extraordinaire Maybelle Dumont. Adults $12 and kids $5. Fully accessible building!

10|26 SATURDAY
Harvest Dance
Holy Family Parish Hall, Essex Jct. • 7 - 10 pm
A night of dance, laughter and fun with music by Digital DJ. $15 per person, includes food and beverages. RSVP Judy Kanya at kanyaj@comcast.net or Eric Audette at robochef69@yahoo.com by October 18.

10|26 SATURDAY
Serve Our Neighbor Day
Holy Family Parish Hall, Essex Jct. • 9 am - 1 pm
The Essex Catholic Community is looking for volunteers to assist with projects in our neighborhood. Please register at www.hsflvt.org by Sunday, October 20 to volunteer for projects on Saturday, October 26. This is a community service event and we need all the help we can get.

11|02 SATURDAY
Our Lady of Fatima Devotions
Holy Family, Essex Junction • 8 - 9:30 am
First Saturday of every month, come to Our Lady of Fatima Devotions. Rosary and reconciliation begin at 8 am and Mass at 8:30.

DIOCESE OF BURLINGTON CAREERS

Diocese: Senior Accountant
Diocese: Technical Support Specialist
Holy Family St. Lawrence Parish, Essex Junction: Administrative Assistant
Immaculate Heart of Mary Parish, Williston: Administrative Assistant
The Loretto Home, Rutland: Residential Care Positions
Our Lady of Seven Dolors, Fair Haven: Organist or Keyboardist/Choir Director
Our Lady of the Angels Parish, Randolph: Administrative Assistant
St. Joseph Residential Care Home, Burlington: LPN

For More Info:
vermontcatholic.org/careers

UPDATE

100%
GOAL: $2,700,987
TOTAL COMMITTED: $2,146,642
as of October 7, 2019

The Catholic Church cares about your marriage. Find resources to enrich and foster married life at vermontcatholic.org/marriageenrichment.

Consider supporting this initiative with a gift at bishopsappealvt.org.