

The Inland See

NEWS FROM

January 7–13, 2023

FOR THE DIOCESE OF BURLINGTON

Naturopathic doctor to speak at next Vermont Catholic Professionals meeting

A naturopathic doctor and Creighton Model FertilityCare practitioner and medical consultant will be the speaker at the January meeting of Vermont Catholic Professionals.

Dr. Jessica Whelan, a parishioner of Holy Angels Church in St. Albans, will address common hormonal and reproductive health struggles women and couples are experiencing and how she can help bring them to restored hormonal balance, optimal fertility and a more thriving, vibrant life with healthier relationships.

“Through naturopathic medicine and the Creighton Model, I am able to provide healthcare that upholds the fully human dimensions of sexuality: spiritually, physically, emotionally, psychologically,” she said. “Both naturopathic medicine and the Creighton Model evaluate and treat the root cause of health imbalances. Spending greater one-on-one time with my clients and getting the full picture of their health (physically — all the body systems work together — mentally, spiritually, emotionally, relationships) helps me do the detective work and put the puzzle pieces together.”

She was drawn to naturopathic medicine because it “looks at the whole person and is a helping profession,” she added.

Whelan attended medical school at the National University of Natural Medicine in Portland, Oregon, and did a 1-year primary care residency with Dr. Michel Moreau at his private



Dr. Jessica Whelan — Submitted photo

practice, Health Integrative, in St. Albans. She began her own private practice in St. Albans in 2021.

She explained The Creighton Model: It is world-class, revolutionary and comprehensive women’s healthcare. Through charting the reproductive and gynecological signs that their body gives them each day, women have an objective language that doctors trained in this method can understand. It evaluates and treats health issues in ways that work cooperatively with the body, without suppressing or destroying fertility. It upholds and promotes

the fully human dimensions of sexuality. It empowers couples to understand their shared fertility so they can precisely identify days of fertility/infertility to naturally achieve/avoid pregnancy as well as enjoy deeper intimacy, improved communication and stronger marriages.

She said it is important for Catholic professionals to gather because their faith “intersects every aspect of life – it’s not something we compartmentalize.”

“We are called to share the Good News of the Gospel in the midst of our daily lives and professions,” she continued. “Having the support of each other is so important.”

The meeting will take place Jan. 18 at 8:30 a.m. at the diocesan office building at 55 Joy Drive, South Burlington.

To register, go to vermontcatholic.org/vcp

VTC • Cori Fugere Urban



Join us for our next

Vermont Catholic Professionals *Networking Breakfast*

Wednesday, January 18, 2023 • 8:30 AM

Diocese Offices, 55 Joy Drive, S. Burlington

Enjoy light breakfast foods and beverages • Presentation begins at 9 AM • Opportunity for networking before and after the presentation

Zoom option is also available!

Register at: vermontcatholic.org/vcp

Upcoming Events



01|11, 18, 25, 02|01, 08, 15 WEDNESDAYS

Good News Bootcamp

St. John Vianney, S. Burlington • 6:45 - 8:30 pm

Has the Holy Spirit been nudging you lately to reignite your joy and dig a little deeper into our Catholic faith? Please join us in discussing how we as Catholics can bring healing, transformation, virtue, and enthusiasm to our world. Check out our website at stjohnvianneyvt.org/good-news-bootcamp to discover what each week's topics will be. Join us for the sessions that interest you or join us for all of them! Questions? Contact Connie at SJVGoodNews@gmail.com.



01|10, 12, 02|07, 09 TUES & THURS

Walking With Families

via Zoom • 7 - 8 pm

This series of discussions will share the beauty of the Catholic Church's teachings on Theology of the Body as well as offer practical tips and suggestions from local professionals, clergy, religious and lay persons about how to talk about the gift of our sexuality, respond to gender identity issues, and more with our youth, our parents, our family, and friends.

Presenters for January 10 & 12 are Father Jon Schnobrich and Sharon Trani, MSN, MAFT, APRN/Nurse Practitioner, Marriage and Family Therapist.

Presenters for February 7 & 9 are Daniel Lacourrage, Diocesan Catechetical Leader; Sister Paul Mary Dreger, FSE, Campus Ministry; and Marie Antunes, Administrative Secretary Waterbury, Moretown, Waitsfield
FOR MORE INFO: <https://www.vermontcatholic.org/event/walking-with-families-3/>



01|12, 19, 26, 02|02, 09, 16, 23 THURSDAYS

"Surviving Divorce" Group

St. John Vianney, S. Burlington • 6 - 7 pm

For the newly separated and divorced, as well as for those still struggling with issues many years later, we invite you to join us for Surviving Divorce. Together we will help each other answer questions, restore hope, and begin authentic healing from the pain and loneliness of a broken marriage. The twelve-week program will begin Thursday, January 12. A \$25 materials fee is requested to help with the cost. Accommodations are possible if the fee is a hardship at the time of registration. FOR MORE INFO: Dcn. Josh McDonald at jmcdonald@vermontcatholic.org.



01|12, 19, 26 THURSDAYS

Weekly Bible Study

Immaculate Heart of Mary, Williston • 7 pm

Every Thursday at 7 pm we will gather in the parish hall library to read and discuss the Gospel for the coming Sunday. All are welcome! Weekly schedule continues in January after a break for Christmas.



01|14 SATURDAY

St. Peter's Cemetery Committee — Bingo

St. Peter Parish Hall, Vergennes • 5 - 9 pm

Doors open at 5 PM, Bingo starts at 6 PM. This is a family

friendly event. All cash prizes, 50/50 raffle. Refreshments sold. Sponsored by St. Peter's Cemetery Committee to benefit the on-going efforts for cemetery improvements.



01|18 WEDNESDAY

Vermont Catholic Professionals Networking Breakfast

In-Person and via Zoom • 8:30 - 9:30 am

Dr. Jessica Whalen will address the Vermont Catholic Professionals group at the first networking breakfast of 2023. This networking breakfast event will be held at the Roman Catholic Diocese of Burlington Brady Center, 55 Joy Drive, S. Burlington. Light breakfast foods and beverages will be available. The presentation will begin at 9 am. If you are unable to attend in person the speaker's presentation will be live-streamed via Zoom.



01|18 WEDNESDAY

Franklin Deanery Holy Hour

St. Rose of Lima, S. Hero • 6 pm

The Franklin Deanery will host a Holy Hour, priests will be available for the Sacrament of Reconciliation.



01|19 THURSDAY

Married Life — The First 10 Years

via Zoom • 7 pm

Navigating the first ten years of marriage can be a challenge — no matter how long you've known each other. Join with other couples to build healthy relationships that foster the plan God has for your marriage. Enhance your relationship, meet other couples, and grow your marital relationship. You only need to register once to join. We meet virtually, once a month. Registration link can be found at: vermontcatholic.org/event/married-life-the-first-5-years



01|28 SATURDAY

Rosary, Mass, Rally for Life

St. Augustine, Montpelier • 9 am

Bishop Christopher Coyne will celebrate the Mass for Life at St. Augustine Church in Montpelier. Before Mass a Rosary for Life will be led by Deacons of the Diocese, at 9 am. The Rally for Life at the Vermont Statehouse will follow the Mass for Life (time TDB.)



02|05 SUNDAY

World Marriage Day Mass

Cathedral of St. Joseph, Burlington • 10 am

Married Catholic couples who are celebrating milestone anniversaries (5, 10, 15, 20, 50, 51, or more) during 2023, and who wish to be recognized are invited to attend the Diocese of Burlington Anniversary Mass. Pre-Registration is required by contacting Nicole Hamilton, nhamilton@vermontcatholic.org or (802) 6110, ext. 1131. Please provide the information of the Catholic parish married, parish presently attending, and the anniversary being celebrated. Parishes who wish to recognize significant anniversaries locally, can request certificates signed by Bishop Coyne, and mailed to the parish by contacting Nicole Hamilton (see above.) Please include the couple's names, anniversary year (5, 10, 15, 20, 50, 51, or more), Catholic parish married, and priest/deacon. Requests accepted through January 27, 2023.



02|15 WEDNESDAY

Franklin Deanery Holy Hour

St. John the Baptist, Enosburg Falls • 6 pm

The Franklin Deanery will host a Holy Hour, priests will be available for the Sacrament of Reconciliation.



02|22 WEDNESDAY

Ash Wednesday

Lent begins today.

A MESSAGE FROM THE



U.S. Catholic Sisters Against Human Trafficking

Ending Slavery Is Everyone's Work

January — Chocolate is a favorite of choice for many however we consume it., in candy or drinks. Do you know that children as young as 9 and 10 work long hours every day on chocolate farms to satisfy the demand for chocolate.

U.S. Catholic Sisters Against Human Trafficking is a 501 c (3) organization, 7575 Grand River Rd., Suite 109, Brighton, MI 48114 (sistersagainstrafficking.org)

BISHOP'S ANNUAL APPEAL



To learn more or make a gift online visit: bishopsappealvt.org

