



# Fraternity of Fatherhood

## A Spiritual Fraternity for All Men

Volume 7

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Mar 10, 2018

The Fire of Easter

By Pope Francis

*Excerpt from Pope Francis Lenten Message 2018*

Above all, I urge the members of the Church to take up the Lenten journey with enthusiasm, sustained by almsgiving, fasting and prayer. If, at times, the flame of charity seems to die in our own hearts, know that this is never the case in the heart of God! He constantly gives us a chance to begin loving anew.

One such moment of grace will be, again this year, the "24 Hours for the Lord" initiative, which invites the entire Church community to celebrate the sacrament of Reconciliation in the context of Eucharistic adoration. In 2018, inspired by the words of Psalm 130:4, "With you is forgiveness", this will take place from Friday, 9 March to Saturday, 10 March. In each diocese, at least one church will remain open for twenty-four consecutive hours, offering an opportunity for both Eucharistic adoration and sacramental confession.

During the Easter Vigil, we will celebrate once more the moving rite of the lighting of the Easter candle. Drawn from the "new fire", (continued on page 9 ...)



## LENTEN REPENTANCE

"If we confess our sins, He is faithful and just, and will forgive our sins and cleanse us from all unrighteousness."

1 JOHN 1:9



## The Opioid Epidemic—A Catholic Response

By: Kristen Hannum

*Brian Martinek is a member of the Portland Fatherhood Fraternity. Last year, Brian lost his son, Taylor, to an opioid overdose. A nightmare no parent should ever have to experience. With Brian's permission we are sharing his story for all our entire Fatherhood Fraternity family. Brian's mission now is to help other people, other families in offering education and hope. Please support his on going mission with your prayers.*

Taylor Martinek's parents, Brian and Brenda, were cautiously hopeful at Christmas a year ago. Taylor, a Jesuit High School graduate, seemed finally to be in recovery from opioid addiction. He seemed to be back, the young man so many people thought of as their "best friend," back for his two younger siblings who looked up to him, back for his older sister (by 14 months) who had loved him for as long as she could remember.

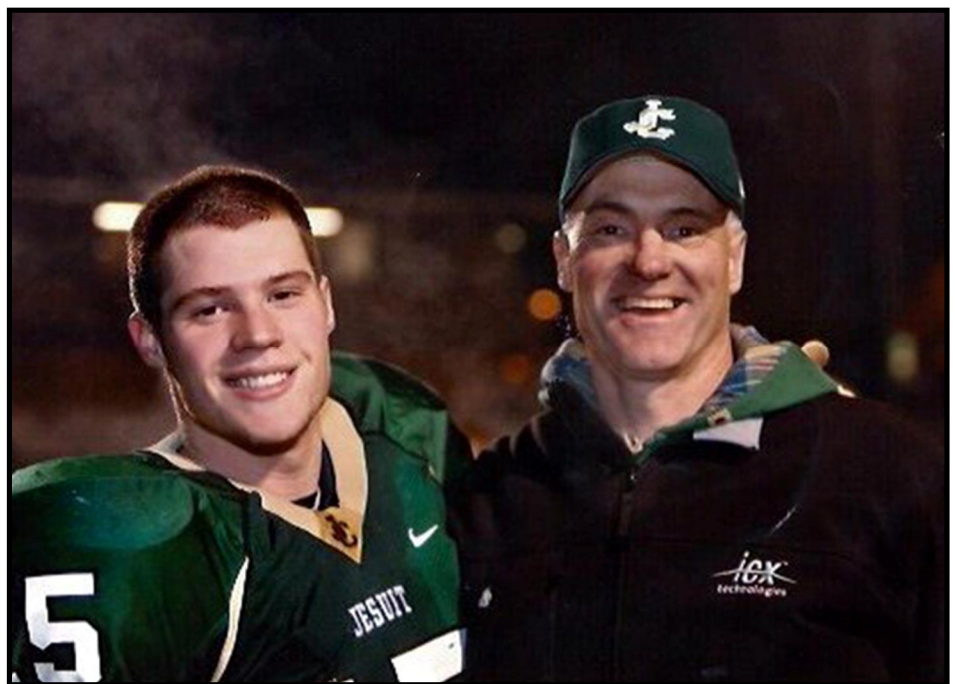
For the first time in years, he gave everyone in the family a Christmas present and personal card in which he expressed his love for each. He also wrote about how sorry he was for the pain he had put them through.

He was working at a good job. He'd been promoted. Taylor's rage and pain were no longer dominant; instead he was thinking of others.

Brian Martinek could imagine waking from the years-long nightmare that had robbed his family of their charismatic and loving oldest son.

Then, on Jan. 14, 2017, as Brian Martinek and his youngest daughter, Danielle, a freshman, dressed for Jesuit High School's father-daughter dance, the phone rang. Taylor, age 24, had fatally overdosed. The nightmare hadn't ended at all.

We knew the system, and we could not get help for our son," says Martinek, who is executive director of the Northwest Regional Re-Entry Center (for prisoners reentering society) and the former police chief of Vancouver, Washington. He was also a longtime Catholic Youth Organization coach. Brenda Martinek is director of the Student Support, Health & Wellness Department of Portland Public Schools.



Taylor Martinek and his dad, Brian Martinek, in the days when Taylor played football for Jesuit High School. Brian Martinek says the family has worried that Taylor's death from an opioid overdose would overshadow the loving, funny and caring person Taylor was before his addiction. (Courtesy the Martinek family)

"If this could happen to us, it could happen to anyone," Brian Martinek says.

(continued on page 3 ...)

## The Opioid Epidemic—A Catholic Response ... (from Page 2)

### Marketing opioids

In 2016, 280 million opioid pills were prescribed in Oregon, population 4 million. That was an improvement over the previous year, and yet it leaves Oregonians over 65, for example, with the highest rate per capita of seniors hospitalized for opioid-related issues. Oregon is also at the top of the rankings for non-medical use of pain relievers. And yet the state isn't anywhere near the worst for per capita deaths from opioids. That dubious honor goes to West Virginia.

Dr. Ruben Halperin, a general internist with Providence Medical Group Northeast and vice chair of the Oregon Pain Commission, says the birth of the current opioid epidemic in Oregon and across the United States is well understood.

In the early 1980s, people rarely used opioids except in cases of major trauma or surgery. Physicians, however, were being urged to do a better job treating pain, especially for people dying of cancer. Pharmaceutical companies developed new opioids for chronic pain that doctors could prescribe to a wider population. The thinking was, "If we can use it for end-of-life pain, why not for chronic pain?" Dr. Halperin says.

In 1996, Purdue Pharma introduced OxyContin, a time-release formula of oxycodone, marketing the opioid as having a low risk of addiction. Purdue and other manufacturers aggressively marketed their opioid products as safe.

"The genie was out of the bottle," says Dr. Halperin. "The expectation for patients was, 'If I have pain, you, as a physician, will get rid of it.'"

"I think it's almost criminal," says Larry Bradley, vice president of development at Serenity Lane Alcohol/Drug Treatment. "Big pharma in the 1990s sent their sales people out and said, 'Here are these powerful drugs and they're not addictive.'"

Doctors, who learned little about addiction in medical school, believed the marketing.

### An epidemic

Addiction began for many people after a minor surgery or injury. Medical providers, saving their patients the trouble of having to get a refill, would write prescriptions for far more pills than would probably be needed.

For families ...

Brian Martinek's advice for those dealing with a loved one who is abusing a substance.

1. Get yourself into Al-Anon, for the support and the education.
2. Don't sweep anything under the rug. Be open and honest about the situation.
3. Don't forget to love and care for the rest of your family.
4. Pray.

## The Opioid Epidemic—A Catholic Response ... (from Page 3)

Father Dave Gutmann, pastor of Holy Trinity Parish in Beaverton, says he has been struck by how innocently opioid addiction begins — “and the shame that results, including isolation.” Opioids turned out to be a crude method of dealing with pain. People develop a tolerance for the drugs and turn to the street or internet to get more pills. Sometimes they then go on to heroin, a cheaper opioid alternative. Heroin’s price fluctuates, but a bag that will provide a four to five-hour high costs between \$5 and \$10.

According to the American Society of Addiction Medicine:

- 20.5 million Americans 12 years and older had a substance abuse disorder in 2015. Of that number, 2 million abused prescription pain relievers and 591,000 abused heroin.
- Drug overdose is the leading cause of accidental death in the United States, with 52,404 dead of overdoses in 2015. Of those, 20,101 died from prescription pain relievers and 12,990 from heroin.

By 2010, it was clear that the rates of addiction and death tracked the rate of opioid prescriptions written. Brian Martinek is certain that Taylor’s addiction began with opioids prescribed for injuries sustained playing football for Portland State University. He says that exposure was worsened by the social acceptability of pills and by opioids having become a party pill. “I’m glad to see that it’s being called an epidemic,” says Martinek. “That’s understating it if anything.”

Treatment works

Bradley, of Serenity Lane, mourns the lives lost that could have been saved. “Treatment works,” he says. “It doesn’t always work the first time, but it works.” He knows that firsthand: 33 years ago, he spent Christmas chugging Scotch and snorting cocaine. Soon after he went into treatment. He’s been in recovery ever since, and this year spent the holidays with his daughter and her family. “That’s the miracle of recovery,” he says. “It’s an incredible gift.”

Father John Kerns, pastor of Our Lady of the Lake Parish in Lake Oswego, has a family connection with addiction. His father, Dr. Thomas Kerns, was just 16 when his widowed father became an alcoholic and died. Dr. Kerns, building from that pain, founded Serenity Lane Alcohol/Drug Treatment Center. “He said that within every patient he treated was a good person, a child of God,” says Father Kerns. “An addicted person

# Easter Triduum



HOLY THURSDAY



GOOD FRIDAY



HOLY SATURDAY



EASTER SUNDAY

## The Opioid Epidemic—A Catholic Response ... (from Page 4)

still has all their goodness but makes horrible choices.”

Father Kerns is on the board of the treatment center and echoes what Brian Martinek says about how addiction damages entire families, not just the addict. With treatment, “you’re not just saving one life; whole families are saved,” he says. Martinek describes Taylor’s addiction as like throwing a hand grenade into the family group. It hurt everyone, including the family’s faith lives. His family, he says, is “in varying degrees” angry with God.

Study after study has shown that as expensive as treatment is, it cost less than the costs of not treating it. The Office of National Drug Policy estimated that for every \$1 spent on treatment, \$4 is saved in health care costs and \$7 in law enforcement costs. Add in the cost of lost work, lost jobs, foster care for children taken from addicted parents and the financial toll becomes even more debilitating for families and society.

So why not treat it? Because we’re too busy judging. Addiction often drives behavior we find morally reprehensible. “Addiction is a disease,” Bradley says. “But we treat it as a moral impairment.” He points to how airlines successfully treat addiction in their pilots, addressing the disease quickly and comprehensively, with an extraordinarily low relapse rate. “As a society, we’re not willing to dedicate the resources,” says Bradley.

### Saints Corner

#### St. Maximilian Kolbe—Patron of those addicted to drugs

St. Maximilian Kolbe was born as Raymund Kolbe on January 8, 1894, in the Kingdom of Poland, part of the Russian Empire. He was a Polish Conventual Franciscan friar and a martyr in the German death Camp of Auschwitz during World War II.

St. Maximilian Kolbe was very active in promoting the Immaculate Virgin Mary and is known as the Apostle of Consecration to Mary. Much of his life was strongly influenced by a vision he had of the Virgin Mary when he was 12. “That night I asked the Mother of God what was to become of me. Then she came to me holding two crowns, one white, the other red. She asked me if I was willing to accept either of these crowns. The white one meant that I should persevere in purity, and the red that I should become a martyr. I said that I would accept them both.” In 1918, he was ordained a priest and continued his work of promoting Mary throughout Poland.

On February 17, 1941, the monastery was shut down; Kolbe was arrested by the German Gestapo and taken to the Pawiak prison. Three months later, he was transferred to Auschwitz. Toward the end of his second month in Auschwitz, men were chosen to face death by starvation to warn against escapes. Kolbe was not chosen but volunteered to take the place of a man with a family. He was the last of the group to remain alive, after two weeks of dehydration and starvation. The guards gave him a lethal injection of carbolic acid. St. Maximilian Kolbe died on August 14 and his remains were cremated on August 15, the same day as the Assumption of Mary feast day. Kolbe’s is often depicted in a prison uniform and with a needle being injected into his arm. He is the patron saint of drug addicts, prisoners, families, and the pro-life movement and his feast day is celebrated on August 14.



## Fraternity of Fatherhood—Group locations & Area Coordinators

Fr. Pinto has encouraged us to grow and expand the Fraternity of Fatherhood all over the world. He has granted us his permission, his blessing and he guides us spiritually. It is with this confidence that we now move forward with humility, obedience and docile hearts. If you are interested in joining a Fraternity of Fatherhood group or if you would like to start a group in your city contact Ray Emnace, Mike Allison, Stacey Hill or Brendan McVicker.

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### Fraternity Sacramento Men ...

Meet every third Wednesday of the month.

We meet at Denny's in Orangevale at 7:30 pm.

Please contact Mike Allison with any questions at email address...

(meallison5@gmail.com) or

Text 916-834-6226



## The Chaplet of Divine Mercy—Begins Good Friday March 30th

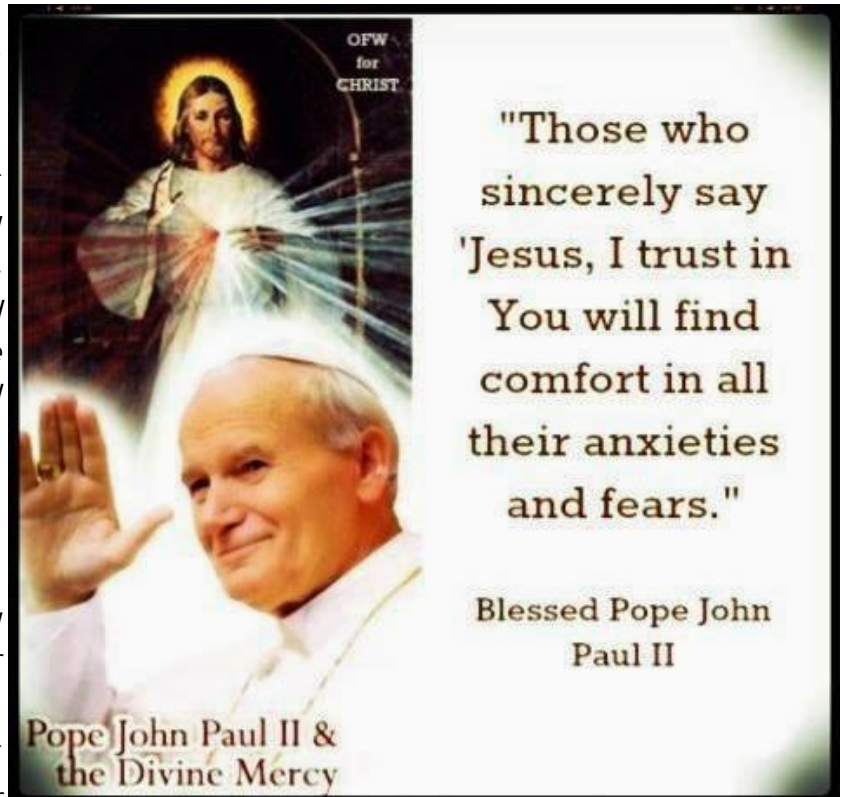
The On September 13, 1935, Sister Faustina had a terrible vision of a destroying Angel ("the agent of divine wrath") about to strike some place on the planet. She began praying, begging him to put off the punishment until the world did penance. At first, her pleas seemed in vain, but presently she saw the Holy Trinity and felt the power of Christ's grace in her soul. Again she began to plead for the world in words that welled up out of the silence of her soul: *"Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, for our sins and those of the whole world; for the sake of His sorrowful Passion, have mercy on us"* (475).

Her prayer was answered and the angel was prevented from carrying out the chastisement. The following morning, Sister Faustina heard these interior words: *"Every time you enter the chapel, start reciting the prayer which I taught you yesterday"* (476).

Later, she was instructed in the recitation of the Chaplet of Divine Mercy: *"This prayer will serve to appease My wrath. You will recite it for nine days, on the beads of the Rosary, in the following manner: first of all, you will say one Our Father and Hail Mary and the I Believe in God. Then, on the Our Father beads, you will say the following words: 'Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, for our sins and those of the whole world.' On the Hail Mary beads you will say the following words: 'For the sake of His sorrowful Passion, have mercy on us and on the whole world.' In conclusion, three times you will recite these words: 'Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world' "* (476).

Jesus Himself tells us why it is so important to recite this prayer: *"Recite the chaplet unceasingly that I have taught you. Whoever recites it will receive great mercy at the hour of death. Priests will recommend it to sinners as their last hope of salvation. Even in the case of the most hardened sinner, if he were to recite this chaplet only once, he would receive grace from My infinite mercy. I desire that the whole world know My infinite mercy. I desire to grant unimaginable graces to those souls that trust in My mercy"* (687).

*"Oh, what great graces I will grant to souls that say this chaplet; the very depths of My tender mercy are stirred for the sake of those who say the chaplet"* (848). *"At the hour of their death, I defend as My own glory every soul that will say this chaplet; or when others say it for a dying person, the indulgence is the same"* (811). *"Through the chaplet you will obtain everything, if what you ask is compatible with My will"* (1731).



## The Opioid Epidemic—A Catholic Response ... (from Page 5)

That decision has generational impacts, as children of addicts are more likely to become addicts themselves. Martinek says our system isn't set up to help families and their addicted loved one. His decades as a cop showed him the result of treating addiction through the legal system. "In the early '80s we eliminated mental health hospitalization, we deinstitutionalized," he says. "I understand that. But now people who are mentally ill and addicted are in jails, and there's no help there. Now police are the people who confront these crises, and we wonder why it doesn't go better." Police don't arrest people for addiction, but rather for addiction-related behaviors, Martinek says. Those arrested get put in jail — and there's no help for them there.

### Faith is the foundation

Faith is the foundation of most people's long-term recovery. It comes after the addiction is treated and the patient can once again think clearly. When someone arrives at Serenity Lane, most "either hate God, don't believe in God or feel abandoned by God," says Bradley. In addition to losing their jobs, families and homes, addicts also lose their spirituality.

Treatment first addresses the addiction. Therapy then addresses the patient's psychological needs. At that point, counselors suggest to the person in recovery that they don't need to do this alone. "Maybe there's a loving God out there, a God that if you open yourself up to, humble yourself, you would find help," says Bradley, who knows this from his own experience and from what he's seen. He compares it to drowning, having had personal experience with that as well. When he was a child he nearly drowned — and almost drowned the people trying to save him. "It was only when I stopped fighting that I could be saved," he says. Faith can also be the foundation of society's response to addiction.

" I believe he's no longer battling his demons but with our loved ones", Brian Martinek says of his son. "What I have left is to help other people."

Last summer, Bishop Edward Malesic of Greensburg, Pennsylvania, issued a pastoral letter on the opioid epidemic. He called for Catholics to offer hope and support rather than judgment. Bishop Malesic wrote that the church's role wasn't in treatment — trained counselors do that — but rather in offering hope. "We need to show every person who is addicted to opioids that there is help and there is hope ... that we will not judge them, that we will not condemn them and that, above all, we care for them." Families too need to be shown they are not alone, wrote the bishop. At a press conference announcing his letter, Bishop Malesic said when he visited parishes he had time and again heard the tragic stories of parents who had buried their children because of overdoses. That is the ultimate place for faith. "I believe he's no longer battling his demons but with our loved ones," Brian Martinek says of his son. "What I have left is to help other people."



## The Fire of Easter

...(from Page 1)

this light will slowly overcome the darkness and illuminate the liturgical assembly. "May the light of Christ rising in glory dispel the darkness of our hearts and minds", [7] and enable all of us to relive the experience of the disciples on the way to Emmaus. By listening to God's word and drawing nourishment from the table of the Eucharist, may our hearts be ever more ardent in faith, hope and love.

With affection and the promise of my prayers for all of you, I send you my blessing. Please do not forget to pray for me.

EASTER FIRE—HOLY SATURDAY NIGHT....The blessing of the Easter Candle. Christ is the Light of the World.



### *A Fraternity for All Men*

The Fraternity of Fatherhood is for men of all ages. Our desire is to serve the Lord in all areas of our lives and to especially model our gift and responsibilities as fathers after the example of God the Father and His goodness. We support men; meeting them where they are. We engage in one-on-one friendships and provide opportunities for group activity, support and formation.

We entrust the Fatherhood Fraternity to the patronage of Saint Joseph.

### *Our Mission*

To serve as men dedicated to the Lord in all aspects of our lives. To encourage and support men / fathers throughout the world in their gift and responsibilities as fathers. To encourage and support fathers "to respond" to their vocation, to protect and remain strong carrying their families in their hearts. Our desire is to be united to The Lord and fulfill our holy mission as fathers.

### *What is it we hope to do?*

Bring men / fathers, closer to God by inviting them to learn their faith, challenging them to live their faith and encouraging them to love and share their faith. In addition, we invite those not married as this is a time to discern their vocation and calling in the Church.

As Fraternity of Fatherhood members, we are committed to grow and be formed spirituality, to support each other, to be active and supportive in our parishes. We are committed to learn who we are as Catholic men, to be discovered through our life experiences, prayer, studying Scripture and the documents of the Holy Roman Catholic Church, obedience to the Holy Roman Pontiff, our Roman Catholic Bishops and our parish Pastors. The formation of "Fatherhood" takes place in our hearts. Being a father means understanding that it is a call. When Fatherhood is received as a gift, it is accepted in humility and gratitude. Humility comes from the fact that we are weak. The pressures of the world are strong and flesh seems to have its way. Gratitude comes from the fact that the Lord is our Shepherd and He is with us always. With Him all things are possible.

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POSTAGE

Fraternity of Fatherhood

We entrust the Fatherhood Fraternity to the patronage  
of St. Joseph.



St. Joseph ...Pray For Us.  
March 19th Feast Day



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