

Go to Virtus website at
www.virtusonline.org
Enter User ID and Password

The screenshot shows a web browser window with the URL <https://www.virtusonline.org/virtus/index.cfm>. The page header identifies it as a program of THE NATIONAL CATHOLIC RISK RETENTION GROUP, INC. The main content area features an article titled "Pentecost, the Birthday of the Church" by Paul Ashton, Psy.D., D.Min. The article text discusses the significance of Pentecost as the birthday of the Church, emphasizing unity and diversity. A photograph of a diverse group of people is included. To the right, a poll asks "What is your opinion?" with three options: "Yes! Every day!" (78.52%), "Not yet, but I will now!" (16.07%), and "No, I'm not sure of how to do this." (5.42%). A sidebar on the left contains navigation links such as "Registration", "Help", and "Update my account". A login form is also present in the top left corner.

User ID:
Password:
[Forgot your Password? Click here](#)

Registration
Help
Update my account
Español
Critical Conversations
Preview the Protecting God's Children Program
This Week's Content:
-Featured Article
-Related Links
Next Week...
Other Resources
-Reporting Child Abuse
-Handouts from the Awareness Sessions
-Parent's Handbook on Preventing Sexual Abuse
-Acronyms and Other Internet Shorthand

Pentecost, the Birthday of the Church

By Paul Ashton, Psy.D., D.Min.
Consultant to the VIRTUS® Programs

The Spirit impels us to open the doors and go forth to proclaim and bear witness to the good news of the Gospel, to communicate the joy of faith, the encounter with Christ.
—Pope Francis (Palm Sunday Homily, 2013)

Pentecost celebrates the birthday of the Church. What a great gift God gave us by establishing the Church for us to encounter Jesus! "In Christian usage, the word "church" designates the liturgical assembly, but also the local community or the whole universal community of believers. These three meanings are inseparable. "The Church" is the People that God gathers in the whole world. She exists in local communities and is made real as a liturgical, above all a Eucharistic, assembly. She draws her life from the word and the Body of Christ and so herself becomes Christ's Body" (Catechism, no. 752).

When we speak of the Church, then, we speak of unity in Christ. We do not think in terms of nations, but rather of one community of believers spread throughout the world. We are tied to each other as intimately as we are united to our families. The Church is built on the relationships we have in our families, spreading throughout the community and reaching across every geographical boundary.

Pentecost celebrates the unity we have in our diversity. The many gifts we possess are shared to form one huge alliance in spreading the Word of God to every corner of the world in presence, action and through prayer. When one member suffers, we all suffer. When one celebrates, we all celebrate. United through our love of Christ, we profess to bring His Word to all we encounter. The ways in which we undertake this mission are as varied as the many individuals who comprise the Church.

Spreading the Good News of Christ is the eternal message of Pentecost. This is no time for humility or to "...light a lamp and then put it under a bushel basket; it is set on a lamp stand, where it gives light to all in the house." Our work is to spread the light and share it: "...so your light must shine before others, that they may see your good deeds and glorify your heavenly Father" (Matthew 5: 15-16).

The world is filled with hurt, despair, hatred, abuse, hunger, poverty and war. It is also filled with love, kindness, caring, sharing, giving, mending, sowing and peace. Pentecost calls us to a united campaign to spread the good that we do individually and corporately by embracing Christ's plan for us. This plan is best stated in the words of Saint Edith Stein: "The meaning of the way of the cross is to carry this burden out of the world."

Person by person, encounter by encounter, song by song, food basket by food basket, donation by donation, sharing by sharing, listening by listening, we go out into the world and conquer the cross as Christ did. Pentecost celebrates our birth as a family of God and empowers us to use our gifts, however small or large, bringing them to the most vulnerable persons we know.

Many tell us that we do not serve others well, or cannot do it, or need to change how we do it, or they tell us why we cannot call it what it is for fear of someone judging our motives. We just need to do something, one thing every day that promotes God's Love. Let us celebrate! Let us rejoice! Let us get going!

What is your opinion?
Have you taken the time this week to share your joy of Pentecost with another person?
 Yes! Every day!
 Not yet, but I will now!
 No, I'm not sure of how to do this.

Last Week's Poll
Does this article help in giving you strength to navigate the transition in your life?
Yes, absolutely! 78.52%
Maybe, I'm not sure yet 16.07%
Not at all 5.42%
Total Votes: 5060

Once logged in, click on 'Training Compliance'

Training

Training Bulletins
For Adults
Favorites

Online Training Modules
Recertification

Live Training

Message Center

Training Compliance

Gracemarie Rozea

Diocese of Rockville Centre, NY

You have new messages waiting. [Click here to view them.](#)

Protecting God's Children for Adults

Healing the Wounds of Trauma

By [Dr. Patricia E. Hudson CSJ, LMHC](#)

When someone we love has experienced a trauma, we wonder how, when and if we should reach out to him or her. The dilemma is, when do I say or do something to help and when is it time to be silent? We might step back fearing we will further hurt the person or that we will be told to "Mind your own business." How do I decide a person has been traumatized by an event they experienced? Is it up to me to decide? In response to these questions and with the command to love thy neighbor first and foremost in our hearts, I encourage you to consider the following when you think that someone needs assistance.

There are many types of traumatic experiences, including, but not limited to sexual, physical or emotional abuse, experiencing a natural disaster, serious illness, sudden death of a loved one or exposure to violence. These experiences may cause changes in behavior although sometimes it goes unnoticed or is attributed to other factors. Each person's reaction to a traumatic situation is unique in manifestation, timing and recovery. What they have in common is a need to feel safe, to rebuild trust, to feel in control, and have a sense of self-worth. Some symptoms or signs that might help you recognize trauma are: disassociation or denial, feeling helpless, hyper vigilance, flashbacks, hyperactivity, sense of constant danger or loss, nightmares, mood swings, rage reactions, sleeplessness, depression and inability to deal with ordinary everyday stress. Sometimes traumatized people question their right to their feelings. They believe that others have it harder and feel guilty about their inability to cope. If some of these symptoms are present, the person may have experienced a traumatic experience and should be seeing a professional counselor.

Even if you are not a therapist, can you also play a part in their healing while they also see a professional? Absolutely. First, keep in mind your relationship with the traumatized person and do not push your way into their lives or negatively affect their boundaries-go gently and be patient. For example, allow the person to cry; it is a good release. Encourage the person to journal or to draw, to express feelings. Invite the person to perform a monotonous activity, such as solitaire on the computer, or even better, to play games with you. For some, it is beneficial to read or watch a movie and perhaps discuss it with you later. Ask them to join you for exercise or an outdoor activity. Perhaps share an evening walk. Welcome them to join you in a relaxation exercise followed by sharing the experience. Work with them to plant a garden. Tell them to hold on to an object that soothes them, for instance, a rock/shell from a favorite beach, a rosary, or a pet cat or dog. There are even organizations that provide [therapy pets](#) to assist with healing that you can visit together. Tell them to think of a safe place that brings back peaceful memories and to go there in their mind or in reality. Be quiet and easy with them. Attend to their need to play a game, to sit with you in silence or to engage in an activity.

Provide them with tools for a creative outlet. For me, art is usually the answer. When I am mellow, I paint in water colors; when frustrated and angry, I work in clay and when I want to just make something for somebody else, I work in stained glass. If I am restless, I organize my space so everything is in its place when I am ready to create. If I am working as a therapist with someone who is



Quick Search

[View All Bulletins](#)

Training Bulletin Report

You are current on your training bulletins.

[Click here to see your complete report](#)

Most Recent Training Bulletins

- "Friending" Students On Social Media
- Pornography Consuming Our Children
- Make Kindness Go Viral
- Hacking Webcams, Ratters and Dirty RATS
- The Right Reaction Can Make a Difference

Select 'Training Report'

A PROGRAM AND SERVICE OF
THE NATIONAL CATHOLIC RISK RETENTION GROUP, INC.



Update My Account | Logout

Training | Toolbox | Library | My Diocese

Training

Gracemarie Rozea

Diocese of Rockville Centre, NY

Training Bulletins
For Adults
Favorites

Online Training Modules
Recertification

Live Training

Message Center

Training Compliance

Training Compliance

- [Proof of Attendance](#)
- [Training Report](#)
- [Contact My Coordinator](#)

Copyright © 1999 - 2014 by National Catholic Services, LLC. All rights reserved.

[\(Acceptable Use Policy\)](#)

Training

Training Bulletins
For Adults
Favorites

Online Training Modules
Recertification

Live Training

Message Center

Training Compliance

Gracemarie Rozea

Diocese of Rockville Centre, NY

Print

Training Report for as of 06/11/2014

Approval Date: 05/25/2010

LIVE TRAINING

Title	Date	Training Location	Status
Protecting God's Children for Adults	08/06/2009 7:00 PM	ST. ROSE OF LIMA R.C. CHURCH (MASSAPEQUA)	Approved

TRAINING BULLETINS

Type	Featured	Read	Missed
Protecting God's Children for Adults (click here for details)	50	50	0

[Show all bulletin types](#)

[Show every bulletin that I have read—including non-featured bulletins](#)

ONLINE TRAINING MODULES

None

If any bulletins are missing the number will be indicated in red under the 'Missed' category.
Click on 'click here for details' in order to access the specific bulletins