



# St. Louis Life News

Volume 2, Issue 1 January 2006



**Blessings** to all of our readers in this glorious New Year. We hope you are enjoying *St. Louis Life News*, published by your St. Louis Parish pro-life committee volunteers. We welcome your input. Please send comments, ideas, and editorial contributions to the “*St. Louis Life News* Editor.” Just drop them off at the rectory office during normal business hours or e-mail us at [editor@va4life.org](mailto:editor@va4life.org). Help us make this the excellent newsletter that our parish deserves. You are cordially invited to sponsor an issue. A contribution of only \$500 (which may be shared by multiple donors) will get *St. Louis Life News* professionally printed on glossy paper in living color for the entire parish. We’ll mention your sponsorship or dedication in print, or your sponsorship may remain private, according to your wishes.

## 33<sup>rd</sup> Annual March for Life - January 23

*Promoting the consistent ethic of life for all*



As always, St. Louis will be well represented at this year’s March for Life, on Monday, January 23. Don’t miss out on this emotionally moving, spiritually fulfilling event, attended by thousands from across America. Parishes, families, neighbors and strangers unite on the Ellipse at noon then rally forth to the Supreme Court in a loving, peaceful, well organized march. At the end of the day, we are all invigorated and inspired to continue to stand up and speak out for the young, the weak, and the infirm. Our strong participation speaks loudly to government leaders. In addition to the March itself, related events over a period of two or three days include a convention, a banquet, several Masses and a youth rally. Stand up and be counted for life! For more information, check St. Louis’ weekly bulletins, or call March for Life directly at 202-543-3377.



“My life, as a disabled person, is as valuable as anyone’s.” –

Kate Adamson

(see “*Kate’s Journey*,” page 2)

## March for Life Schedule of Events

*Knights of Columbus Mt. Vernon Council - Jan. 23*

9:00 am	Council Hall opens
9:30 am	Mass followed by coffee and donuts
11:00 am	Bus departs K of C Council Hall
12:00 pm	Rally and March
3:00 pm	Depart for K of C Council Hall
4:00 pm	Hot Buffet for Marchers

Mass and buffet are open to all. Bus space is limited: K of C families who want to ride on the K of C bus should contact the Council now for reservations.

Pro-life is our name and our cause, and my prayer is that those who favor abortion would call us by our right name: not anti-abortion, not anti-choice, but pro-life. Our name "pro-life" recognizes that we promote life from womb to tomb in the consistent ethic of life, to protect the unborn and the elderly, those in prison, the handicapped, and anyone whose life is threatened for any reason.

Prayer vigils, talks, and speeches reach out to educate our nation on how and why we must defend the most defenseless — the unborn — and strive to move the hearts of those who permit and promote abortion to see it for the evil it truly is. Thanks to all who work so hard, effectively and peacefully in behalf of the unborn.

– Bishop William H. Bullock, Diocese of Madison from “*Prayer: The Breathing Life of a Christian*,” The Madison Catholic Herald Online, Jan. 31, 2002

**Warning signs of suicide: knowing this can save a life. For help call 1-800-273-TALK**

- talk of dying or death - seeking access to the means of death - feeling hopeless - rage, uncontrolled anger, seeking revenge - recklessness - feeling trapped - increased alcohol and drug habits - withdrawal from family and friends - anxious, agitated - change in sleeping habits - dramatic mood changes - no sense of purpose in life - threats or thoughts to hurt one’s self -

**MORE INFO AT [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**

# Kate's Journey: In God's Time

by St. Louis Life News Volunteer Staff

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*This month is dedicated to the Holy Name of Jesus.*

## COMING SOON

### Spiritual Adoption Program beginning now at St. Louis

As a parish, we will collectively harness the power of prayer to save the lives of unborn children, one baby at a time. Each person is asked to say the following prayer daily for nine months:

**“Jesus, Mary and Joseph, I love you very much. I beg you to spare the life of the unborn baby that I have spiritually adopted who is in danger of abortion.”**

The spiritual adoption program was started by the late Archbishop Fulton J. Sheen, who fervently believed that prayers will make a difference in whether a baby will be born or aborted. The prayers can also provide spiritual support for the child's parents. Look for special events and announcements in the weekly parish bulletin throughout the program.



Kate Adamson enjoys the gift of life after recovering from double brain stem stroke.

*Photos for this article were provided by Kate Adamson.*

This issue of *St. Louis Life News* is dedicated to the memory of Jay Schoonover.

You don't fully appreciate the value of life until you experience your own life slipping away. Just ask Kate Adamson. Ten years ago, completely paralyzed from a double brain stem stroke at the age of 33, Kate spent 70 terrifying days in the hospital, totally aware, but unable to communicate.

Kate describes herself in that helpless state as the “perfect candidate for a mercy killing.” Locked in an unresponsive body and receiving all of her nutrition from a feeding tube, Kate listened as medical professionals charged with her care counseled her husband to “let her go.” “It will be better for everyone,” they insisted. After all, “she wouldn't want to live like this.” When the feeding tube was removed for nine days, Kate was completely aware of every sensation of the removal procedure and the relentless hunger and thirst that followed.



Pure economics does not favor maintaining a patient in a presumed “vegetative state.” Providing treatment for Kate was a million dollar proposition, but allowing her to die would cut the insurance company's loss at a tenth of that cost. Faced with a consensus that her life was not worth saving, and cognizant of the ongoing life vs. death debate taking place over her still body, Kate Adamson resolved not to go “peacefully into that good night,” not without a fight.

When it becomes uncomfortable to watch a now unattractive body languishing helplessly, perhaps drooling, and encumbering expensive medical resources, then our society tends to equate dignity with dying quickly. Kate probably would have died in the hospital – eventually – except for two circumstances: she was married to a good lawyer, and God gave her a powerful gift, just when a miracle was needed. She blinked her eyes. The blinking led to communicating and the discovery of more things that Kate could do for herself. Newly energized for the fight of his life, Kate's husband Steven became her tireless advocate and the pro-death establishment's worst nightmare. Within days, he had people around the world of all denominations praying. Shutting down his law practice to stay by her side, Steven's dogged perseverance won Kate a move to an acute rehabilitation center, where she began the first three months of a journey to recovery.

Recovery to Kate's present state of functional disability was a series of baby steps, a weekly struggle to gain new ground, to earn the privilege of remaining in rehabilitative care. When the insurance company withdrew approval for the treatment, it was Steven's turn to fight again. “He would show up in a suit and throw his weight around,” Kate recalls. Those efforts won three months of acute rehabilitation, followed by a year of outpatient therapy.

Once unable to stand or speak, Kate Adamson today is living proof that life is sacred. In humble recognition of her extraordinary gift, she stands and speaks most eloquently for life. What is the most valuable lesson Kate can impart from her experience? That's simple. “Be patient, for everything is in God's time, not our own.”

*Kate Adamson, wife and mother of two daughters, lives with a disability and witnesses for the dignity of life as an author and motivational speaker. To learn more about Kate, please visit <http://www.katesjourney.com>.*