

The Most Holy TRINITY

Go, therefore, and make disciples of all nations,
baptizing them in the name of the Father,
and of the Son, and of the Holy Spirit.

Matthew 28:19



May 30, 2021

St. John the Evangelist Church
309 Lotz Avenue, Altoona, PA 814-942-5503
www.stjohnsaltoona.org

PASTORAL STAFF

Monsignor Michael Becker - mbecker253@aol.com; allinall214@gmail.com
Deacon Gene Neral - gene@lifeinfocus.net
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Diane Ryan - Faith Formation Coordinator/Secretary - stjohsecretary@atlanticbb.net
Mark Krepich - Rite of Christian Initiation for Adults - mark.krepich@gmail.com
Ken Dunmire - Maintenance

June Prayer Intention of Pope Francis

The beauty of marriage

Let us pray for young people who are preparing for marriage with the support of a Christian community: may they grow in love, with generosity, faithfulness and patience.



NEXT WEEK'S APPOINTMENTS

LECTORS

Sat. June 5 - 4:00 PM - Joyce Cunningham,
Susanna Tomlinson
Sun. June 6 - 8:00 AM - Ginny Reeder, James Krug
Sun. June 6 - 10:00 AM - Wally Wargo, Jim Campbell

ALTAR SERVERS

Sat. June 5 - 4:00 PM - Keaton Swope,
Ryan Donoughe
Sun. June 6 - 8:00 AM - Mai Linh Do, Nicholas Helsley
Sun. June 6 - 10:00 AM - Makayla Langenbacher,
Neveah Langenbacher

EUCCHARISTIC MINISTERS

Sat. June 5 - 4:00 PM - Connie Baker
Sun. June 6 - 8:00 AM - Lou Ann Clark
Sun. June 6 - 10:00 AM - Daniel Langenbacher,
Marilyn Bevan

MINISTERS OF HOSPITALITY

Sat. June 5 - 4:00 PM - Betsy Lloyd, Judy Sneath,
Paula VanSickel, Larry VanSickel
Sun. June 6 - 8:00 AM - Carolyn English, John Becker,
Jane Becker, Darlene Scarpaci
Sun. June 6 - 10:00 AM - Walter Bloom, Wendy
Campbell, Dolores Capriotti, Patrick Podoletz

SACRISTAN

Sat. June 5 - 4:00 PM - Jane Byrne
Sun. June 6 - 8:00 AM - Darlene Scarpaci
Sun. June 6 - 10:00 AM - Barbara Bundy

SCRIP

Sat. June 5 - 4:00 PM - Mary Haenig, Julie Beiswenger
Sun. June 6 - 8:00 AM - Erika & Heather Yasolsky
Sun. June 6 - 10:00 AM - Christopher Palazzi,
NOT FILLED

A Few Words from the Pastor:

MEMORIAL DAY, DECORATION DAY: Mass on May 31st will be celebrated at **9:00 AM**, as we pray for our departed military who have served our nation so bravely! All are encouraged come pray with us for all who have died in service of their country. **A BIT OF HISTORY!** Memorial Day was borne out of the Civil War (which ended in 1865) and a desire to honor our dead. This day was officially proclaimed on the 5th of May in 1868 by General John Logan who was the national commander of the Grand Army of the Republic. Part of the history of Memorial Day will show that the General proclaimed: "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land." Because the day wasn't the anniversary of any particular battle, the General called it, the date of Decoration Day. On the first Decoration Day, 5,000 participants decorated the graves of 20,000 Union and Confederate soldiers buried at Arlington Cemetery while General James Garfield made a historic speech. Now we know a bit more of the story!

MONDAY EVENING MASS TO BE DISCONTINUED: Over a year ago we initiated a Monday evening mass at 6 o'clock during the time of the pandemic. As more people become vaccinated and with the opening of our churches, allowing greater attendance at our weekend liturgies, the Monday daily mass will resume at the usual time of 8:30 AM, beginning on June 7.

SUMMER MASS SCHEDULE: Please note that on this Memorial Day weekend we begin our Summer Mass schedule, at which time the second Mass on Sunday is celebrated at 10 AM, not 11 AM. This will continue through Labor Day weekend.

JUNE 20, CELEBRATING OUR GRADUATES! The celebration of our graduates will be on Sunday, June 20 at the 10 o'clock Mass. We will honor all those of our parish who are graduating from grade school, high school or college. Please plan on joining us. Please note this is a change from the date announced previously!

CATECHESIS OF THE GOOD SHEPHERD: We are moving forward with training for those interested in this important ministry. This training will take place at St. Thomas More Parish in Indiana. The training sessions are the week of July 19-23. If you feel that the Lord is calling you to be part of this important ministry for our young children, please notify the parish office at your earliest convenience so that we can arrange to have you registered for the training. The parish will cover the costs.

ADDITIONAL RESPONSIBILITIES: As was announced by the diocese, in addition to serving as pastor of St. John's, I have been assigned to serve as pastor of St. Rose of Lima parish in Eldorado. I am so very grateful for the countless number of people who have offered their prayers and help in this time of expanded duties. I will be meeting soon with the current pastor of St. Rose, as well as with Father Carl Spishak, who is in residence at St. Rose and regularly assists with weekend masses. I will keep you updated on what this change might bring. This additional assignment is yet another reminder of the shortage of priests that we are experiencing. Please pray for vocations to the priesthood, and don't hesitate to encourage a son or grandson to consider a vocation to the service of the church as an ordained priest. As one who has been ordained for 46 years, I can attest to the challenges and joys of serving Christ in the priesthood!

A PASTOR'S VACATION: I will be leaving on vacation with my classmate Father Kurdziel on Tuesday, June 1st and returning on the 11th. I am grateful that we will be having Father Eloy Romero-Rojas of Cross Catholic Outreach visiting our parish next weekend at all the Masses. Cross Catholic Outreach was founded to create a meaningful link between parishes in America and the priests and nuns working in the Church overseas in the Caribbean, Africa, Asia, Central and South America.

CROSS CATHOLIC OUTREACH: THEIR MINISTRY – Cross Catholic Outreach is an official Catholic ministry that partners with bishops, priests, religious and lay workers to provide food, water, housing, education, orphan support, medical care, microenterprise and disaster relief — and the love of our Lord Jesus Christ — to the poorest of the poor in more than 30 countries around the world. Our poorest brothers and sisters have been hit hard by the effects of COVID-19. Many do not have the access to or the ability to acquire their daily bread. Your donation to Cross Catholic Outreach supports our ministry partners serving impoverished communities throughout 28 different countries. Together, we can meet the current and ongoing urgent needs of the poor, including food and nutrition, clean water and sanitation, and medical supplies, among many other needs.

FAITH FORMATION NEWS

Registration forms for the 2021-2022 year are available in the Gathering Space and on the Faith Formation page on our website: stjohnsaltoona.org

If you have any questions about Faith Formation, please contact Diane Ryan in the parish office at 814-942-5503 or by emailing stjohnsecretary@atlanticbb.net.

FAMILIES AND THE GOSPEL: (Matthew 28: 16-20) In today's gospel Jesus commands, "Teach them to carry out everything I have commanded you." This command is meant for every Christian. In light of this command, parenting is not only the most difficult task a person can take on, it is also one of the most apostolic and missionary tasks. Jesus commands all parents to teach their children "all that I have commanded you." *Reprinted with permission: A Family Perspective by Bud Ozar.*



PARISH PICNIC UPDATE: This year's parish picnic will be held here at St. John's on *August 1st after the 10:00 Mass*. We had a good first planning meeting and

discussed needs for the picnic. We are looking for folks who would allow us to use any canopies or large tents and we are also considering a DJ. If anyone can or knows of someone who could help us out, please give us a call. Pat 717-575-4224 or Sue Podoletz 717-575-1142. Sue's email is mrspodo@hotmail.com.

Our next meeting will be held on Sunday, June 6th after the 10:00 Mass in the Parish Center. Anyone interested in helping is welcome to join us.

STEWARDSHIP CORNER:

May 16, 2021

Envelopes	\$ 4,023.00
Loose Offerings	\$ 658.00
Children's Offerings	\$ 7.00
Catholic Education	\$ 1.00
Catholic Communication	\$ 141.00
CRS Rice Bowl	\$ 612.68
Ascension of the Lord	\$ 242.00
Food Bank Collection	\$ 145.00
Subtotal	\$ 5,829.68
Online Giving	\$ 1,863.00
Total Offertory	\$ 7,692.68

Restore*Repair*Rejoice

Payments/Donations \$174,792
Pledge Payment Committed \$12,085
Total Pledges/Donations \$186,877

2021 Catholic Ministries Drive: Goal \$42,813.

January 1 to March 31, 2021:

Payments/Donations 32,820
Pledge Payments Committed \$1,000
Total Pledges/Donations 33,820

ST JOHN'S PRAYER LIST

Please call Ginny Reeder (695-7671) or email her at ginny.reeder@gmail.com to add or remove someone from the prayer list. PLEASE PRAY FOR THE FOLLOWING and their caregivers and give thanks for those who have recovered. *Lord we ask for your blessings and care for these and all people in need:*

**Aiden • Seth Alexander • Amy B. • Scott Brenneman
Dan Burley • Cari Ann • Robert Cole • Michelle Cooney
Mary Lee Madigan-Davis • Jim DeStefano
Michael DeStefano • Gary Ellis • Bernadine Farrell
Kathy Felty • Leann Frazier • Matt Gormley
Ken Hartman • Randy Horton • Alexandra Hudson
Tim Jimenez • Amy Langenbacher • Lisa
Sherri Maffettone • Susie Miller • Karrie McCall
Sylvia Louise Mills • Barbara Moore • Ailani Myers
Patricia Olson • Mary Oricko • Linda Pletcher
Connie R • Mary Rajnish • Allison Recker • Vicki Riley
Olga Romerowicz • Mike Rudolph • Pat Seiler
Bruce Shank • Anne Showalter • Tim Temofonte
Bill Teufel • Kathy Wagner • Lois Werfel • Len Whitten
Milan & Family**

HOME WITH THE LORD

Your prayers are requested for the repose of the soul of:

Ron Peschock

Patty Bartley

May they rest in the peace and joy of the Lord.

OUR BIG CHICKEN BBQ IS BACK - JUST DIFFERENT:

On Sunday, June 27, we will hold a *DRIVE THRU ONLY* Chicken BBQ at the Knights of Columbus, 324 Bedford St., Hollidaysburg, beginning at 11:00 AM. The \$10 tickets will go on sale next weekend (June 5 & 6). Tickets will also be available in the Parish Office, which is open weekdays from 9:00 AM to 3:00 PM - (814-942-5503) The proceeds will go to our Twin Parish in Haiti.

AN ARISE CELEBRATION OUTDOOR MASS: To bring Arise to a close and to celebrate in thanksgiving that which we have experienced, we invite you to the Outdoor Mass at the Shrine of Our Lady of the Alleghenies on June 6, at 7:00 p.m. This is one of the regularly scheduled outdoor Masses but with your presence in the crowd, together in Christ we will celebrate what God has done for us and what is still to come. All are invited to attend. Please bring a lawn chair.

WELGE COLLEGE JUNIOR & SENIOR SCHOLARSHIPS:

Available students who will be juniors or seniors at accredited college or university this fall may apply for an opportunity to receive one of three \$500 grants from the Adelaide Heverly Welge Scholarship Endowment. Please visit the "Grants" page of the Independent Catholic Foundation website, www.icfdaj.org to download, complete and sign the application, which should be emailed to grants@icfdaj.org no later than 12:00 p.m., Friday, June 11. Award recipients will be notified in July.

Saint Joseph, Man Chosen by the Blessed Trinity

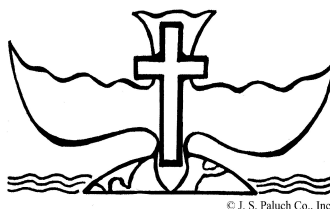
"We know that Joseph was a lowly carpenter, betrothed to Mary. He was a just man ever ready to carry out God's will as revealed to him in the Law and through four dreams. After a long and tiring journey from Nazareth to Bethlehem, he beheld the birth of the Messiah in a stable...He witnessed the adoration of the shepherds and the magi, who represented respectively the people of Israel and the pagan peoples." (Mt 1:18, 19, 20; 2: 1-13.19.22; Lk 1:22.27.39; 2:1-12, 7-20)

Saint Joseph was chosen by God, the Father, to be his representative on earth. God granted him all the graces and blessing he needed to be a worthy representative. Joseph was chosen by God, the Son, to be his foster father. After Mary, Joseph is the holiest of the saints. Joseph was chosen by the Holy Spirit. He is the mutual Love of the Father and the Son-the heart of the Trinity. Joseph had a most responsible vocation-to open the way for redemption of the world and to prepare for it by the education and guidance of the youth of the God-man. <https://www.ewtn.com/catholicism/devotions/day-three>. 2021, Diocese of Altoona-Johnstown Liturgy Committee, Liturgy Office, Mary, Mother of the Church Pastoral Center, 2713 W. Chestnut Avenue, Altoona, PA 16601.

CATHOLIC DAUGHTERS OF THE AMERICAS

T-SHIRT SALE: Help us help our neighbors in need! Be Kind ... Purchase a t-shirt, with an inspirational message, today! The price ranges from \$8:00 to \$11.00. Proceeds benefit the good works of Court Prince Gallitzin #2625. Flyers and order tickets, with all of the pertinent information, are on the kiosk in the Gathering Space and in the Parish Office. A flyer can also be viewed online at: www.cda2625.com/t-shirt. For more information or to make a purchase, contact Kris at: kris-john113@gmail.com.

ROSARY RALLY JUNE 11: Join us for the 12th Annual Global Rosary Relay on the Feast of the Sacred Heart of Jesus, June 11, 2021 at Saint John the Evangelist Church, 344 Baynton Avenue, Altoona, PA 16602. A quiet, prayerful gathering begins at 5:15 PM with the Rosary starting at 5:45 PM. We're praying the Rosary, to help encircle the world in prayer, for the sanctification of priests, and joining with the Basilica of the National Shrine of the Immaculate Conception in Washington, D.C., a Catholic Daughters of the Americas national charity, in praying the Glorious Mysteries. To participate privately, go to: <https://www.worldpriest.com/participating-prayer-location-list/>. Once the page opens, scroll down until you see "Individual registration form for participation in the Worldpriest Annual Global Rosary Relay." For more information visit us at: <https://www.cda2625.com/> or contact Pattie at info@cda2625.com.



The Most Holy Trinity May 30, 2021

Go . . . and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit.

— Matthew 28:19

Schedule for the Week

Sunday, May 30 – The Most Holy Trinity

8:00 AM - Mass for *Dave Petrak* requested by Mark & Jane Kreppich

10:00 AM - Mass for *Lou (Stockey) Walton* requested by Tom & Fran Semelsberger

11:00 AM - Communion in the Front Circle

Monday, May 31 – The Visitation of the Blessed Virgin Mary/Memorial Day

9:00 AM - Mass for *Joseph Gallagher* requested by Bob & Ginny Reeder

Tuesday, June 1 – St. Justin, Martyr

8:30AM– Morning Prayer and Communion Service

Wednesday, June 2 – Weekday

6:00 PM - Evening Prayer and Communion Service

Thursday, June 3 – St. Charles Lwanga & Companions, Martyrs

8:30AM– Morning Prayer and Communion Service

Friday, June 4 – Weekday

8:30AM– Morning Prayer and Communion Service

Saturday, June 5 - Vigil of The Most Holy Body and Blood of Christ

3:00 PM - Confessions

4:00 PM - Mass for *People of the Parish*

Sunday, June 6 – The Most Holy Body and Blood of Christ

8:00 AM - Mass for *Joseph Gallagher* requested by Bernadine Farrell & Family

10:00 AM - Mass for *Andrew Dancha* requested by Frank & Nancy Mincin

11:00 AM - Communion in the Front Circle

READINGS FOR THE WEEK

Monday: Zep 3:14-18a or Rom 12:9-16;
Is 12:2-3, 4bcd-6; Lk 1:39-56

Tuesday: Tb 2:9-14; Ps 112:1-2, 7-9; Mk 12:13-17

Wednesday: Tb 3:1-11a, 16-17a; Ps 25:2-5ab, 6-7bc, 8-9;
Mk 12:18-27

Thursday: Tb 6:10-11; 7:1bcde, 9-17; 8:4-9a;
Ps 128:1-5; Mk 12:28-34

Friday: Tb 11:5-17; Ps 146:1b-2, 6c-10; Mk 12:35-37

Saturday: Tb 12:1, 5-15, 20; Tb 13:2, 6efgh-8;
Mk 12:38-44

Sunday: Ex 24:3-8; Ps 116:12-13, 15-18;
Heb 9:11-15; Mk 14:12-16, 22-26



THE LORD IS GOD
IN THE HEAVENS ABOVE
AND ON EARTH BELOW;
THERE IS NO OTHER.

DEUTERONOMY 4:39

THE MOST HOLY TRINITY

MAY 30, 2021

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ASTONISHING MYSTERY

Astonishing is the term that Clement of Alexandria used in referring to the Holy Trinity. Today's scriptures tell the astonishing stories, from Moses in the Old Testament to the end of Matthew's Gospel, of how we mere humans are intended to be intimately associated with our loving God. We see in Deuteronomy that Moses reminds the new generation of Israelites of the "astonishing" fact that, even though the ancient world teemed with gods, their God was the only God, that "there is no other." Saint Paul in the letter to the Romans writes about those who follow the Spirit as being "sons" of God, which of course would make us brothers and sisters of Christ, and, as he says, "joint heirs with Christ." Another astonishing statement! Finally, Christ bestows the Holy Spirit on the world as his continuing presence and force of divine revelation. How can we not be astonished?

THE MYSTERY IS THE MASTERPIECE

The Most Holy Trinity is the central truth and, indeed, mystery of our lives as believers in God. Even so, few seem to be able to talk about it. (Or is it "them"?) Must we be satisfied to take this truth as an inscrutable object of faith that we can easily ignore? Not at all! We are immersed in Trinitarian reality in many ways.

Please consider these clues to God as more than just Person of the Father. Remember the words of God in scripture when the world and all its wonders were coming to be. The formulas for each stage in creation begin with "Let us . . ." (Genesis 1:26). This is not merely the "Royal We." This is God as a plurality of Being. In Isaiah, the seraphim cry out "Holy, holy, holy . . ." (Isaiah 6:3). Ancient Middle Eastern superlatives come in threes, but why not consider it a sign of God's three-ness? And these Old Testament foreshadowings are nothing compared to our well-known baptismal formula, "I baptize you in the name of the Father, and of the Son, and of the Holy Spirit." Notice that "name" is singular, and yet refers to three persons. Finally, as Christ tells the Apostles in today's Gospel, they are to go out and teach in that same singular triple name.

SHALL WE DANCE?

The famous icon by the equally famous fourteenth-century iconographer Andrej Rublev is a depiction of the Trinity densely packed with symbolic content. The three "angels" sitting at a table are actually meant to be the Father, the Son, and the Holy Spirit. They relate to each other in loving gesture, each one to the other, often described as "dance-like." And yet this triangular circle seems incomplete. Indeed it is, because we must become one with this circle of life-giving love. As in a dance, we are drawn into the divine life in the Trinitarian embrace of abundant glory and harmony. Then we complete the movement by taking that love incarnated out to the world, revealing the mystery to our sisters and brothers through our own lives.

TODAY'S READINGS

Deuteronomy 4:32-34, 39-40
Psalm 33:4-5, 6, 9, 18-19, 20, 22
Romans 8:14-17
Matthew 28:16-20

**Tickets will be
available after
masses and in
the office
beginning
June 5th!**



Knights of Columbus Chicken BBQ

Sunday, June 27, 2021

11:00 am until sold out

Drive thru only

1/2 Chicken

Baked Beans, Applesauce, Roll

Knights of Columbus

324 Bedford Street, Hollidaysburg

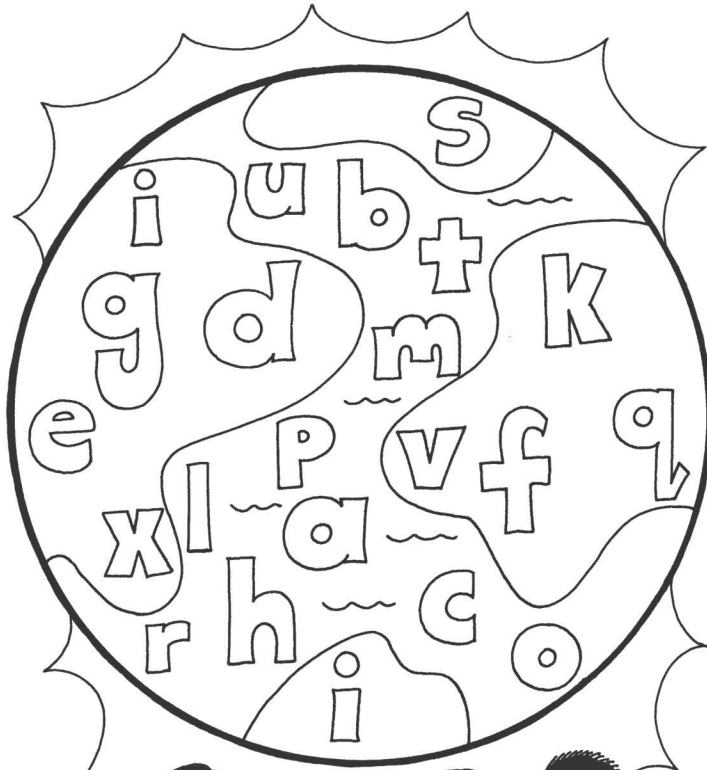
\$10.00

Proceeds will benefit Sts. Peter & Paul Parish in Haiti

God's Word for Children

Jesus told his followers to
"make disciples of all nations"
(Matthew 28:19b).

He wanted the whole world to know that
he had died and risen to save them.
Find and color the letters that spell **disciple**.



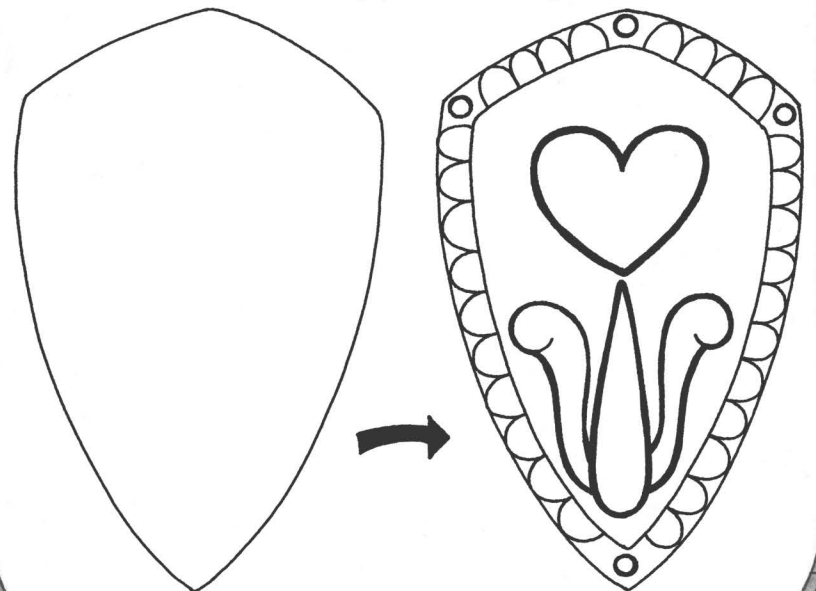
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The Most Holy Trinity

The psalmist says that the Lord
"is our help and our shield"
(Psalm 33:20b).

Think of the times God has helped and protected your family.
Decorate the shield at the left so it looks like the one on the right.
Or make up your own design!



Color them both!





*"Go therefore, and make disciples of all nations."
Matthew 28 : 19*



"I AM WITH YOU ALWAYS"

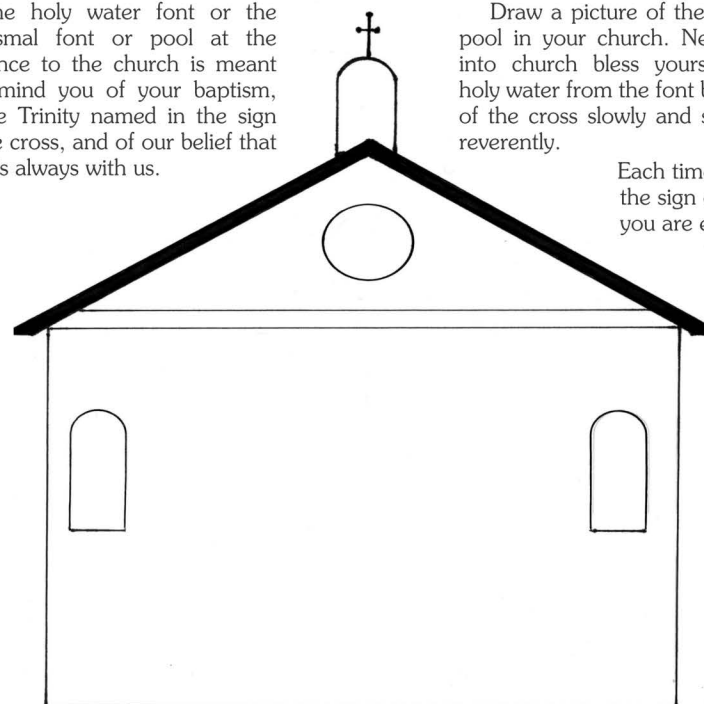
An interesting theme is contained in Matthew's Gospel. At the beginning, when Matthew writes about the birth of Jesus, he quotes the prophet Isaiah: " 'and they shall name him Emmanuel' / which means, 'God is with us' " (Matthew 1:23). Today we hear the last words of Matthew's Gospel: "And behold, I am with you always, until the end of the age" (Matthew 28:20).

Matthew's message, from beginning to end, is that God is always with us. And the God that we know, profess, and believe in is Father, Son, and Holy Spirit—the Trinity. When you were baptized the priest or deacon poured water over you three times, saying, "I baptize you in the name of the Father and of the Son and of the Holy Spirit," pouring water with each name of the Trinity.

The holy water font or the baptismal font or pool at the entrance to the church is meant to remind you of your baptism, of the Trinity named in the sign of the cross, and of our belief that God is always with us.

Draw a picture of the baptismal font or pool in your church. Next time you walk into church bless yourself carefully with holy water from the font by making the sign of the cross slowly and saying every word reverently.

Each time you make the sign of the cross you are expressing your belief in the Trinity.





Overcoming Adverse Childhood Experiences Such as Trauma or Abuse

By J. Bart Klika

Research has continually found that adverse childhood experiences (ACEs), such as living with a caregiver who is struggling with substance abuse or mental health challenges and traumatic experiences like sexual abuse, are more common than expected, span the entire country and impact the adult's ability to recover, heal and thrive throughout adulthood. These findings continually impact us as caring adults, and as a nation—and should spur us to focus on how we can work together to reduce and prevent the opportunity for adverse experiences for children.

Background:

In the late 1990's, researchers from the Centers for Disease Control and Prevention, along with collaborators at Kaiser Permanente, conducted a study of over 17,000 adults in California to understand the relationship among adverse events in childhood and adult health and well-being (Felitti et al., 1998). The Adverse Childhood Experiences Study (ACE Study) has advanced how we think about trauma, adversity and its relationship to physical, emotional and mental health. Similar studies have been conducted across the United States and have supported the findings of the original ACE Study (Merrick, Ford, Ports, & Guinn, 2018).

Findings:

First, these studies highlight that trauma and adversity are common. In the original study, researchers asked adults how many of the following events occurred before the age of 18 years: child physical abuse, sexual abuse, neglect, living with a caregiver who struggled with a mental health or substance abuse problem, exposure to intimate partner violence, having a member of the household absent (e.g., divorce), or having a caregiver who was incarcerated.

From there, researchers were able to calculate an ACE score for each respondent anywhere from 0 (none of the adversities listed before the age of 18 years) to 10 (experienced all 10 adversities before the age of 18 years). Nearly two-thirds of respondents reported at least one of these events before the age of 18 years (ACE score of 1). Subsequent research studies outside of California have found similar results, suggesting the common nature of trauma and adversity (Merrick et al., 2018). For example, researchers used Behavioral Risk Factor Surveillance System (BRFSS) data from across the United States and found that 62% percent of adults reported at least 1 ACE adversity before the age of 18 years.



Second, the original ACE study, and those that have followed, highlighted that many individuals experience multiple forms of trauma and adversity at the same time, what some have termed “poly-victimization” (Finkelhor, Ormrod, & Turner, 2007). For example, over 12% of those in the original ACE’s study in California experienced 4 or more adversities (an ACE score of 4 or more) before the age of 18 years. In the study by Merrick and colleagues (2018) using data from across the US, approximately 25% of people experienced 4 or more ACEs. *What is clear is that trauma and adversity often occur together and can happen to people across social, political and economic lines.* The compounding effect of multiple traumas or adversities can lead to what is termed “toxic stress” which can have significant effects on a child’s developing brain and physical body (National Scientific Council on the Developing Child, 2014).

Third, the more trauma and adversity that a person experienced, the worse they were able to cope physically, emotionally and mentally in adulthood. Compared to those with an ACE score of 0, those with a score of 4 or more were at increased risk for some of the leading causes of death in the United States, including heart disease, stroke, cancer and diabetes (Felitti et al., 1998). Further, increased ACE scores were associated with mental health challenges, substance abuse and challenges in the workplace. Those with an ACE score of 6 or more had a 20-year decreased life expectancy compared to those with an ACE score of 0 (Centers for Disease Control and Prevention, 2021).

While it is clear that trauma and adversity are common amongst people, and that adverse childhood experiences can have long-reaching effects into adulthood, it is also important to note that one of the most promising findings of the research to date is that **PREVENTION IS POSSIBLE!** A recent study found that when we prevent ACEs we can prevent some of the leading causes of disease, disability and death in the country (Merrick et al., 2019). For example, by preventing ACEs before they can begin, we could prevent nearly 44% of all cases of depression; that equates to nearly 21 million cases of depression if we were to prevent ACE’s (Merrick et al., 2019).

Adults who have any number of ACEs can still overcome the adversity they experienced, and can lead full, meaningful lives. A recent study found that even for those with high numbers of ACEs, when they experienced positive experiences in childhood—especially positive relationships with adults—it often helped individuals overcome or manage the trauma they experienced (Bethell, Jones, Gombojav, Linkenbach, & Sege, 2019). As a caring adult, you can help develop a community that supports mental health, physical health and overall well-being, and help others who have experienced ACEs to thrive.

What can we do?

There are a couple simple things that adults can do to promote safe, stable and nurturing relationships and environments for all children.



1. Help create the conditions for thriving families by advocating for policies that strengthen economic factors for families (e.g., Earned-Income Tax Credit) or policies that provide parents with flexibility to care for their children (e.g., Paid Family Leave). That means, consider writing letters to your local policy makers asking them to prioritize children and families in their policy making process. Talk about the importance of early childhood in setting the foundation for later health and well-being.
2. Never underestimate the power of your caring relationship with children. One of the most important factors in the life of a child is having an adult who cares for them and treats them with respect—who will listen to them if they have an adverse experience to share. Volunteer, be a mentor, or otherwise get involved in the life of a child as a safe adult through healthy and appropriate interactions. Model the patience, kindness and many other qualities that we hope our children will expect from all adults in their lives, and that they will later exemplify in their own journeys to adulthood.

For additional resources on the prevention of trauma and adversity, visit:

- Prevent Child Abuse America: <https://preventchildabuse.org/>
- The American Professional Society on the Abuse of Children: <https://www.apsac.org/>
- Centers for Disease Control and Prevention: [Adverse Childhood Experiences \(ACEs\) \(cdc.gov\)](https://www.cdc.gov/ace/)

References

- Bethell, C., Jones, J., Gombojav, N., Linkenbach, J., & Sege, R. (2019). Positive childhood experiences and adult mental health and relational health in a statewide sample: Associations across Adverse Childhood Experience levels. *JAMA Pediatrics*, 173, e193007.
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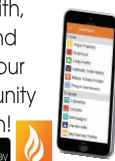
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