



# THE WELL

MILITARY COUNCIL OF CATHOLIC WOMEN - WORLDWIDE, INC.



AUGUST 2013

# THE WELL CONTENT

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### By The Sea of Galilee

Walking softly to where He is  
I kneel on the sand  
Then rest my head against the stone  
He sits upon

In the breeze  
His cloak brushes against my cheek  
I look upon the sea  
He gazes on

Feeling the breeze that He feels  
Smelling the sea as He smells it  
I feel His peace  
So near

He thinks about  
Those who know Him,  
Those who don't  
And all whom He longs for

About all He must do  
And suffer  
To reach me and the others,  
As the seagulls call

Sparkling waves crash their symphonies of praise  
And men walk by the Sea of Galilee  
Unaware of who sits upon the throne  
Unaware of who will call them.

Zellie M. Quinn

***MCCW reflects a visible presence of Christ in military communities by fostering and nourishing women in spirituality, leadership and service. Inspired by the Holy Spirit, MCCW serves as a vital enhancement of the religious support mission of military chapels.***

## LETTER FROM OUR PRESIDENT

### WE'RE BACK!

Did you miss us? We sure missed you! But rest assured that this board has continued to work behind the scenes these last few months. And now, the fruit of our labor:

Our transition to a not-for-profit corporation independent from the Chief of Chaplains office (OCCH) is complete, and I am excited to announce that the Military Council of Catholic Women has been incorporated in the District of Columbia as its own corporation! We are now our own independent body under the tax-exempt umbrella of the Archdiocese. We are so grateful to Archbishop Broglio and the staff of the Archdiocese for their unwavering support and guidance during this period of transition. The willingness of AMS to support MCCW as we worked to incorporate shows the value of our work in Catholic women's ministry.

To help with some of the new requirements we will face as a 501(c)3, I have decided to appoint a Stewardship Manager. Michelle Hokenson has agreed to fill this role – she will oversee our fundraising campaigns, and will be working hard in the coming months to build our financial resources so we can provide chapel groups with training & spiritual resources.

What does this mean to you at the chapel level? Your group should meet and plan as usual. Catholic women's ministry at the chapel level will continue as it always has, but without any sort of hierarchy above the garrison level (i.e. no regional or worldwide board with authority over chapel groups). Your Priest chaplain is the authority for your group. If you live in an area without a Priest chaplain, the installation chaplain will assist you.

MCCW-Worldwide Inc. will continue to function as a resource for our Catholic military women - providing training, written resources, and assistance when asked, as well as publishing newsletters and holding conferences. Please continue to check our Facebook page and websites for information you can use in your chapel groups. Feel free to contact me directly if you have any questions or would like to discuss any of these changes. And keep those prayers coming!



**“We are so grateful to Archbishop Broglio and the staff of the Archdiocese for their unwavering support and guidance during this period of transition. The willingness of AMS to support MCCW as we worked to incorporate shows the value of our work in Catholic women’s ministry.”**



Erin Raymond  
President

## WORLDWIDE BOARD UPDATES

We are excited that our organization has been able to emerge as a not for profit independent corporation with the guidance and support of the Archdioceses for the Military Services. Thank you to all who help to make this possible.

In this time of transition for our organization, please take the opportunity to reflect on new beginnings in your personal life. Let yourself be open to renewal of friendships, teamwork, sisterhood and forgiveness. Remember he has RISEN and died on the cross for our sins.

The 2014 MCCW Worldwide Conference is being planned with more information to be following soon. I am always looking for ideas for possible speakers, new ideas and most of all volunteers from the best sisterhood I know. God bless you my sisters in Christ...



April Golden  
1<sup>st</sup> Vice President



Elizabeth Tomlin  
2<sup>nd</sup> Vice President

During the past six weeks MCCW offered an online book club. We read and discussed *Forming Intentional Disciples* by Sherry Weddell of the St. Catherine of Siena Institute. This book takes a close look at how we, as lay leaders, can proactively encourage our brothers and sisters to move toward becoming active and dedicated followers of Jesus Christ. All of the book club ladies expressed that they learned a lot through reading the book and sharing experiences. Consider using the study in your chapel group. I have put all of the book club discussion questions online at [mccwfiat.wordpress.com](http://mccwfiat.wordpress.com).

The book club was a great jumping off point for living out the New Evangelization and preparing for our Worldwide Conference. I have been working with the American Bible Society to bring *Engage Your Strengths* training to the MCCW Worldwide, Inc. conference next spring. With *Engage Your Strengths* training, we will identify our talents, interests and values, and explore how God calls us to use our strengths.

## AROUND THE REGIONS

Aloha from the Pacific Region!

Things have been quite busy here as we prepare for the opportunity to fill our spiritual cups come September during our retreat as we focus on "Evangelization." Our very own Gwen Hudak has been working hard to ensure our list of break out speakers, alongside our featured Guest Speaker Dallas Carter, brings a wide variety of information and direction to our ladies in different aspects of our faith. The conference will run 13-15 September on Oahu at the AMR chapel.

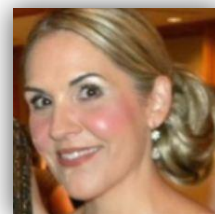


Aly Tugaoen  
Pacific Region Director

In other news, the ladies of Schofield Barracks hosted a "Priest Appreciation Dinner" last May and were able to get all but one priest up for a night of fun and fellowship. The ladies managed to get part of the Army Band to play as everyone ate and utilized the opportunity to farewell Fr. Gary Gross (due to PCS) and Fr. Mark Mastin (due to deployment). They will be missed, however this is a small Army and I am sure we will see them again.

The ladies at AMR also hosted a "Fishers of Men" event, which is aimed at cultivating more military priests in the future. It was a great night of fellowship and fun as young men were able to sit and ask a priest anything they wanted about their calling, how to discern a call or about the daily duties a priest must adhere to and how they adapt in a military setting. "Mahalo" must go out to Rachel Granger for growing this project into an annual gathering and a chance to really plant a seed in a young man's mind about this growing need in our military community, throughout all branches of service.

Howdy Y'all! For all you gals in this Southeast Zip Code grouping, I am sure that by now you have had several pitchers of sweet tea and are just about done on saying "Shut that screen door!." This note will find most of you either having relocated or on your way; "Go and make disciples of all nations" is certainly an understatement as a Catholic woman in our military chapel communities.



Michelle Nash  
Southeast Region  
Director

Many thanks go out to the Worldwide Board members for their perseverance and tenacious endeavor. Just like St. Paul states, "pray unceasingly" - that is exactly what happened and what a witness we can all attest to. Now that we are officially "official" let the planning begin! The Southeast Region is going to continue planning for the gathering of our Southeast Region Catholic Women of the Chapels to be held in Kentucky. More will be to come now that we can move forward with understanding who we are and what we are. We are looking forward to promoting the new branding so that we now have resources and facilitators to assist on a very important and crucial tool for our spiritual enhancement to our families and military chapel community; and, supporting our Chapel Priests in their role with our women in the pews. Things will be done prayerfully, and I ask for your patience and support and enthusiasm come OCTOBER 11th -14th when we will be gathering and sharing our "Glory Stories" for sure.

Remember a keyword for July and August - Hospitality. There is nothing more welcoming than Christian hospitality!





Maria Capestany

Northeast Region Director Well, I don't know how it is where you are, but summer is not only here, but it is showing it's true colors... the heat, the rain, the birds singing, and yes, the beautiful gardens in their glory. Did anyone create a Mary Garden in your yard? I did and I am pleased with the way it turned out. My hubby added a bench and a stone path so now I have a very pleasant, beautiful, and serene area to spend it with our Blessed Mother. I just need for the rain to stop for a while so I can do it!

Recently, I was thinking how busy these past few months have been for most families and how life can pass us by so quickly. We celebrated 1st Communions, Confirmations, Ordination, Graduations, Relocations... just to name a few. I watched how proudly parents supported their children, glowing from seeing how beautiful they looked when they received the body of Christ for the first time, or that beautiful Mass with the Bishop when they were confirmed or how they tried to make the hotel look like a home until their final destination. It is all so beautiful, but time moves fast. We need to cherish those moments and I pray and hope that you can enjoy your summer creating lasting memories with your family. And for those of you who are or have relocated... may your new memories last a life time.

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds,  
because you know that the testing of your faith produces perseverance.

James 1: 2-3

I send prayers of thanksgiving and praise for all of God's work that women continue to do within our military chapels in the Central Region.

Please consider coming in the fall to Fort Leavenworth for a couple days of retreat and reflection. We will have board training at some time during fall retreat, but no matter how you serve in your military chapel community you will be spiritually fed and set on fire to continue our good works here on Earth within our domestic churches and the universal church within our military communities. The dates are not finalized yet, but they will be announced as plans become more formalized.



Beth Manning  
Central Regional  
Director

At this time of year there is a typical high turnover within the WOSI (Women of St Ignatius) with many women leaving as either they or their spouses graduate from Intermediate Leadership Course (ILC) and only the permanent party are blessed to stay behind and continue to hold the fort until more replacements come in the form of new spouses/students from the next class if ILC. I will be working with Kristen Sloan, the new WOSI president for this upcoming year, and Father Ken to see what type of retreat program we can offer with an extended invitation to women in the Central Region. We anticipate offering a retreat on December 5, with the potential for additional activities on December 6, as well; I'm hopeful that you will be able to join us!

Stay strong and continue to live, learn and grow in your faith and service during this Year of Faith.

## Fidelity in Christ Brings Light to the World

Each day is a good time to remind ourselves of our fidelity to Christ. In turning to Him daily we strengthen our unity in Him. In coming to the cross a daily conversion of heart is experienced. Our lives can be transformed in prayer when we listen to his heart.

Each one of us can be a visible presence to Christ to every person we meet and in doing so we begin to change our world for the better.

It is in our baptismal promise that we are to take up our cross and become responsible stewards of the faith. Obedience in living out the Ten Commandments and the Beatitudes can transform us and our world.

Personal prayer is a vital channel to listen to the 'Heart of God'. In times of silence and contemplation we allow ourselves to be open to the will of God. Prayer is a time that can unite our heart with His. Staying attuned to the voice and heart of Christ changes our person.

The laity, as stated in 'Lumen Gentium,' reminds us that each of our lives is to play a specific role in our personal call to holiness.

The divine presence of Christ lives in each one of us and we are called through the sacrament of baptism to follow His ways which brings us to union with both Him and with one another. *'I, then, a prisoner for the Lord, urge you to live in a manner worthy of the call you have received, with all humility and gentleness, with patience, bearing with one another through love, striving to preserve the unity of the spirits through the bond of peace: one body and one spirit, as you were also called to the one hope of your call; one Lord, one faith, one baptism; one God and Father of all, who is*

When we keep Christ close our actions take on new meaning. Regardless of how small our actions may be they directly impact on the lives around us and they mold us into the people we are.

Our families, our communities and our Church grow in love and praise of Christ when we ourselves build on our personal relationship with Him.

Time away from daily prayer, from living the teachings of Christ weakens our potential to be true, loving Disciples of Christ and it leaves room for our hearts to be hardened.

On earth we are the body of Christ but the wounds in this body run deep as we see in war, in family divisions, estrangement from society, separation from the Church or Community of Faith, etc. Wounds and divisions in any relationship can only be mended if one allows Christ to enter into their hearts each day. He alone can transform our person, our hearts and our minds.

Let us give him praise in our daily visits with Him, let us sit still in adoration and listen to His voice, let us empty ourselves of pride which can dangerously divide us from him and from one another. Together, united in Christ we can bring light to corners of our world that have been dimmed by hatred. In our fidelity to Christ our hearts are able to touch lives and build bonds that can be life changing. We can all be a visible presence of Christ to others when we build ourselves in Him first. Only with Him can we be lifted. Only with Him can we lift one another. Taste and see His goodness each day and be prepared to be enlightened by His Truth.



Jane Gottardi  
Europe Region Director

## Stepping Out Into the Deep in Radical Faith

This Year of Faith is a great gift of time and reflection to continue to strengthen and grow our relationship with Jesus. What steps are you personally taking to live, learn and grown in your faith? We are almost at the half-way point within the Year of Faith. Are you still taking ground-breaking steps to transform your lives by stepping out into the deep in radical faith?



Beth Manning  
Central Regional  
Director

Our Church has so many blessings and opportunities to grow in our relationship with Christ. We are all at different points on our faith journeys and what speaks to one woman's heart might not be the same intensity for another woman's heart. We all know what works in our lives to help that transformation process whether it be attending daily mass, spending time in the classroom of silence and reflection, just being with Christ in Adoration, serving the poor in soup kitchens, praying outside Abortion clinics, volunteering in church service ministries (such as serving as: altar linen society members, extraordinary ministers of the Eucharist, ushers, faith formation teachers, lectors), visiting the imprisoned through prison ministry, being a foster care or adoptive parent, leading a Mother's Prayer group, leading a faith study, or in a variety of other ways valuable in bring Christ more present in our lives and the people around us.

Consider asking that woman in the pew behind you or one of your neighbors to join you in a ministry that brings joy to your heart. Be the personal invitation to another daughter in Christ to step out in a radical way with you. With our deployments and on-going moving, as military wives and members we are united in that commonality of our journey. Use this Year of Faith as a catalyst to continue to try to not only transform your own heart but bringing along other women to help transform their hearts too. I will be the first to admit that it is scary to ask these type of questions and the possibility of rejection is there. One of the things I learned at a Life Teen Conference in the Netherlands is we need to continue to extend our invitation potentially four to six times to even the same person in some cases before they join us on the adventure of growing closer to Christ. As typical Americans, we yield on the first or second time extending the invitation for fear of being considered a stalker or crazy Catholic.

You know the joy you receive from the many ways you actively participate in our Faith. Step out in radical faith and try to help others experience that same joy that only the Lord can give.



## The Selfless Servant

I would like to introduce you to a new section of The Well, "The Selfless Servant."

It is in this area that we will highlight women who embody the mission and values of MCCW-Worldwide as well as the individual missions and values of each local CWOC group. I will be accepting submissions on an ongoing basis and choosing one woman each month to highlight. If you know a woman who is a beacon of love and who is the visible presence of Christ to others, please send me a short write-up and a photo for consideration. This is not a contest, but rather recognition of the selfless service that so many of the women in MCCW and in local CWOC's show and share on an ongoing basis. Feel free to email me at [mccw0610@gmail.com](mailto:mccw0610@gmail.com).



Lisa Miklos  
Recognition &  
Appreciation Chair

Without further delay I would like to introduce you to our highlighted Selfless Servant for this issue:

### NANCY BELMONT

Nancy is currently stationed at West Point, but PCSing to Fort Drum.  
Her nomination was received from a member of the West Point CWOC.



"Nancy exudes servant leadership. When we first moved to West Point, I recall chatting with Nancy about teaching religious education. Nancy said something to the effect of, "I usually hold off on teaching our first year, but I just decided to jump in because if we want religious education to be good for our children, we have to make it that way." - and so she did. Nancy taught third grade our first year and has been teaching high school ever since. The high schoolers report that they first attended the class because their parents told them to, and now they look forward to it. Nancy also serves on Parish Council and she stepped up to be the Council President at West Point. Nancy is constantly recruiting new ladies to MCCW by her example of being a godly woman and by taking the initiative to personally invite women to faith study or other events. In fact, as members of our board were stepping down or moving, it was no coincidence that the board and auxiliary positions were refilled largely by women living on Nancy's block. She has such a faithful spirit - even when faced with adversity. She is truly a leader in MCCW and a diligent disciple of Christ."



# PRAYER INTENTIONS OF THE HOLY FATHER

## General Intention: Parents & Teachers.

That parents and teachers may help the new generation to grow in upright conscience and life.

## Mission Intention: The Church in Africa.

That the local Church in Africa, faithfully proclaiming the Gospel, may promote peace and justice.



With great JOY, we celebrate the blessing of our new Holy Father, Pope Francis!

### Prayer of Consecration to the Immaculate Heart

Queen of the Most Holy Rosary, and tender Mother of all people, I consecrate myself to your Immaculate Heart, and recommend to you my family, my country, and the whole human race. Please accept my consecration, dearest Mother, and use me as you wish, to accomplish your designs upon the world. O Immaculate Heart of Mary, Queen of Heaven and earth, rule over me, and teach me how to allow the Heart of Jesus to rule and triumph in me and around me, as it has ruled and triumphed in you. Amen.

“If we wish to follow Christ closely, we cannot choose an easy, quiet life. It will be a demanding life, but full of joy.”

Pope Francis via Twitter, @Pontifex



Jane Stedman  
Grapevine Editor

Hello Sisters in Christ!

By now I'm sure you've noticed that a few things have changed around here...including the name of this news magazine! Many months ago, Erin suggested a new name for a fresh start for MCCW Worldwide, Incorporated. I had to admit, it sounded appealing. As time wore on and we persevered in our efforts to become a 501(c)3, it was so easy to slip into frustration and desire for control. Interestingly enough, I was in a similar circumstance of wait, wait, *wait* in my personal life. My husband has been stationed in Korea for a year, and our three children and I were living with my parents, away from a military post. The year did not go as we had planned (you're laughing with me, right?) and we were anxiously waiting for PCS orders. It felt like an eternity. I would be bold-faced lying if I told you that we didn't have some challenging days. Living away from friends who intimately know the intricacies of

this life, away from our church community, away from my MCCW sisters – it really pushed me. I relied on the occasional quiet moment to read The Word, connected with other writers, stayed in touch with friends who were now scattered across the globe, and prayed, prayed, *prayed* for contentment in this season of my life. Despite all of this, there were days that felt so dry, so brittle that I wondered if I would crack.

Wouldn't you know it – word of our new 501(c)3 status came just as we had taken possession of our new home near Fort Gordon, Georgia! When it rains, it pours!

Coming full circle, a name that Erin had originally suggested for this magazine was "The Well." I sat with the idea for quite some time; and, as I've pondered all that has happened for both our organization, and for my own family, "The Well" seems to be the perfect fit. It is my intense hope that this magazine is uplifting and life-giving, sharing with you the wonders of His deep and abiding love, like waters from the well. I also hope that it will always remind us of John 4: 1-42, the story of the woman at the well. May it remind us all that He knows our faults, our sins, our brokenness – and He loves us. We read this acclamation, we believe, we hope. HE LOVES US.

I hope that you enjoy the subtle changes to this publication; and even more, I hope that you will contribute to The Well! We need you; we need your thoughts and words, your photos, your prayers, your experiences. MCCW Worldwide, Incorporated is the organization that it is because of the woman you are. And so it is with this magazine. If you'd like to contribute to future issues of The Well, you can email me anytime at [JaneEStedman@gmail.com](mailto:JaneEStedman@gmail.com). I look forward to hearing from you!

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## MCCW Prayer to Our Lady of Good Counsel

O Lord of heavenly wisdom,  
Who has given us Your own Mother Mary  
to be our guide and counselor in this our lives,  
Grant that in all things we may have the grace to seek  
maternal instruction  
and to profit by it in humility and love.

O Mother of Good Counsel,  
Patroness of the Military Council of Catholic Women,  
help us to understand and fulfill  
the mind and will of your Divine Son, Jesus Christ.

Under the blessing of the Father,  
and by the power of the Holy Spirit,  
may we be responsible and intelligent  
daughters of the Church.

May we labor in the spirit of renewal  
to realize more perfectly the kingdom of God here below  
as the only true preparation for our share  
in the Kingdom of Heaven.  
Amen.