



# THE WELL

MILITARY COUNCIL OF CATHOLIC WOMEN - WORLDWIDE, INC.

MARCH 2014



# THE WELL

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“For this is the will of  
my Father, that  
everyone who looks  
on the Son and  
believes in him  
should have eternal  
life, and I will raise  
him up on the last  
day.”

John 6:40

*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

When I accepted the position of President in October 2012, I wondered what my final article in *The Well* would be. I imagined that I'd be able to recount memories of my visits to each Regional Retreat, write about the extensive Journey of Faith training we'd completed, and update you on innovative programming the Board had developed. The Holy Spirit sure has a good sense of humor, right?



Erin Raymond  
President

My first mistake was thinking that I was “in charge”. Ha! You think I would have figured out by now that God’s plan doesn’t always go the way I want. I planned for transparency and legacy, and instead dealt with uncertainty and discontinuity. Every task throughout this transition seemed Herculean – from opening a checking account (3 months and a ton of paper) to buying back (yes – in an auction no less) our website; but as our wonderful speakers in St. Louis reminded us, we make our plan, and then we find God in the “what happens”.

I have learned an incredible amount during my 18 months in office, both about starting a 501(c)3 corporation and about myself. The team of women I have worked with is truly amazing. Each is a leader with a servant’s heart, and they have inspired me beyond words. Our advisors, Bishop Buckon and Fr. Joe Deichert, have provided consolation, inspiration, and valuable guidance. Archbishop Broglio and the staff at AMS have never ceased to offer their support, and for that I am so grateful.

And finally – thank YOU. You are the reason I discerned serving in this capacity. Your trust in me and faith in my abilities is the most humbling experience I have ever had. I remember looking out at you during our Installation Mass and being almost brought to my knees. I hope that I have served you well; know that you are my prayers.

“He must become greater,  
I must become less.”

John 3:30

## 2014 MCCW Worldwide Conference in Chattanooga, Tennessee

We hope that you have already registered, but if not, there is still time! If you are on the fence, please pray about it and consider the wonderful fellowship and activities we have planned. We look forward to sharing with you.



*Conference Registration-* <https://www.eventbrite.com/e/evangelizing-our-catholic-faith-mccwworldwide-conference2014tickets-9719111123>

*Read House Hotel Reservations-* The conference group rate of \$109 ends April 15th. Reservations will still be taken after April 15th at the prevailing rate, based availability. For reservations, please contact Chris Warf or Marlena Palmer at (423) 266-4121.

### Conference Check-in

Conference check-in will begin on Thursday at 2:30pm in will be in the Hamilton Room on the first floor near the lobby. Hotel check- in begins at 3pm. The Vendor Fair will be open at noon, so you arrive early you will have plenty to occupy your time. If you have questions about the local area the Chattanooga Convention & Visitors Bureau will be available at conference check-in.

### Conference Menu

*Chattanooga Breakfast- Friday, Saturday and Sunday*

Danish, muffins, croissants, fresh sliced fruit, strawberries, cereal, granola, milk, biscuits, sausage gravy, potatoes O'Brien, scrambled eggs, cheddar cheese, s0moked bacon, sausage links, patties, buttery grits.

*Sunday Evening Banquet*

Full salad bar, tender sliced roast, mushroom gravy, buttermilk fried chicken, Tennessee barbeque pork, green bean casserole, roasted potatoes with smoked bacon, green chile corn bread, warm apple cobbler, red velvet cake

### Conference Beverage Station

During the conference you will find a beverage station located in the Terrace Foyer. Coffee and Water will be available.

### Vendors and Opportunity to Support Donation Drawing/Silent Auction

The Vendors and Opportunity to Support Donation Drawing/Silent Auction table will be located in the Terrace Room. Bring your donation items to the Terrace Room. We can't wait to see what gifts each chapel will bring to donate to the auction. If you are planning to bring items or basket for the auction please email Beth Manning at [bethmanning88@yahoo.com](mailto:bethmanning88@yahoo.com) with the descriptions of your items and values.

### Here is a preview of the presentations you will enjoy

*Julie Carrick -Carrick Ministries Foundation-"Living Our Catholic Creed"* - A practical & emotional presentation that, in the 'Apostles Creed', we meet God as our Creator and Savior. Including the most meaningful insights of St. Teresa of Avila, Heart Touching examples of what it means to 'live' our Creed and just enough music to open hearts.

*Kurt and Julie Carrick-Carrick Ministries Foundation-"Living in the Grace of Reconciliation"* - A presentation for EVERY Catholic to remind us of the grace received through the Sacrament of Reconciliation. This presentation will be as moving as it is an educational tool of how to encourage every Catholic to embrace the grace of this Sacrament. Julie's visual aids and music video included in this presentation can be used by all who Catechize, Teach, and Share the truths of our Catholic faith.

*Julie Carrick-Carrick Ministries Foundation-“The Life Giving Grace of the Sacraments”*- The perfect follow up to “Living in the Grace of Reconciliation” as Julie shows us ways to encourage and excite Catholics to better understand the fullness of the Grace that is received in all of our Sacraments. You will take away some powerful tools of Catechesis and Evangelization from this presentation.

*Lynda MacFarland –“Mothers Prayers”*- Mothers Prayers is an international movement consisting of groups of mothers who gather together to pray for our children. Amazing things happen when we call upon the Lord, asking His blessing and protection of our children. Lives are changed, God is glorified. A Mothers Prayers group can be started in any chapel, congregation, or even in your neighborhood. Please join Lynda MacFarland to participate in a Mothers Prayer service and to learn more about this amazing, comforting ministry.

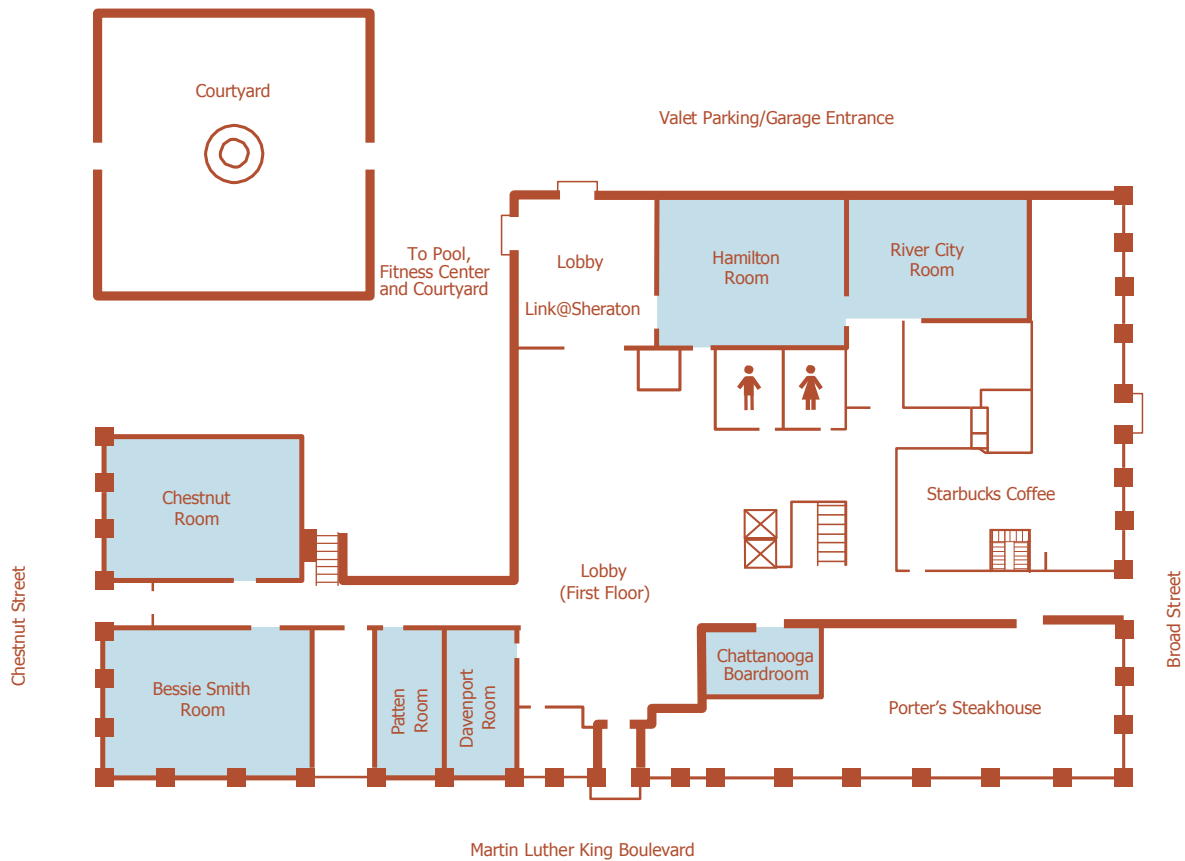
*Linda Ruffi-“Lectio Divina”*- The practice and experience of “divine reading” in your life. We will explore the actions that become Lectio Divina. Reading God’s Word... meditating on the Word...praying with the Word and contemplation of the Word. Lectio Divina is a process that opens the heart and mind to a rich and tangible experience with God in his holy word. There will also be a brief introduction to journaling as it relates to and supports the practice of Lectio.

*Father Jerry Sherbourne- “Evangelizing Faith through the Blessed Mother”*- Fr. Jerry will share the story of his journey from Anglicanism into the full communion of the Catholic Church. Along the way he will reflect on the love of God as the foundation of all evangelization and offer thanks and encouragement to the women of the MCCW.

*Rachel Granger- “Praying with Expectation”*-When you pray do you pray expecting that God will answer? Or do you pray saying "Your will be done Lord." to convince yourself, God really wouldn't grant what you asked? The Challenge of this breakout session is to Pray with Great Expectation--to pray knowing God has great and wonderful plans for you; to pray with the persistence of the widow and to pray knowing the promises of Matthew 7:7. Expect a Miracle to Happen! Trust in our Good Lord! WARNING: You may feel like saying “Amen” during this session or using Jazz Hands for Jesus.

*Becky Puchy-“Engage Your Strength”*- What if the power of God's Word and your strengths were unleashed to become living and active throughout your families and communities? EYS is designed to assist MCCW members identify their God-given, innate talents and develop them into powerful strengths that will make them more energized and effective in all areas of their lives. EYS ultimately strengthens the faithful resiliency of our families, churches, and communities.

*Dominican Sisters of St. Cecilia – “Living Our Prayer Experiences”* – A synopsis of this session will be available closer to Conference.



*Sheraton Read House Hotel*  
*CHattanooga, tennesSee*

827 Broad Street  
 Chattanooga, tn 37402  
 t—423.266.4121



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***Then I heard the voice of the Lord saying, “Whom shall I send? And who will go for us?” And I said, “Here I am! Send me!”***

### **Thursday - April 24<sup>th</sup>**

- 12:00 Vendor Fair starts
- 2:30: Conference check in starts
- 3:00 : Hotel check-in
- 5:00 : Mass - The Basilica of Saints Peter and Paul
- 6:00 : Dinner - On Your Own
- 7:00 : Welcome and introduction of MCCW Worldwide board members/ Chapel Roll Call/ Explanation of "Opportunity to Support Donation Drawing/Silent Auction"
- 8:00 : Social time

### **Friday – April 25<sup>th</sup>**

- 7:00: Daily Mass- The Basilica of Saints Peter and Paul
- 8:00 : Breakfast - Sheraton Read House Hotel
- 9:00-9:30: Words from Erin Raymond, President MCCW-Worldwide/ Welcome from Fr. Joe Deichert, LtCol, USAF MCCW-Worldwide Moderator and Bishop Neal Buckon, MCCW-Worldwide Episcopal Moderator, Archdiocese for the Military Services, USA- Ballroom
- 9:30-12:00: Becky Puchy- Engage Your Strength- Ballroom
- 12:00-2:00: Lunch- On your Own
- 2:00-2:45: Breakout sessions
  - Chris Johnson- “Why Catholic: Yes, They’ll Know we are Christians By Our Love”- Patten Room
  - Julie Carrick- “The Life Giving Grace of the Sacraments”- Gold Room
  - Linda Ruff - “Lectio Divina”-West Room
  - Marlo Dowdy -“Inspire[D]: Missionary Where the Military Sends You”- East Room
- 2:45-3:45: Private Devotion
- 3:45-4:30: Breakout sessions- Journey of Faith
  - Michelle Hokenson.- “Praying with Icons”- West Room
  - Alba Thompson & Beth Manning.-“Growing Leaders - Best Practices for Chapel Group Boards”- Gold Room
  - Elizabeth Tomlin – “A Firm Foundation - Building a Chapel Group” -Patten Room
  - Lisa Miklos and Eleanor Gentilini-“Our Continuing Journey: Apologetics, a Lifelong Journey of Learning and Sharing”- East Room
- 4:30: Dinner – Own Your Own
- 6:30: Adoration/Holy Hour - The Basilica of Saints Peter and Paul
- 7:30: Individual Confessions - The Basilica of Saints Peter and Paul
- 8:30: Movie Night: Life of John Paul II- Ballroom

### **Saturday – April 26<sup>th</sup>**

- 7:30 : Morning devotion-Ballroom
- 8:00: Breakfast - Sheraton Read House Hotel
- 9:00-10:00: Fr. Jerry Sherbourne, Major, US Army - “Evangelizing Faith through the Blessed Mother” – Ballroom



- 10:15: Mass - The Basilica of Saints Peter and Paul
- 11:15-1:15: Lunch – On Your Own
- 1:15-2:15: Julie Carrick -“Living Our Catholic Creed” - Ballroom
- 2:30-3:15: Breakout sessions- Journey of Faith
  - Michelle Hokenson.- “Praying with Icons” - West Room
  - Alba Thompson & Beth Manning.-“Growing Leaders - Best Practices for Chapel Group Boards”- Gold Room
  - Elizabeth Tomlin –“ A Firm Foundation - Building a Chapel Group” - Patten Room
  - Lisa Miklos and Eleanor Gentilini-“Our Continuing Journey: Apologetics, a Lifelong Journey of Learning and Sharing” - East Room
- 3:15-3:45: Private Devotion
- 3:45-4:15: MCCW Regional Meetings
  - Western- West Room
  - Central- Patten Room
  - Southeast- Gold Room
  - Northeast- East Room
  - Europe/Pacific- Presidential Suite
- 4:30-5:30: Breakout sessions
  - Kirsten Simonsgaard- “Genesis Revisited: The Roles of Men and Women” - East Room
  - Rachel Granger- “Praying with Expectation”-West Room
  - Lynda MacFarland- Mother’s Prayers- Patten Room
  - Dominican Sisters of St. Cecilia - “Living Our Prayer Experiences”- Gold Room
- 5:30: Dinner – On Your Own
- 7:45: Illuminated Devine Mercy Chaplet- The Basilica of Saints Peter and Paul

## **Sunday – April 27<sup>th</sup>**

- 7:30 : Morning devotion
- 8:00 : Breakfast - Sheraton Read House Hotel
- 9:00-10:00: Lynda MacFarland- “Living Our Faith; Trusting God” - Ballroom
- 10:15-11:15: Kurt and Julie Carrick “Living in the Grace of Reconciliation” - Ballroom
- 11:15-1:15: Lunch- On your Own
- 1:15-2:15: Pam Parker- “The Word Became Flesh” - Ballroom
- 2:30-3:30: Erin’s Farewell Address- Ballroom
- 3:30: Private Devotion
- 4:30: Mass with installation of new MCCW Worldwide board - The Basilica of Saints Peter and Paul
- 6:00 : Banquet - Sheraton Read House Hotel- Ballroom

## **Monday – April 28**

- Breakfast : On Your Own
- 9:00: Transitional Board Meeting-Davenport Room
- 11:00 : Checkout

**\*\*Please view this as a working document and subject to change\*\***



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

I'm happy to introduce you to our Journey of Faith conference trainers and our line-up of presentations. Your trainers will be presenting two Journey of Faith training modules at conference as well as several original presentations and workshops. Whether you are seeking challenge or solace, learning to embrace the demands of raising children or figuring out how to navigate an empty nest, building a new chapel group or sustaining a strong chapel group, we have a presentation for you! In addition to presentations from Journey of Faith trainers, we are partnering with the American Bible Society to present Engage Your Strengths training to every lady attending conference! Engage Your Strengths will help women discover their gifts and consider concrete ways to put their gifts into practice for God's Church.

Our Journey of Faith presentations at conference will be:

**Praying with Icons:** Presented by Michelle Hokenson. Do you love the imagery and art of Christianity? If so, we have a presentation for you! Praying with Icons will instruct attendees in the steps of writing icons and in the practice of praying with icons as windows to heaven. Come see how this spiritual practice can enrich your prayer life.

**Growing Leaders - Best Practices for Chapel Group Boards:** Presented by Alba Thompson and Beth Manning. Through the analogy of gardening, this program will help current chapel leaders consider how to identify the talents within the chapel groups. It will also help chapel leaders learn how to grow future leaders.

**A Firm Foundation - Building a Chapel Group:** Presented by Elizabeth Tomlin. Do you feel called to lead and grow your chapel group or start a new chapel group? If so, this breakout session is for you. A Firm Foundation will provide a comprehensive look at building the leadership and ministry of a CWOC – from running a board meeting, to setting the vision for the ministry, to cultivating a healthy relationship with the priest and chapel staff, and lots of topics in between. This session will share best practices of leading chapel groups gathered from CWOC and MCCW groups from around the world!

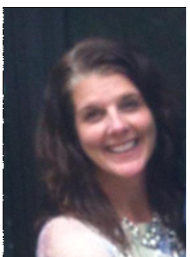
**Our Continuing Journey: Apologetics, a Lifelong Journey of Learning and Sharing:** Presented by Lisa Miklos and Eleanor Gentilini. Apologetics is a call to share what we know with others. In this program, we will explore how we each arrived at our current point on our spiritual journey, and how we might grow in our own faith and be an example for others to grow forward in theirs through. We will consider ways to teach other about the Catholic Faith through examining some frequently raised questions about Catholicism.

I'd also like to introduce you to our talented trainers who are volunteering their talents to present at conference!



*Eleanor Gentilini*

Eleanor has been with MCCW for many years. She served two terms as Stuttgart Area President and three times as Western Area Coordinator /Regional Director. Eleanor has held various chapel level positions as well a term on the European Board when it was a separate organization and more recently 2 terms on the European Regional Board while living in Qatar. Eleanor was one of the original team of MCCW: Journey of Faith Trainers when the program was initiated in 2002. She has presented at chapels from coast to coast including Alaska, as well as in Europe. She also has an amazing wealth of historical knowledge of MCCW!



*Rachel Granger*

Rachel Granger has been involved with MCCW for 15 years in various servant leadership capacities. Recently, she has started Fishers of Men at her local chapter and leads breakout sessions for conferences and retreats. She and Dewey Granger have been married for 23 years. They have two children Zach, 20 and Abi 17.



### *Michelle Hokenson*

Michelle has a wealth of experience serving MCCW. She currently serves MCCW as stewardship chairperson and as a JOF trainer and has served as the Financial Manager for MCCW-Worldwide. Michelle's other areas of service include parish coordinator, faith study and religious education coordinator, and catechist. She is active in Ft. Belvoir's CWOC where she coordinates devotions for the monthly program. Michelle started writing icons in January of 2012 and has been active in the iconography group at Ft. Belvoir ever since. She received the 2011 Sheila Baker award in recognition of her dedicated service to MCCW. Michelle's husband of 30 years, Michael is retired Army and they live in Fairfax Station, Virginia. They have 4 adult children and a daughter in-law.



### *Erin Lunday*

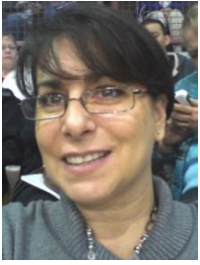
Erin has been a facilitator, trainer, instructor, briefer and curriculum developer for over twenty years. She has spent her life in service to the Army and military families. Erin was raised in a military family, and served in the military for eight and a half years. She has been active in MCCW since 2001 and has loved the community, love and warmth that she feels whenever she enters a new duty station and experiences a great MCCW program. As an Army Spouse, Erin began volunteering with Army Community Services and the Army Family Team Building Program. While in this program, she continued to hone her facilitation, briefing, and instructor skills and was selected to become a Core Trainer in 2008. Her talents and enthusiasm as well as her drive to always learn more about her faith has encouraged her to combine her love of teaching, team-building, and curriculum enhancements with her love of MCCW to assist in making our community even better.



### *Beth Manning*

Beth first actively participated in MCCW in Schweinfurt, Germany back in the summer of 2002. Since then, she has served in a variety of MCCW positions at the local, regional, and worldwide level. She currently serves as the Central Regional Director and previously served two terms as the Vice President for Journey of Faith. Her articles of reflection for the Grapevine started back in October 2003 while serving as the Family Life Chairperson for MCCW-Europe. Based on her involvement in the local MCCW, regional MCCW and other organizations around post, she was recognized as the Catholic Community Chapel Outstanding Community Volunteer in 2006 in Vicenza, Italy. She is a West Point Graduate, an Army Community Master Trainer, Army Family Team Building Master Trainer, and Cooper Institute Certified Personal Trainer. She has been married to Ed for over 18 years and has 2 children, John and Emily, and she currently resides in Kansas and participates in Women of St. Ignatius MCCW.

### *Lisa Miklos*



Lisa has been an Army Spouse for 29 years, and a newly retiree spouse for 5 months. In those 29 years, Lisa has been active in MCCW for close to 20 years and has been a Journey of Faith Trainer for 8 years. Having served in various chapel and Worldwide positions within MCCW, Lisa shares that bringing the joy, mission, and promise of MCCW to each of you is a highlight of her continued ministry. Lisa enjoys writing and developing programs and studies for MCCW. She enjoys presenting those programs and studies, as well as speaking on various topics, even more. Married to Michael for 29 years, together they have two grown children (Angela is 23 and lives in Fort Worth Texas. Mikey is 18 and is enjoying his freshman year at Becker College) and one granddaughter, Ava. Lisa, for this moment in time, lives in Bronxville N.Y. and participates in the West Point CWOC.

### *Alba Thompson*



I am a long time member of MCCW and have served at various levels of the organization to include Europe and at the Regional (NE) and Worldwide levels. As one of the "original" trainers, it has been a joy and a gift to bring Journey of Faith to our members. I use the words "Joy" and "Gift" knowing that while I travel to bring Journey of Faith to others, I leave with so much more.

### *Elizabeth Tomlin*



Elizabeth has been in service to MCCW since she married into the Army. She is the Second Vice President for MCCW-Worldwide, Inc. and serves as the President for her CWOC group at West Point, New York. Elizabeth has a passion for studying theology, teaching, and equipping women to serve actively and as leaders in their faith communities. The relationships that Elizabeth has formed through MCCW motivate her to continue to dedicate her time and talents to the organization so that other women can experience the warm community, spiritual growth, and friendship that flourishes through our unique ministry. A lawyer by profession, Elizabeth works outside the home part-time in the field of leader and character development. She has three children, ages 12, 8, and 15 months who challenge and inspire her daily!



## ENGAGE YOUR STRENGTHS TRAINING!

Journey of Faith is proud to offer Engage Your Strengths at conference. Engage Your Strengths blends Gallup's StrengthFinder coaching with Biblical foundations and extended Scripture engagement. As we refine and practice our strengths, we will be equipped to maximize our God-given talents through our ministry. This training will be particularly instrumental as we, individually and communally, discover how we are called to serve in the New Evangelization of our Faith. Engage Your Strengths will be presented on the first morning of conference. There are two ways for women to prepare for the training.



**Assessment at Conference:** Ladies will receive their EYS training book on Thursday at conference along with a registration code (inside the book). Ladies will use this registration code to take an assessment of 34 strengths online and bring the assessment to the training on Friday morning. If you travel to conference with a smart phone, tablet, or laptop, this is a great option and free of charge!

**Assessment before Conference:** For women who want to take the strengths assessment before conference, you may go to [Gallupstrengthscenter.com](http://Gallupstrengthscenter.com) and purchase the Clifton StrengthFinder assessment for \$9.99. This assessment provides feedback on your top five signature strengths rather than the 34 strengths. You will still receive an EYS training book at conference and may use the registration code for yourself, or take it back to your chapel group for another lady to use.

### About our Engage Your Strengths Trainer!



private practice.

Rebecca Puchy, M.Div, L.C.S.W., A.A.M.F.T, is a Licensed Clinical Social Worker and Army wife of over 30 years. Rebecca holds a Master of Divinity from the Alliance Theological Seminary in Nyack, New York and a Master of Social Work from the University of Hawaii. She is a licensed worker in the Christian and Missionary Alliance, a Clinical Member of the American Association of Marriage and Family Therapists and a Gallup Strengths Performance Coach. Rebecca has contributed to "Engage Your Strength 3.0", "EYS Journeys" and the "The Barnabas Letter." Additionally, she wrote and produced a recording of songs inspired by the stories of military trauma survivors. Rebecca and her husband, James, a retired Army chaplain, live in Chester Springs, Pa. She is currently teaching, consulting, and in



See you in Chattanooga!



Michelle Hokenson  
Stewardship Manager

## Fundraising for MCCW-Worldwide

Ladies, now that MCCW is a nonprofit 501 (c) 3 organization, we must find new sources of funding. MCCW still hopes to have chapels collect voluntary designated offerings (DO) once a year, maybe even do a split where part of the DO stays at the chapel to fund CWOC activities and part goes to help MCCW-Worldwide. Chapel CWOC boards must request these designated offerings each year since the chapel DO calendar is created anew each year. Please ask your priest if it is possible to get onto your chapel's DO calendar.

MCCW member Kirsten Simonsgaard brought to our attention that her civilian church accepts requests for tithe funding, (thank you Kirsten!) If your church does this, please let me know and I will mail a request letter to your priest and one to the committee who reviews the applications. It is up to us to keep MCCW-Worldwide financially strong. If we can survive the past year with all the funds taken from the Worldwide account and sent back to the chapels, I think we can do anything (with the help of the Holy Spirit.) Please feel free to email me at **[stewardship@mccw.org](mailto:stewardship@mccw.org)** with any questions you might have. God bless you all and see you at conference!

## AROUND THE REGIONS

### Central Region

On Thursday, March 6th, Women of St Ignatius at Fort Leavenworth hosted a one day Lent retreat with Cheri Bowe from School of Faith as the speaker. We had 47 women present. We kicked off the day with adoration followed by daily mass then a light breakfast. We also had the opportunity for the sacrament of reconciliation with two priests (one from the nearby Benedictine Abbey) available throughout the day. We had two presentations by Cheri covering a variety of topics such as the Passion of Christ, redemptive suffering, and our role as women in the Church today. Our lunch was a variety of soups, salads and bread. We closed out the day with a meditative rosary kneeling by the tabernacle. For those of you able to attend conference in Chattanooga, it will be an opportunity to fan your flame of love for Christ. Please consider sending in a donation either in the form of a silent auction item or even a check to support our AMS Co-sponsorship seminarian scholarship fund. This fund helps bring more priests to serve throughout our military services. We hope you have a fruitful season of Lent in your local Catholic Women of the Chapel communities and are able to let the light of Christ shine through you in your words, actions, and deeds. If you have any questions, you can email me at [bethmanning88@yahoo.com](mailto:bethmanning88@yahoo.com) or call me at 913-954-8234.



Beth Manning  
Central Region Director



Jane Gottardi  
European Regional Director



Where does one begin when we begin to speak about the happenings of the Wiesbaden CWOC? This group is on fire with Christ and it shows in their love of one another. Their activities are both enjoyable and inspirational.

Our Lenten Season here in Wiesbaden began with a lesson on baking beautiful breads with Leslie. We then heard from Fr. George who's presentation was titled, 'How and Why to Be Faithful, to Be Joyful Here and Now.' This was followed by introducing '**Lenten Companions**'. Women were invited to pair up with one of their sister's in the faith during this holiest of seasons to provide one another support and encouragement in their Lenten journey, to help them come closer to Christ, to stay focused on the cross, His Passion and His Resurrection. Groups began with two People and in some situations their Lenten groups grew in numbers as women were personally invited along the journey.

The following are a few of the Lenten resources recommended:

Copy of 'The Divine Mercy Chaplet'

Rosary Meditations Based on the Apostolic Letter, *Rosarium Virginis Mariae* with Quotes from Sacred Scripture and The Catechism of the Catholic Church

wordonfire.org with Fr. Robert Barron's Daily Lenten Reflections

faithandreason.org with Franciscan University (Beautiful presentations on the faith)

United States Council of Catholic Bishops usccb.org

americancatholic.org

ewtn.com (Mother Angelica's Reflections on 'The Station of the Cross')

spiritualfood@markmallett.com

sisterburle.com (Praying the Scriptures of the Rosary and Way of the Cross

Prayed on a 15 decade rosary)

*Conversion is central to the message of the Gospels.  
Conversion is a change of heart and mind.  
Conversion is expressed  
In ourselves  
In our relationship with God  
In our relationships with*

We were then blessed to have Mercedes here in Wiesbaden set up several day trips which included; A Silent Retreat in Schoenstatt, a visit Mannheim Thrift Shop & Baroque Palace as well as The Maria Laach Abbey. In April we will be visiting the Hoehenhoff Labyrinth. Our sister Dunia is taking the lead on our book sorority, 'Sex, Style and Substance.

Lisa Dusterhoff then gave us a presentation on Lenten Reflections, 'Forgiven', 'The Colors of the Cross', 'The 7 Last Words of our Lord' and a beautiful introduction to Sr. Burle's book.

'Praying the Scriptures of the Rosary and Way of the Cross.' In forgiving we are to remind ourselves of the necessity to follow Our Lord's injunction to pray for those who offend us.

As St. Matthew records: "But I say to you, Love your enemies and pray for those who persecute you Mt 5:44



Lisa then moved to speak of the colors of the cross: 'Earth Brown' – we reflect upon why Jesus chose to be crucified, 'Red' – the color of Jesus' blood allows us to look at our own crosses, 'Flesh Tone' - Gives us the secret to carrying our own crossed faithfully and fruitfully. The final section of Lisa's talk was on the 'Last Seven Words of Our Lord', as Jesus hung on the cross He uttered seven last words of great meaning to those who contemplate His passion.

Wiesbaden CWOC will also be coming together to view, 'The Passion' by Mel Gibson at Mercedes home. It has been a blessing to come together this Lenten Season with these women of faith.

# PRAYER INTENTIONS OF THE HOLY FATHER

## General Intention: Ecology & Justice.

That governments may foster the protection of creation and the just distribution of natural resources.

## Mission Intention: Hope for the Sick.

That the Risen Lord may fill with hope the hearts of those who are being tested by pain and sickness.



### Prayer for Vocations

Father, we're your people, the work of your hands.  
So precious are we in your sight that you sent your Son, Jesus.  
Jesus calls us to heal the broken-hearted,  
to dry the tears of those who mourn,  
to give hope to those who despair,  
and to rejoice in your steadfast love.  
We, the baptized, realize our call to serve.  
Help us to know how.  
Call forth from among us priests, sisters,  
brothers and lay ministers.  
With our hearts you continue to love your people.  
We ask this through our Lord Jesus Christ, your Son,  
who lives and reigns with you and the Holy Spirit,  
one God forever and ever.

"We cannot be tepid  
disciples. The Church needs  
our courage in order  
to give witness to truth."

Pope Francis via Twitter, @Pontifex



## CONTACT US

### Executive Board

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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.