



# The Well

**Military Council of Catholic Women - Worldwide, Inc.**

March 2015

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## Find Us

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[Facebook.com/MCCW.Worldwide](https://Facebook.com/MCCW.Worldwide) or our Closed Facebook Group MCCW-Worldwide Community

Follow us on Instagram [#MCCWworldwide](https://www.instagram.com/MCCWworldwide)

Archdiocese of Military Services - [www.milarch.org](http://www.milarch.org)





## Support Us

MCCW is supported through private donations.

To make an online donation to MCCW, please visit [www.mccw.org/contribute](http://www.mccw.org/contribute).

You can also support us by shopping at our online Catholic gift store through our partnership with the Catholic Company. Visit our website and right click on the Catholic Company link under the contribute tab.



Another way to support MCCW is to have designated offering through your installation Chapel. Contact your Priest or our stewardship manager, Kim Miller, for details.

## In This Issue

- 4 Letter from Our President
- 5 Worldwide Board Updates
- 6 Journey of Faith to Provide Chapel Leader Training at Ft. Polk
- 7 MCCW teams up with Artistic Works by Lu!
- 9 Discerning Chapel Leadership
- 10 Around the Regions
- 12 The Four Gifts of an MCCW Retreat
- 13 Retreat Registration Information
- 15 Chapel Updates – Quantico hosts Meg Hunter-Kilmer, and Camp Lejeune launches a CWOC group, Ft. Bliss to Visit House of Hope!

Cover Photo:  
Zugspitze, Germany  
Photo by April Mika

## Letter from Our President

Dear Sisters,

I know that a lot of our MCCW community is still buried under snow in the northeast. Here in El Paso though, there are signs of the renewal of Spring! The birds are chirping, and we have pear and cherry blossoms, green buds on trees, and even dandelions in our yards (or rock gardens.) Springtime is so refreshing – both physically and spiritually. It's the season when we venture out to our gardens, and with Lent and Easter, it's also a season of great spiritual growth.

As we proceed through these two liturgical seasons, I encourage all of our MCCW ladies to consider attending one our spring retreats this year. These retreats will provide the chance to grow in faith and stop to take time to - *"Notice how the flowers grow . . . If God so clothes the grass in the field . . . will ne not much more provide for you?" (Luke 12:27-28.)*

It is difficult to discern God's calling and work in our lives if we do not take time to listen to God's voice and spend time in God's presence in prayer and adoration.

Between April and May each of our regions is holding a retreat to help our members experience spiritual renewal during this time of growth. Each retreat will offer time for Reconciliation, Mass, and Adoration. Additionally, our retreat speakers are a very talented group ranging from MCCW Journey of Faith Team Members, EWTN anchor Matthew Arnold, Susan Timony from the Archdiocese of Washington, and even Archbishop Broglio. I am looking forward to attending several of the retreats and look forward to meeting all of you in-person!

You'll see in this month's Well Magazine that our spiritual spring has arrived at chapel groups as well! We even have a brand new CWOC group! Camp Lejeune CWOC began meeting this month. It is wonderful to see MCCW expanding in our Marine bases. A group started near Camp Pendleton two years ago, Quantico re-launched last fall, and now Camp Lejeune is off to a great start!

Blessings,  
Elizabeth





# Worldwide Board Updates

1<sup>st</sup> Vice President

## Prayer, Fasting and Almsgiving

*Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'" (Matthew 4:1-4)*

Giving something up for 40 days sounds seem like a lifetime, but if we look at the 40 days as a prayerful opportunity to change ourselves, this journey can be much more rewarding. You will be tempted to the things you gave up, but do not give in-- instead give it up to prayer, fasting and almsgiving. The walk through the desert can be difficult and challenging, but it is designed to bring us closer to God.

**Prayer:** Fighting the temptation of the very thing you gave up can be helped through prayer. The more time you give to prayer during Lent will bring you closer to God and your baptismal promise.

*"Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to His voice in the depth of our hearts." Mother Teresa*

**Fasting:** Having self-control during Lent can have bring some challenges. As for myself I gave up a certain food for Lent. I find myself hungry for that particular food item often. The hunger I feel for this particular food reminds me of my hunger for God and the Holy Spirit.

*"This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; setting free the oppressed, breaking every yoke; sharing your bread with the hungry, sheltering the oppressed and the homeless; clothing the naked when you see them, and not turning your back on your own" (Is 58:6-7).*

**Almsgiving:** Almsgiving and our baptismal promise are linked to bring gratitude for what God has done for us. We are reminded to help the needy and charity will bring us closer to God.

*Alms are a worthy offering in the sight of the Most High for all who give them." (Tobit 4:11)*

April Golden

MCCW Worldwide

1<sup>st</sup> VP/Conference Director



# ----- The WELL-----

2<sup>nd</sup> Vice President

Hello, Dear Ones!

The word 'Lent' or 'lenctin' (Anglo-Saxon) means "spring". Before the earth can be reborn it goes through a dormant empty period-a period of quiet contemplation followed by the storms of March. After the quiet of winter with the empty branches and lifeless world, explosions of color and sound abound: the bright greens of the leaves, the buds of the flowers and fruit trees, the songs of the birds, and the stirring of the animals.

Our souls need to go through this time of transition, as well. Our church has a beautiful ritual of preparing the soul with constant reminders of baptism and penance. This continues throughout Lent. We prepare for the beauty of Jesus and what His life, death, and resurrection have meant to us: our souls' rebirth.

Often we are asked to sacrifice or give something up for Lent. I've done this in the past with my family (often associated with my sweet tooth). I'm doing something new this year. I'm still going to work on that sweet tooth, but it's not going to be about giving up something- rather, I'm preparing my soul through quiet meditation. Instead of being fixated on a vice or fault that I will go back to after my 40 days are up (albeit in moderation), I will truly pick an over indulgence or flaw and make a life-long change: For I'm not giving up, but receiving the healing and grace of God.

Many Blessings to You and Yours!

EBL

2<sup>nd</sup> VP, Journey of Faith



P.S. I'm very excited to report that we are starting a pilot program at Fort Polk this month with our new Journey of Faith Chapel Leader Training. Once we complete the training, I am excited to be able to bring this training across the world with Regional Team Members to assist in the fall. We are also looking at scheduling potential Journey of Faith Team Member trainings by Region, so if you think you might be interested, take a look at our Team Member application form on line and let me know. We also will be offering presentations at the Northeast Region Conference on the Discernment Process, and at the Western and Central Region (TX) Conferences: Telling Your Story (Writing Your Spiritual Autobiography). So feel free to speak with any of our Journey of Faith Team Members to find out more about how you can be a part of the Team.

**Here are a few suggestions for your group during this Lenten season:**

- (1) Have a Lent by Candlelight. Meet together on a Sunday evening during Lent and have a simple soup and bread supper and invite your priest to give a short talk or ask your local Diocese if they have someone that can come.
- (2) Host a Lenten Reflection.
- (3) Go on a prayer walk with the ladies of your group on Saturday mornings while everyone else in the family is still sleeping. You can either take turns praying out loud with each other as you walk, or you can walk in silent prayer next to each other.

## **MCCW Lu is In!**

The Northeast Region is offering a one of a kind look from Lu! to celebrate the upcoming Northeast Regional Retreat – “Lead Me Lord” For \$37.50 you get two necklaces in one!!! Add your MCCW charm and/or remove for a completely new look! All orders for ladies in the Northeast region will be delivered to the Northeast Regional retreat – there is no shipping or sales tax. Not attending the Northeast Retreat? Not in the Northeast Region? No problem! Simply add \$5.50 for shipping direct to your home --- OR ask a retreat attendee to bring yours home for you -- Orders only accepted now thru March 28th. Email Denise to arrange payment and place your order. [5afwife@gmail.com](mailto:5afwife@gmail.com). Proceeds benefit the MCCW Northeast Region. Be sure to write MCCW LU ORDER in the subject line!



### *Be A Part of The Well*

Are you a photographer or do you know someone who is a photographer?

Submit your photos for the cover of *The Well*. Send your digital photos to [MCCWWellEditor@aol.com](mailto:MCCWWellEditor@aol.com) Please include your name, where the photo was taken, a description of the subject matter and permission to use your photo.

You will receive Cover Photo Credit with your name.

Be creative and have fun!



## Leadership and Discernment

### Chapel Group Board Formation

As we head into spring, CWOC groups are thinking about leadership for the upcoming 2015-16 year. Formation of chapel group boards is very prayerful and peaceful when the Holy Spirit is called upon to guide the process using discernment. It is a “letting go and letting God” way to form the board. Chapel groups can adapt the discernment process to their specific needs. The discernment guides which detail the process are on the [mccw.org](http://mccw.org) website: click on the **resources** tab along the top of the page, scroll down and click on **leadership discernment**, click on the discernment guides in gray font. The *Personal Discernment* guide is first with the *Discernment Procedure* listed directly underneath it.

Begin the discernment process 2-3 months before you would like to have your new board in place. The first step is to appoint a discernment chairperson who is not currently serving on the board. Have the discernment chair pray a discernment prayer with the entire chapel group and ask them to prayerfully discern whether they are being called to serve on your CWOC board. The personal discernment guide (on the website) can be emailed to your entire CWOC membership for personal discernment. Hard copies could also be printed to hand out at your meetings. The personal discernment prayer meditation can be prayed together as a group and then women could take it home for personal prayer and discernment. Always set a deadline and allow at least one week for personal prayer and discernment. If those who are feeling called to serve are not enough to fill out the board, the discernment chair may ask membership to privately “nominate” women who may have gifts, talents and a heart for serving CWOC on the board. The discernment chair (or committee member) phones each “nominated” woman and asks them to personally discern serving on the board.

Once the nominees have met the chapel group requirements for serving on the board, the discernment procedure may be held. Nominees must not “campaign” amongst other nominees but it is important to ask questions and be informed about the positions on the board. The leap of faith here is that nominees do not run for a specific position, though they may have one in mind that they feel they are being called to fill. Please read through the discernment procedure on the website for a detailed explanation. During the discernment procedure we must have confidence that God knows our needs when we ask the Holy Spirit to guide servant-leadership board formation. It is truly a sacrificial “dying to self” to be a part of this process. Please know that I am praying for your chapel groups as the Holy Spirit blesses your current board and guides the formation of servant-leaders for the upcoming year. Please email with any questions, comments or suggestions: [michelle.hokanson@gmail.com](mailto:michelle.hokanson@gmail.com)



The discernment process formed the current MCCW-Worldwide and Regional level leaders and several chapel groups have successfully used it as well. I would love to hear how discernment works for your chapel group, so please feel free to share your experiences with me.

*"O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen." Resurrection blessings, Michelle.*

Michelle Hokenson  
Leadership Discernment Chair



### **Congratulations Bernadette Kovalsick from Aberdeen Proving Grounds CWOC!**

She is the winner of the drawing from our Book Club in the Fall. She has won an Our Lady of Kibeho Rosary. Keep an eye out for our next book discussion. We will be trying a different format on our Closed Facebook page.

The book is "Rhythm of Life" by Matthew Kelly. Get yours today through Catholic.com on our webpage and a portion of the sales will be directed back to MCCW.

# ----- The WELL-----

## Around The Regions

### Pacific Region

#### HE "IMPOSED" HIMSELF

Aloha my Sisters around the Globe. I really had no idea what I was going to write about since we KNOW that we are all 'sinners' and that we all know about what we are called to do PRAY,FAST, GIVE so I really prayed that I could share a different look at this LENT in really believing that JESUS himself is passing through our neighborhoods, towns, churches and yes even our homes, you could say he is willing to "IMPOSE" himself on each and every one of us.

This thought was inspired by my trying to wrap my head and heart around the fact that when reading scripture in spite of all CHRIST'S miracles some Jewish towns did not perform PENANCE. Ha! This is very telling to me. So many graces and yet the inhabitants of some of these towns did not repent and change their ways. In fact they actually rebelled against Jesus.

So here goes, how many times has JESUS passed by your town and neighborhood and even your own home with miracles and cures and blessings, he actually took the time to STOP and visit and encourage us to do good. This left me truly understanding that all he asks of us is to respond in kind with sincere repentance of our faults and anything that could separate us from HIM. JESUS always listens to us but especially when we go to him honestly with our weaknesses before us, that is when he changes us the most. Lent is the opportunity for us to NOT reject his grace and to begin once more. Again and again, in LIFE we meet JESUS passing by, as he did in those old towns of Galilee and truly "seeking" out those who came to meet him and leave their sins behind. Let us not take the opportunity to postpone this loving encounter. We can ONLY begin with the LORD'S help.

I must finish with a quote from Saint Teresa of Avila who is my spiritual companion during this Lenten Journey she has much to guide and teach me and so I share with all of you her wisdom and insight: *"If, like the young man in the Gospel, we turn our backs and go away sad when the LORD tells us what we must do to be perfect, what do you want his Majesty to do? For he must give the reward in conformity with the love we have for HIM. And this love Daughters, must not be fabricated in our imaginations but proved by deeds. And don't think he needs our works; he needs the determination of our wills"*

*-Saint Teresa of Avila*

I pray for all of you to have a prayerful and fruitful Lenten journey and encounter with our lord that will bring abundant fruits from your sorrows let him IMPOSE himself on your hearts.

In HIS Service Always,  
Michelle Nash  
Pacific Regional Director





## Northeast Region

Registrations are coming along nicely for the NE Regional Retreat. Please see the registration flyer included here. If you have any questions, do not hesitate to contact me or Sue Parker, the NE Region Registration POC. We are looking forward to a spiritually enriching retreat with Fr. Fred Wendel and Dr. Susan Timoney.

Lenten ideas from Liza Blecher (Dover AFB-new CWOC group recently created) to enhance your faith during these 40 days. Here are 2 websites that you can use. They are easy Lenten reflection programs.

**DynamicCatholic.Com** Created by Matthew Kelly, who is very exciting and really wants everyone to be the best version of themselves.

**Lent Day 1 - Back to Basics** By Father Robert Barron, a leading priest in evangelizing and learning our faith. Pick one or both.

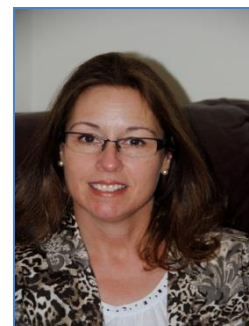
Here are some more things you can do during Lent...

- Attend every (that you can) Stations of the Cross
- Attend Daily Mass once a week (one more time for those that go once a week)
- Fast one extra day during the week (offer it for the souls in purgatory)
- Serve at a soup kitchen/Help in a food bank
- Spend an extra 10 minutes everyday in prayer
- Make peace with someone in your life
- Listen/watch an audio or dvd to learn more on a Saint (here is a website you can use (<http://www.lighthousecatholicmedia.org>))
- Dedicate each Friday to a new Saint. Learn about that Saint and ask that Saint for help in your life or in the life of someone you know.
- Watch the Bible Series every week and actually read the story in the bible with the family
- Say the Rosary everyday and at 1500 recite the Divine Mercy.
- Plant an Easter Garden....get a plate that you place under a pot, you can make a tomb by laying a cup or tiny terra-cotta pot on it's side. Fill with dirt. Plant grass seeds. Place on top 3 crosses made of twigs. Place as a center piece on your table. By Easter the grass will grow.

Don't forget two of the most popular saints this month:  
St Patrick March 17 and St. Joseph March 19!

Blessings

Joan NE Regional Coordinator





# ----- The WELL-----

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## Central Region

### The Four Gifts of an MCCW Regional Retreat

We all know the seven gifts of the Holy Spirit are, wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. Did you know that there 4 gifts of an MCCW regional retreat? They are:

#### 1. Sisterhood

We gather from many installations to reunite with old friends and to make new ones. Sharing in each other's lives, to hug, to laugh, maybe to cry, but all of this unites us as battle buddies on the journey that is catholic, military life. Some of us don't have any blood-born sisters. Some of us are empty nesters longing to hear about another's child losing their first tooth. Some of us are the lone woman in their household, happy to be the queen of her domicile, but still hungry for another female point of view from time to time. I can't tell you the number of times I have left the dinner table because the testosterone driven humor in my home is just too gross for my feminine mind. Fart jokes aren't funny...ever.

#### 2. Quiet Participation.

As women, we tend to be the operating manager of our household. On a retreat, everything is planned for us from the time we wake up, to bedtime. It is a nice reprieve to follow along, to participate and enjoy the content for a change. On retreat it easier to put Martha away, and be more like Mary. It's a treat to have lunch and just enjoy the meal, not having to think about where it came from, how much it cost, and if you can clean it all up quickly enough before your baby wakes up from a too short nap. Certainly, lunch is not an important part of a retreat but if there is joy in these more ordinary parts of the weekend, you can only imagine the joy after experiencing a presentation on consecrating yourself to Jesus through Mary, or a tour of a century old Basilica. I will be so happy to quietly participate on a retreat, I will hear choirs of angels singing Salve Regina!

#### 3. Rested Heart and Soul

When the first gifts are received, this gift can be bestowed. We are among understanding, like-minded people we care about. Our personal roads for this short time have converged to receive the deepening of our spirituality, a grace from God. A rested soul is able to listen with their heart and hear the voice of God speaking to it. Only when we can rest our heart and soul are we able to have our cup filled.

#### 4. Filled Cup

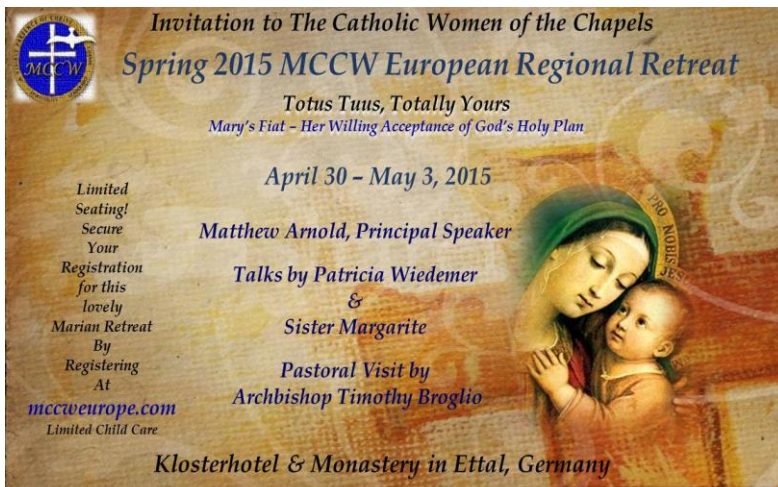
In life, our cup is poured out to others in giving of our time and talents, inside and outside of your family. How we give to others can be a source of great joy, but to give from our cup- our charitable heart, it needs to be refilled. Here on retreat, our cup is filled. It's filled for all the reasons and gifts described above and countless others. As each heart is unique, so are the gifts it needs to be a filled cup.

The goal of a retreat is to return to our communities with a filled cup and ready to serve the loves of our life; namely our family and our Church. St. Therese said, "Everything is grace." Coming home from a retreat, I hope to be able to recognize the truth that is this little mantra I carry around. Yes, everything IS grace...even fart jokes.

Dollia Lemus  
Central Regional Coordinator

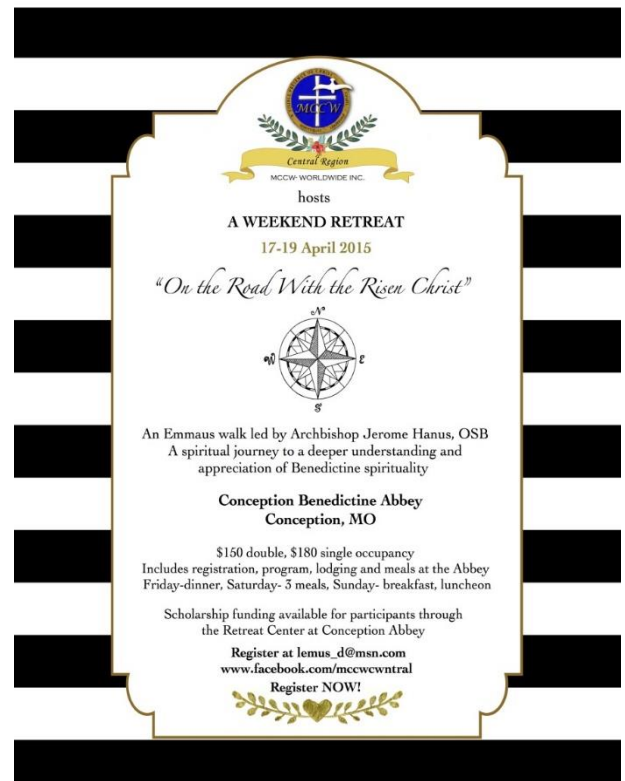


## Registration is Open for All Regional Retreats!



**Invitation to The Catholic Women of the Chapels**  
**Spring 2015 MCCW European Regional Retreat**  
*Totus Tuus, Totally Yours*  
*Mary's Fiat - Her Willing Acceptance of God's Holy Plan*  
**April 30 - May 3, 2015**  
**Matthew Arnold, Principal Speaker**  
**Talks by Patricia Wiedemer & Sister Margarete**  
**Pastoral Visit by Archbishop Timothy Broglio**  
**Klosterhotel & Monastery in Ettal, Germany**

Limited Seating!  
Secure Your Registration for this lovely Marian Retreat By Registering At [mccweurope.com](http://mccweurope.com)  
Limited Child Care



**A WEEKEND RETREAT**  
**17-19 April 2015**  
*"On the Road With the Risen Christ"*  
An Emmaus walk led by Archbishop Jerome Hanus, OSB  
A spiritual journey to a deeper understanding and appreciation of Benedictine spirituality  
**Conception Benedictine Abbey**  
**Conception, MO**  
\$150 double, \$180 single occupancy  
Includes registration, program, lodging and meals at the Abbey  
Friday-dinner, Saturday- 3 meals, Sunday- breakfast, luncheon  
Scholarship funding available for participants through the Retreat Center at Conception Abbey  
Register at [lemus\\_d@msn.com](mailto:lemus_d@msn.com)  
[www.facebook.com/mccwcwcntral](http://www.facebook.com/mccwcwcntral)  
**Register NOW!**






**Bon Secours Retreat  
and Conference Center**  
Mariottsville, MD  
[www.rcbonsecours.com](http://www.rcbonsecours.com)

**Save The Date!**  
MCCW Northeast Region Retreat

**Lead Me Lord**  
May 1st-3rd 2015  
Hosted by  
MCCW Northeast Region

For more information contact  
Joan LaPore MCCW Northeast  
Regional Coordinator  
[mccwneregion@hotmail.com](mailto:mccwneregion@hotmail.com)  
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[www.facebook.com/MCCWNERegion](http://www.facebook.com/MCCWNERegion)


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[WWW.THECASA.ORG](http://WWW.THECASA.ORG)



*Stop, Be Still... and Listen!*  
Psalm 46:10.  
"Be still and know that I am God."

Join us for a time of reflection, listening to God as He speaks to each of us

**RETREAT**  
hosted by  
**MCCW WESTERN REGION**  
24 - 26 APRIL , 2015



For more information, please contact:  
Brenda Wile  
Western Regional Coordinator  
[westernregionmccw@gmail.com](mailto:westernregionmccw@gmail.com)  
719-534-9076



Central Region  
MCCW-WORLDWIDE INC.  
hosts

**CENTRAL TEXAS DAY RETREAT**  
Saturday, 11 April 2015  
9am-6pm

*"Open the Door of Your Heart"*



a guided, spiritual journey  
for increased growth and self awareness  
in fuller union with God

Cedarbrake Retreat Center, Temple TX  
Email: [lemus\\_d@msn.com](mailto:lemus_d@msn.com)  
Facebook: [www.facebook.com/mccwcentral](http://www.facebook.com/mccwcentral)

Register at <https://www.eventbrite.com/e/mccw-central-region-day-retreat-tickets-13656170975>

\$45  
Continental breakfast and lunch provided  
Register NOW!



**Save The Date!**  
MCCW Northeast Region Retreat

**Lead Me Lord**  
May 1st-3rd, 2015  
Keynote Speaker  
**Dr. Susan Timoney**  
Pastoral Ministry and Social Concerns  
Archdiocese of Washington

**Bon Secours Retreat  
and Conference Center**  
Mariottsville, MD  
[www.rcbonsecours.com](http://www.rcbonsecours.com)

For more information contact  
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Regional Coordinator  
[mccwneregion@hotmail.com](mailto:mccwneregion@hotmail.com)  
Find us on Facebook!  
[www.facebook.com/MCCWNERegion](http://www.facebook.com/MCCWNERegion)



## Chapel Updates!

**Quantico CWOC** - Our Quantico CWOC group continues to expand and do some pretty wonderful things! We are currently reading The Domestic Church: A Room by Room Guide by Donna Marie Cooper O'Boyle. We have added outreach activities to promote our group by adding a monthly "Pray & Play" group and a monthly Ladies' Night Out. As it is the season of Lent, we are also hosting a couple Stations of the Cross for parishioners. We most recently hosted Joan LaPore, our MCCW NE Regional Director, to discuss our upcoming regional retreat. We look forward to reaching out to more Marine families stationed at Marine Corps Base Quantico, and to continue doing our part to evangelize our great faith! We will continue to meet Wednesday mornings, starting with Rosary at 9:15, until 11:15. Childcare is provided for our meetings from 9-12 PM, to allow mamas to attend Mass without their littles. Contact [quanticocwoc@gmail.com](mailto:quanticocwoc@gmail.com) for further details!



**Camp Lejeune** – Please welcome Camp Lejeune as our newest CWOC group! The group is off and running. They used the MCCW Sourcebook (located at [MCCW.org](http://MCCW.org) under the resources tab to start their ministry. The group is starting off with an eight week study with *My Sisters the Saints* by Colleen Campbell and they are attending the Ignited by Truth Conference in Ft. Bragg later this month!

**Ft. Bliss** – We are continuing with our Works of Mercy theme for the year. Our First Fridays are spent praying the rosary and having a presentation on a saint who exhibited the work of mercy we are studying that month. We have several Faith Studies in Progress for our ladies to choose from: *Prayer* by Fr. Guardini, *Blessed and Beloved* by Kimberly Hahn, *The Mass* DVD study by Dr. Edward Sri, and *Rebuilt: Story of a Catholic Parish* by Michael White and Tom Corcoran. We are also kicking off our outreach ministry by visiting House of Hope a pro-life pregnancy and motherhood support ministry in El Paso, TX.

### OUR MISSION

The Military Council of Catholic Women-Worldwide reflect 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 for military chapels.



...serving all branches of the U.S Military Services

**MCCW- WORLDWIDE INC** is a 501 (c) (3) non profit organisation, fully endorsed by the Archdiocese for the Military Services.

See Archbishop Timothy P. Broglio's letter of support for MCCW -

[www.mccw.org](http://www.mccw.org)

[www.facebook.com/MCCW-Worldwide](https://www.facebook.com/MCCW-Worldwide)

