



The Well



The Military Council of Catholic Women-Worldwide **connects, unites, and inspires** U.S. military affiliated women to grow in their Catholic faith.

 *connect * unite * inspire*

April 2019

Table of Contents

[President's Letter](#)

[Seminarian Spotlight](#)

[Lenten Devotion](#)

[Ideas for Upcoming Seasons](#)

[Regional Updates](#)

[Regional Retreat Recap](#)

[Calendar](#)

[Contact Us](#)



Volunteers of the Month Regional Retreat Volunteers

This month, MCCW recognizes and thanks the amazing volunteers who helped put on their regional retreats.

From behind the scenes social media posting and registration monitoring to planning table decor, games, and devotions; from manning the registration table to setting up and tearing down each activity or session; from documenting the retreat in photos to gathering toiletries for the Saint Jude tables; from serving as lectors or EMHCs during our liturgies to making last-minute supply runs, countless volunteers worked hard to ensure that each attendee had a wonderful retreat experience.

Some generous women were part of a formal retreat planning team. Others signed up for tasks via Sign-Up Genius or email. And still others simply showed up at the retreats, saw a need, and stepped up to fill it!

MCCW is an all-volunteer organization and we count on the help of many to make the work light and to make all we do possible. From all of the members of the Worldwide board to each of you who helped in your region -- thank you!



From the President

Dear Sisters in Christ,

It is a beautiful and sunny first day of spring here in El Paso. And much like all the busy activity I see outside my window – birds singing, bugs buzzing around, my kids enjoying the sunshine – a lot is going on in MCCW!

As I write, the women of the Northeast are preparing to gather for MCCW's fourth retreat this year. The Europe, Asia, and Southeast regional teams are hard at work planning for their retreats to come this fall. Newly discerned regional teams in the Pacific, West and Central regions are busy working on plans to serve their regions. The MCCW Worldwide team is preparing for all this and more!

And I know that all of you in your homes and in your chapels are preparing for Holy Week, Easter, and the summer beyond.

This issue is looking forward to those events as well. With our Lenten Prayer



Calendar, links to some great MCCW resources, and an article about summer pilgrimages and fall book studies, we hope that the Well will help **connect** you to the resources you need to plan ahead!

Connect is one of MCCW's favorite words – **connect** with old and new friends at our events and via social media, **connect** with a vibrant women's ministry in your new hometown, **connect** with all the tools and resources you need to be grounded in your faith as you walk this military journey!

We hope that the new "Connect with Us" section of the Well will help us stay even more in touch with each of you. If you have questions, comments, or ideas, please reach out to one of us on the Worldwide board. We want to hear from you!

With that, dear sisters in Christ, I am signing off – I am going to go enjoy this sunny spring day!

Yours in Christ,
Kim

Seminarian Spotlight

A Blessed Feast Day

By: Denise Hummel

Our beloved diocese, AMS, now has two new auxiliary bishops. Bishops William (Bill) J. Muhm and Joseph L. Coffey were ordained on March 25—the Solemnity of the Annunciation of the Lord—at the Basilica of the National Shrine of the Immaculate Conception. His Excellency, the Most Reverend Timothy P. Broglio, served as principal celebrant and ordaining Prelate before a congregation of more than two-thousand. Many MCCW members and clergy, from the surrounding installations, attended this beautiful ordination.

Tradition and the ancient prayer of ordination were included in this beautiful Ordination Mass. The head of each new bishop was anointed with chrism, he received the Book of the Gospels, his bishop's ring, miter, and pastoral staff (crozier). "Lean on the crozier you are about to receive," Archbishop Broglio said in his homily, "but also use it to snare



March 25th—Blessed Feast Day! Pictured: Several AMS Co-Sponsored Seminarians with Denise Hummel, MCCW Board of Directors At-Large Member (Focus: Seminarians) in center.

From left to right are Erin Donlon, Peter St.George, Will Cook, Charles Wilton, Joseph Knepper, and Andrew Lane.

the lost sheep...Allow the miter to remind you of the third dimension of your new ministry: to sanctify. Help our secular world rediscover a sense of the sacred."

After the nearly two and a half hour Ordination Mass, I had the privilege of enjoying conversation and a quick photo with some of our Promised Priests.



Pictured: Bishops William (Bill) J. Muhm and Joseph L. Coffey Laying of the hands by Archbishop Timothy P. Broglio, AMS Archbishop.

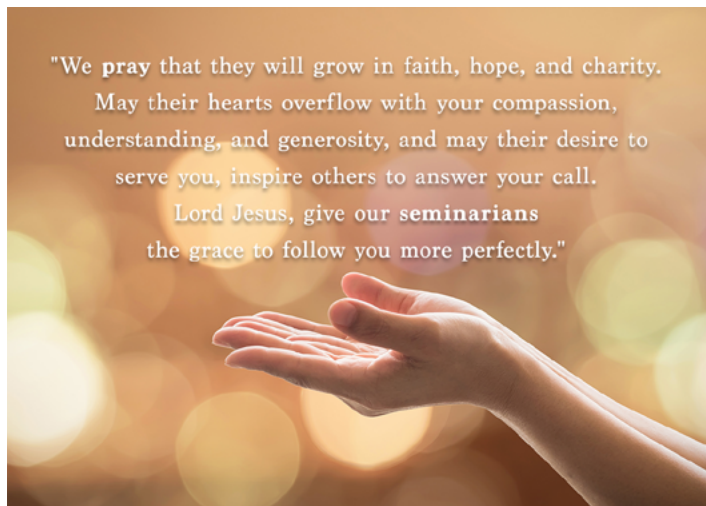
Adopt seminarian

This Lent, please continue to pray daily for our AMS Co-Sponsored Seminarians.

If your CWOC would like to adopt a seminarian—to pray for him, send care packages, and/or spiritual bouquets, please contact Denise Hummel at amsliaison@mccw.org



Archbishop Timothy Broglio (center) with prospective priests and military chaplains after Mass during their discernment retreat at St. Patrick's Seminary in Menlo Park, Calif.



"We pray that they will grow in faith, hope, and charity. May their hearts overflow with your compassion, understanding, and generosity, and may their desire to serve you, inspire others to answer your call. Lord Jesus, give our seminarians the grace to follow you more perfectly."



2019 AMS Deacon Ordinations

Adam Marchese
6 April



Miguel Flores-Perez
18 May



Daniel Duplantis
28 May



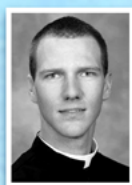
Adam Woodward
31 May



Tim Mergen
3 October



Steven Booth
11 May



James Dvorak
25 May



Tyler Harris
31 May



Joseph Baltz
6 June

2019 Lenten Devotion Pray for Our Promised Priests

Spend each day during Lent in prayer. Pray, by name, for each of our 46 AMS Co-Sponsored Seminarians. On Easter Sunday, let us conclude our Lenten Devotion by praying for our shepherd, Archbishop Timothy P. Broglio.

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Joseph Baltz ⁶	Garrett Braun ⁷	David Campo ⁸	David Chacko ⁹
Paul Collins ¹⁰	Will Cook ¹¹	Patrick Costello ¹²	Robert Coviello ¹³	Anthony Davis ¹⁴	Joseph Dembowski ¹⁵	Patrick DiLoreto ¹⁶
Erin Donlon ¹⁷	Daniel Duplantis ¹⁸	James Dvorak ¹⁹	Bradley Easterbrooks ²⁰	Rev. Mr. Matthew Faucett ²¹	Miguel Flores-Perez ²²	Rev. Mr. Vincent Gilmore ²³
Zachary Glick ²⁴	Tyler Harris ²⁵	Madison Hayes ²⁶	Armando Herrera-DosReis ²⁷	Edward Hoffmann ²⁸	Stephen Hughes ²⁹	Brian Jacobson ³⁰
Michael Kapolka ³¹						

*Here I am Lord, send me.
Isaiah 6:8*

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Joseph Knepper ¹	Rev. Mr. Sean Koehr ²	Matthew Kurt ³	Adam Marchese ⁴	Timothy Mergen ⁵	Tyler Miazga ⁶
Joshua Miller ⁷	Michael Nugent ⁸	Colin Patrick ⁹	Thomas Pressley ¹⁰	Rev. Mr. Carignan Rouse ¹¹	Andrew Sanchez ¹²	Upton Sewell ¹³
Peter St. George ¹⁴	Callan Sweeney ¹⁵	Br. Matthew Tomeny, MIC ¹⁶	Carlos Warfield ¹⁷	Charles Wilton ¹⁸	Adam Woodward ¹⁹	Rev. Mr. Christopher Yakkell ²⁰
Archbishop Timothy P. Broglio ²¹						

*connect * unite * inspire*



Ideas for Upcoming Seasons

Spring is upon us yet again, and with this season of natural growth comes a call for spiritual growth. We've found a few ideas for spiritual growth over the next two seasons. Whether you take individual pilgrimages, stop by a retreat center with your family, or start a fall book study with your local CWOC, these ideas should help you grow throughout 2019.

Spiritual growth

SUMMER Pilgrimages and Retreats



Eastern Point Retreat House in Gloucester, Massachusetts

<https://easternpoint.org/>

Under the patronage of St. Aloysius Gonzaga, the Eastern Point Retreat center has room for all who are seeking increased faith and renewal. Between the stunning ocean views and a wide variety of directed retreats, the Eastern Point Retreat center has something for everyone.



Our Lady of the Oaks Retreat House in Grand Coteau, Louisiana

<http://ourladyoftheoaks.com/about/>

For over 70 years, Our Lady of the Oaks Retreat House has served as an “oasis of prayer” in the southeast. Directed by Jesuit priests, the retreat house offers conference style retreats based on St. Ignatius of Loyola’s famous Spiritual Exercises.





Book Studies

Check out the next page for some book study ideas.



New Camaldoli Hermitage in Big Sur, California

<https://contemplation.com/>

Home to a Congregation of Camaldolese monks and nuns, the New Camaldoli Hermitage center offers a Catholic refuge in the stunning Big Sur, California. With private and preached retreat options, the Hermitage provides the faithful an opportunity to detach from everyday life and grow in the faith.



Saint Meinrad Archabbey in St. Meinrad, Indiana

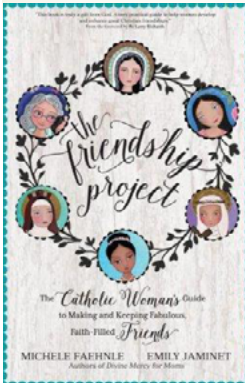
<https://www.saintmeinrad.org/retreats/group-private-retreats/>

Founded in 1854 by Swiss monks, St Meinrad Archabbey's Benedictine community runs a Guest House that offers multiple retreat options. Whether you're looking for a group retreat, a private retreat, or want to join a planned retreat, St Meinrad Archabbey has something for you.



Book Studies

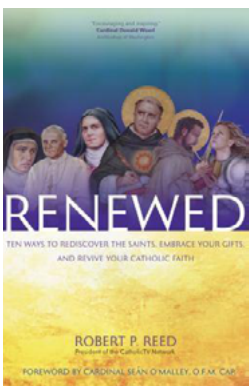
Fall Book Study



The Friendship Project: The Catholic Woman's Guide to Making and Keeping Fabulous, Faith-Filled Friends.

Co-authors, Michele Faehnle and Emily Jaminet, focus on the cardinal and theological virtues necessary to cultivate

faith-filled friendships to answer questions like “What does it mean to be women of hope, and how does that change our lives and make us more compassionate friends during difficult times?” and “How does prayerfulness teach us how to listen to and talk with both God and our friends, which helps us reach out to those we love?” This book will draw you closer to friends, both old and new, and will remind you how these friendships — and the virtues you practice to nurture them — will draw you closer to God.

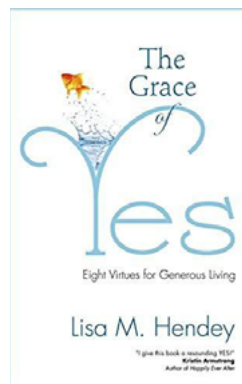


Renewed: Ten Ways to Rediscover the Saints, Embrace Your Gifts, and Revive Your Catholic Faith

In this book, Fr. Robert Reed issues a passionate and creative call to all Catholics to renew the Church by rediscovering

the gifts of their faith. He profiles twenty

saints who, like Catholics today, lived in times of crises when the way forward was unclear. Fr. Reed creatively pairs saints who at first glance seem to be unlikely companions—Augustine and Joan of Arc, Athanasius and Mother Teresa—to suggest ways readers can begin the work of personal renewal that is essential for Church-wide change. *Renewed* is a practical plan for the revitalization of the Church that highlights the steps for a grassroots awakening that every Catholic can undertake today.



The Grace of Yes: Eight Virtues for Generous Living

Best selling author Lisa M. Hendey knows generous living isn't just about putting money in the collection basket during Mass or always being the

one who steps up to help out. Generous living is about consistently answering God's call to act through mission and loving service to others. In *The Grace of Yes*, Hendey shares eight spiritual virtues that have allowed her to live generously and joyously, offers practical advice on how you can become more open to God's unique plan, and guides you toward your own path of generous living.

Regional Updates

Western Region: Fort Huachuca had a very eventful March meeting. Their guest speaker, Matt Miller, put together eight things you can do during Lent and then taught the ladies the basics of the Liturgy of the Hours. When they left, the ladies received brown paper bags to fill with “40 Cans in 40 Days” for the Knights of Columbus food drive. They also received “Little Books.” The Little Black Book contained Lent devotions and the White Book had Easter devotions. Both books were huge hits!

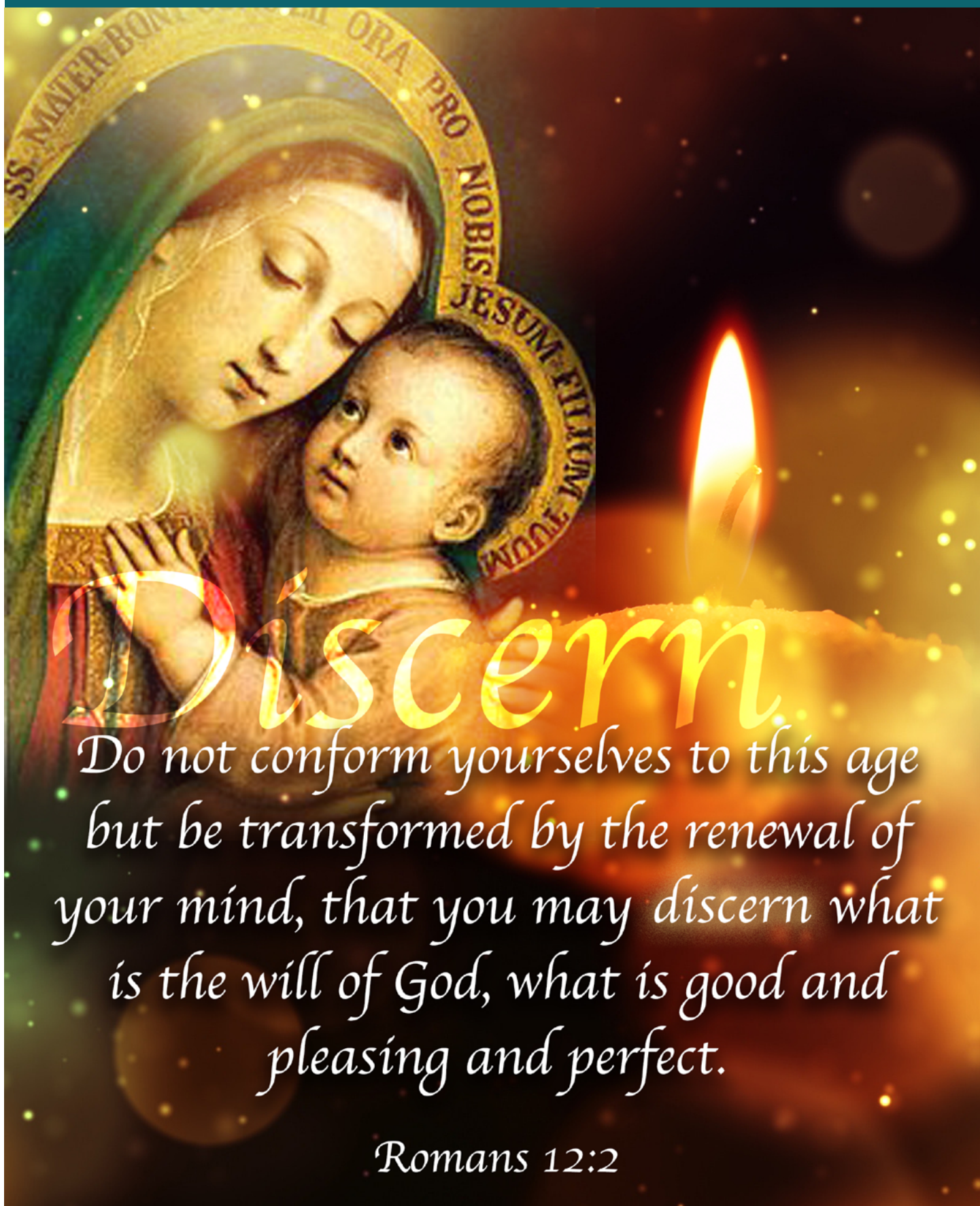


Southeast Region: Fort Campbell had a few different events in March. On March 4, they finished the Story of a Soul and had one of their priests bless and enroll all that wanted in the Brown Scapular of the Carmelites. During their meeting on March 18, they celebrated a day of fellowship with a bread service and then created Easter gardens.



European Region: The Tri-Border CWOC hosted a retreat at the end of February in Merkelbewek for families in the Geilenkirchen NATO Air Base, Schinnen, and JFC Brunssum communities. Bringing together the whole community, the nuns kept the children while parents attended breakout sessions. The day also included Adoration and Confession, and families left with various cards and pointers on topics ranging from the Stations of the Cross to How to Make a Good Confession.





Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect.

Romans 12:2

Regional Retreat Recap

Western Retreat

One highlight from the Western retreat was the words of Sister Paula from the Archdiocese of Santa Fe. She shared a message of grace with our ladies – encouraging the participants to focus on the grace with us, and most importantly, to discern within ourselves, “What grace do we need from God today, right here, right now?”



Northeast Retreat

The Northeast Retreat started off with a bang! One of the key speakers, Sarah Christmyer, reminded the ladies of the importance of contributing to the world as women of faith.



Congratulations our newly discerned board members!



**Newly discerned
Northeast Regional Team**



**Newly discerned
Western Regional Board**



**Newly discerned
Central Regional Board**

April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	 6 Diaconate Ordination of Adam Marchese
7	8	9	10	11	12	
 14 Palm Sunday	15	16	17	 18 Holy Thursday	 19 Good Friday	20
 21 Easter Sunday	22	23	24	25	 26 Feast of Our Lady of Good Counsel	27
	29	30				

The month of April is dedicated to the Holy Spirit.

“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



What to Plant in Your Garden for Lent

3 Rows of Squash

- Squash Gossip
- Squash Criticism
- Squash Indifference

7 Rows of Peas

- Prayer
- Penance
- Perseverance
- Politeness
- Preparedness
- Purity
- Patience

5 Heads of Lettuce

- Let us be unselfish
- Let us be charitable
- Let us not be weary
- Let us be obedient
- Let us love one another

Plenty of Thyme

Time for God, Time for Rest,
Time for Fun

*Water with patience, cultivate with love.
Remember... what you reap, you sow!*

adapted from CatholicChild.com

Contact Us

MCCW Board of Directors

Kim Miller

President

president@mccw.org

Aly Tugaoen

Director of Forum

forum@mccw.org

Elizabeth Tomlin

Director of Financial Stewardship

finance@mccw.org

Bevin Landrum

Director of Communications

communications@mccw.org

Joan LaPore

Director of Regional Coordinators

directorrc@mccw.org

Eleanore Gentilini

Director at Large

directoratlarge2@mccw.org

Denise Hummel

Director at Large & AMS Liasion

amsliasion@mccw.org

Bernadette Kovalsick

Director at Large

directoratlarge1@mccw.org