



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*

December 2019

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O sweet Child of Bethlehem, grant that we may share with all our hearts in this profound mystery of Christmas. Put into the hearts of men and women this peace for which they sometimes seek so desperately and which you alone can give to them. Help them to know one another better, and to live as brothers and sisters, children of the same Father. Reveal to them also your beauty, holiness, and purity. Awaken in their hearts love and gratitude for your infinite goodness. Join them all together in your love. And give us your heavenly peace.

Amen.

—Pope John XXIII





From the President

Dear Sisters in Christ,

I am one week back from my two-week adventure to support the European and Asian

regional retreats. It was an

amazing trip, and I am filled with gratitude for so many things: a fantastic travel partner in Director of Forum Aly Tugaoen; time spent with fellow board member Bevin Landrum and the wonderful European and Asian regional teams; the beautiful churches and chapels in which we worshiped; and the blessing of minimal jetlag.

But, most of all, I am grateful for the opportunity to connect with so many of you. I am grateful for the chance to worship alongside you in the Mass; for the opportunity to pray with you during Adoration; for the time to get to know you during our leadership sessions; for the conversations we enjoyed over meals; for the moments to laugh and cry with you; and for the babies I got to hold (I'm looking at you Amber, Nicole, Ruth and Jackie!). These gifts hold true not just for those two retreats, but for all of the MCCW events I attended this year.

The little moments that we enjoy during MCCW retreats with friends from the past and new friends we just met remind me that

we are not on this military journey alone. We are all walking this crazy life together. Even when oceans, ridiculously long flights, and crazy time differences separate us, we are all in it together.

As we shared in Europe and Asia during our presentations on mentoring, that is God's plan -- we aren't meant to go it alone. In CCC 1269 we read, "Having become a member of the Church, the person baptized belongs no longer to himself, but to him who died and rose for us. From now on, he is called to be subject to others, to serve them in the communion of the Church, and to "obey and submit" to the Church's leaders, holding them in respect and affection."



As we near the end of this calendar year, I want to thank you for the opportunity to be subject to you, and to serve you in the communion of our beautiful Catholic Church and in this very special military sisterhood. **Connecting, uniting and inspiring** you and being **connected, united, and inspired** alongside you through MCCW is the very best gift for which I could ask!

Yours in Christ,
Kim Miller

Seminarian Spotlight

Seminarian Support

By: Denise Hummel, Director at Large, Seminarian Support

A few weeks ago, I visited the Archdiocese for the Military Services in Washington, D.C. Joining me on my visit was another MCCW board member, Bernadette Kovalsick. She and I met Faith Berard who serves as the new AMS secretary to Father Aidan, AMS Vocations Director. During our visit, Faith revealed to us the brand new 2019-2020 AMS co-sponsored seminarian brochure. This beautiful brochure features photographs of all 47 co-sponsored seminarians and 10 co-sponsored priests.

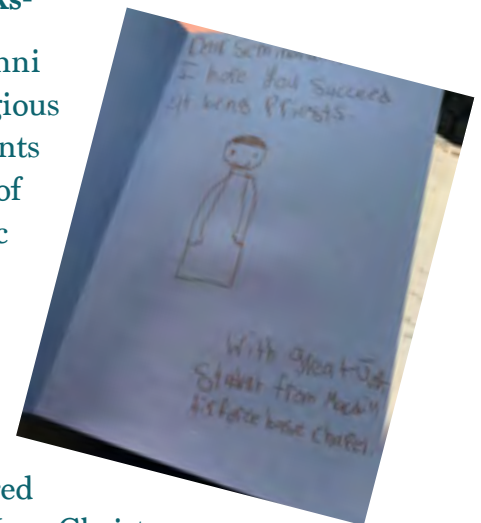
While visiting with Faith, I asked about the photo of Father Kapaun on the front cover on the brochure. For over nine months, she has used this beautiful image, created by Cassie Pease, as her computer screen saver. If you wish to see more of Cassie's designs, visit: <https://cassiepeasedesigns.com>

Regarding the new brochure, if you would like to receive a copy, please send an email with your mailing address to amsliaison@mccw.org.

As always, may God bless our seminarians and all those who pray for vocations to the priesthood.

A special thanks-

Thank you to Anni Harry and Religious Education students from Our Lady of the Bay Catholic Community at MacDill AFB for creating Christmas cards for our 47 AMS co-sponsored seminarians. Your Christmas greetings will be appreciated as they are mailed to each seminarian.



Promised Priest Advent Calendar December

Pray, by name, for our
Co-Sponsored
Seminarians each day!

1

Jason Allan
Darren Balkey

2

Deacon Joseph Baltz
Deacon Steven Booth

3

Garrett Braun
David Campo

4

David Chacko
Paul Collins

5

Will Cook
Patrick Costello

6

James Craig
Anthony Davis

7

Patrick DiLoreto
Erin Donlon

8

Deacon Daniel Duplantis
Deacon James Dvorak

9

Bradley Easterbrooks
Deacon Miguel Flores-Perez

10

Zachary Glick
Ray Goins

11

Henry Graebe
Deacon Tyler Harris

12

Madison Hayes
Armando Herrera-DosReis

13

Eddie Hoffman
Alexander Houston

14

Stephen Hughes
Brian Jacobson

15

Michael Kapolka
Matthew Kurt

16

Andrew Lane
Caleb Magowan

17

Deacon Adam Marchese
Deacon Timothy Mergen

18

Joshua Miller
Michael Nugent

19

Colin Patrick
Michael Sampson

20

Andrew Sanchez
Upton Sewell

21

Peter St. George
Callan Sweeney

22

Brent Thayer
Br. Matthew Tomeny, MIC
Carlos Warfield

23

Charles Wilton
Deacon Adam Woodward

24

All Co-Sponsored
Priests

25

All Promised
Priests



In late November, women around the globe took to social media to share what MCCW means to them as part of our #GivingTuesday campaign. From the UK to Italy, from the snowy northeast US to tropical Hawaii, women told the stories of the ways MCCW has helped them **connect** with their faith, their families, and their sisters in Christ. Each person who shared also asked those watching to **unite** with them in supporting MCCW with a financial contribution.

Thanks to the generous gifts of our donors, MCCW raised nearly \$2,000 on Giving Tuesday. The funds raised that day will help MCCW:

- Cover costs associated with hosting Forum 2020
- Create new resources for CWOCs and other women's ministries, including leadership training modules
- Begin planning for 2020-2021 regional retreats in all seven regions
- Begin planning for Forum 2022
- Expand our Day of Reflection initiative
- Continue providing support to our AMS seminarians

Thank you for recognizing the impact MCCW has around the world and choosing to support our efforts to **connect, unite and inspire** military Catholic women in locations spanning the globe.

Were you inspired?

If you were inspired by the stories shared on Giving Tuesday, or if you have been touched by the work of MCCW, there is still time to make a donation. MCCW's work is done by an all-volunteer board and team and isn't possible without the support of generous private donations.

To become an MCCW supporter, please review the sponsorship information below and visit our [website](#) to become a sponsor today via online donation or by mailing a check to show your support. Thank you for your generosity to MCCW.

Our Lady of Good Counsel Sponsor
\$500 or more

Connect, Unite & Inspire Sponsor
\$250 - \$499

Spirituality, Leadership & Service Sponsor
\$150 - \$249

Faithful Supporter
\$50 - \$149

Prayer Warrior
\$0 - \$50

Donations can also be mailed to:
MCCW International Board
Attention: #GivingTuesday
PO Box 4456
Washington DC 20017

Volunteer Spotlight - European and Asian regional teams

This month we are recognizing two amazing teams of women who are making things happen in MCCW: the European and Asian regional teams.



Led by Amber Humphreys, the European team of Amy Vedra, Amber Wusterbarth, Kitty Eisenbeil, and Nathalie Bien-Amie, planned and hosted a wonderful four-day retreat in Rome for more

than a hundred women stationed around Europe. The weekend featured keynotes by Mary Lenaburg, wonderful priest talks, and opportunities for participation in the sacraments as well as adoration and other favorite devotions.

In Asia, Christy Kilburn led her team of Ruth Doyle, Kelly Land, Jackie Yoo, and Betsy Popham in planning and hosting MCCW's first official Asian regional retreat. Nearly 20 women gathered at the beautiful retreat grounds at the Shrine to St. Andrew Kim to pray, worship, and learn together. The weekend's highlights were a tour of the beautiful grounds and insightful talks and discussions about God's grace at work in our lives.



The work of MCCW wouldn't be possible without amazing regional teams like these and we are deeply grateful to each of these women for sharing their time, talent, and treasure with our military sisters in Christ.

CWOC and Regional Updates

Regional Retreats

The month of November brought with it the last two regional retreats. The European region and the Asian regions took time to **connect, unite, and inspire** through a multitude of activities and through taking time together in the faith.

During the European retreat, held in Rome, the attendees were blessed with a moving talk by Mary Lenaburg. Her authenticity and vulnerability left many with tears in their eyes and full hearts. Through the



dignity and strength of her sweet daughter Courtney's life, Mary was able

to accept God's plan, learn that He is always present and find redemptive and restorative grace.

The Asian Retreat took place at the Shrine of St. Andrew Kim. Ladies participated in a variety of activities and enjoyed the brisk Korean fall weather.



CWOC Updates

Marine Corps Base Quantico had the honor of welcoming Kathleen Wilson, founder of Mary's Shelter, to speak at their monthly meeting. What a wonderful blessing

with so many members contributing items to benefit the shelter's mission and the families they support.



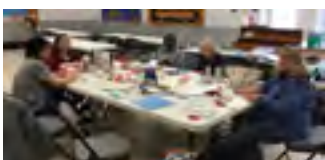
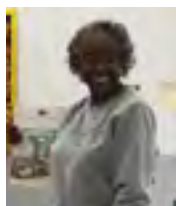
Fort Meade held an All Saints & All Souls celebration. It was very emotional and brought healing to some of our ladies. After sharing memories, they ended with a rosary specifically for the souls in purgatory. It included references from scripture and really helped focus on them. The table in the back had photos of loved ones illuminated with tea lights.



Osan AB CWOC was delighted to host MCCW President, Kim Miller, during their cider service. They also enjoyed a trip to a local Korean BBQ place.



The CWOC at Aberdeen Proving Ground gathered in November to make Christmas cards and scrapbook together. The cards were sent to the Veterans at Perry Point.



Fort Bliss CWOC welcomed 52 women to their mini retreat. The team worked hard and was excited to share in fellowship with the attendees.



Fort Carson regularly serve their community outside the gates. Once a quarter they prepare a variety of soups, breads and desserts for the Methodist Soup Kitchen, and last month they supported the Warrior Warehouse Coat Drive.



The ladies at **Joint Base Lewis McChord CWOC** hosted a Friendsgiving including their kiddos and PWOC.



Rota Naval Base CWOC held a Women, Wine, and Wisdom retreat.



The Fort Leavenworth ladies had a busy November. In addition to weekly meeting, they also had a "Drinking with the Saints" ladies night out while playing the Catholic card game on All Souls' Day. They also volunteered at Catholic Charities and held a Jesse tree ornament exchange.



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MCCW Forum 2020

April 23 - 26

Marriott Riverwalk, San Antonio, Texas

*"Behold, I am the handmaid of the Lord.
May it be done to me according to your word."*

Luke 1:38



*connect * unite * inspire*



December

dedicated to the Immaculate Conception

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	 9 <i>Immaculate Conception of the Blessed Virgin Mary</i>	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	 25 <i>Nativity of the Lord</i>	26	27	28
 29 <i>The Holy Family of Jesus, Mary, & Joseph</i>	30	31				

*O most Holy Virgin, immaculate in body
and spirit, look kindly on me as I implore
your powerful intercession.*

*O most Holy Mother, receive my prayers
as I present them to God.
(state your intentions here)*

*O Mary, Mother of Jesus and our Mother,
you intercede for us with your Son.*

*O Mary conceived without sin,
pray for us who have recourse to thee. Amen.*





O Divine Jesus,

*Thou hast promised that anything we ask of the Eternal Father in Thy name shall be granted.
O Eternal Father, In the name of Jesus, for the love of Jesus, in fulfillment of this promise, and
because Jesus has said it, grant us our petitions for the sake of Jesus, Thy Divine Son.*

Amen.

From: <https://www.catholic.org/prayers/prayer.php?p=1393>

Pilgrimage to Our Lady of Good Counsel Shrine

By: Kim Miller, President

Our Lady of Good Counsel has long been the patroness of the Military Council of Catholic Women, and last month Aly Tugaoen, MCCW Director of Forum, and I had the blessing of visiting the Shrine to Our Lady of Good Counsel in Genazzano, Italy.

It was a rainy, cold Tuesday when we set off to the little town, 40 minutes from Rome, where the original image of Our Lady of Good Counsel is said to have appeared suddenly in a small country church.

After short trips on the metro and the train, we arrived in a small town near Genazzano from which we would have to continue our journey by taxi. We inquired in the train station about a local taxi and were directed to a phone number on a sticker near the door. The taxi driver who answered told us his taxi was “In Rome for work” but that he would send a friend. *Note: he didn’t mean a friend who was a taxi driver, nope, just a friend.*

Twenty minutes later we were on the road again with the friend and on our way to see Our Lady of Good Counsel. On the way, I did my best in my very rudimentary Italian to explain where we were going and ask if the friend could return

in two hours to pick us up. The friend agreed as he drove up the winding cobblestone road to a church on the top of a hill in this tiny Italian village. Meeting of the minds complete on our pick-up time, the friend dropped us off at our pilgrimage destination.

We proceeded into the dimly lit church and took our time admiring the beautiful works of art that seem to populate every church, no matter how humble, in Italy.

We were greeted by a priest, who explained that he was from another small town but was helping out today and offered any help we needed during our visit.

Finally we found ourselves in front of the shrine. The small image of Our Lady of Good Counsel is in a locked side altar, displayed in an ornate gold frame and adorned with flowers and candles.

Aly’s and my motto for our trip, which included both the European and Asian retreats, was “This is where we are today! This is what we are doing today!” and we felt that same awe being in front of this venerated image of our patroness.

After time spent in silent prayer and offering up the many prayer requests we had brought with

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us from MCCW women around the world, we went to find the visiting priest to ask if it was possible to unlock the small altar so we could go inside. Unfortunately, the visiting priest doesn't also get the keys to the church.

He did offer to call someone to open the small gift shop for us (Catholic women around the world must be the same -- gotta bring home that church swag) and told us it would be five or ten minutes. Five or ten minutes turned into twenty or thirty minutes, but we used the time for more prayer and on Italian time, the gift shop manager showed up.

By the time we finished shopping it was nearly time to meet our taxi driver's friend for our ride back to the train, so we headed back to our meeting place. But as 1 p.m. came and went, we realized that our friend wasn't going to return for us. As we waited, we had noticed the many shops near the church closing up and the rain slowly picking up. Cold and getting wetter, we called the original taxi driver who assured us he would come for us in 45 minutes, "when it was good for him." So we waited in the rain, during riposo (afternoon rest time for Italians) for our taxi driver to return at a time that was convenient for him--it all felt so Italian.

Eventually, we did make it back to the train station and onto a warm train back to Rome in the now steady rain. As our Italian adventure came to a close and our feet warmed up, we reflected on our mini-pilgrimage - the silly struggles of making our way there and back, the gratefulness for the opportunity to carry your prayers with us, and the joy of being in a place so special and honoring Our Lady in whom we put our trust as we work to **connect, unite, and inspire** you all.

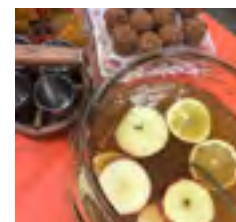
Camp Humphreys CWOC in South Korea held a taco Tuesday event.



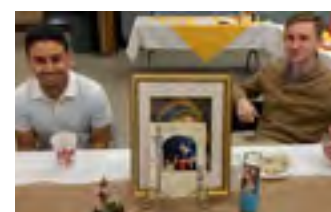
Pearl Harbor-Hickam CWOC held an Advent wreath decorating event. They were blessed to have several confirmation students help hand out wreaths, crafting supplies, and man the glue gun station. Families walked out with a personalized wreath for the Advent season.



CWOC Redstone hosted a cider service and it was nothing less than anointed.



Fort Lee, VA CWOC welcomed guest speakers Sam McPeak and Santiago Barrero to deliver a presentation on Saints and to incorporate the monthly Beatitude: Blessed are those who mourn, for they shall be comforted. The presentation inspired all in attendance.



Faith Features

Celebrating the New Liturgical Year

By Nancy Belmont, Director of Faith Formation



Happy New Liturgical Year! How are you celebrating? For the first time, I am planning a liturgical year scavenger hunt for my parish in cooperation with my Director of Religious Education. Celebrating annual Catholic milestones can and SHOULD be fun. What's the best part about the liturgical year? There's always a reason to celebrate.

What is the liturgical year?

Our secular year is made up of seasons and holidays that make each month unique. Similarly, the Church's liturgical year is made up of six seasons, which are Advent, Christmas, Ordinary Time, Lent, Triduum, and Easter. It begins on the first Sunday of Advent and ends with the Feast of Christ the King.

Fun facts about the liturgical year

Triduum, composed of Holy Thursday, Good Friday, and Holy Saturday, is the shortest liturgical season.

Ordinary Time, which is divided into two parts: Ordinary Time I after Christmas and before Lent, and Ordinary Time II after Easter, is the longest. The first part of Ordinary Time lasts 4-8 weeks, and the second part lasts about six months. This

year, Ordinary Time I lasts for seven full weeks. After Easter, we pick up where we left off with our winter Ordinary Time. In 2020, after 12 Sundays of Lent and Easter celebrations, we will make a sudden return to Ordinary Time on June 1, the ninth Sunday of Ordinary Time.

Our readings go in a three-year cycle. This liturgical year, we'll return to Cycle A and the Gospel readings for Sunday will principally be taken from Matthew.

Resources to learn more

- **To explore the “nuts and bolts” of the liturgical year**, including the readings of each day, holy days for certain dioceses, and American feast days, consult “The Liturgical Calendar for the Dioceses of the United States of America 2020,” which is published by the Committee on Divine Worship of the United States Conference of Catholic Bishops. This guide also has a section entitled “Liturgical Titles in Spanish” for feast days and seasons.

<http://www.usccb.org/about/divine-worship/liturgical-calendar/upload/2020cal.pdf>

continued on next page.

- **Six-week Bible studies for your CWOC group:** Familiarize yourself with the words of Matthew, gain context for the scripture, and discuss the Bible in groups with these four studies, which explore the infancy narrative, the Sermon on the Mount, discipleship, and Jesus' passion, death and resurrection.

<https://www.loyolapress.com/our-catholic-faith/liturgical-year/liturgical-cycles/cycle-a-resources-the-gospel-of-matthew/books-about-st-matthew>

- **Celebrating the Liturgical Year with the Family:** Did you know that each month of the year is devoted to something specific, such as the Sacred Heart of Jesus or the Eucharist? Learn more about these Catholic traditions and how to integrate them into the life of your family by exploring the blog "Shower of Roses." It also contains plans for Advent and Lent, printable activities, and party ideas for major feasts.

<https://www.showerofrosesblog.com/p/liturgical-feasts-and-seasons.html>

- **A spin-off of "Shower of Roses" is the culinary blog, "Catholic Cuisine."** Make every day a culinary celebration by adopting these recipes which range from simple to more involved. For example, take this basic hot chocolate recipe and customize it to make German hot chocolate to commemorate St. Nicholas, Mexican hot chocolate to celebrate St. Juan Diego and Our Lady of Guadalupe, or Scandinavian orange hot chocolate in memory of St. Lucia:

<https://catholiccuisine.blogspot.com/2010/12/saintly-hot-cocoa-to-warm-your-december.html>

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

directorrrc@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

Nancy Belmont

Director of Faith Formation

faithformation@mccw.org