



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*

January 2019

Regional Updates

Central Region: Before Christmas, the Fort Leavenworth CWOC mixed up their normal meetings with a St. Nick themed night. They made St. Nick peg dolls and watched a documentary on the real St. Nick. The night was a great success and ended with each lady taking home a treat for later.



Western Region: Fort Huachuca CWOC plans to use their January meeting to explain the “chalking of the doors” Epiphany direction. Remember this year’s letters are 20 + C + M + B + 19.

If you would like your chapter of CWOC featured in an upcoming issue of The Well, submit a short description of the event and photos to: thewell@mccw.org.

We look forward to seeing your CWOC chapters in action.

Volunteer of the Month Kelli Powell

Sometimes the most valuable volunteers are doing work quietly, behind the scenes; work that isn’t even seen by many. Such is the case with our January volunteer of the month, Kelli Powell. Kelli came on board in fall 2018 as the digital resource manager for MCCW. In this newly created position, Kelli was tasked with gathering and organizing MCCW’s digital resources — no small task in an organization with a 60 plus year history and new leadership every two years. Despite many obstacles, Kelli jumped in feet first and has been quietly doing this task wonderfully. She is part of a team that is filling a password-protected portal with information that will be able to be accessed by future MCCW leaders as well as members looking for resources — a resource that will keep on giving for years to come. Thank you, Kelli, for your hard work!



From the President

Dear Sisters in Christ,

We woke up to a snow-covered winter wonderland this December morning in El Paso, but snow is a fleeting thing here in the desert so I encouraged

my three kids to hurry into

their snow-gear and go out to play before it melted. They did and it was a good thing because by noon all that remained of the snow was a scattering of puddles on our sidewalks.

I think this is an apt reflection for this time of year, when we turn the calendar page from one year to the next. Time is a fleeting thing, too — blink and another year passes! And like my children taking advantage of the brief chance they had to play in the snow, we should all look at the start of the new year as a chance to take advantage of the time we are given to grow in our relationship with Christ.

There are so many ways to do this — adding more prayer to your day, starting new devotions as a family, finding new ways to participate in ministry in your church community. You could also join your local CWOC group or start one if your chapel doesn't have one (MCCW has resources to help you do this!)

And no matter where you live in the world, MCCW will host a retreat in your region this year. Registration for retreats in the five CONUS regions (Pacific, Western, Central, Southeast, and Northeast) will be open this month and I encourage you to sign up. (Retreats in Europe and Asia are in the planning stages for Fall 2019!)

Military life is full of stressors and the opportunities to step away from those stressors are few and far-between. The MCCW retreats — planned to be relatively close to you and relatively short in duration — can be that opportunity for you. I have three young children at home so I know how hard it can be to step away, even for a few days, but I really do believe that these retreats are a worthwhile reason to call in that mom or mother-in-law to help with the kids; to ask your husband or boss for some time-off; to spend that birthday money on something truly special. I hope that I will see many of you at these amazing weekends of prayer, the sacraments, and fellowship.

And, as we turn the calendar page from 2018 to 2019, I will pray that each of us takes advantage of the time we are given this year to grow in our faith and deepen our relationship with our Savior, Christ Jesus.

In love and prayer,

Kim



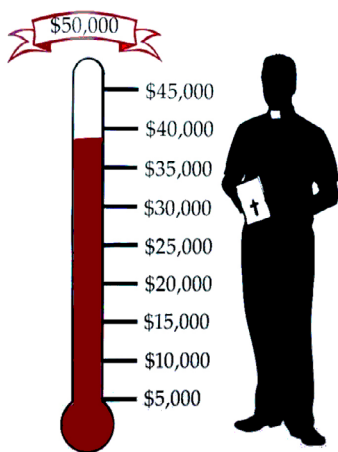
Our Promised Priests

For ten years, MCCW members have supported the AMS Co-Sponsored Seminarian Program with loving prayers and financial contributions. As our perpetual charity continues to grow vocations to the priesthood, MCCW has set a new goal for 2019. With your help, we will endow a scholarship!

This scholarship will allow every dollar given by MCCW women to go further as our initial contribution will be invested, leaving the earnings to be used for scholarship purposes.

In order to endow the scholarship, we must make a gift of \$50,000. With more

than \$35,000 gathered between 2016-2018, we are close to our goal. Will you help us meet this goal during the spring regional retreats? I know together we can rise to this challenge!



More details will be shared with our membership at the retreats, on social media, and in future issues of The Well. We ask that your personal tithing goal for 2019 includes supporting our seminarians - those men called to serve both our God and our military families.

Denise Hummel
MCCW Board of Directors

Stewardship

When did you first attend an MCCW retreat? What keeps you coming back year after year? Perhaps it's growth in your faith, re-connecting with friends, or quiet time to reflect.

In October, the MCCW European Region hosted its annual retreat. With 140 women present, this was MCCW's largest European retreat in years. Attendees heard talks by author and EWTN host, Donna-Marie Cooper O'Boyle, AMS priests, and Sister Phillip Marie Burle. MCCW provided workshops for building CWOCs, and installed a new leadership team that is already working on the 2019 retreat.

This spring, we will host similar retreats in the Pacific, Southeast, Northeast, Central and Western regions. With participation continuing to grow, we know that women value the experience. These retreats, like all MCCW programs, are only possible through your generous support. Will you spend time reflecting on how you have grown personally through a retreat and consider making a donation to MCCW so that we can continue to provide these opportunities for Catholic military women?

To donate, visit mccw.org/donate or send checks payable to MCCW to PO Box 4456 Washington, DC 20017. Your gift is fully tax deductible.

Our Lady of Good Counsel

CWOC Resource: Our Lady of Good Counsel

History & Background

In the Alban Hills, not far from the city of Rome, lies the little town of Genazzano, where the miraculous image of Our Lady of Good Counsel is venerated. The story of the picture dates back to 1467. Pilgrims assembled on the feast of St. Mark were startled by a mysterious rustling sound and strains of sweet music. Looking toward the sky, they beheld what seemed a soft cloud. Slowly it descended and rested in front of the unfinished wall of the church dedicated to the Mother of God under the title of Good Counsel. The picture rests suspended in the air without any visible means of support to maintain its stable condition, and this



for five centuries! Although painted on a piece of plaster no thicker than an ordinary greeting card, the image has withstood the ravages of time. The artist of the painting is unknown.

It is said that the figures themselves represent Mother and Child after they had returned from the temple where Mary heard the sad prophecies of Simeon. Mary's eyes are half-veiled as though she were lost in contemplation, taking counsel with her God. The little Child does not return the gaze of the beholder, as happens in so many pictures, rather He draws our eyes upward to Mary as if to tell us to look for Counsel there, in the very Seat of Wisdom. If Our Blessed Mother is willing to ask her Son to work miracles to let us know

Continued on next page.

of her motherly concern, Our Lady of Good Counsel is certainly willing to speak words of advice and instruction to help us over the hurdles of our daily lives.

Our Lady of Good Counsel, pray for us!

Time Required: Mass (if available) plus an additional 20 minutes.

Supplies Needed: Icon of Our Lady of Good Counsel

Set Up: display icon

Directions

- Have a Mass (if available) with the intention of formally adopting Our Lady of Good Counsel as patroness for the CWOC group. If the liturgical calendar permits, the Mass and readings from the Collection of Masses for the Blessed Virgin Mother for Our Lady of Good Counsel can be used.
- Read the history of the Our Lady of Good Counsel fresco and display her icon.
- Pray the MCCW Our Lady of Good Counsel prayer together as a group:

Let us pray. 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.

January

SUNDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div data-bbox="251 485 565 802">  <p>6</p> <p><i>Solemnity of The Epiphany of the Lord</i></p> </div>	1	2	3	4	5
	8	9	10	11	12
<div data-bbox="211 856 527 1176">  <p>13</p> <p><i>Feast of The Baptism of the Lord</i></p> </div>	15	16	17	18	19
	22	23	24		<div data-bbox="1182 961 1495 1281">  <p>18</p> <p><i>MCCW Board Meeting in San Antonio</i> 18 - 21</p> </div>
27	28	29	30	31	

The month of January is dedicated to the Holy Name of Jesus.

"In the name of Jesus every knee should bow, of those that are in heaven, on earth and under the earth" (Phil 2:10).



2019 MCCW Spring Retreats

Pacific Retreat
St. Anthony Retreat Center
Honolulu, HI
February 7-10

<https://2019pacificmccwretreat.eventbrite.com>

*Pacific & Central Retreat
registration now open!*

Central Retreat
Conception Abbey
St. Joseph, MO
February 28-March 3

<https://2019centralmccwretreat.eventbrite.com>

Western Retreat
Madonna Retreat Center
Albuquerque, NM
March 8 - 10

Northeast Retreat
Malvern Retreat Center
Malvern, PA
March 22-24

Southeast Retreat
Blessed Trinity Shrine
Ft. Mitchell, AL
March 29-31



Grace