



Build

Participant Guide

Building Your CWOC from the Ground Up

(60 minutes)

Purpose: Starting a new CWOC can seem like a daunting task, but with MCCW’s Sourcebook as your guide, you can have a flourishing ministry in no time. Learn some of the first steps you should take and hear from others who have walked your path. Find out how MCCW and your regional coordinator can assist you along the way and get a priestly perspective on CWOC.

Together, ask for the intercession of Our Lady of Good Counsel, patroness of MCCW.

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.

Ice Breaker

Lessons:



We know certainly that our God calls us to a holy life. We know that he gives us every grace, every abundant grace; and though we are so weak of ourselves, this grace is able to carry us through every obstacle and difficulty. — St. Elizabeth Ann Seton

Source:

<http://catholicdigest.com/from-the-magazine/quiet-moment/st-elizabeth-ann-seton-we-know-certainly-that-our-god/>

1. “We know certainly that our God calls us to a holy life...” (Don’t be afraid to be the first!)
 - a. How are you being called? By your priest? By the women in your chapel? In your heart?
 - i. From *The CWOC Sourcebook*, page i: “Why Women’s Ministry?”
 - b. How to answer – go to your priest!
 - i. From the Sourcebook, page 2: “Where Do We Begin?”
 - c. Priestly Perspective (if applicable)

2. “We know that he gives us every grace, every abundant grace...” (No special skills required!)
 - a. In all things, begin with prayer
 - i. From the Sourcebook, page 7: “Fostering Servant Leadership.”
 - b. What resources do you have?
 - i. past CWOCs
 - ii. MCCW Sourcebook/website
 - iii. Regional Coordinator

3. “...this grace is able to carry us through every obstacle and difficulty.” (You will overcome challenges)
 - a. Challenges you might face
 - i. From the Sourcebook, page 2: “Where Do We Begin?”(ask the group to identify which of the “Where Do We Begin?” items might be most challenging in their community, brainstorm ideas)
 - b. Q & A

Holy Role Model: Saint Elizabeth Ann Seton (from <https://www.franciscanmedia.org/saint-elizabeth-ann-seton/>)



Closing Prayer

Lord God,

You blessed Elizabeth Seton with gifts of grace;

As wife and mother, educator and foundress,

So that she might spend her life in service to your people.

Through her example and prayers

May we learn to express our love for you

In love for our fellow men and women.

We ask this through our Lord Jesus Christ, your Son,

Who lives and reigns with you and the Holy Spirit,

One God, for ever and ever. **Amen.**

Source:

<https://www.arlingtondiocese.org/about-us/the-diocese/our-history/saint-elizabeth-ann-seton-integerous-prayer/>