



# NEWS & VIEWS

La Crosse Diocesan Council of Catholic Women Newsletter

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## From Your President

Thank you for allowing us to visit you in your deaneries! The most important part for me is to listen to you and discover what is important to you. I heard many good speakers on a variety of topics. Some of the topics are hard to listen to: human trafficking, domestic violence, pregnancy care centers... While our efforts in aiding people in these situations are phenomenal, they are all "after the fact."

## Prevention

Human Traffickers target young people in broken families and relationships. Pornography fuels the demand and breaks relationships. Pregnancy care centers are needed when couples decide to follow their own desires instead of God's plan for love and marriage, and may decide to terminate a life when it is difficult or inconvenient. Thinking back to Alice Heinzen's talk at our October board meeting we must ask ourselves, "What can we do to help prevent these situations from happening?"

***What can we do?***



### Step 1: Reveal

- ✚ Learn God's Plan. Read Catholic books. Study the Catechism. Read scripture.
- ✚ Witness God's Plan. It is by our joy and our loving relationships with each other that we will bring others to Christ.

### Step 2: Intercede

- ✚ Pursue the weak and accompany them on this journey of faith. Be a friend. Don't give up on them. Keep asking. Listen and pray. Course correct in Charity. We have all been chastised and it makes us uncomfortable. Treat others the way you want to be treated. Gently and truthfully with love.

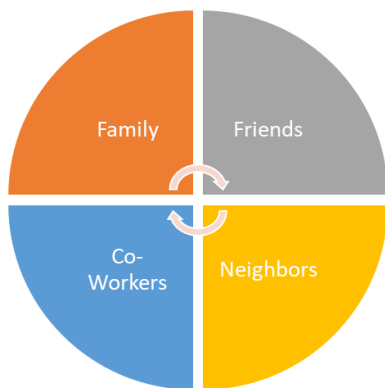
### Step 3: Refer

- ✚ Know local resources. Maybe put together a list of local resources for shelters, support groups, meal sites, etc. and have them available for parishioners.
- ✚ Be bold when necessary. When you see something that "just doesn't seem right," refer help. They may say no, but it might save a life.

Our goal is to lead others to Christ and accompany each other on the journey. Prevention is the first step!

Blessings to you,  
Lorraine

### **Circle of Influence**



Who are the individuals within each of these groups that you can personally influence?

How can you reveal God's message to these people?

Who needs your intercession?

Who needs your referral for help?

# Candace's Top Ten List of Things She Learned at the NCCW

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Leadership Conference

by Candace V. McGrath

Service Commission



10. We hear half of what is said, We listen to half of that, We understand half of that, We believe half of that, We remember half of that. We remember about 3% of what is said.

9. If you don't use e-mail, get an E-Buddy, who is a friend who can tell you what is being emailed from the Councils of Catholic Women.

8. Women seek us out for spiritual growth and development.

7. When someone suggests a new idea, ask them to give you a plan.

6. If you're flexible, you're never bent out of shape.

5. If you are positive and enthusiastic it will be contagious and those around you will be positive and enthusiastic.

4. Every member is responsible for recruiting new members.

3. There are people who will say "yes" but they need to be asked.

2. Don't invite someone once and then never ask them again.

And the #1 Thing Learned at the NCCW Leadership Conference is

**Membership is 10% recruitment and 90% retention.**



## SCHOLARSHIPS

La Crosse Diocesan C.C.W.

**ACT NOW!**

*Catholic Camp Scholarships are available for Adventure Camp and Camp Gray for youth.*

*Are you wishing to pursue or enhance your faith by enrolling in a program that will nurture your spiritual growth?*

*Apply for one of our scholarships now. We are currently accepting applications for 2019.*

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

Forms are due: 04/01/2019

  
La Crosse Diocesan  
Council of Catholic Women

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## 5 Myths That Lead to Abuse

It is my humble opinion that there are five myths in the United States that have opened the door to an increase in abuse. The more people believe in and live like these myths are true, the greater the incidence of abuse. What are the five myths?

1. Believing that you are the center of the universe.
2. Believing that you have a right to always be happy.
3. Expecting to always have a choice.
4. Thinking that you are your own authority and have the final word on what is true or false.
5. Believing that you don't need anyone's help to guide or teach you.

These myths have changed our focus from valuing others to only valuing our self. And, when a person values his or her self over everything else, then 'the other' can easily become an obstacle that stands in the way of always being happy and right and independent. And what do we do with obstacles? We take them out in any way that we can; we will abuse.

God's blessings to you,

**Alice Heinzen**

Director of the Office for Marriage and Family Life, Diocese of La Crosse

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## Be a Part of Something Bigger Than Yourself



We are women who:

- ☞ Love the Lord
- ☞ Live our faith
- ☞ Learn together
- ☞ Support each other
- ☞ Pray with and for others
- ☞ Help others in our communities
- ☞ Help women around the world
- ☞ Promote Pro-Life and just laws
- ☞ Act on Spiritual and Corporal Works of Mercy

**Join us! Contact us to find out how you can get involved. Check out our brochure:**

**[www.ldccw.org](http://www.ldccw.org)**

## Spirituality

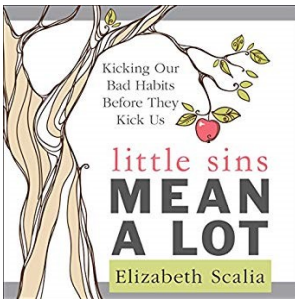
By K.Kesler

On October La Crosse Deanery Assembly featured Father Elias from the Shrine of Our Lady of Guadalupe talking about the Saint of the Day, St. Theresa of Avila. Sister Ancilla, also of the Shrine, not only recorded the talk and has it at: <https://youtu.be/Wpkkwzsrqal>



She also made a large holy card: St. Theresa of Avila: Practical Guide for Walking in Way of Prayer. Please take half an hour and go to the web site to listen to Father Elias — it will really add to your prayer life!

For a new look at the Daily Examination of Conscience at the end of the day ( if you can keep your eyes open) Elizabeth Scalia has a book out called, "Little Sins Mean A Lot, Kicking Our Bad Habits Before They Kick Us." Ms. Scalia takes a look at 13 "little" sins that if left unrecognized and unconfessed, can have a large impact on our relationship with Christ. And she also provides tools for us to kick these bad habits before they kick us.



And being Catholic is not ALWAYS serious- we are told to be JOYFUL in our lives. There are 2 websites that celebrate that aspect of Catholicism: [Catholic Cuisine](#) and [Catholic Mom](#). Not all of us can go to daily Mass — so these are 2 ways to incorporate our Catholicism into our daily lives. They often feature a side dish or dessert featuring the saint of day.

With Advent coming up soon- there a lot of free Catholic Advent Calendars on the web that have more substance than chocolate. Jared Dees ([thereligionteacher.com](http://thereligionteacher.com)) has a number of Advent Activities for you. A Classroom favorite is the Jesse Tree. It is a great way to review Old Testament stories that bring us to the Nativity of Christ.

And a little advice from Alice Heinzen, Director of the Office for Marriage and Family Life at the La Crosse Diocese. Many of us have children and grandchildren who need reminding of what Christmas is really about. She suggests having the manger scene out so the grandchildren will know the reason for the celebration. Although Baby Jesus may end up getting a ride in some one's new toy pick up, it is a good teaching moment.

So my hope is that Jesus, Mary and Joseph will accompany us on our Advent journey, and we may celebrate Jesus' birth the way Jesus would want it celebrated.



*Notes From the Leadership Commission, many wishes for a glorious and beautifully Blessfilled holiday season. Lu*



This is my first News and Views article as Chair of the Leadership Commission. For me, these next 2 years will be full of excitement and joy at the opportunity to share this commission and all its works with each of you. I have communicated at past meetings the concern that, while we need to have key leadership in place, we also need to have complete leadership, meaning a full board from the office of the president all the way to the treasurer, fewer spots left open than more in your individual councils. At our last Board of Directors' meeting in Tomah, I told those in attendance I am ready to roll up my sleeves and begin this work with many of you as this always seems to be an ongoing challenge within our councils, a challenge we hope to turn around for many of you.

Year 1 will focus on **rejuvenation** - introducing the new to our councils of Catholic women while reintroducing those familiar with council structure back to all; having two coming together to form one. And this is where mentorship blends in. We always want to honor the legacy of our past leaders and continue learning from those who exhibited commitment, strength, knowledge, creativity and experience – all exceptional features of leaders, good leaders who continue to be able to offer much. Please remember to always extend that special invitation to your past leaders. I know how warmly special it leaves one feeling. The best way to say thank you is to never forget them.

Year 2 because it is the year when many of our councils are planning and looking forward to a change in leadership, we will be concentrating on the “how” to change, how does one **recruit** and not just your fellow council sisters for 2 years, 4 years but involving many years. So please join me as we walk with one another the path of leadership – everyone is familiar with that path I enjoy walking. So, now I ask each and every one of you to walk with me and others as we work towards building up our councils and bringing forth new and exciting leaders in these next upcoming years. I promise you it will be exciting and well worth the walk!!!!

**Leadership Updates involving our fellow sisters of Councils of Catholic Women**



**Deanery Council of Catholic Women**

We have been witness to installations of new officers taking place with some deaneries. Thank you to those ladies involved in the process of recruiting and a thank you to those who accepted the call to lead. The Presidents have worked hard to organize some very successful and meaningful assemblies. Thank you all for the work you committed towards this event.

**National Council of Catholic Women**

Please go to [nccw.org](http://nccw.org) for a more complete update of what is being worked on at this level of council. Continuing to be a major and ongoing focus involving leadership is membership. Also, resources on mentoring are listed out there as well as resources specific to Human Trafficking, a project continuing to remain very close to many of our hearts. Also, for those of you who have the Guidance and Resource Manual, there is now an updated version to help with the operations of your council.

Any questions you may have , I am within email reach at:

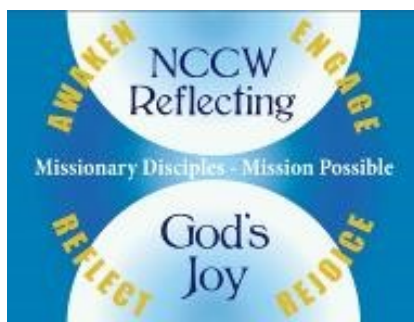
[luannmiller55@yahoo.com](mailto:luannmiller55@yahoo.com)



## Letter From Carol, our Province Director

**Congratulations** to all the new officers in your councils. Thank you for saying “yes”! You will find many ways to put your faith into action while showing joy and love as well as meeting many wonderful ladies along the way. **Have courage** and reach out across parish boundaries. Join with ladies in your deaneries and in the diocese to share God’s love and grow close to your sisters in faith.

The LTD event your LDCCW hosted in August was great. We had ladies from all 5 dioceses attend and I think everyone had fun while learning more about CCW, how we can be more effective and how we can help it grow. **Thank you for doing this.**



NCCW Reflecting God’s Joy: Missionary Disciples – Mission Possible! was the theme of our NCCW Convention.

There was **JOY** everywhere. I feel I am on a spiritual high from all the inspirational speakers and Masses. My head is filled with information from all the commissions and committees regarding our resources and programs. My heart is filled with enthusiasm to share so much information with others and put ideas into practice.

Each year NCCW and its commissions and committees work to put together programs and resources for you to use in your councils. To name a few we have a revised Guidance and Resource Manual (every council should get one), mini retreats and prayers, information on Human Trafficking, Respite Program, and a program uniting our Catholic School students with students in the Holy Land. These resources are on the [NCCW website](#) for you to use.

NCCW: Reflecting God’s Joy: Caring for His Creation is our theme for this year – the theme of JOY continues.



Care of the Environment: Reduce Plastic Use was 1 of 4 resolutions passed at convention. 10 million tons per year are dumped into our oceans which endanger marine life and water quality. 1 million plastic bottles (soda/water, etc.) are bought every minute and less than 50% are recycled. This is something easy we can all work on and it won’t cost us anything.

1. Take reusable cloth bags to the grocery store for groceries – don’t use plastic bags.
2. Use reusable drink mugs – not plastic bottles.
3. Recycle plastic bottles you do use.

## Letter from Carol, continued

With the latest priest/bishop scandal many of us are disappointed, confused and angry. Many are hurt, especially the victims and their families, but also innocent priests and bishops as well as all of us because this reflects on all of us as Church. We are in the business of forgiveness but there has to be accountability. Some may say, "Why stay Catholic?" This is not the time to jump ship. This is not the Church Jesus wants. This is the time to stay strong and help the Church get back to what Jesus wants it to be. Bishop Parks said, "With God's love, mercy and hope...and with God's goodness and grace we can do this."

Enjoy this beautiful fall. There is so much beauty and goodness in the world and we need to appreciate it and give thanks. Have a wonderful Thanksgiving – and then Advent will be right around the corner. Time seems to fly by.

May our Mother of Good Counsel Guide us in all we do,

*Carol Brennan,*

*Milwaukee Province*

*Director*

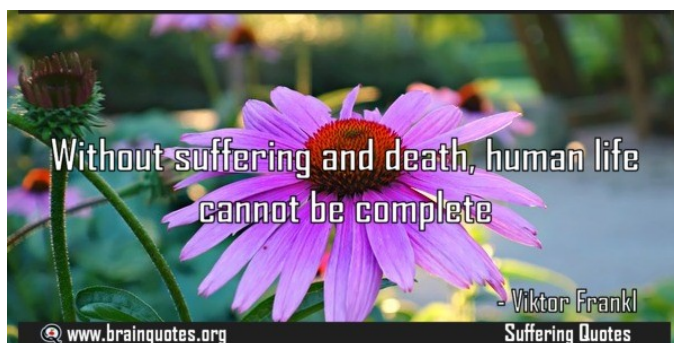
*"With God's love,  
mercy and hope...  
and with God's  
goodness and  
grace we can do  
this."*

*~ Bishop Gregory Parkes  
Diocese of St Petersburg*





## Lesson of Life



Viktor Frankl (the holocaust survivor) wrote a book called “A Life Worth Living,” and Bishop Fulton Sheen wrote another entitled, “Your Life is Worth Living.” These books, while different, are both compelling and well worth reading. Frankl describes how writing the book saved him in his darkest hour, when he had lost hope, but ultimately, it gave his life meaning and purpose. Bishop Sheen, in his light and inspirational manner, presents stories and anecdotes to help people who

seek “understanding, belief, and purpose in troubled times.” I read both recently, trying to make sense of life and death. Recently, the long-awaited arrival of a friend’s baby son ended tragically, when he died at birth. And, the 60-year-old husband of my dearest friend is living his last moments (weeks, days?) on earth because of pancreatic cancer. Several months ago, another of my close friends lost her life, painfully and too soon, to metastatic colon cancer. Contrast that to a sweet woman I’d known for years who peacefully breathed her last at the age of 99, having even outlived her daughter. Why is life so short for one and seemingly long for another? I was reminded of the quote: “a life cannot be measured by its length. For we live in deeds, not years, in thoughts, not breaths; in feelings, not in figures on a dial. We must count time by heart-throbs and breathless moments.” Of course, this doesn’t answer the question “why”? The only consolation I could come up with is that in God’s time, each of our lives is just the right length, perhaps not for us, but for Him. We don’t understand, but God does. So, how we live our lives—our whole lives, each and every moment—matters. If we live each day in this mindset, it can change our attitudes and our actions. So, I invite you to consider the following:

*In God’s time, each of our lives is just the right length, perhaps not for us, but for Him.*

- You are special and unique, and no one can replace you.
- You are the most important person in the world to someone.
- Your life has an impact on someone that you don't even know.
- A smile from you can bring happiness to someone, even if they don't know or like you.
- Forgive – others and yourself. Carrying the burden of unforgiveness weighs you down.
- Even if you make the biggest mistake ever, something good can still come from it.
- Always tell your loved ones that you love them; you never know when the opportunity will disappear.
- Do the things you love, because life is too precious to be doing anything else.
- Life is short, so live in the present. Let go of the past.
- Live each day like you’re dying, because you are. Live every minute!

Marie Fleisner,  
Secretary

## NCCW Membership Form

### *Be the Voice of Catholic Women*

When you join the National Council of Catholic Women, you are part of a national organization that speaks for your Catholic values and supports, empowers and educates all Catholic women in spirituality, leadership and service.

NCCW Individual members also:

- \* Are represented at the biannual meetings of the United States Conference of Catholic Bishops
- \* Have access to NCCW Spirituality, Leadership and Service Commissions' programs and resources
- \* Are invited to serve on NCCW Commission teams and Committees
- \* Share friendships with other Catholic women from all over the country
- \* Are represented at the United Nations, The World Union of Catholic Women Organisations (WUCWO), Catholic Social Ministry Gathering, Religious Alliance Against Pornography
- \* Share in Partnerships and Collaborations with Catholic Relief Services, Cross Catholic Outreach, Center for Missing and Exploited Children, Catholic Climate Covenant
- \* Can participate in Monthly Advocacy and Leadership Calls
- \* Access to NCCW website members' only site (under development)

Please select your membership category:

- Supporting Member (\$100) – Benefits Include:
- \* Annual subscription to the quarterly *Catholic Woman* magazine
  - \* Annual subscription to the monthly *NCCW Connect* e-newsletter
  - \* Eligibility to vote in NCCW elections and at the Annual Business meeting

Exclusive Benefits for Supporting Members Only:

- \* Supporting Member pin that demonstrates your commitment to NCCW
- \* Special Supporting Member ribbon at Annual Convention

- Individual Member (\$50) – Benefits Include:
- \* Annual subscription to the quarterly *Catholic Woman* magazine
  - \* Annual subscription to the monthly *NCCW Connect* e-newsletter
  - \* Eligibility to vote in NCCW elections and at the Annual Business meeting

**I wish to pay for my membership by:**

- Credit Card     Check (enclosed) made payable to NCCW check # \_\_\_\_\_

**Credit Card Information:**

- MasterCard     Visa     Discover

Name as it appears on card \_\_\_\_\_

Credit Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

**Member Information:**    Enroll \_\_\_\_\_    Renew \_\_\_\_\_    Member # (found on back of magazine) \_\_\_\_\_

Name \_\_\_\_\_ Title \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Parish and Diocese Information:**

Parish Name \_\_\_\_\_ Parish City/State \_\_\_\_\_

My Diocese \_\_\_\_\_ My Province \_\_\_\_\_

**Please return this application with your check or credit card information to the following address:**  
Membership Department, National Council of Catholic Women 200 N Glebe Rd, Suite 725  
Arlington, VA 22203, Phone: 703.224.0990, Fax: 703.224.0991 membership@nccw.org

**JOIN ONLINE AT [WWW.NCCW.ORG](http://WWW.NCCW.ORG)**