



**NEWSLETTER OF THE ARCHDIOCESAN  
COUNCIL OF CATHOLIC WOMEN**

**SAINT PAUL / MINNEAPOLIS, MINNESOTA**

*From the Desk of our President . . .*

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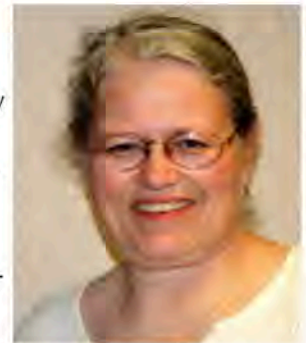
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Dear Women of CCW,

Thank you for sending me to the NCCW's 90th birthday party. The meetings kept me hopping but all the knowledge that found its way into my head.....amazing. I did go a day early so I could take a tour of Washington D.C. While all the war memorials were moving, the Vietnam Memorial was the one that I will never forget. Just walking through the memorial and seeing the tears that were flowing touched my heart. I shook a lot of hands and gave a lot of hugs to those vets as I walked along the wall. Veteran's Day will never be the same for me again. Debbie Keller arranged for a group of us to be in the audience for an EWTN show that is broadcast from the John Paul II center. Thanks, Debbie. I wasn't going to go but I'm glad that I did.



Next year the convention is going to be in Chicago November 10,11,12,2011. I hope that you can join us. You will be glad that you did.

Thanks for all that you do on all rings of council ACCW and NCCW couldn't do it without you.

Blessings,  
Theresa Cermak



**Moving Forward  
With Faith and Joy**

# Moderator's Corner



## ALMOST LIKE A VIEW OF HEAVEN

A most Blessed Advent to you! Having returned just a few weeks ago from the National Council of Catholic Women Convention in Washington D.C., I am still very much processing all of the memories and the experiences of the trip. It was very impressive to see 850 committed

Catholic women virtually take over a Washington Hotel. It was also delightful to spend time with about 35 other priests who serve as Moderators (Chaplains) for various CCW branches from around the country. The meetings were informative, the seminars were animated and the guest speakers were extremely knowledgeable in their respective areas of expertise. However, when I look back on the entire scope of the 5 days, there is one single event that stands out in my mind more vividly than all of the rest. That event was the visit to the Basilica of the National Shrine of the Immaculate Conception and the experience of concelebrating its Saturday evening Mass.

Let me first say that I have never before been to Washington D.C. I had heard of the beauty of the Shrine from others who had seen it, and I have been a long time fixture on their mailing list after some small contributions years ago. However when I stepped off of the bus with the other convention goers and saw the late afternoon sun illuminating the hues of the multi-colored mosaic dome I was taken aback by its immensity and its beauty.

After snapping some hurried photos (for we didn't have a lot of time), I vaulted up the massive front steps and pulled open the huge doors to the cavernous interior. I was literally stopped in my tracks as my eyes feasted on the beauty that lay before me. A swirl of vivid color and the glitter of the golden mosaics in the seemingly endless nave that led to the high altar, blended with the colored sunlight streaming through the stained glass windows to create for me an almost celestial effect.

After simply standing there stunned in awe for an extended time, I let my eyes wander across the vast vista before me hoping to take in every detail of this jewel of a church that honors the Mother of God. Once I recovered, I noticed the side chapels surrounding the entire nave, each chapel donated by the peoples of various nations

## **Fr. David Kohner, ACCW Moderator**

around the world and artistically honoring Mary with the title unique to that nation (Our Lady of Guadalupe, Our Lady of Knock, etc.). Each chapel seemed a shrine more beautiful than the next, awash with colorful marbles and mosaics.

After an all too hurried survey of the chapels of the main level, I found the sacristy, and along with the other Moderators vested for the Mass, whose main Celebrant was Archbishop Emeritus of Washington D.C. Cardinal Theodore McCarrick. Altogether, I would guess that we had a dozen high school/college aged "professional" Altar Servers, and a full complement of the Knights of Columbus in their ceremonial garb. (This is probably standard protocol when a Cardinal is the celebrant – but nevertheless it certainly impresses a simple priest from Little Canada).

As for the Mass itself, we as concelebrating priests were seated in chairs directly behind the altar and thus had a perfect view of the length of the church all the way back to the choir loft. Even with our 850 participants and the other "regulars" for this Saturday night Mass, we still only occupied the front sections of the massive shrine

The Cardinal, who is now 80 years old, delivered a wonderful homily without notes describing two heart rending stories of his personal experience with families of Christians living among the Muslims of Iraq and Afghanistan, and the sacrifices that they had made for their faith.

Shortly after the 5 p.m. Mass ended, they began locking the doors for the night. I knew that there was an entire lower (crypt) level to the church which I hadn't even had the chance to visit. I determined to return some day.

I realize that there are those who criticize the spending of money on magnificent and beautiful churches of any size. However, I disagree. Setting aside my personal devotion to Mary, churches of beauty serve both as a public statement of the esteem that we hold for things relating to God, and provide an inspiring atmosphere wherein the simplest and most humble persons can immerse themselves in a feeble taste of the splendors of the heavenly kingdom, and an atmosphere conducive to prayer. I will return one day to this Basilica's expression of the love of U.S. Catholics for Christ and His Mother. It's a "must see" in D.C.

# It's Official!

## Dates to Remember!

### 2010

December 8 Feast of the Immaculate Conception  
December 24-25 Office closed for Christmas

### 2011

January 1 Solemnity of Mary, Mother of God  
February 3 ACCW Board Meeting  
March 9 Ash Wednesday  
April 7 ACCW Board Meeting  
April 12 Chrism Mass  
April 17 Palm Sunday  
Holy Thursday  
Good Friday  
April 24 Easter Sunday  
May 5 79th Biennial Convention  
May 7 Ordination to the Diaconate  
May 28 Ordination to the Priesthood

If you would like to have a date included on the calendar, contact the ACCW Office 651-291-4545.

**Don't Forget - We are on the web!**

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



Merry Christmas  
from the ACCW  
board and staff



Follow us on Facebook  
St. Paul and Minneapolis  
Archdiocesan Council of  
Catholic Women become a fan  
and suggest to your friends

### 2010 Membership Dues

Parish Affiliate ACCW Dues \$40.00

#### Individual Dues

NCCW \$30.00

ACCW \$5.00

MAIL MEMBERSHIP DUES TO:

ACCW

328 W. Kellogg Blvd.

St. Paul, MN 55102

### DEANERY MEETINGS:

*St. Paul* contact 651-292-0439  
*February 17 St. Mark*  
*April 14 Nativity*

*Minneapolis* contact 763-576-0928  
*January 17 St. Alphonsus*  
*March 3 St. Constantine (Catholic Culture Day)*  
*March 28 St. Hedwig*  
*April 13 Holy Name (Information Day)*

*Northwest* contact 763-682-3832  
or 763-497-4344  
*December 2 Kings House Advent Retreat*  
*April 12 Kings House Lenten Retreat*

*Southeast* contact 507-263-2705  
*March 8 St. Pius, Cannon Falls*  
*April 14 TBD*

*Southwest* contact 507-357-6581  
*March 8 Annunciation, Hazelwood*

*West* contact 952-472-6928



# Organization Commission

**Maureen Willenbring, Chair**  
**651-484-3283**

**ACCW "ON THE ROAD"**  
*.....the Road to Successful Councils*

As a Deanery CCW ..... Do you know of many parish CCW organizations in your Deanery that really need some help to get back to the successful Councils they used to be?

As a parish CCW ..... Are you having a big struggle these days in areas such as attracting new members, or finding members who are willing to be officers. or help with the work or projects you do? Or are you having great success with your CCW organization and want to keep it that way?

ACCW has decided to take their newest training and information for successful Councils "On The Road" to each Deanery area.

ACCW President Theresa Cermak appointed a Team of presenters who have researched and designed a program that will:

- Provide basic CCW background and skills
- Explain the roles of officers and members
- Give how-to tips to simplify what needs to be done and how to do it
- Address problems your organization may be facing
- Share tips on membership recruitment and retention
- Equip you with information that can guide your CCW towards success



Deanery Presidents have all been invited to schedule ACCW's "On The Road" Program sometime in the upcoming year. Watch for their announcements in your Deanery newsletters, and for their special P.R. efforts to let you know the date, time and place.



Parish Presidents, invest in your current and future leaders! Plan to bring as many members as you can. When people learn and understand what CCW is all about, and what is out there to help them, it removes the mystery, and often replaces it with enthusiasm and willingness to get more involved.

**WATCH YOUR DEANERY NEWSLETTERS FOR DATES AND INFORMATION!**

✓ **MARK YOUR CALENDAR**

**79<sup>th</sup> Biennial ACCW Convention**  
**Thursday, May 5, 2011**  
**Risen Savior Catholic Church**  
**1501 County Road 42**  
**Burnsville, Minnesota**

**Keynote Speaker:**  
**Patty Johnson**  
**NCCW President**

*Rejoice and Renew*



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## Parliamentarian Report

Pat Reymann 651-454-4702

### WHAT'S A SCRIPT?

Never fear, ACCW has not gone “Hollywood”!

A Script is the word-for-word plan for the upcoming meeting that is based on the Agenda and Parliamentary Procedure. As you may recall from my last article, it is highly recommended that all presidents prepare a script for their meetings (with assistance from their parliamentarians.)

To begin, take the Agenda items and insert your speaking parts. For example, at the point of the Reading and Approval of the Minutes, you would print - perhaps in larger and contrasting font:

*The next item of business is the Reading and Approval of the Minutes. The Chair recognizes the Secretary, \_\_\_\_\_.... (after they are read) Thank you, \_\_\_\_\_. Are there any corrections (or further corrections) to the Minutes?.... The Minutes are approved as read (or corrected.)*

This helps you to use the correct wording every time; for instance, it reminds you to avoid asking for “additions”, only “corrections”. To continue:

*The next item of business is the Treasurer's Report. The Chair recognizes the Treasurer \_\_\_\_\_. ... Thank you, \_\_\_\_\_. Are there any questions concerning the report?... The report will be filed for audit.*

This way you are sure to avoid asking for the approval of the report, as no one in the room has enough information to know whether the Treasurer's report is accurate. Annually, you'll have an audit and will then adopt the Auditor's Report.

You can do this for the entire agenda. The first time it is a bit of work, but you can save it in your computer and just make a few adjustments for future meetings. It is a good investment of your time and effort.

Advantages to scripting the meeting are numerous:

- Language and terminology will be correct
- Nothing will be forgotten (including names)
- Meeting may be shorter and will certainly run more smoothly

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## Communications

Stella Lundquist 651-552-9448

ACCW submits articles and/or advertising to the Catholic Spirit almost monthly. Occasionally, I get surprised by what they print. For instance, when I sent in this year's information about the Appalachia Christmas Mission Program I didn't expect much because they printed a full page about the program last year. However, I was delightfully surprised because they gave the article a very prominent space highlighted in their “Don't Miss” box at the top of page 9B! It made me realize that a newspaper has several ways to help get the message out.

In addition, another pleasant surprise is that in the same issue of the Catholic Spirit, ACCW's Past President Carol Shukle was featured with a half page about her service on the Archdiocesan Strategic Planning Task Force. It is interesting to note that because ACCW is present throughout the Archdiocese that her role was that of representing the rank and file parishioner. Her traveling throughout the Archdiocese also gave her opportunities to meet many of our members in very remote areas. She wouldn't have the opportunity to do so otherwise.



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- President will look more professional and feel more confident....  
And she will sleep much more soundly the night before!

For a complete script sample, ask your Deanery President (or call me.)

Try it; you'll like it!

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## Women's Issues

**Dianne Krueger 763-572-0095**

Hopefully, you all received the brochure "Do You Know the Warning Signs of FRAUD?" from the postal service. But did you read it. There are tips in it that we all can use. Every day con artists and scammers attempt to victimize you. There is also Identity Theft and old fashioned stealing going on.

Don't be a victim of FRAUD. Trust your instincts, if it doesn't feel right or sounds too good to be true, be safe and check it out. Don't be pressured to act right away. It is never too early to be an informed consumer. Be skeptical. Take an active interest in your aging parent's financial activities but be respectful of their independence.

Deter identity theft that leads to fraud and other crimes with your personal information.

1. Shred financial documents and other paperwork with any personal information on it before you toss it away.
2. Protect your Social Security number. Don't carry it in your wallet. Give it out only when necessary or ask for another identifier.
3. Never click on links in unsolicited email to visit a web site. Type the address into your browser instead. Use firewalls, anti-spyware and anti-virus software to protect your computer. Visit OnGuardOnline.gov for more information.
4. Don't use an obvious password like your birth date, your mother's maiden name, the last four digits of your social security number, etc. Use passwords that have at least 8 characters and include numbers and symbols. Use a phrase like "How much wood could a woodchuck chuck" to become HmWc@w0C.

Some additional fraud facts. Your bank and the IRS will never CALL or EMAIL you to get your account number or other information from you. Foreign lotteries are illegal in the U.S. You can't win no matter what they say. Check out any company with the Better Business Bureau if you have any doubts. Be alert to signs of ID theft: Bills that do not arrive as expected. Unexpected credit card statements (accounts you did not open), charges on your statement that you do not recognize.

If you suspect ID theft, defend yourself. Contact the security or fraud department of each company where an account was opened without your okay. Place a "Fraud Alert" on your credit reports and review the reports carefully for wrong info. File a police report to help you correct your credit report and deal with creditors who want proof of a crime. Report the theft to the Federal Trade

## Membership

**Jane Rosner 651-644-5651**

While we are on our Advent Journey let us remember to look at the stars ~ how quiet and peaceful. I think of Mary and Joseph walking to Bethlehem, entrusting their lives to the Lord. This should inspire us to act justly to remember all that God has made. Leading us in the way of peace and justice. May it transform us to empower others.

As we start out Christmas giving perhaps your church group might offer to raffle or fund a membership to some young college student for your church, a gift that keeps on giving. We need to plant a little to reap later with new leaders in our Council of Catholic Women Groups.

## Resolutions and Bylaws to be considered at ACCW Convention May 5

The ACCW membership, at the May 5 convention, will adopt resolutions that will guide the organization for the following two years as well as consider updates to the Bylaws. The membership is invited to submit proposed resolutions and bylaw amendments as follows:

Call for Resolutions: Any resolution offered by an affiliated organization or individual members for consideration by the Resolutions Committee at the ACCW Convention must be presented in writing and be received at the ACCW Office by January 10 in the odd numbered years. (Bylaws, ARTICLE XIV, Section 1)

Call for Bylaw Amendments: Proposed amendments to the bylaws may be submitted by affiliated organizations. They must be received in writing at the ACCW Office by January 10 in odd numbered years and signed by the President of the affiliated organization. (Bylaws, ARTICLE XVI, Section 2)



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Commission. Your report helps law enforcement across the country in their investigations. The number for the Federal Trade Commission is 1-877-FTC\_HELP or ftc.gov. The FTC web site has more information on fraud and ID theft. You can download single brochures or booklets, or send for more to share.

# International Concerns

**Agnes Dynes, Chair 651-644-9911**

Every year Mass is held on Thanksgiving Day at 9:00 a.m. at Holy Childhood Church. We bring bags of groceries and money to the sanctuary during the offertory. The food and money are taken to the Franciscan Brothers of Peace. It helps to provide for the poor families at Christmas. We also collect food and money each month.



This is from a letter I received from Brother John Mary,fbp.

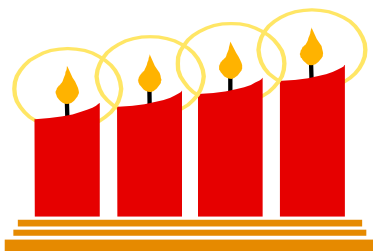
“No evil shall befall you...for to his angels he has given command about you, that they will guard you in all your ways” Psalm 91:10-11

How our guardian angels daily watch over and protect each one of us.

Daily the Franciscan Brothers are grateful for the guardian angels’ protection of Christ’s poor brothers and sisters to who we minister. From our outreach encounters with Jesus’ homeless and poor ones struggling to survive by living on the local streets, to our witnessing of nightmares and panic suffered by our victim of torture residents painfully reliving their abuses, the Franciscan Brothers are constantly thankful for the guardian angels who help them.”

The Brothers were grateful for the loving prayers and support to their mission.

There are many places that need of food and money to help the poor to live such as Sharing and Caring Hands and neighborhood food shelves. Let us be generous to these people all year long.



**Works of Peace/Reconciliation**

**Millie Peddycoart 612-522-7864**

On Oct. 12 a few of us ladies went down to LeSueur, MN where the Southwest Deanery Council of Catholic Women had their annual Mission Event. What is that you may ask? All the Southwest Deanery Women get together for an evening of fun and mission work. Each of the parishes in the Southwest Deanery have their CCWs donate items that they put together into a basket, box and bring to the event. The choice is theirs. (I can’t begin to tell you the items that are brought in . . . A lot of the members are quilters so there are a lot of beautiful quilts donated as well as homemade canned items, jellies, baskets of apples, etc. The list goes on and on.

The items are on display with the name of the donor parish under them. Everyone can buy tickets for \$1 and put them in the containers in front of the items they hope to win. Later, after lunch, a main speaker, and a short business meeting, they hold the raffle. Everyone sits on pins and needles waiting for their name to be called and win that item. Fun . . Fun. . . Fun. Even if you don’t win anything, it’s a great time for everyone. Mary Androli, Foreign Mission Vice Chairperson from Waterville, MN, does the calling as someone draws out the names. The main speaker for the evening was Mr. Bill Lewis from the St. Vincent de Paul organization in Faribault, telling us all about their group and all the wonderful work they do.

The evening was just great. The event took in a large amount of money, which I understand it does each year.

\$2,000 went to St. Vincent De Paul of Faribault

\$653 went to Sharing and Caring Hands

\$653 went to Feed My Starving Children

\$200 went to the hosting parish for hosting the evening. The total was \$3,506 — not bad for an evening of mission work I’d say! Nice work ladies!



A garden in Washington, D.C.

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# My Trip to Jerusalem

Lucy Johnson  
ACCW Secretary

In October 2010, I was privileged to attend the World Union of Catholic Women Organization's (WUCWO) Centenary Assembly in Jerusalem. My trip to Jerusalem started back in 1985. I was a young mother with two children under the age of three. We bought our first house and joined the Church of St. James in the West 7<sup>th</sup> Street area of St. Paul. My mother, who lived six hours away in northern Wisconsin, had always belonged to the Altar Society and the Legion of Mary. So I joined the St. James Council of Catholic Women (CCW). The women I met in the CCW became mother figures to me and grandmas to my children. Through the years, these women have taught me servant leadership. They've been with me through the ups and downs of life; brought meals when a new baby was born, etc. I learned to be a "Church Lady" and loved it.

In the 90s, I became the President of the St. James CCW and attended my first Deanery meeting. The women of the St. Paul Deaneries CCW continued my education, expanding my outlook on life and helping me spiritually. I remember the first time I attended Mass with the Deanery women. It was a very powerful and moving experience. In the mid 2000s, I became the President of the St. Paul Deaneries CCW and a member of the ACCW Board. I also attended my first NCCW meeting. The celebration of the Mass continued to be the high point of my experience. As the number of faithful, participating Catholic women grew (a couple hundred at an ACCW Conference) to over 1000 at the NCCW Convention, so did the profound effect of the Mass.

Through ACCW and NCCW, I learned about WUCWO. During our trip to Jerusalem, we attended Mass daily. Sometimes the Mass was in Spanish, French, or Latin because over 500 women from 60 countries were in attendance. The last Mass we attended as a group was the most special. We were in Galilee at the site of the Sermon on the Mount, seated in an amphitheater on the side of a hill. The altar was below and behind the altar was the Sea of Galilee. Words can not adequately describe the emotions I felt.

It has been a wonderful 25 years being a member of the Council of Catholic Women. I can't imagine my life without this organization.

# Legislation Commission

**Denise Haaland, Chair 1-507-334-2781**

Elections are over, and a message came across the nation as faithful people went to the polls. Can we breathe a sigh of relief? There still are battles to be fought as long as abortions happen.



Educating people that we know are out there who need us is our mission. Keep praying for an end to abortions and defining marriage as one man and one woman. Be not afraid to voice for those are most vulnerable.

You may have heard there is an attack on our freedom for National Day of Prayer. Since our forefathers started our country, it has been on the premise of God is our Creator and with His help our United States was able to become a great Nation. Without this, other nations do not make the years as we have being over 200 years old. Judges seem to be overruling the faithful citizen's right to this activity. Even our Military Chaplains are coming under scrutiny and need our help so they can still be there for our soldiers and stand side by side for spiritual guidance.

A quote from Abraham Lincoln, March 30, 1863: "Intoxicated with unbroken success we have become too . . . proud to pray to the God that made us. It behooves us then, to humble ourselves before the offended Power, to confess our national sins and to pray for clemency and forgiveness."

We must not lose sight of our Lord's gifts. Lincoln realized this in his time, and we need to still keep this in our view. God still is over our greatness in this country, again we need to give Him credit as He is our constant in life. Pray and give Him thanks, not during the Thanksgiving season but every day of our lives.



# Community Concerns

**Kay O’Keefe, Chair 651-735-4927**



“The Two Feet of a Christian”

“This is what Yaweh asks of you; only this, to act justly, love tenderly and walk humbly with your God. Micah 6:8

The two feet of a Christian are Charity and Justice. Charity involves Loving Tenderly (Direct Service) — to serve, volunteer, reach out, pray:

- Donate food to your local food shelf
- Help a refugee family
- Help Immigrants
- Transport the elderly to a doctor
- Collect soap/toilet articles/clothes for the homeless
- Treat minority co-workers with dignity and love
- Visit shut-ins, the sick, those in nursing homes
- Offer to give a primary care giver a day off
- Volunteer — youth activities, Meals on Wheels, tutoring English
- Collect old eyeglasses
- Collect furniture and household articles for the needy.

Justice means to Act Justly (social change) — to pray, empower people, political causes, eliminate causes.

- Look to see WHY people are without food, clothing or shelter
- Write legislators
- Support political candidates with people issues
- Do something about women and children in poverty.
- Work with other parishes and organizations as advocates for solutions to local problems
- Inform yourself and others on policies or structures that harm people’s dignity.
- Act

## **OLG Cancer Home**

**Stella Lundquist 651-552-9448**

The following are results of a recent Our Lady of Good Counsel (OLGC) Friends of Our Lady meeting:

At the meeting of the Friends in the summer, three events Were planned. The first event is to hold a Christmas Me-

morial Service every fall. This service will honor and remember our loved ones. It will end with a reception.

The second event will be a fundraising Spring Luncheon. The one hour luncheon will have a video presentation and a talk by either a family member and/or a staff member. The plan is to have table captains who would be responsible for getting enough people to come a fill a table for 6 to 8 people with the focus on getting people who are willing to support the home financially.

The third event is to create an avenue for people who would like to support the home with their talents of making craft or hobby items to sell to the public.

You will be pleased to learn that OLGC received a Landscaping Project Grant from the City of St. Paul. It is to create an outdoor area for patients with handicap accessible paths, new benches, gardens and picnic grounds. The project must be finished within two years.

## **Rural Life/Conservation/Safety Lenore Peine 507-263-2940**

As one drives through the countryside these last days of November and sees the barren trees, the dead flowers and fields that have now been harvested it’s hard to imagine just a few weeks ago when everything was lush and green.

In Genesis we read about creation. Chapter 1, verse 28 tells us about God’s blessing Adam and Eve and telling them “Be fertile and multiply; fill the earth and subdue it. Have dominion over the fish and birds and all living things on earth. See, I give you every seed bearing fruit on it to be your food.”

With dominion comes responsibility. We are all planetary stewards. We’re all closely tied to the land and water for food and other products and services. But we need to use these limited resources in a sustainable way.

Whether we call it GREENESS, SUSTAINABILITY or ENVIRONMENTAL CONSERVATION, we all have a responsibility to do our part to sustain the gifts God has given us so future generations will also be able to enjoy them.

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## Physically/Mentally Challenged

### Rose Anne Hallgren 651-698-0497

Tired of battling your illness? Could Solitaire Help?

Accepting and battling our physical or mental illnesses are challenging and require practicing patience and reliance on our faith in God. On occasion we do falter when the burden of coping becomes overwhelming and tedious. I recall when I endlessly played solitaire on the computer. It was challenging for a time and kept my problems at bay until I became aware that it was not beneficial. I began to look at the strategy of my moves and started listening to the quiet ideas that were forming in my mind. The skills of playing solitaire might be attributed to life. These thoughts were persistent. God was reminding me in His gentle way that I could redirect my negative thinking to a positive position.

The following are not deep spiritual or earth shaking ideas but perhaps you will see yourself in a similar situation and benefit from them and encourage other who on a particular day seemingly reach what they think are their limits.

- *The game is at a standstill and there is not likelihood of winning, but then one unnoticed card starts a chain reaction and bingo, you win the game! Be alert to the time when you see no hope for relief from your illness. Perhaps a suggestion from your doctor will lead to your chain reaction that you recover.*
- *You make a mistake and choose the wrong card but later on if you don't give up you are given another chance to win. In life there are many choices and many roads to recovery. Be alert to them.*
- *The cards are dealt out in a pattern. The outcome depends on your skill but it also depends on how the cards are placed in the deck when you begin to deal your game. An illness can originate from our genetic makeup and be responsible for an illness. Recovery from this illness depends on the skill of the caregivers, the medical personnel, our own personal skills and the development of good healthcare habits.*
- *Of course with a game you just turn it off, put it away and it is gone. This is not possible or even recommended with an illness. Step back, look the situation over. Maybe another not so obvious action or thought will trigger and unlock the puzzle of how you are feeling or thinking.*



- *You would never play solitaire if you believed that you could not win. There must always be the likelihood of your winning the game, otherwise why play? With an illness, there is an urgency to recognize your belief in your loving God. Your underlying faith in yourself and in the prospect of reaching recovery. The steps are too grueling to do them without hope for recovery. If there is not hope, there is no reason to work on recovery.*

### What is the future for Old Age?

A study predicts that future high disability rates will occur for baby boomers who achieve their 70s and 80s. This comes as a surprise as presently those in this older age group appear to be functioning better than those who came before them. At present no explanation is available but the thought is that obesity is a factor and perhaps the poor nutritional eating habits of the baby boomers. (The National Institute on Aging.)

There is a link between depression and the increased risk of later disability. People with symptoms of depression in middle age have a significantly greater risk in old age of being physically disabled or unable to carry out tasks in daily living. (San Francisco VA Medical Center U of California.)

“Gerontologists focus on a good old age, pushing disease later and later in the lifespan. We may not be able to heal “old age” but reaching health declines later in life may mean we die before the disabilities hit. (Gerontology, Purdue Center on Aging.)

## Prison Ministry

Barb Breen 763-788-2482

Oct. 19 I had the opportunity to go over to the Recovery Area for a volunteer party. What a nice time. It was nice to visit with the ladies over there and to meet new faces who were there for help with their addictions. There was a beautiful dinner and some entertainment done by two of the ladies — both of the ladies sang wonderfully and had good voices. One of the songs that a lady sang touched my soft heart and I began to cry but I got over that. The lady that sang the last song just graduated from the recovery area and all of us cheered and clapped! Yea!

Bill Nelson was there and so was Terry Twardowski. Bill is Terry's boss and both Bill and Terry are also my bosses. I have a lot of bosses!

When I was in prison you came to see me.

# Church Commission

## Rita Parsons, Chair 507-364-5164

I attended my first Province Conference last June in Alexandria. The keynote speaker was Dr. Edward Sri who is a professor of theology and scripture at the Augustine Institute. He is the author of two Catholic best-selling books. "The New Rosary in Scripture: Biblical Insights for Praying the 20 mysteries" and "The Da Vinci Deception: 100 questions about the Fact and Fiction of the Da Vinci Code. The ironic part that I was asked to speak on the Rosary at St. Henry Parish at their Northwest Deanery Fall Meeting. Is I am not a daily rosary prayer but according to Dr. Sri the Rosary is coming back. Because of my invitation to speak I have been saying at least one decade daily and I have read a couple of good books on the Rosary.

Dr. Sri said that he was sitting one day in a church praying the Rosary when an older lady came up to him and said, "Oh, you must be uneducated too." He replied, "Why do you say that?" She said, "I was told the only uneducated pray the Rosary." Well That's not true!

My reason for not saying the Rosary is the same as everybody else's: it's too long. I can't concentrate. He said to never walk away discouraged when saying the Rosary. The Heavenly Father knows what is in our hearts. The devil is the one who puts the thoughts of discouragement in us. My priest told me to think about the Mystery while I repeat the Hail Marys automatically. Hey, that works! At least for one decade.

Another reason is that The Rosary is too repetitious. Dr. Sri said "How many women out there would get tired of hearing your husband say I Love You?" The Rosary is words of love to our Blessed Mother and she never gets tired of hearing the words. The words to the Hail Mary come from Scripture, first from Archangel Gabriel and then from Elizabeth greeting Mary. In fact, Elizabeth's greeting is the first earthly recognition of Jesus. Dr. Sri said we should treat the word Jesus as we would a speed bump — that is, slow down and speak it with reverence. The name of Jesus is powerful. After saying it add a petition. The intention to pray is the beginning of Prayer.

The last part of the Hail Mary is not a direct quote from Scripture. Holey Mary, Mother of God, pray for us sinners now and at the hour of our death, Amen. Some commentators believe the lines are inspired in part by what

happens in the Gospel of John when Mary is at the foot of the cross with the beloved disciple. Jesus says "Woman Behold your Son" and to the disciple that Jesus loved "Behold your mother." Just as she stood at the foot of the cross Mary will pray for us during our trials.



The First Sunday of Advent is Nov. 28 this year. Put Christ back in Christmas. Send religious cards and stamps. Advent invites the human heart and mind to take seriously the mystery of Jesus who was born long ago in Bethlehem and is born again today. It is a season of waiting, of preparedness and of hope. My prayer for all of you — Have a Blessed Christmas.

## Liturgy

### Debbie Keller 651-787-0266

With the beginning of our Catholic Church's Liturgical Year, there are many reminders of our Blessed Mother's presence among us. Within the first month of this new Liturgical Year, we celebrate the Feast Days of the *Immaculate Conception of the Blessed Virgin Mary* on December 8, *Our Lady of Guadalupe* on December 12, *Christmas, the Nativity of the Lord* on December 25, the *Holy Family of Jesus, Mary, and Joseph* on December 26, and the *Solemnity of the Blessed Virgin Mary, Mother of God* on January 1. Throughout the Advent season, we reflect on Mary's role in bringing about our Savior. Her "fiat", that humble and obedient "yes" to God's Will, begins the fulfillment of all that was prophesied throughout Salvation History.

Pope Benedict XVI, in his first encyclical, ***Deus Caritas Est***\* (God is Love), describes Mary as "a woman of hope, a woman of faith, a woman of love. As a believer who in faith thinks with God's thoughts and wills with God's will, Mary cannot fail to be a woman who loves. We sense this in her quiet gestures, as recounted by the infancy narratives in the Gospel. We see it in the delicacy with which she recognizes the need of the spouses at Cana during Jesus' public life, knowing that the Mother's hour will come only with the Cross, Jesus' true hour." (Paragraph 41).

11 In Our Holy Father's Papal Apostolic Exhortation on the

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## Scripture/Retreats

**Muriel Failor 651-405-0459**

Advent is here. Nov. 28 was the first of the four Sundays of Advent and it ends with mid-afternoon prayer on Christmas Eve. Advent means “coming.” We are waiting for Jesus in joyful hope, the son of God and Savior who will extinguish all darkness.

This year the four Gospels of the Advent season are from Matthew. It was anonymously written but tradition cites Matthew as the author. It is thought this Gospel was placed first in the New Testament because it is a “teaching Gospel” It is estimated to have been written around the 80s of the First Century, possibly at Antioch in Syria which was a multi-cultural city that provided a knowledge of ancient Jewish traditions, ethical concerns and cultural customs. This Gospel shows a “teacher’s touch” and is thought to have been authored by converted scribes of Jewish tradition. It is organized into five books or sections, each featuring one of the teaching stories of Jesus, including the Sermon on the Mount, Beatitudes and the Lord’s Prayer. It begins with the genealogy of Jesus’ kingly line and contains the Universal outlook that embraces all created by God are equal and deserving of the same rights and dignity and are to be in turn motivated to acknowledge and accept each other indiscriminately with love.

Matthew’s Gospel contains treasures found nowhere else. The Christmas stories tell of Joseph’s dreams, the Magi, the Star, Herod’s evils and the Holy Family’s flight into Egypt. Because certain parables are found only in Matthew, it is a powerful source of teaching.

“Those who by day love the Lord and remember His words are already prepared for His coming (2 Thessalonians) Live each day as if it were our last, then we prepare a worthy welcome for the Lord. (2 Thessalonians.)



Eucharist, **Sacramentum Caritatis\***, Pope Benedict XVI gives greater insight into the complete abandonment of her will so that God’s Will could be done. *“In Mary most holy, we also see perfectly fulfilled the ‘sacramental’ way that God comes down to meet his creatures and involves them in his saving work. From the Annunciation to Pentecost, Mary of Nazareth appears as someone whose freedom is completely open to God’s Will. Her Immaculate Conception is revealed precisely in her unconditional docility to God’s Word. Obedient faith in response to God’s work shapes her life at every moment. A virgin attentive to God’s word, she lives in complete harmony with His Will; she treasures in her heart the words that come to her from God and, piecing them together like a mosaic, she learns to understand them more deeply (cf. Lk 2:19; 51).*

*This mystery deepens as she becomes completely involved in the redemptive mission of Jesus. (She) stood at the Cross, in keeping with the divine plan, suffering deeply with her only-begotten Son, (and) associating herself with his sacrifice in her mother’s heart. She (was the first who held the Infant Savior in her maternal arms and) lastly took into her arms the lifeless body of the One who truly loved his own “to the end”. (Jn. 13:1) Consequently, every time we approach the Body and Blood of Christ in the Eucharistic Liturgy, we also turn to her who, by her complete fidelity, received Christ’s sacrifice for the whole Church. Mary of Nazareth, icon of the nascent Church, is the model for each of us, called to receive the gift that Jesus makes of Himself in the Eucharist.” (Paragraph 33).*

\*To read in their entirety or to access other Papal documents, go to the Vatican website, [Vatican.va](http://Vatican.va) or link them from the Archdiocesan website, [archspm.org](http://archspm.org)

## Vocations/Walk with Me

**Carol Rusinko 763-533-8809**

The October and November “Walk With Me On My Journey” prayer calendars were inserted in the Fall 2010 issue of the Image. Look for December, January, February and March in this issue of the Image. Have you used these calendars to pray for the name listed each day? Have you shared these calendars via your Parish bulletins/bulletin boards, CCW/Deanery meetings, prayer groups and home bund parishioners? One day, one of these men will be your Pastor. Their vocations need to be spiritually nurtured today through your prayers via daily Mass, daily Rosary, weekly Holy Hour and Fasting.

# Family Concerns Commission

**Mary Alice Hargarten, Chair**  
**952-473-9266**

The Reverend John Paul Erickson was the main speaker at the annual Archdiocesan Respect Life Workshop. The Archdiocesan Respect Life Workshop is held each year as a planning session.

The Reverend John Paul Erickson was the main speaker at the annual Archdiocesan Respect Life Workshop. The Archdiocesan Respect Life Workshop is held each year as a planning session for parish representatives to learn more about the upcoming pro life activities and events of the Archdiocese. Father Erickson gave us some principles on how to be a 'pro love' advocate. We are not only pro life, but pro love because we are concerned with life after birth as well as before birth.

We are engaged in a spiritual battle – a salvation of culture. Our opponents want slaughter on demand, driven by the enemy. We need to have spiritual power – prayer and fasting, uniting our suffering with Jesus for conversion. Also, plan a regular time for silence. Beware of crippling pride. This work is not about me, it's about human lives and the immortal dignity of human beings. We must learn to work together. Don't base success on self worth or immediate results. Affirm each other and use team work. Build on each others strengths and use self control over anger. In moments of passion, victory at any cost is counter-productive.

It's ok not to have all the answers. You can just say you'll get back to them. Don't be untruthful. Look up the answer and call them back. Absolutely no personal attacks or slander. Use statements of fact. It is ok to give voting stands of those running for office, but don't tell them who to vote for. Be compassionate to all persons. Abortion may take



Mary Alice on a tour at the NCCW Convention in Washington, D.C.

place at a time of distress. It does not mitigate the sin of abortion, but the virtue of Christianity is compassion. Love the sinner, not the sin. Be resolute in use of terms. He who controls semantics, controls the argument. Try to diminish use of word fetus; use "unborn babies."



## **Family Health Issues** **Kathleen Dahl 651-739-2106**

With the cold and flue season here it is important that we pay attention to the washing of our hands. Scientists estimate that people are not washing their hands often or sell enough and may transmit up to 80 percent of all infections by their hands. Hand washing may be your single most important act to help stop the spread of infection and stay healthy.

It is best to wash your hands with soap and clean running water for 20 seconds. If soap and water are not available, use an alcohol-based product to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast-acting. When washing hands with soap and water:

- Wet your hands with clean, running water and apply soap. Use warm water if available.
- Rub hands together to make lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend!
- Rinse hands well under running water.
- Dry your hands with a paper towel or air dryer. If possible, use your paper towel to turn off the faucet and open the door.
- Remember. If soap and water are not available, use an alcohol-based product to clean hands.
- Apply product to the palm of one hand and rub hands together. Rub product over all surfaces of hands and fingers until hands are dry.

Have a healthy and germ-free cold and flu season.

# Around the Deaneries

## St Paul Deaneries

**Rose Marie Barton, Pres. 651-292-0439**

The first quarterly meeting of the St. Paul Deaneries was held Thursday, Sept. 16 at Holy Childhood Church in St. Paul. Our speaker was Bonnie Blanchette who spoke on "Leading a Blessed Life".

Lucy Johnson and I traveled to Jerusalem for the 100<sup>th</sup> anniversary of WUCWO. We had a marvelous time listening to some dynamic women speakers from different areas of the world and participating in Masses concelebrated by up to 15 priests – most of whom had come with their African contingents. The energy and vitality of 500 women from 60 countries was exciting. We spent the afternoons touring Jerusalem on foot and Bethlehem, Nazareth, the Dead Sea, the Sea of Galilee and other sites of Jesus' ministry by bus.

The annual "A Tree for Life" service was held in Como Park on Saturday, Oct. 2. We thank Agnes Dynes for once again organizing this service.

The second Quarterly Meeting was Thursday, Nov. 18 at St. Pascal Baylon Church in St. Paul. Our speakers were Dr. Karen Shragg speaking on "The Importance of Critical Thinking: Because People are Being Paid to Lie to You" and Sister Helen Marie Plourde, SSND, on "Raising Awareness of the Injustices of Human Trafficking".

Our first Evening of Enrichment this year was Tuesday, Nov. 30 at St. James Church, 496 View Street, St. Paul. The speaker was Dr. Frankie Poplau whose topic was "Understanding one Another: One Generation at a Time".

## Minneapolis Deaneries

**Mary Gunderson, Pres. 763-576-0928**

Our first quarterly deanery Day was September 27<sup>th</sup> at St. Raphael Catholic Church in Crystal. The International Concerns Commission planned the day and the speaker Phyllis Plum gave a talk entitled "Morality and the Media." She is the director of the Minnesota chapter of the Parents Television Council

Thank you to the Rosary Guild of St. Raphael for a beautiful lunch. In the afternoon we heard information

## Southeast Deanery

**Olive Hupf, President 1-507-263-2705**

The Southeast Deanery met on Oct. 14 at the St. John the Baptist church of Vermillion. We had members of the ACCW board, Barb Breen, Theresa Cermak, Denis Haaland, Agnes Dynes, Rita Parsons and Lenore Peine. They all gave a report of their committees during our noon luncheon time.

Reports were given by our commission chairs. Our speaker for the day was Mr. Joe Langenfeld from Human Life Alliance and he spoke on end of life issues and pro-life issues.

Following Mass we had a delicious lunch served by the CCW of St. John's. When our ACCW Board members gave their reports, a discussion on the mission projects of ACCW was brought up by a priest and our ladies and the ACCW board members were right there informing them of all the good Mission projects that we do all year long.

The truck for Appalachia was at our farm this year and again the collection was generous. I am sure that the people of Kentucky will be very thrilled with all the good gifts that they will receive.

The SE Deanery also had a collection for Barb Breen's Recovery project.

We had a proposal to eliminate our February Meetings as it is quite hard to make it to that meeting because of weather or many of our active people are gone south for the winter. Our Day of Recollection will be held the 2nd Tuesday of March and our speaker will be Mr. Bill Betcher from Cannon Falls on his trip to the Holy Land.

about the Appalachia Mission Program, Fr. Reiser's Ramblings to benefit Haiti and the Madonna Plan Program.

Our next meeting Nov. 22 was planned by the Community Concerns Commission at St. Joseph's in Hopkins. Christina Able representing Vaccine Awareness Minnesota, and Terry Twardowski from the rehabilitation after prison programs were speakers.

The Jan. 17 meeting will be at St. Alphonsus in Brooklyn Park and is being planned by the Family Concerns Commission of MCCW.

## Northwest Deanery

**Mary Helen Swartzter 763-682-3832**

**Judy Beaudry 763-497-4344, Co-Presidents**

The Northwest Deanery had their Fall Deanery Night on Thursday, Oct. 7 at St. Henry's Church in Monticello.

The evening began with Rosary, followed by Mass at 6:00 pm. with Fr. Tim Rudolphi, Deanery moderator, presiding. After a Hot dish potluck supper, the meeting was called to order. Speakers for the evening were Mary Androli who reported on the Mission Projects for the year explaining how all funds were disbursed. Next was Rita Parsons who reported on the Province Meeting in June, and in particular a presentation on the Rosary by Dr. Edward Sri. Our evening guest speaker was Angela Beljeski who displayed a prominent quilt dedicated to lost children and gave a riveting testimony of her experiences. Theresa Cermak addressed the group and told of future ACCW activities. About 65 women attended the event.

The NW Deanery parishes participated in the Appalachian Christmas Project. There were 171 boxes of clothing, toys, Christmas gifts, quilts, blankets, towels, etc. and \$341.00 brought to St. Albert's in Albertville, which were then trucked to Olive Hupf's farm for transporting to Kentucky. These gifts were donated to the Free stores.

## West Deanery

**Carol Shukle, President 952-472-6928**

The West Deanery had its fall meeting Sept. 23 at Holy Name Church in Medina. The morning program was the pilot presentation of the new "ACCW on the Road" program. Following a business meeting, Mass and lunch, the luncheon speaker was Linda Miller from the Civil Society speaking on human trafficking, especially in Minnesota.

The West Deanery also participated in the collection for the Appalachia Christmas program.

A Saturday morning retreat will be planned during Lent and the Spring Meeting will be at St. Mark's in Shakopee.

## Southwest Deanery

**Madonna Russo, President 1-507-357-6581**

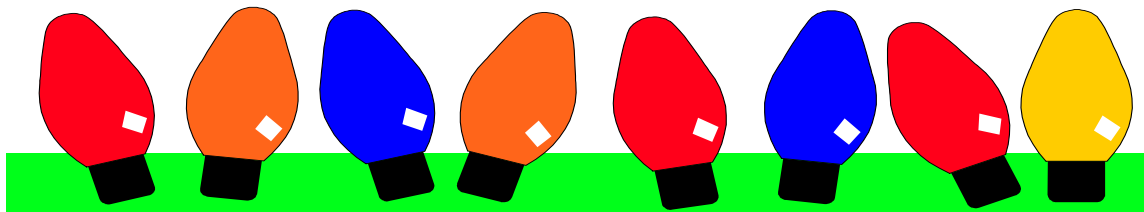
The Fall Institute of the Southwest Deanery was held Sept. 16, 2010, at St. Andrew, Elysian. Fr. Michael Ince, SWD moderator, was the main celebrant for Holy Mass along with several priests from local parishes who concelebrated. Dinner followed in the social hall. Guests included ACCW President Theresa Cermak and ACCW Board members Agnes Dynes and Barb Breen.

Our Speaker was Anne Fredrickson, Communications Director for South Central MN Pro-Life Groups. Anne is a young mom with four children who has been active in the pro-life movement for 10 years. She is also a budding author. Her first book, The Baseball Brothers is a children's book that tells the true story of her father-in-law and his 11 brothers who played baseball near present day Lakeville in the late 1920s. To date they hold the record for the most brothers on one team.

Anne is currently working on a book about our beloved Bishop Paul Dudley who was born and raised in Northfield. She is in the early stages of this endeavor interviewing family, friends and fellow clergy to learn how the good bishop led so many to Jesus in his lifetime and how he continues to do so today!

Denise Haaland, SWD and ACCW Legislative Chair, gave us an update on important Catholic issues to look for at the Capitol and in the upcoming elections.

Our SWD Mission Event was held on Tuesday, Oct. 12, 2010, at St. Anne in Le Sueur. Admission to the event was bandages for Haiti. Ladies also brought new gifts for the Appalachia Christmas store. After a light supper courtesy of our host parish, Bill Lewis director of the St. Vincent de Paul Free Store in Faribault, told us about services and material goods offered to the poor and needy in the Faribault area. Nearly all of the parishes in our deanery brought gifts for the drawings. Over \$3,500 was raised that evening. \$2000 went to St. Vincent de Paul; the remainder was evenly divided between Kids Against Hunger and Mary Jo Copeland's Caring and Sharing Hands in Minneapolis.



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**Family Concerns, continued:**

## **Media Resources**

**Joellyn Soler 763-767-0563**

EWTN- The largest Catholic television station in the world, Eternal Word Television Network gave me the article I will write today.

Marcus Grodi, is one of the hosts of a wonderful program called "The Journey Home". If you have never seen it, please watch it with a spouse, friend, neighbor, or co-worker. It's about people like me, who through a series of events, come into the fullness of the Catholic Church.

Every person is different, every story is different but they all led us into the beautiful Catholic church and the stories are all so interesting, and full of adventure, highs and lows, and many challenges, and who doesn't love a challenge? But in the end, God knew what we all needed: His Son, Jesus Christ and the JOY of receiving Him in the Holy Eucharist every single day at Mass.

If you are searching for a TV program with everything, old movies, wonderful old stars like Loretta Young and Bing Crosby-"Going My Way", many great saints stories,

and lots of news today from Rome,--- here's the place to be.

One man told Marcus he had been away for years from the church and one Lent he watched nothing but EWTN for 40 days and it totally transformed his life and faith. He said he came back with a NEW enthusiasm for the church, and what could be more wonderful than to love our faith, more than winning the lottery.

Jesus is waiting to welcome us all into His kingdom today. Get hooked on EWTN, and really begin to LIVE!!!!

