



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*

November 2018

Giving Tuesday - Giving You A Community

Every year after the madness of Black Friday and the craziness of Cyber Monday, our country engages in a more charitable tradition known as Giving Tuesday. Giving Tuesday is a day when we are asked to make donations to nonprofit organizations and causes we support.

We ask you to prayerfully consider making that gift to MCCW this year. "Why does MCCW need my support?" you might ask.

MCCW connects, unites, and inspires thousands of Catholic women affiliated with the US military -- and it does all this with a small, donation-based budget.

Your support allows MCCW to continue to provide:

- The MCCW Worldwide Forum
- Regional Retreats in the Northeast, Southeast, Central, Western, Pacific, European, and the newly created Asia regions
- Pilgrimages
- Digital resources and connectivity through our Website, Facebook, Instagram, and Youtube

To thank you for your generosity, MCCW would like to give you a gift in return. For any gifts over \$50 made during the month of November, you will receive 5% off one 2019 retreat registration (non transferable). For any recurring, monthly gift over \$15 set up during the month of November, you will receive 10% off one 2019 retreat registration (non transferable). To make your gift, visit www.mccw.org/giving.

MCCW thanks you for your generosity and for putting your trust in our ministry to continue connecting, uniting, and inspiring our sisters in Christ to grow in their faith.

Volunteer of the Month

This month, MCCW is recognizing the 2017-2018 European Regional Team as its volunteers of the month!

Sarah Zeola, Amy Vedra, and Amber Wusterbarth (the three ladies on the left side of the photo)



planned and hosted an amazing four day retreat for more than 120 women from across Europe during October.

The retreat, with a theme of God's divine love and mercy, was a beautiful time of prayer, reflection and fellowship. Sarah, Amy, and Amber were well-prepared, gracious hostesses and were a blessing to all who attended.

Thank you, ladies!





From the President

Dear Sisters in Christ,

Fall greetings to you this month! During this busy time of year, November offers us the opportunity to take a deep breath and recall all that for which we are thankful.

MCCW has so many things to be thankful for this year – an amazing Forum in San Diego, a wonderful European regional retreat, the creation of our seventh region - Asia, and the “yes” given by so many new board members and volunteers who have come forward to help MCCW grow and thrive.

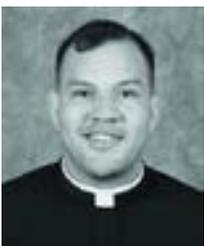
Most of all though, MCCW is grateful for the opportunity to connect, unite, and inspire you – our military sisters around the globe every day. In the hopes of reaching even more women in 2019, MCCW is offering a special gift to anyone who makes a donation to MCCW in this month of giving thanks. Read more about it in this newsletter -- you don't want to miss this!

Personally, I am grateful for the earlier sunsets which cause my family to gather in our cozy home a little sooner each day. I am going to take full advantage of every minute of it because I know that once the days start growing longer, life will get even busier, especially with all the exciting MCCW retreats being planned! Stay tuned in the coming weeks and in the December Well for exciting announcements about your region's retreat! In the meantime though – cuddle up with your family and take a moment to recall all the blessings heaped upon us by our loving Father.

In humble service, Kim



Seminarian Spotlight: Carlos Warfield



Currently attending St. John's Seminary in Camarillo, CA, Carlos Warfield has been adopted by the CWOC ladies from JBSA Randolph in Texas. Focusing on the beautiful scripture passage from Jeremiah 29:11, “For I know the plans I have for you, says the Lord, plans for welfare and not for evil, to give you a future and a hope,” Carlos has dedicated himself to serving our Lord and will one day be an United States Army Catholic Priest. In his free time, Carlos enjoys gardening, running, swimming, following the Dallas Cowboys, and watching the San Antonio Spurs. This November 16th, I invite you to pray for Carlos on his birthday and pray, too, for all of our Co-Sponsored Seminarrians.

Denise Hummel
MCCW-W Director At Large
Focus: Seminarrian Support

Meet the Board

We are excited to introduce the 2018-2020 MCCW Worldwide Board



Kim Miller, President

Reach me: president@mccw.org

Hi there! An Army wife for 16 years, I live at Fort Bliss with my husband, Geoff, and our three kids. I'm originally from the Central Coast of California, so this brings us a little closer to home!

My MCCW journey started ten years ago at USAG Hohenfels, Germany, where I joined CWOC for the first time. I have been on the MCCW-Worldwide board for four years – as stewardship coordinator and vice president for formation – and am excited to use all I have learned in that time to lead our ministry over the next two years!



Aly Tugaoen, Director of Forum

Reach me: forum@mccw.org

Aloha! I am Aly Tugaoen. I have been happily married to my husband for sixteen years and God has blessed us with two children, one boy and one girl. Like so many of us, we keep busy with the children's after-school sports, but always find the time to do so things as a family, like running, hiking, and surfing. Proudly serving in the U.S. Army Reserve, I am happy to be a part of the greatest law firm in the country, the JAG Corps! I have served in CWOCs in a variety of positions such as Vice President, Interim-President and Hospitality chair. I have also served MCCW as a past Pacific Region Coordinator and most recently as a Historian.



Joan LaPore,

Director of Regional Coordinators

Reach me: DirectorRC@mccw.org

Greetings from Wright Patterson AFB, OH! This is our last PCS with the AF and what a ride it has been. With God's grace, my husband will retire in 3 years. OH-IO is my home state and I'm learning to act like it! I am happy to be volunteering again with MCCW as the new Director of Regional Coordinators. We have 3 grown children and are learning how to become empty-nesters. I recently finished my MSED degree and work part-time in the local Catholic schools in Dayton.



Gwen Hudak,

Director of Formation Resources

Reach me: FaithFormation@mccw.org

A little about me, MCCW/CWOC has been part of my journey since the beginning of

our military life. I am the current Fort Hood CWOC president. I have also created and am the current administrator of CWOC Online. I married my high school sweetheart a little more than twenty years ago. We have been blessed with three amazing children. I am excited to serve you all. God bless!



Eleanor Gentilini,
Director At-Large

Reach me: DirectoratLarge2@mccw.org

I have been involved with MCCW for over 40 years. My first experience was attending only one day of a week-long conference in Berchtesgaden, Germany, when it was the primary organization. Immediately I was hooked and held various positions there, including Stuttgart Area President, before returning to the States. Subsequently I served as Western Regional Director during three different periods, and returned to Germany where I again served on the European Board. I was part of the initial team of Journey of Faith Trainers when it was begun in 2002 until recently restructured. In between other assignments, I has been a faithful member of Our Lady of Fort Carson MCCW/CWOC.



Denise Hummel,
Director At-Large

Reach me: AMSLiaison@mccw.org

I am originally from Nebraska, however my family now calls Virginia "home." As a Director-at-Large, my focus will be providing support for the co-sponsored seminarians within our Archdiocese for the Military Services. I am passionate about our seminarians – those who will do the work of Christ and be Christ here on earth for many years to come. As a recently retired Air Force spouse, I reside with my family near Marine Corps Base Quantico where we attend mass at Marine Memorial Chapel. I teach Religious Education and am a Kindergarten Teacher's Assistant at my youngest son's elementary school. My husband and I have five children ages 21, 19, 17, 13, and 6. I look forward to continuing to serve my sisters in Christ and sharing the joy of praying for our promised priests.



Bernadette Kovalsick,
Director At-Large

Reach me: DirectoratLarge1@mccw.org

Aloha! I come on 'bended knee' to serve. The oldest of ten children, I was born in the military, was enlisted in the Army for 20 years, and am the spouse of retired military. I have three adult children, plus one in heaven, and am the proud nana of two grandchildren. I have served CWOC and MCCW at the local, regional, and worldwide level. I also serve in many

ministries in my Catholic community and at the AMS. It is my pleasure to continue to serve the military and military families of our faith communities. Mahalo!



Elizabeth Tomlin, Director of
Financial Stewardship

Reach me: finance@mccw.org

I have been active in Catholic military communities since marrying into the Army and have a passion for evangelization and teaching. A past MCCW president, I am always inspired by the relationships formed through MCCW and the spiritual growth that occurs in military women, and their families, through this ministry. An attorney by profession, I am the General Counsel for the Archdiocese for the Military Services, USA. Together with my husband Greg, who serves in the Army Field Artillery, we are raising our three children.



Bevin Landrum, Director of
Communications

Reach me: Communications@mccw.org

Bevin Landrum grew up in Georgia, but has lived around the world over the last 25 years as a military spouse. She brings with her decades of experience in nonprofit management, community engagement and marketing and hopes to continue the highest professional communications for MCCW. Bevin is currently living with her husband in Vicenza, Italy. She holds a Master of Arts in Public Relations and earned her bachelor's degree from the University of Tennessee.

Strengthened by Grace

How often do we rely on God's grace and God's strength to get through the many challenges, both routine and extraordinary, in our lives? Or maybe the question is, how often do we forget to call on Jesus to give us that grace? MCCW hopes you will join us for one of our seven 2019 regional retreats to explore those questions together. Inspired by 2 Timothy 2:1 -

"Be strengthened in the grace that is in Christ Jesus..."-- we will look at the role grace plays in our lives, explore the times the grace of Christ was apparent in our lives, and reflect on the many ways we can be strengthened by that grace. Watch for registration details for the Pacific, Western, Central, Southeast, and Northeast retreats in December, and details for the fall Europe and Asia retreats after the new year!



Regional Updates

Fort Riley CWOC teamed up with their local PWOC to offer a nursing and diaper changing tent at their installation's fall festival!



Okinawa CWOC at Kaden AFB has added a mobile rosary to their schedule – this month included rosary and stretching on the beach. They also spent time learning about a local Marian appearance – Our Lady of Akita.



The ladies of Fort Polk CWOC enjoyed MCCW's Cider Service program – available as a free download from www.mccw.org.

Several CWOCs held special programs to mark the feasts of All Saints and All Souls Day:

Redstone Arsenal CWOC marked All Saints and All Souls Day with a program about purgatory and decorated a candle with the names of their deceased loved ones.



Fort Huachuca marked All Saints Day by gathering to pray the rosary, recite the litany of the saints, and playing in their words, “a cutthroat round of Saints Bingo!” They followed that up by attend All Souls Mass at the installation cemetery.

The women of Fort Bliss CWOC shared pictures or items of deceased loved ones as part of their All Souls Day celebration.



More than 120 women from around Europe gathered for a four-day MCCW retreat at Rolduc Abbey in the Netherlands. Guest speakers include Donna-Marie Cooper O’Boyle, Sister Phillip Marie, as well as several Europe-based clergy. The generous women also raised more than \$6,800 for the AMS co-sponsored seminarians.



Servant Leaders Needed

Social Media Editor (5 hrs/mo)

Keep MCCW's social media presence on Facebook and Instagram up-to-date and active by planning, writing, and scheduling posts.

If you are interested in any of this position, please email: president@mccw.org



25 November
Solemnity of Our Lord Jesus Christ, King of the Universe

27 November
Giving Tuesday

2 December
First Sunday of Advent

8 December
Solemnity of the Immaculate Conception of the Blessed Virgin Mary



