



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*

October 2019

Table of Contents

President's Letter

Seminarian Spotlight

CWOC and Regional Updates

Fall Retreat: Save the Date

October Calendar

November Calendar

Faith Formation Spotlight

Your Board at Work

Get Ready for Giving Tuesday

Contact Us



Volunteer Spotlight: Kristen Foss and Jackie Henderson



Kristen and Jackie make-up MCCW's very own dynamic duo for Forum liturgy. From phone calls with our spiritual moderator to in-person meetings with parish administrators, these two have been working hard to ensure that our Forum liturgies are reverent and prayerful.

During our in-person board meeting, these two spent hours in the two churches where we will worship checking hymnals for song selections, reviewing what items are needed for the celebration of our masses, and determining how best to ensure that each Forum attendee has the opportunity to receive the sacrament of reconciliation during our time together.

They are also planning a variety of optional devotions throughout Forum that will help you grow in your faith and give you new tools and ideas to take back to your chapel community, women's ministry, or family. From high-intensity rosary workouts to perennial MCCW-favorite Mothers Prayers, there will be something for everyone.

And they are looking for you to join their team -- lectors, EMHCs, musicians, and more will be needed during Forum. Look for sign-up opportunities on social media and at check-in on the first day of Forum!

From the President

Dear Sisters in Christ,

One of the things I have learned to love as an adult is the changing of seasons. I grew up on the Central Coast

of California where the seasonal changes are very subtle, but as a military spouse I have been blessed to live in places where each season is very distinct.

My favorite seasonal “barometer” was a beautiful tree outside my bedroom window in Germany -- you could always tell exactly what time of year it was by looking at that tree.

We are back in El Paso now where seasons change ever so gradually and slightly, so that only if you really pay attention do you see the little changes taking place. MCCW is a bit like that too -- unless you look closely, you might not see all the work happening behind the scenes

This month our European and Asian regional teams are busy putting the finishing touches on their 2019 retreats. The Worldwide Board and the Forum team are meeting in San Antonio for an annual meeting and Forum planning session. And those are actually the bigger, more noticeable activities.

Our digital resource manager, Kelli, is always busy keeping all of our digital resources up-to-date and available so the board can do its work. Our graphic designer, Jean, fields requests every day from members of the MCCW team and turns around beautiful graphics for us to use in every imaginable way. Anni, who oversees our social media accounts, is a blur of activity writing and posting all the time.

The board and regional coordinators submit reports each month on their activities and even I’m surprised at all the amazing work -- planning, creating, praying, and collaborating -- that is happening on behalf of the women served by MCCW.

And the same thing is happening out in the chapel ministries on installations around the world! Our CWOC’s and other women’s ministries are busy putting spirituality, leadership, and service into action each day.

Our October issue is focused on helping you spot more of those little things, those behind the scenes things, that are happening in MCCW and in your CWOCs that make it possible for us all to be **connected, united, and inspired** each day!

Yours in Christ,
Kim



Seminarian Spotlight

Seminarian Adoption Update

By: Denise Hummel

MCCW Director at Large: Seminarian Support

Our Archdiocese for the Military Service (AMS) hosted their annual Labor Day Retreat for all Co-Sponsored Seminarians in September. As the seminarians gathered in prayer, they, too, learned about an opportunity to be “adopted” by our Catholic Women’s Ministry Groups by “registering” with a new Google Form. Some of the seminarians completed the form and have been assigned a group.

Our chapel groups also have the opportunity to complete a Google Form and “register” to adopt a seminarian. So far, we have had an overwhelming response! A special thank you to those of you who have completed

the new Google Form and have the generous openness and desire to adopt a seminarian. Some chapels will “share” a seminarian with another chapel in an effort to allow all chapels to participate in this program.

We would love to have all seminarians participate and kindly ask for your prayers. Please specifically pray that many more Co-Sponsored Seminarians complete the new Google Form so that all interested Catholic Women’s Ministry Groups may be assigned a seminarian in the very near future! As always, thank you for praying for our Promised Priests; those who will one day serve both God and country.



CWOC and Regional Updates

Central Region

Ft. Hood welcomed 40 women to their first meeting. They centered the welcome with themed Saint tables, shared a potluck meal, and introduced the fall study: *Unlocking the Mystery of the Bible* by Jeff Cavins.



Langley Air Force Base centered their fall kick-off with a “Food for Thought” social. The CWOC assigned ladies tables at random, and then gave the women topics in question format to discuss amongst themselves over an Italian themed dinner.



Joint Base San Antonio had an awesome kick-off with 35 ladies! They had a potluck luncheon, rosary and introduced their study on *The Cup of Our Life* by Joyce Rupp.



Fort Eustis also started the year with a Cider Service. The theme of their meeting was “Celebration of Womanhood.”



Pacific Region

Fort Bliss held a Bread Service and shared testimonies during their first fall meeting.



Northeast Region

Fort Meade kicked off the year by introducing the theme “Two are Better than One.”



Fort Lee’s first meeting included a Cider Service to introduce the new circular board. The board also introduced this year’s theme: “Be Strong in the Lord: Tailor Yourself an Armor of God with the Threads of Beatitudes.”



Fort Wainwright kicked off their year with a Cider Service. It was really well attended; the ladies had to add an additional table to the event!



European Region

RAF Lakenheath managed to set up their event quickly and manage a great turnout



Western Region

Joint Base Lewis-McChord’s first event of the year set up their plan: alternate between one week of study and one week of outreach or a project.



MCCW 2019 Fall Regional Retreats

Strengthened by Grace

Registration
Now Open

Asian Regional Retreat

November 15-17

Mirinae Anseong, Gyeonggi-do

[Click here to register for the
Asian Regional Retreat](#)

European Regional Retreat

November 7-10

Hotel Villa EUR Parco dei Pini

Rome, Italy



MCCW Forum 2020

April 23 - 26

Marriott Riverwalk, San Antonio, Texas

*“Behold, I am the handmaid of the Lord.
May it be done to me according to your word.”*

Luke 1:38



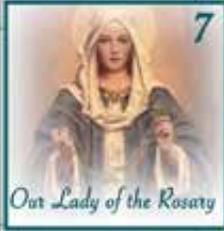
*connect * unite * inspire*



October

The month of the Holy Rosary

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



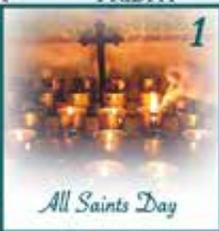
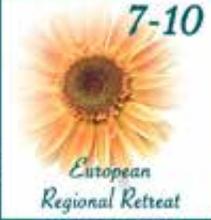
Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.





November

*dedicated to the
Souls in Purgatory*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					 1 <i>All Saints Day</i>	 2 <i>All Souls Day</i>
3	4	5	6	 7-10 <i>European Regional Retreat</i>		
10	11	12	13		 15-17 <i>Asia Regional Retreat</i>	
17	18	19	20	21		23
24	25	26	27	 28 <i>Thanksgiving Day</i>		29
					29	30

O gentle Heart of Jesus, ever present in the Blessed Sacrament, ever consumed with burning love for the poor captive souls in Purgatory, have mercy on them. Be not severe in Your judgments, but let some drops of Your Precious Blood fall upon the devouring flames.

And, Merciful Saviour, send Your angels to conduct them to a place of refreshment, light and peace. Amen.



Faith Formation Spotlight

By Nancy Belmont, Director of Faith Formation



Hello all!

Our CWOC here at West Point is already looking ahead to fall. We've put out the final Evite for our casual summer "Ladies Night Out" events and printed the invites for our kick-off brunch and first Bible study meeting.

As your chapel group gears up to relaunch, check out the revamped CWOC Resources tab on MCCW's website. We have resources for Bible & faith studies, CWOC discernment, liturgical living, and devotion guides. I'd like to highlight MCCW's signature programs, which are pre-planned, tried and true ceremonies aimed at unifying your chapel group in commitment and devotion to God.

Fiat Installation Ceremony

Has your chapel group formally installed its new leadership? Our Fiat Installation Ceremony is an intentional way to consecrate incoming officers to the service of our Lord. Within the ceremony, officers prayerfully pledge to rely on God for the strength and inspiration necessary to foster the spiritual growth of their community. They are commissioned to serve and are blessed by a priest.

Adopting a Patroness: Our Lady of Good Counsel

Consecrate your chapel group to Our Lady of Good Counsel. The gift of counsel enables us to detach from our desires and seek the will of God. In Mary's fiat, we find inspiration and encouragement to trust God wholeheartedly. Entrust your chapel group into the hands of Our Lady, asking her to guide and renew the community of women, to draw them closer to God, and to stimulate them to seek His holy will.

Illuminated Rosary

Many CWOC groups are devoted to praying the rosary, but have you ever prayed an Illuminated Rosary? It is prayed with the accompanying visual of lit candles formed into the shape of a rosary. This beautiful meditation is not only suitable for use within your chapel group, but also within families, or in religious education settings because it draws children into the devotion.

Other MCCW Signature Programs include Bread and Cider Services, Sip and Share, and Mother's Prayers. Discover them all at <http://mccw.org/resources/programs/>



Your Board at Work

By Kim Miller, President

For four jam-packed days, the MCCW board of directors and the Forum planning team gathered in San Antonio to work, pray, and play. This annual meeting is essential to keeping the “business” of MCCW running, but what exactly happens at these gatherings? Here are some highlights from our meeting Oct. 3 - 6.

If that wasn't enough, our team did three site visits -- touring and planning down to the tiniest details at the two beautiful churches we will visit during Forum and touring all of the facilities we will use in the hotel during Forum.

And the work bleeds over into our downtime together -- members of the group gathered in hotel rooms, on walks along the beautiful Riverwalk, or in the many cozy seating areas throughout our Forum hotel to do the work they normally do via email or phone calls, face-to-face. PJ working time is a thing -- after dinner, the group gets comfy, gathers in our meeting room or in one hotel room and gets back to work for discussions covering many aspects of MCCW.



On Friday and Saturday, the board and the Forum team participated in six working sessions including Forum working groups, a Forum team meeting, a presentation on potential sites for Forum 2022 (yes - that is already in the works and we are so excited!), a formal board meeting, an after-action review of regional retreats, and a planning session for continuity, transition and discernment at Forum 2020. Phew!



Our time together is never without opportunities for prayer and worship. Our team attended mass in both churches we

continued on next page

will visit during Forum, enjoyed reflections offered by two teams of board and Forum team members and prayed the chaplet of Divine Mercy in the middle of a meeting when the church bells from St. Joseph's reminded us it was 3 p.m. Each member of our team also offered personal prayers for a special prayer sister during the weekend. And a hardy few rose early each morning to participate in active morning prayer (yep, that would be a high intensity workout set to the rosary which you will have the option of doing during Forum, too!)



One of the most valuable aspects of our time together is the downtime when we eat meals together, share rooms, and get to know one another better. The members of MCCW board of directors, unless stationed together, only see one another about once a year so the annual meeting is an important time for team building. And some of the most fruitful work seems to get done while gathered in one hotel room after hours or while enjoying a meal together. This year we even sent the group on a scavenger hunt to find all the things you will need during Forum (Taco 'bout Jesus t-shirt, anyone?)



Do you remember your first MCCW retreat or forum (conference) - the excitement of meeting so many new sisters in Christ, the speakers, time to refresh your spirit through the Sacraments, and time for fellowship? Think about three of your favorite friends that you have met through MCCW. Name them. Aren't these MCCW friendships - spiritual, deep, honest, faith-centric, fun - the types of friends we wish for all Catholic military women?

Recalling the great benefits you have reaped from MCCW, next month, for Giving Tuesday, MCCW will be asking you to invest in our ministry - to give back to the ministry that has benefited your faith, friendships, and families. We'll ask you to consider making a one-time or recurring gift. We'll also have ways for individuals, ministry partners, and individuals to sponsor our 2020 Forum in San Antonio.

In the past eighteen months, MCCW has held retreats in the Netherlands, New Mexico, Missouri, Tennessee, Pennsylvania, and Hawaii. Our next retreats in Rome, Italy, and South Korea are less than a month away, and Forum 2020 in San Antonio, TX is coming up in April. Between now and Giving Tuesday, please consider supporting the good work of MCCW at mccw.org/donate.



Adopt seminarian

Please continue to pray daily for our AMS
Co-Sponsored Seminarians.

If your CWOC would like to adopt a
seminarian—to pray for him, send care
packages, and/or spiritual bouquets,
please contact Denise Hummel at:

amsliasion@mccw.org

Contact Us

MCCW Board of Directors

Kim Miller

President

president@mccw.org

Aly Tugaoen

Director of Forum

forum@mccw.org

Elizabeth Tomlin

Director of Financial Stewardship

finance@mccw.org

Bevin Landrum

Director of Communications

communications@mccw.org

Joan LaPore

Director of Regional Coordinators

directorrc@mccw.org

Eleanore Gentilini

Director at Large

directoratlarge2@mccw.org

Denise Hummel

Director at Large & AMS Liasion

amsliasion@mccw.org

Bernadette Kovalsick

Director at Large

directoratlarge1@mccw.org

Nancy Belmont

Director of Faith Formation

faithformation@mccw.org



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