



**OUR LADY
OF GOOD COUNSEL**

THE LEAVEN

SPRING 2015

OUR DCCW MISSION

To promote Christ-centered spirituality for Catholic Women, empowering them to serve the mission of Christ to the world in their daily lives.

NEWSLETTER OF THE DES MOINES DIOCESAN COUNCIL OF CATHOLIC WOMEN (DCCW)
PUBLISHED TWICE A YEAR—SPRING AND FALL

PRESIDENT'S MESSAGE

Greetings Sisters in Christ,
Hope this message finds all well in the New Year. This is an interesting Leaven for sure. It is a two-fer. We prepared our Fall Leaven full of lots of information. But time and events came into play and it never went to press. So now you will get to see past as well as our future events together. I want to invite you all to our 85th Annual Convention at All Saints Parish in Stuart. It was a hard decision to leave Saints Peter and Paul in Atlantic and their wonderful hospitality which we have enjoyed for many years. Change can bring growth and we are called in faith to witness to all, so we will see how it goes. We hope many old friends and some new ones will join in a spirit-filled day as women join to witness the great gift of faith God has given us. Have a blessed Easter!

Your President
Shirley Chamberlain

At your Council of Catholic Women (Altar and Rosary, Women's Guild, etc.) meetings, plan to participate in the following community service projects that we support by bringing to convention:

- Layettes and/or baby blankets or clothing for a pro-life pregnancy counseling service
- "Shoe boxes" with toiletries for daily needs for a homeless shelter
- Any Water for Life collections your organization may have collected. Read about that program on the Catholic Relief Services website at <http://www.crs.org/nccw/>

We also ask that each parish bring a silent auction item worth about \$25. You will have an opportunity to bid on Silent Auction items and also purchase religious items from Divine Treasures.

The cost for the Convention is again \$15 if we receive your check by April 4, and \$17 after that date or at the door. Please send your checks payable to "Des Moines DCCW" to:

**Marilyn Alferts
26345 Sycamore Rd.
Neola, IA 51559**

2015 CONVENTION INFORMATION

Plan now to attend the 85th Annual DCCW Convention, which will be held in Stuart on Saturday, April 11, 2015. Our theme for the convention is "BE THE VOICE OF CATHOLIC WOMEN—CONFIDENCE, HOPE, AND JOY." It will be a great opportunity to network with other Catholic women and find out what other parishes are doing.

MORNING AND AFTERNOON SPEAKER

Theresa Romens is Director of Faith Formation at Our Lady of the Holy Rosary Parish in Glenwood, Iowa.

HONORING WOMEN

Again this year, we will honor women from local parish Council of Catholic Women (Altar and Rosary Societies, Catholic Daughters, etc.) who go above and beyond to keep things going. We hope all those nominated will be able to be present to receive their awards. We encourage the President or contact for your CCW to come and bring along others from your parish to help honor her as well. Please complete the form provided in the "Call to Convention" letter or on the web-site and submit it for one or more in your CCW who deserve to be honored. Send it to Marilyn Alferts by March 25 at the address below. Or you can e-mail the information (name, parish, and a paragraph on why they should be honored) to Marilyn at malfers1@wiaw.net.

SPIRITUAL ADVISOR'S MESSAGE

Be An Intentional Disciple of Jesus



The challenge given us as Catholic women and men, by recent popes and bishops concerning the new evangelization, is that before you and I can evangelize others, we must first make the choice to know and follow Jesus ourselves — becoming an intentional disciple of His.

The core issue facing the Church in our time is: How to foster a culture in which all Catholics consciously see ourselves as disciples of Jesus, living according to His will, and, as apostles, sent into the world to proclaim His Good News to others.

Each one of us is challenged to be open to an “ongoing conversion” that promises to transform our life — much like Saul of Tarsus (who became St. Paul the Apostle) or St. Francis of Assisi, or Mother Teresa.

There are five steps in our growing to become an intentional disciple of Jesus.

STEP 1: INITIAL TRUST

You and I must allow the wall of our mistrust to break away, to be open to allowing the kindness of other disciples of Jesus to inspire us — to live in joy, with generosity and integrity. Our life lived in Jesus is not for show or convenience, but for the glory of Christ. You and I are to be about drawing other people to God, and not to our self.

STEP 2: SPIRITUAL CURIOSITY

You and I are to live our life as a disciple, in such a way that other people want to know what motivates us to be a disciple of Jesus. Our devoted and faithful living and witnessing to Jesus, will draw others to want to know Jesus, and more about the Church, the Bible, and what “being a Catholic Christian Disciple and witness for Jesus,” is all about.

STEP 3: SPIRITUAL OPENNESS

The desire to know God's WAY will lead us to realize that serious choices need to be made. It's here where we feel challenged to be active — no

longer merely passive. God is no longer a mere abstraction, but “someone” whom I perceive is calling me in a personal way, with worthwhile demands and beautiful promises. Something new is being required of me.

STEP 4: SPIRITUAL SEEKING

I am NOW engaged in an urgent quest — can I commit myself to the mission of Christ and His Church? The core relationship of my life is now to be with God, revealed to me in the person of Jesus Christ. Jesus is alive and He invites me to use my gifts and talents, to give expression to my gratitude and joy for being His disciple. I am to turn to the guidance of Jesus' Spirit to lead me to continue to grow in Faith, live a virtuous life, and carry out works of mercy toward all whom I meet.

STEP 5: INTENTIONAL DISCIPLESHIP

Eventually you and I must give our self to Jesus in a selfless commitment. This is the single most important decision any one of us can make (there will be a cost — perhaps even of our life). To follow Jesus intentionally, with our whole heart, soul, mind, and strength is what “the call to discipleship is all about.

That decision will henceforth drive and coordinate everything in our life as a disciple and a witness for Jesus. The result of this decision is the beginning of a New Life — empowered by the Holy Spirit poured out in each of us.

QUILT RAFFLE AT CONVENTION



This beautiful Sampler pattern queen-size quilt in shades of blue and purple was made by Alice Buman of St. Michael's in Harlan and hand-quilted by Bev Kohles of St. Mary's in Portsmouth. Raffle tickets are \$1.00 each or 6 for \$5.00. Drawing will be held at the convention on April 11, 2015.

WELCOME TO OUR WEB

We are so blessed to have new board member Julia Aguero de Lopez! She is a computer/internet woman — Jesus must have seen our need in the modern world. Julia is from St. Mary's in Shenandoah. Visit us at www.desmoinesdccw.org. You will find great information about the Council and the programs which it participates in. All are beautifully done. Just read and feel very proud to be a Catholic woman. Also watch for updates on Convention and plans for trips and other events. Thanks to Julia and her husband for all their work. God Bless!

ALL ABOARD!

Save the Date — June 25, 2015

The DCCW Board is happy to welcome Lin Brinker as our "Day Tripper." Lin is planning a fun bus trip to view some great works of art, along with a little history and lots of fun fellowship! More info will follow but for now circle June 25 on your calendar and save the date.

Lin can be reached at 712-744-3206 or by email at ladyb@fmctc.com for more specifics. We wish her Godspeed as she takes on this adventure in the name of the Lord.

NEW SITE FOR 2015 CONVENTION

Plans for the 2015 DCCW Convention were discussed at great length and, in an effort to build a greater awareness of the Council, the Board voted to move to a new location for the 2015 convention. We have been treated with love and concern in Atlantic for so many years so it was a difficult decision.

The Convention will be held at All Saints Parish in Stuart on April 11. We hope many ladies from the surrounding area will attend. We surely hope our ladies from previous years will travel the extra miles so we can have a glorious day joining together in the Lord's name.

Shirley Chamberlain

RECAP OF 2014 DCCW CONVENTION

The 84th annual Des Moines Diocesan Council of Catholic Women Convention was held Saturday April 5, 2014, at Saints Peter and Paul Parish in Atlantic. The theme was "Be the Voice of Catholic Women — Confidence, Hope and Joy."

Keynote speaker was Fr. Scott Courtney of the Diocese of Lincoln. He gave a spiritual pep talk on the Commandments and the Gifts of the Holy Spirit teaching little rap sayings to remember them. He also encouraged reading the Bible.



A framed picture of Our Lady of Good Counsel was presented to ten women who have been honored by their parishes for outstanding work:

- Lorna Barbour, Glenwood, Holy Rosary
- Mary Lou Hechmer, Reno-Cumberland, Saint Timothy
- Irma Jaime, DM, Our Lady of the Americas
- Kristi Keiser, Griswold, Our Lady of Grace
- Phyllis Marnin, Greenfield, Saint John
- Ellen "Marty" Schmidt, Panama, Saint Mary
- Diane Stoltz, CB, Saint Patrick
- Rosemary Williamson, Audobon, Saint Patrick
- Helen Wilson, DM, Saint Anthony
- Barbara Woods, DM, Saint Theresa

Bishop Richard Pates celebrated Mass during which these new officers were installed: President Shirley Chamberlain, Panama St. Mary; Vice President Nancy Larson, Shenandoah St. Mary; Secretary Carolyn Smith, Glenwood Holy Rosary; and Treasurer Marilyn Alferts, Neola St. Patrick. After lunch Margaret Hoarty spoke on her 500 mile pilgrimage on the Camino de Santiago.

Parishes brought layettes and baby clothing for Birthright and Gabriel's Corner, and shelters received shoebox toiletries. The Council Bluffs Region CCW presented \$450 to Phoenix House, Gabriel's Corner, and Birthright from their Golden Gems Basketball Game.

2014 NCCW TALKS

Two of the talks I attended at NCCW were

1. **Mirror, Mirror on the Wall**

Reflecting Council Image and Success for All

by Ellen Bachman and Suzanne Erpenback

They told of the origin of the National Council of Catholic Women (NCCW) which goes back to 1920. NCCW was started by the National Council of Catholic Bishops as a way for Catholic women to have a unified voice. There were 300 different groups of Catholic women included in this group, such as Catholic Daughters, etc. This group worked for higher education for women, altar servers, getting women to have a voice on parish councils, with refugees, respite programs, domestic and sexual abuse, and moms programs. Today they work with spirituality, service, and leadership programs for all Catholic women. And today their top priorities are to help make a difference with spiritual direction in our parishes and homes. Eliminating pornography, sex trafficking, addictions, dignity of women and assisting with Catholic Charities. They are seen working with legislation, Catherine McCarthy was on the second Vatican Council, the NCCW president attends the United States Council of Catholic Bishops, they attend United Nations meetings, they work with CRS and Cross International supporting third world countries and many others. The other part of the talk told about the image the NCCW portrays, how our behaviors show that. Are we living as disciples of Christ, using our talents? Our image should be as Blessed Mother Teresa says, "Let no one ever come to you without leaving better and happier." Are we welcoming and inviting, helping with spiritual growth and being of service to others? We are all members of the NCCW and can be the gate keepers of the future.

2. **Healing—The Church Will Set You Free: Understanding Our Wounds**

by Vicki Thorn, Project Rachel

Project Rachel is a diocesan-based ministry that includes a network of specially trained clergy, spiritual directors and therapists who provide compassionate one-on-one care to people who struggle with the aftermath of abortion. It was started in Milwaukee 30 years ago because people knew others were suffering after abortions. They now have free material, visuals and audios. They talked about how our world and wounds have changed. The 60's changed our wounds; the

pill allowed having relationships without consequences, the value of children was diminished. By the 1990's we didn't know our neighbors or have safe havens for our families. Divorce has increased, children may be raised by only one parent, history of families is lost. Mom's are working, daycares are the surrogate moms. Adult children are affected by these; they have higher divorce rates, suffer with trust and depression, have difficulty expressing feelings, live with fragmented families, struggle with forgiveness and believing in a God.

Media tells us it is a dangerous world, so we become helicopter parents protecting our children which makes children not have a sense of survival. Even though facts say it isn't more dangerous. Then technology introduced cell phones, texting, and computers. Without vocal connections there isn't that personal connection. TV has become the powerful teacher leading to sexual problems where there is no normal now, everything goes.

What can we do? We need to rebuild our community in our churches. We need human connection, women need each other and so do men. Have groups in our parishes that invite people in, offering safe havens, care for the elders, sponsors for divorced children and families etc. The gift we all have is the church where we can talk to God, where healing can come about in confession and we can be set free.

Nancy Larson

Keynote opening session addressing our theme **"BE THE VOICE OF CATHOLIC WOMEN, CATHOLIC WOMEN UNITED IN TRUTH"**

was given by Dr. Ralph Martin.

Dr. Martin is President of Renewal Ministries, Director of Graduate Theology Programs in Evangelization and associate professor of theology at Sacred Heart Major Seminary. His address was regarding Catholic Women and the New Evangelization: Why Bother?

He informed us that we have to speak to the world; if we keep silent we will be responsible for souls. He used an analogy of an M.D. who had a very distraught patient who said she just couldn't accept having cancer. So in learning she did indeed have that disease, he chose to not tell her. We all know the final result of such a choice. Telling the truth is as much a responsibility for us to save the spiritual life as his telling the truth would be for the physical health of his patient.

Joan Gubbels

COMMISSION REPORTS

SPIRITUALITY COMMISSION

Even though this event is from last fall, I am still enjoying the effects of the CHRIST OUR LIFE CONFERENCE September 20-21 in Des Moines! What a wonderful spiritual weekend listening to such fabulous speakers, connecting with old friends and making new ones, and getting an infusion of grace and peace. If you were not able to make this one, make plans to attend the next one in 2016.

Don't forget a wonderful resource in Des Moines for spiritual growth: Emmaus House Ministry, a non-profit organization offering spiritual direction, retreats, as well as parish outreach.

On the west side of Iowa in the Sioux City diocese is an amazing place called Trinity Heights. DCCW tried to organize a bus trip to see the grounds (and a life-size wood carving of the Last Supper made by Jerry Traufler) in the past, but we did not have enough participants. We hope to try again in the future. It is worth the trip!!

Our book study at Holy Rosary in Glenwood read *STAYING FAITHFUL TODAY To God, Ourselves, and Others* by Alfred McBride, O.PRAEM. We have only covered the first chapter and that produced great discussion! For our New Year's book, we have chosen *MY LIFE WITH THE SAINTS* by Father James Martin, SJ.

Tom Chapman of the Iowa Catholic Conference (tom@iowacatholicconference.org, www.iowacatholicconference.org) has a weekly update on what is happening in the Iowa legislature as well as information about bills that we as Catholics should be aware.

Our pastor Father Dan Siepker is doing a monthly series on our Catholic faith and during the Lenten season he will do weekly sessions on the Sacraments. We are looking forward to both!

How are we doing with our New Year's Resolutions?? Something simple seems to work best for me (a smile at a stranger, holding the door open for someone and, a biggie as we all rush to get somewhere in our cars, letting someone in

when the traffic is heavy, ten quiet minutes of meditation) ...random acts of kindness go a long way to make someone's (and our own) life just a bit easier.

This year is the Year of Marriage and Family. Don't forget to check out various programs parishes and the diocese will be offering during this year. We at Holy Rosary are offering a two session program on FIVE LOVE LANGUAGES to help spouses communicate better. Even after 46 years, we signed up for it! Never too old to keep on learning.

God bless you and may He keep you in the palm of His hands.

I am adding a prayer from "A Concord Pastor Comments" that came to me this fall:

Lord, help me find a quiet spot, a place of silent grace where I can clear my troubled thoughts and You can soothe my soul...

Help me find a place to sit alone with You, a place free of distractions, save for nature's beauty...

Help me find a place for us to meet, where I can open up my heart and speak to You in prayer...

Lord, help me find the place where You already wait for me to come and find the peace that only You can give...

Carolyn Smith
Spirituality Commission Chair

SERVICE COMMISSION

Border Families — A part of my past mission journey was in ministry for years as a volunteer border chaplain; this saw me walking days or nights through Arizona deserts finding crossers in their final or in dire need of water food and shelter. Our ecumenical groups placed dozens of water stations on the desert, refilled them weekly and made repairs. You can read more about this in: A HEART EXCHANGE: The Panama Blum girl's experiences as a foreign missionary. The book is available at parish offices. Shelby County Pilgrims authored the book, that is, those who have began

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the mission project in Nicaragua with a sister Parish St. Peter the Apostle in Villa Sandino. All proceeds from the book will go to funding the project, only \$10. Learn, share and pray with a purchase for those less fortunate than us. So today how to help Families Children Crossing the Border??? This influx has brought up the issue in Washington. Pray so our nation faces and gives attention both here and across the world. Healing desert wounds-body mind and Spirit is what our diocese is calling us to discern. These are our brothers and sisters, we belong to the same Family of God. The Des Moines Diocese has dynamic parishes in ministry with the Spanish speaking not only in Des Moines but where immigrants live and work. We do well to welcome them in churches and schools.

Sr. Joyce Blum
Service Commission Co-Chair

Sr. Joyce and I co-chair this commission. It covers much as you ladies well know from our service at parish functions extending into world issues. I attended a workshop at the National Convention on The New Drug—Pornography. Modern media feeds everyone the start of an addiction with the programs that have very low morals, if any! It is a scourge to our country and makes us blind to the danger. As grandmothers, mothers, and as women of faith, we must be aware to first pray, then react. Offer guidance and concern when you see the need. Do it with dignity and not anger! An example was a billboard in Wisconsin with a scantily clad girl near a school. Women began a call-in campaign. It took determination but the picture was changed. Domestic violence is up. Sexual abuse, broken homes, adultery, prostitution, and sex traffic all feed on the new "DRUG". Help save our families and friends from this destructive danger. Be a Woman of Faith and a Woman of Action. Visit www.pornharms.com, or email info@fightthenewdrug.org.

Shirley Chamberlain
Service Commission Co-Chair

LEADERSHIP COMMISSION

The National Council of Catholic Women were moved into action at the request of the USCCB, encouraged by both Pope Francis and Saint Pope John Paul II to EVANGELIZE. NCCW worked tirelessly this past year and have provided a great resource entitled, "We Are Called To Witness." Our DCCW board has brought the finished product to our Bishop Richard Pates and he not only approved it but we have met with staff to work together to implement it. This New Evangelization program is designed to help members and affiliations discover and actively participate in sharing the Good News, the joy of Jesus. The comprehensive program was translated into Spanish and is available on the NCCW website www.nccw.org under commissions .. leadership .. Any and All of this publication is available to print and use in your own parish CCW, Christ Renews His Parish teams, spirituality gatherings, bible studies and book clubs. There is a calendar to follow during Lent which may also be downloaded.

I am filling out the term of Dubuque Province Director for Eileen O'Connor who resigned for personal reasons. Eileen was on the committee which produced this handbook and I am continuing on this Leadership Committee.

At the January NCCW board meeting we toured the USCCB office in DC and met with four personnel who were very impressed with this product and are interested in getting it discovered through their perspective offices. While in DC I also had the opportunity to attend Mass at the National Basilica of the Immaculate Conception prior to the March for Life which we attended and also the Mass again the following morning. The March was a highlight of the week and it was so very impressive to see so very many youth who are willing to show their support for this cause. It gives us great hope in our future generation.

I encourage all readers of this LEAVEN to find a way to implement WE ARE CALLED TO WITNESS even if it means finding a grandchild to download and print it to use individually in your own life.

Another very important piece of action is the Iowa legislation for "Education Savings Account." Not only is it *fair* to support all Iowa youth in education, but the competition is valued for all schools, and the financial support now assessed to each parish can be decreased. The Province board will attend a supportive session in the capitol on March 3 and will gather for a board meeting following. Keep your representatives informed of your interest in this issue.

Joan Gubbels
Leadership Commission Chair

CHRIST OUR LIFE CONFERENCE

I was able to attend the 2014 CHRIST OUR LIFE CONFERENCE in Des Moines the weekend of September 20-21 and came away with such a feeling of great joy and peace, as well as gratitude for my Catholic faith.

If you were not able to attend, I would definitely encourage you to put September 2016 on your calendar now! I am so grateful that I was able to hear ten outstanding and gifted speakers (actually I could not get to Des Moines until Saturday afternoon, so I did miss hearing Cardinal Dolan, but heard he was wonderful!), a chance to visit the booths and vendors, meet people from all over (Sioux City, Wisconsin, and Kansas City as well as most of Iowa), and help “man” our DCCW booth.

Attendance at this year’s conference was over 7,500 souls! The aim was to get 10,000 attendees (the last one was about 5000), but think the word is getting out that this is an opportunity to develop our spirituality and deepen our faith in the midst of so many other deeply religious and gifted people. Ellen Miller and Marilyn Hart, co-chairs of the COL CONFERENCE for 2014, as well as Mary Granzow the high school outreach coordinator, did an outstanding job with the vision and the organization of a very successful weekend. Can’t wait to see the lineup for 2016!

Some of the speakers included Father Larry Richards (you can hear him on EWTN) who is hilarious and riveting, and spoke of reconciliation and surrender.

Magnus MacFarlane-Barrow is the founder of Mary’s Meals and spoke of his work in feeding the world’s impoverished children and the success being made. Since 2010 (his first visit here), Mary’s Meals has grown from feeding 460,000 to almost 900,000 children each day at their place of education!

Immaculee Ilibagiza is a Rwandan genocide survivor and has authored several books, two of which speak of the unimaginable horror of living

through the genocide. Her latest book tells of a Rwandan’s boy’s encounters with Jesus having the power to change lives.

Timothy Cardinal Dolan challenged us by asking, “Are we prepared to defend our faith from those who would take it from us?”

The founder of CATHOLICS COME HOME, Tom Peterson, told about his life-altering conversion in 1997. These series of ads and media are having a positive impact on Catholic evangelization

Mark Hart was a delight for both the youth and us older folks! His nickname is “Bible Geek” and he has incredible knowledge of Scripture. His talks were joyful, humorous, and relevant.

The most moving presentation for me was Tony Melendez, a Nicaraguan American guitarist and singer, who has been called the sound of hope and courage. He was born without arms and plays with his feet. After performing for Pope (now Saint) John Paul II, the Pope told Tony, “My wish to you, to continue giving this hope to all, all the people.”

I loved Steve Agrisano and his Praise Band’s music and that also nourished my soul!

Former Miss America, Angela Baraquio-Grey, the first Asian-American to win the title, gave a compelling story of her close-knit Catholic family and is an advocate for life, family, and those struggling with mental illness. Her brother committed suicide in 2006 and that loss has served as a catalyst for her to educate others through her Catholicism.

I only heard part of Mario St. Francis Herrera, a former successful model and partier. He had a life-changing conversion and felt “a call to love on a grander scale.” The Eucharist, devotion, and resurrection are what fill my soul.”

The cost of this conference was only \$25 for adults, and \$15 for students, such an incredible bargain to hear ten world class speakers over two days. I am eagerly awaiting the next conference in 2016!

Carolyn Smith

Calendar of Events

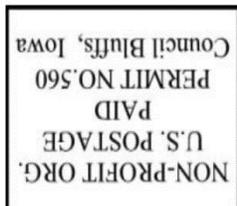
- March 27 Golden Oldies Basketball Gems' Game
at St. Albert's
April 5 Easter Sunday
April 11 Des Moines Diocesan Council of Catholic
Women Convention at Stuart, Iowa
April 12 Divine Mercy Sunday
May 10 Mother's Day
May 13 World Union of Catholic Women's
Organizations Day
May 13 Feast of Our Lady of Fatima
May 24 Pentecost — The Birthday of the Church
June 21 Father's Day
August 15 Feast of Assumption of Mary to Heaven
Sept 9-12 NCCW Convention in Orlando
Sept 22-27 Pope Francis in Philadelphia for the
World Meeting of Families

Martha's Kitchen

Cherry Rhubarb Crunch

- 1 cup rolled oats
- 1 cup packed brown sugar
- 1 cup flour
- 1/4 teaspoon salt
- 1/2 cup butter or margarine
- 4 cups diced rhubarb — fresh or frozen
- 1/2 cup sugar
- 2 tablespoons cornstarch
- 3/4 cup water
- 1 teaspoon almond extract
- 1 can cherry pie filling
- 1/2 cup sliced almonds or chopped walnuts

Combine oats, brown sugar, flour and salt. Cut in butter until crumbly. Pat 2 cups of mixture into a greased 9 x 13 baking pan; cover with rhubarb. In a saucepan, combine sugar and cornstarch. Stir in water and cook until mixture is thickened and clear. Stir in extract and cherry filling; spoon over rhubarb. Combine nuts with reserved crumb mixture; sprinkle over cherries. Bake at 350 degrees for about 40-45 minutes.



Address Correction Requested

Corpus Christi
3304 4th Ave
Council Bluffs IA 51501