



**OUR LADY
OF GOOD COUNSEL**

THE LEAVEN

FALL 2013

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

**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.

PRESIDENT'S MESSAGE

Fall is just around the corner as I write this article. A lot of events are in the making!

For the first time this year, we are having our "Spiritual Spa" retreats in two locations. Our third annual retreat will feature Cindy Shaw from the Emmaus House as our facilitator with the theme "Living from the Inside Out!" The first will be held in the parish hall at St. Theresa's in Des Moines on October 26. The second will be held at the new St. Mary's parish hall in Panama on November 9. We encourage women of all ages to come to one of these one-day retreats to "charge your batteries!" See the "Upcoming Events" section for all the details. Post the information on your bulletin board!

In September, Joan Gubbels, DCCW Vice President, and I will be attending the National Council of Catholic Women (NCCW) Convention in Fort Lauderdale, Florida. Following the convention, we will also be attending the Regional Meeting of the World Union of Catholic Women's Organization also in Fort Lauderdale. As was announced in the Spring DCCW Convention, I will be installed as the Dubuque Province Director (all four diocese in Iowa) and will serve on the NCCW Board for a two year term. I ask for your prayers and ideas throughout my term that I may represent all of you to the best of my ability. May the Lord be with me on this new journey.

On October 19, the Dubuque Archdiocese is sponsoring the NCCW Leadership Training in the St. Francis DeSales School Gym in Ossian, Iowa. I plan to attend the training as well as a couple other board members. Are you a leader in your women's organization? If you are interested in attending also, please contact me at 712-322-4688 or e-mail at ejconnor@msn.com. The cost is \$30.

The DCCW has also developed a website! Check it out at <http://www.desmoinesdccw.org/>. We are still improving it as we go but wanted to let you know the good news! We will be posting our newsletters. If you would prefer to get the newsletter via the website, please e-mail me at the above e-mail address and we will e-mail you when it is available each time it is published.

In addition, we will be publishing information about our upcoming events on the website and will be putting events on Facebook soon.

Recently, I sat in on an "Advocacy call" from NCCW. The topic was on the annual "International Day for the Eradication of Poverty", which has been observed every year since 1993, when the UN General Assembly, by resolution 47/196, designated this day to promote awareness of the need to eradicate poverty and destitution in all countries. Ideas were discussed on how we can raise awareness of poverty in the world.

Leadership calls and Advocacy calls are available to all affiliated CCWs (NCCW dues paying members), which are among the many benefits of being an affiliate of NCCW. See the NCCW website at www.nccw.org and click "Membership" for more information. We encourage each of your women's organizations to pay their NCCW dues, which are billed via e-mail.

Mark your calendars now for our next DCCW Convention scheduled for Saturday, April 5, 2014. More details will be included in the Spring newsletter.

We are continuing to add new Board members but would still like to add more. I pray that you will give careful consideration to a "calling" to be a board member. Contact me if you would like to help out!

**Eileen O'Connor
DCCW President**

SPIRITUAL ADVISOR'S MESSAGE



My sisters of the Des Moines Council of Catholic Women,

On March 13, 2013, we heard the announcement from Cardinal Jean-Louis Tauran, "...we have a Pope!... Cardinal Bergoglio who has taken upon himself the name of Francis."

This was the second day of the conclave as 115 cardinal electors convened in the Sistine Chapel to elect the 266th Pope, the successor to Pope Benedict XVI. The whole process of election is very human (with time to discuss things, think things through), but at the same time divine (praying for the guidance of the Holy Spirit.)

As one of the cardinals quipped (leading up to an earlier conclave), "The next pope is already chosen by the Holy Spirit, even now, and it's our job to discover him."

Among the cardinals' list of traits and strengths for the newly elected pope was:

- someone with a genuine sense of the universal Church
- must have a good pastoral sense
- must be a gifted administrator and must be a reformer
- must be fully committed to the New Evangelization and be a natural evangelist
- must be a person of prayer and holiness

The cardinals seemed ready to consider a candidate from beyond Europe. Two-thirds of the Church is outside of the West. The right person, however, would be sought out with God's help, regardless of where he is from.

The new pope must have a good pastoral sense, being attentive to the poor, marginalized and defenseless. He must demonstrate a heart of service, humility, and love. He must witness to the Church and the world, the humility of Jesus, follow the respect of Jesus for every human person, and discover the power of silence, as Jesus himself had let silence become the way of attentive listening, compassion, and prayer; it is the way to truth.

The new pope must have the gift of being an efficient administrator to set "the house" in a good

direction. The Church, like all institutions dealing with human beings, needs help to move beyond the temptations to scandal, incompetence, careerism, and infighting. Such temptations existed from the beginning among the earliest disciples and apostles.

The new Pope and all of us are encouraged to support the direction set by recent Popes to find new and creative ways to implement the New Evangelization. To be Christian is an active mission to which you and I are sent, and not just a mere lifestyle. The challenges given to the modern evangelizer are secularism, materialism, relativism, an atheism. Pope Benedict XVI has already opened the door of the Church to using modern means of communication to evangelize (ei. the Web, blogs, websites, Twitter and Facebook, etc).

Today, as evangelizers, the pope and all of us, must proclaim the gospel and truths of the Church joyfully, free of negativity, and pessimism. Jesus frequently cautioned the disciples to "not be afraid." Jesus has conquered death, and we are to trust that He can use each of us as the instrument for His Spirit to carry out His mighty works from Pope Francis down to you and me. Therefore, each of us must be a person of sound doctrine, prayer, and holiness. We must be Christ-like.

Let the task begin!

Respectfully yours,

Father Don Bruck
Des Moines DCCW Spiritual Advisor

CINDY SHAW - Fall Retreat Facilitator

Cindy Shaw is co-director of Emmaus House, a Catholic Retreat and Spirituality Center in Des Moines. After a thirty-year career as a radiation therapist, Cindy returned to the classroom where she received her M.A. in lay ministry and her M.A. certification in spiritual direction and retreat direction from Creighton University.

Cindy moved to Iowa from Arkansas, where she spent the majority of her adult life in both parish and diocesan ministry, to accept the Emmaus position. She serves as a spiritual director, directing individual and group retreats, days of reflection, and workshops on various topics, including Ignatian spirituality.

Cindy and her husband Cody have been married for 44 years; have four children and 14 grandchildren.

MEET OUR NEW BOARD MEMBERS

Sister Joyce Blum, a Franciscan Sister of Perpetual Adoration (FSPA), is a native of Panama, Iowa. She received her training in the Motherhouse in La Crosse, Wisconsin.

She volunteered for the foreign missions in 1963 and has been in Hispanic Ministries since that time. She came back to the US with the invitation of the FSPA Leadership to help with the Spanish Speaking Ministry in the USA.

Sister Joyce is presently at St. Theresa Parish in Des Moines in Pastoral Care and as a volunteer with the Hispanic Parish of Our Lady of the Americas.

Pat Aust has lived her whole life in Shenandoah and been a member of St. Mary's Parish and the Guild since 1970. She has always been in Choir and a Cantor and was a Religious Education teacher for many years. In addition, she served on the Finance Council for 5 years.

She has been married to her husband, Ernie, for over 50 years, had 8 children (7 are still living) and 26 grandchildren.

Nancy Larson and Linda George, who are the current co-presidents of their CCW at St. Mary's in Shenandoah, have also joined the board as co-regional chairs for the Red Oak Region. In addition, **Julia Aguero de Lopez** from St. Mary's in Shenandoah has joined the board as an "at large" member.

RECAP OF 2013 DCCW CONVENTION

Nearly 100 attended the 2013 Des Moines Diocesan Council of Catholic Women (DCCW) Convention held this past spring.

The DCCW honored eight outstanding women nominated from their own parishes for going above and beyond the call of duty. Each woman received a Mother of Good Counsel framed picture and a certificate.



Eileen O'Connor (pictured on the right), presented the awards to the following women (left to right):

- Delores (Dee) Harrison, Our Lady of Carter Lake CCW
- Dorothy Kerkhoff, St. Patrick's of Audubon
- Dorothy Frisby, St. Joseph's of Earling
- Jean Novy, St. John's of Greenfield
- Pat Bailey, St. Timothy's of Reno-Cumberland
- Rosemary Greiner, St. Mary's of Panama
- Jan Darnell, St. Patrick's of Council Bluffs (not pictured)
- Theresa Romens, Our Lady of Holy Rosary of Glenwood (not pictured)

The following is a recap of the income and collections:

Registrations	\$	1,472.00
Silent Auction	\$	757.50
Quilt Raffle	\$	1,007.70
Ads	\$	360.00
TOTAL INCOME	\$	3,597.20
Mass collection	\$	275.00
Water for Life	\$	259.80

We thank all who attended and made this convention a great success! Plan now to attend next year's convention on Saturday, April 5, 2014.

News from Tom Chapman, Iowa Catholic Conference

The Iowa Board of Medicine approved a rule this August 30 which would in effect prohibit "webcam" abortions. Adopted by an 8 to 2 vote, the rule would require a physician to be physically present with the woman while abortion drugs are being provided, rather than pushing a button following a remote video consultation. The rule is set to become effective Nov. 6.

The Iowa Catholic Conference supports the rule. When abortions are taking place, the safety and informed consent of the women involved should be among our chief concerns. In every case, drugs that cause a chemical abortion have serious effects.

This is indeed good news!

October 26 Fall Retreat in Des Moines-St. Theresa's

The Des Moines Diocesan Council of Catholic Women

*Personally invites YOU to our
Fall Spiritual Spa Retreat*

*Living from
the Inside Out*



Our presenter will be Cindy Shaw, co-director of the Emmaus House in Des Moines.

Saturday, October 26th

*St. Theresa's Parish Hall
1230 Merle Hay Rd., Des Moines*

*Registration & Continental breakfast 8:00 - 8:45am
The retreat follows from 8:45 am - 3:00 pm*

Send your check for registration \$25 (Payable to "Des Moines DCCW") by October 21st to:

*Marilyn Alfery
26345 Sycamore Rd
Neola IA 51559*

*Continental Breakfast, Lunch, and a chair massage are included
What a deal!!*

*Come and join us for a spiritually uplifting day filled with song, laughter, and reflection!
Bring a neighbor, sister, or friend!*

If you have questions, contact Eileen O'Connor at ejoconnor@msn.com or call her at 712-322-4688

The Des Moines Diocesan Council of Catholic Women

*Personally invites YOU to our
3rd Annual Spiritual Spa Retreat*

*Living from
the Inside Out*



Our presenter will be Cindy Shaw, co-director of the Emmaus House in Des Moines.

Saturday November 9th

Cost: \$15

8:15 Continental Breakfast & sign-in Registration Due Nov. 5th

9:00 am to 3:00 pm

Send your check for registration

St. Mary's Parish Hall

Payable to "Des Moines DCCW" to:

Panama, Iowa

Marilyn Alfery

26345 Sycamore Rd

Neola IA 51559

Continental Breakfast, Lunch, and Tai Chi are included!!

What a deal!!

Come and join us for a spiritually uplifting day filled with song, laughter, and reflection!

Bring a neighbor, sister, or friend!

If you have questions, contact Eileen O'Connor at ejoconnor@msn.com

or call her at 712-322-4688

Margaret Hoarty will be our Tai Chi facilitator

Wear comfortable clothing ---preferably pants

COMMISSION REPORTS

SERVICE COMMISSION

All are made to be of service but it seems and sounds so hard. Actually when we simply care about or show concern we are doing a service. The culture today has a way of teaching people to care for number one myself and let the chips fall where they may. When Jesus came and the reason he was sent was to teach us by example the greatest gift of all. You all know the answer, Love, but it is not a shallow way of using others to your benefit but a gift of caring, nurturing and even healing when we offer our concern to them.

So when you are asked or if you see someone who needs a friendly smile or a helping hand to make their day better. Please try to do just a bit and you in turn **will grow and be stronger because you were of service to another.**

**Shirley Chamberlain
Service Commission Chair**

SPIRITUALITY COMMISSION

Good grief! Where did the summer go? School time already and part of me misses getting my classroom ready for a new group of 8th graders, but I get my “fix” teaching CCD and helping my daughter get her classroom ready for her 7th graders each year (much better for me!)

My home parish of Our Lady of the Holy Rosary is celebrating 15 years of Adoration on September 14. We are so pleased that Bishop Richard Pates will be joining us.

Corpus Christi in Council Bluffs is offering 6 special evenings for couples to “enrich their marriages”—6 “dates” in which they will watch a short video then go off on a date together. There is a \$10.00 one-time fee, plus free childcare! What a fabulous offer. The last date night will be February 8.

Holy Rosary in Glenwood will be implementing the GOOD NEWS PEOPLE program beginning this fall. This program is a small group, parish-based program inviting people to new ways of understanding “our faith, ourselves, and the needs of the world around us”. Hopefully, the program (7 sessions in the fall and 7 in the spring) will familiarize the participants with the biblical witness of Jesus, awaken a call to discipleship, and allow us to explore the richness of our Catholic faith. This in turn, will lead us to greater passion and engagement of the Church’s mission and our participation in that mission. With the Year of Faith winding down this fall, this program will fit in perfectly with the call to renew our hearts and minds. Plus, we will have greater knowledge of our Church and what we believe to share with others.

Make sure to check your parish bulletins and online parish and diocesan websites to see what programs are being offered to enrich our spiritual lives as we walk with Our Lord on our journey of Faith. There are so many opportunities available to us if we spend a bit of time and energy searching for them.

I enjoy “A Concord Pastor Comments” website which I receive daily as an email. It is generally a 10 minute PAUSE FOR PRAYER, helping me set the focus for the day. THE MAGNIFICAT and GIVE US THIS DAY (my personal favorite) are wonderful daily meditations in small magazine form that you may find as valuable spiritual guides.

The following is a Prayer of Discernment from GOOD NEWS PEOPLE website:

God our Father
You have a plan for each one of us,
You hold out to us a future full of hope.
Give us the wisdom of Your Spirit
so that we can see the shape
of Your plan in the gifts
You have given us,
and in the circumstances
of our daily lives.
Give us the freedom of Your Spirit
to seek You with all our hearts
and to choose Your Will above all else.

We make this prayer through Christ our Lord.

**Carolyn Smith
Spirituality Commission Chair**

LEADERSHIP

Do you ever find yourself reminiscing about parish events which were customary in "our" day? Since fewer parishes still have parochial schools many of the practices which were developed through the school have been disbanded, for instance May Crowning, processions for certain holy days, the many pageants. Also with fewer priests and their being rotated more than in "our" day some devotions which were traditional are no longer in existence. Even many of the Altar and Rosary typical socials etc. are no longer being practiced, especially since so many parishes have environmental committees, liturgy committees, parish councils, vision councils. Would there be an interest in your CCW reviewing any of these former customs? If a parish CCW would offer a salad luncheon on a fine spring day and invite all neighboring CCW's or do the same with a chili or soup supper in the fall it can bring your own parish together and share with those outside your parish. Would a card party be of interest, or any game day or night .. no host, in the parish hall, bring snacks. Though many parishes have quilting circles, would there be any interest in gathering several parishes together and make a quilt to make \$\$\$ for your local food pantry, shelter or crisis pregnancy shelter? There are many former events which brought all ages together and kept the parish community vibrant.

The World Union of Catholic Women's Organizations will hold their General Assembly in Fatima, Portugal October 22 - 27, 2014. An optional pilgrimage will also be available to Santiago de Compostela October 28 and 29th. I am hoping to be able to attend and if any others are interested please let me or others on the DCCW board know as we can get the information to you. You may also keep updated via: www.wucwo.org. I will again make the small tissue holders in Americana materials to take for token gifts to attendees. They were much appreciated the last time so if any of you would like to make these again it would be much appreciated. Again just let me know so I can be sure to take along as many as possible.

THE CHAIN OF MASSES has been adopted by WUCWO asking Catholic women around the world to attend Mass on designated days each month. Of course if the date has no available Mass, prayers for the intention can be included in your daily prayers. May 15th was the first date begun as that date is WUCWO Day ... more on this in the Council Bluffs Region report. September 15, Our Lady of

Sorrows we pray for all those who are sad, as a result of sudden or accidental deaths in their families, that they be comforted. October 4, Feast of St. Francis, we pray for peace for all in our world, particularly for peace in our own families and communities.

Joan Gubbels
Leadership Commission Chair

Council Bluffs Region

On May 13, 2013 the first annual WUCWO Day was observed with a prepared prayer service and followed by a rosary lead in five different languages. We were privileged to have persons fluent in French, Korean, Russian, Croatian and Spanish lead us in a decade of the rosary. Treats were served with an international flavor. This event brought together parishes from our region along with Nebraska. There was much enthusiasm and interest in expanding the celebration in the future. May 13th is WUCWO Day and the prayer service was prepared for this event by them.

In beginning this topic I first of all want to apologize for any omission of persons who deserve to be acknowledged. Of several acquaintances who have entered their eternal reward I would like to give mention to Elaine Weise who was one of the women who was available for any and all involvement to build the kingdom in her parish of St. Patrick in Council Bluffs along with JoAnn Kenney of St. Peter's and Anita Dickerson of my own parish. Many through the years have received the embroidered days of the week tea towels at convention made with love by Anita. We all feel the pain when we lose a member of our parish who was always there, available to lean on and ready to do whatever was needed. We also mourn the loss of Father Bob Hoefler who will be greatly missed by every parish and school where he ministered .. also his musical abilities and Father Lawrence Conley, who served as NCCW chair of the moderators for several terms. At our last convention his raspy voice made us question his well being to learn he had a Dr. appointment following this event and found it was cancerous and fatal.

Natalie Pace received the annual scholarship awarded by the CBCCW Region to a Saint Albert senior who most exemplifies the mission statement : "to support, empower and educate all Catholic women in spirituality, leadership and service". This award along with a cash donation of \$200.00 to continue her education was presented during the awards day celebration at Saint Albert.

Joan Gubbels
Council Bluffs Region Chair

Calendar of Events

2013

- Oct. 17 International Day for the Eradication of Poverty
Oct. 26 Spiritual Spa Retreat at Des Moines St Theresa's Parish Hall
Nov. 9 Spiritual Spa Retreat at Panama St Mary's Parish Hall
Nov. 21 NCCW Day of Prayer and Fasting to End Hunger

2014

- April 5 Annual DCCW Convention in Atlantic
May 13 WUCWO Day of Prayer

Martha's Kitchen

Zucchini Brownies

Combine:

1 1/2 c. sugar
2 t. vanilla
2 c. shredded zucchini

Then add:

1/3 c. cocoa
2 c. flour
1 1/2 t. baking soda
1 t. salt
1/2 c. nuts (optional)

Note - there are no eggs or oil in this recipe.

Pour into a greased & floured 9x13 pan. Bake in 350 degree oven 30-35 minutes. Use jelly roll pan for thinner brownies.

Frosting:

Boil together 1 minute:

1/4 c. butter or margarine
1 c. sugar
1/4 c. milk

Add and beat until thickened:

1/2 c. chocolate chips
1/2 c. miniature marshmallows

Frost cooled brownies

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