

SPRING 2006



BULLETIN BOARD

national council of
catholic women

IMPORTANT DATES

JUNE

**1-7 WUCWO World Assembly,
Arlington, VA**

4 Pentecost
15-17 USCCB Meeting, Los Angeles
20 World Refugee Day

**27-30 NCCW Board of Directors,
Washington, DC**

JULY

4 Independence Day
20-23 National Marriage Encounter Conference,
Des Moines

AUGUST

15 Feast of the Assumption
18-22 Leadership Conference of Women Religious,
Atlanta

SEPTEMBER

4 Labor Day
8 International Literacy Day
14-17 Catholic Charities USA Annual Gathering
17 National Catechetical Sunday
**21-23 NCCW General Assembly,
Milwaukee, WI**
21 U.N. Day of Peace

OCTOBER

Respect Life Month
Domestic Violence Awareness Month
Celebrate Council Sunday in October
1 Respect Life Sunday
U.N. Day for Older Persons
16 World Food Day
22 World Mission Sunday

Dear Readers:

We heard you! You've been telling us how much you missed *Bulletin Board*, and it is a real pleasure for us to reintroduce it after a hiatus of a year. Staff shortages in the NCCW national office made it necessary to suspend publication for a time, but *Bulletin Board* is back in business. As you know, *Bulletin Board* is now available primarily here on our website, www.nccw.org.

For those who are new to *Bulletin Board*, it functions as a combined commission newsletter. Practical information, ideas, and resources within the scope of each national commission are presented in order to give members at all rings of council access to information you can use in carrying out NCCW programs, as well as some tips to assist you in your personal and family life.

At this time of year we are planning in earnest for the biennial General Assembly, which will be held September 21-23 in Milwaukee, Wisconsin. Now is a good time to ensure that each diocesan and parish affiliate will be represented there. Think about hosting a fundraiser to send someone from your council to Milwaukee; you'll share in the benefits for the whole year. Your representative will return inspired and energized, armed with practical ideas for education, service, and renewal for your council.

We look forward to seeing you in Milwaukee!

The NCCW Commission Chairs

MISSION STATEMENT

The National Council of Catholic Women acts through its affiliated organizations to support, empower and educate all Catholic women in spirituality, leadership and service. NCCW programs respond with Gospel values to the needs of the Church and society in the modern world.

Combined Commission newsletter of the National Council of Catholic Women, 200 N. Glebe Rd., Suite 703, Arlington, VA 22203. Phone: 703-224-0990; fax: 703-224-0991. E-mail: nccw01@nccw.org. Bulletin Board is produced twice a year and posted on the NCCW web site: www.nccw.org.

Blessed Frassati—A Model for the Young. The sainthood cause of Blessed Pier Giorgio Frassati has



gained prominence from the coverage he received when the Olympic Winter Games came to his native Turin in February. Pier Giorgio, a young man

from a wealthy Turin family, was an avid outdoorsman, practical joker, generous friend, and a lover of life and of Christ. He lived an intense spiritual life and spent himself helping the poor – bringing food, visiting the sick, assisting people in finding jobs. He once said,

“Jesus comes to me every day in the Eucharist, so I try to repay him by visiting the poor.”

He died in 1925 at age 24 from polio contracted from one of the people he helped; his stunned family learned of his great charity when many thousands of the poor showed up at his funeral. Active in organizations that promoted the Church’s social teaching, he said, “Charity is not enough; we need social reform.” Pope John Paul II beatified Pier Giorgio in 1990. He is a model for our young people of youthful holiness and enthusiasm for life (Catholic News Service, 2/17/06).

Incorporating prayer into your CCW meetings and events

Use the Liturgy of the Hours.

- If a meeting is held in the evening use the evening prayer of the day.
- If a meeting is held in the morning use the morning prayer of the day.
- If a meeting is held in the afternoon use the daytime prayer of the day.
- Available on www.ebreviary.com by subscription or purchase the book *Christian Prayer*, a shortened ver-

Honoring Holy Women Selected Feasts & Memorials

JULY

- 4 Elizabeth of Portugal
- 6 Maria Goretti
- 14 Blessed Kateri Tekakwitha
- 16 Our Lady of Mount Carmel
- 22 Mary Magdalene
- 23 Bridget
- 26 Ann and Joachim, parents of Mary
- 29 Martha

AUGUST

- 9 Teresa Benedicta of the Cross
- 11 Clare
- 15 Assumption of Mary
- 23 Rose of Lima
- 27 Monica

SEPTEMBER

- 5 Blessed Teresa of Calcutta
- 8 Birth of Mary
- 15 Our Lady of Sorrows

sion of the Liturgy of The Hours available at most Catholic bookstores.

Use Scripture Readings of the Day. These are always available at www.usccb.org/nab.

The *Called to Pray* section in the *NCCW Guidance & Resource Manual* offers a variety of prayer services which can be used to fit the occasion.

Can't get to daily Mass, or know someone who is homebound? Daily Mass may be viewed online at the Passionist Fathers' website, www.themass.org.

Say a Rosary for the Military

1st decade: For deployed soldiers and for their safety.

2nd decade: For wounded soldiers and for their healing.



3rd decade: For deceased soldiers and for the repose of their souls.

4th decade: For all families of deployed, wounded, and deceased soldiers; for the strength and the comfort only the Lord can provide.

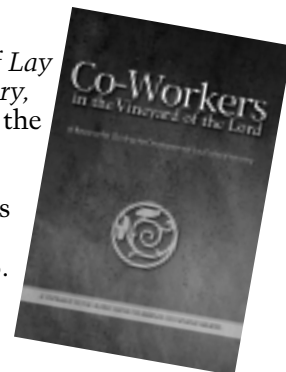
5th decade: For our nation and for peace in the world.

—With thanks to
Linda M. MacFarland,
MCCW Europe

Jumpstart your thinking on parish ministry by reading *Co-Workers in the Vineyard of the Lord: A Resource for*

Guiding the Development of Lay Ecclesial Ministry, A Statement of the United States Conference of Catholic Bishops (USCCB), December, 2005.

It is available online at <http://www.usccb.org/laity/laymin/co-workers.pdf> or in book form from USCCB Publishing, <http://www.usccbpublishing.org>.



Here's a resource for possible viewing at your A/DCCW convention or parish CCW meeting. Catholic Charities of the Diocese of Sioux City, Iowa has produced *Pope John Paul II: We Are Guided by You*. This 27-minute video follows the late Pope's 1979 visit to the United States, in which he brought to the American church a message calling for justice and peace. To order, contact G.R. Lindblade & Co., Box 1342, Sioux City, IA 51102; phone 712-255-4346; fax 712-255-5328; e-mail lindblade@longlines.com.

COMMUNITY CONCERNS

From Together, the newsletter of Generations United, comes news of a toolkit by Temple University to help your council or community create an intergenerational program. Entitled *Connecting Generations, Strengthening Communities—A Toolkit for Intergenerational Program Planners*, this resource includes a video and downloadable planning and evaluation tools. For more information you may visit www.TempleCIL.org. Also visit Generations United online at <http://gu.org>.



A new Agriculture Department survey reveals that increasing numbers of people are turning to soup kitchens, food banks, and shelters to feed their families. In 2005, 25 million Americans sought such assistance—up 9 percent from 2001. And over a third of these people came from households in which at least one person was employed. (Source: Associated Press, USDA cited in *The Washington Post*, 3/24/06.) Your council can investigate whether your area has a food bank or soup kitchen. Call them or visit and ask whether they need support in the form of food donations or assistance serving meals. This can be a wonderful ongoing project for your parish council.

Start planning now to observe Domestic Violence Month in October.



A simple way to help victims of domestic violence is to host an annual "Shoebbox Shower" as members of the Kansas City-St. Joseph, Missouri DCCW do. Each attendee brings a box (or two) filled with items that a woman or child would need after fleeing home to escape violence. Suggested items include

toothbrushes, toothpaste, shampoo, socks, small toys, ponytail holders, hairbrushes. Call your city or county government to inquire about the existence of emergency shelters for abused women and children. Bring the boxes to a shelter or arrange to have them picked up. Although our Missouri sisters hold their shower during Lent, this is a great Domestic Violence Month activity.

Invite a speaker to educate your council on domestic violence. Possible sources of speakers are area shelters, your diocesan Catholic Charities or Family Life office or your local government Family Services office.

Set up a wireless phone collection program. Information on starting such a program is available from the Wireless Foundation at <http://www.wireless-foundation.org/CalltoProtect/>. Click on "Call to Protect" to get information on shelter help, how to start a collection, how to donate your phone, and local drop off sites in all 50 states.



Watch your portions!

Increases in conditions such as Type-2 diabetes, high blood pressure, and others are fueled by Americans' expanding waistlines. One reason: growing food portion sizes. With thanks to the Orange, California DCCW, here is the caloric content of some of today's average portion sizes compared to the portion sizes of 20 years ago:



Coffee

Today's "designer coffee": 350 calories
Small coffee & cream of 20 years ago: 93 calories

Spaghetti & meat balls

Now: 1025 calories
Then: 500 calories

French fries

Now: 610 calories Then: 210 calories



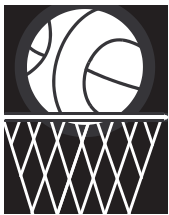
Service to the Elderly. Here's an idea for a service activity from Prince of Peace parish CCW in Steelton, PA. They sponsor a monthly Bingo Blast at the parish for residents from a local assisted living facility, with prizes and a snack. The council reports: "They leave the afternoon with glows on their faces carrying stuffed animals, body lotions, note cards, pens, puzzles, Kleenex, jewelry—all prizes they have won. No one leaves without a prize. . . . The CCW members are spiritually renewed and rewarded."

Morality in Media offers an online mechanism for reporting child

pornography or other sexual exploitation of children, or possible violations of Internet obscenity laws. If you or your children have been unintentionally exposed to obscene content, you can make an online report at www.moralityinmedia.org.



Fielding a Team. Want to know how to start a sports program that will help your parish young people to bring their faith onto the basketball court or ball field? Visit www.nccys.org, the website of the National Center for Catholic Youth Sports. Then share the information with your parish youth minister or a Catholic coach you know.



Working women in your council may find answers to thorny workplace issues in *Doing the Right Thing at Work: A Catholic's Guide to Faith, Business and Ethics* by James L. Nolan. St. Anthony Messenger Press, 28 W. Liberty Street, Cincinnati, OH 45202. 1-800-488-0488, www.AmericanCatholic.org.

Recognize the signs of a stroke. If you suspect that someone is having a stroke, ask three simple questions—the STR.

S Ask the person to **smile**.

T Ask the person to talk, to **speak a simple sentence coherently** (e.g., It is sunny out today).

R Ask him or her to **raise both arms**.

You can also ask the person to **stick out his or her tongue**. A stroke should be suspected if the tongue is "crooked" (i.e., if it goes to one side or the other).

If he or she has trouble with any one of these tasks, call 911 immediately and describe the symptoms to the dispatcher. If a stroke is diagnosed and treated within three hours of onset, the damage can be substantially minimized.

This year's national Life Chain will be held on Sunday, October 1, 2006, from 2:30 to 3:30 pm in each time zone across our continent. For information on how to organize a Life Chain in your community, visit www.nationallifechain.org. Let's have a strong witness for life.

Caregiving. Are you or is someone you know a caregiver for an elderly or ill family member? Remember to take care of yourself, too! Consider these "10 Tips for Family Caregivers" from the National Family Caregivers Association:

1. Caregiving is a job and respite is your earned right. **Reward yourself** with respite breaks often.

2. **Watch out** for signs of depression, and don't delay in getting professional help when you need it.

3. When people offer to help, **accept the offer** and suggest specific things that they can do.

4. **Educate yourself** about your loved one's condition and how to communicate effectively with doctors.

5. There's a difference between caring and doing. **Be open** to technologies and ideas that promote your loved one's independence.

6. **Trust your instincts**; most of the time they'll lead you in the right direction.

7. Caregivers often do a lot of lifting, pushing, and pulling. **Be good to your back**.

8. Grieve for your losses, and then allow yourself to **dream new dreams**.

9. **Seek support** from other caregivers. There is great strength in knowing you are not alone.

10. **Stand up for your rights** as a caregiver and a citizen.

For additional information and assistance, visit NFCA's website, www.thefamilycaregiver.org.



National Family Caregivers Association

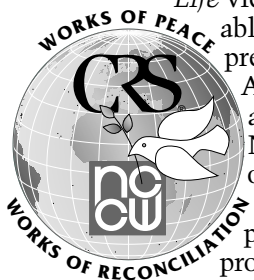
INTERNATIONAL CONCERNS

Fair Trade. Attention Tea Drinkers! If you buy fair trade tea, take a moment to check out your source. A change made in the requirements for fair trade certification of tea may result in tea grown on large plantations, rather than by small farmers, being certified as fair trade. If you



want to be sure your tea benefits small farmers, check out the website of the supplier or give them a call. For more information, visit equalexchange.com, Java Jive newsletter, Vol. 1 2006. The certification process for coffee and chocolate is not affected.

Great news! CRS's new *Water for Life* video should be available in time for us to preview it at General Assembly. This new addition to the NCCW/CRS Works of Peace/Works of Reconciliation product line should prove to be a valuable tool in promoting our partnership. We will celebrate the partnership's 60th anniversary this year at Assembly. Now is the time to think about how you can use this great new tool in raising funds for the Works of Peace/Works of Reconciliation programs in your own diocese or parish.

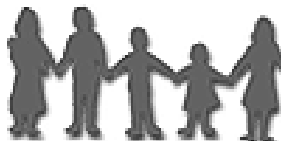


Remember the other NCCW/CRS partnerships as well!

Help-A-Child provides nutritious meals, education, health care, and other support for vulnerable children around the world, wherever the need is greatest.



Madonna Plan brings to mothers around the world health programs that stress the importance of breastfeeding and childcare and that help to increase the nutritional content of food. It also offers savings and credit banking programs to assist women in generating income for their families.



The Refugee Women Emergency Fund, recognizing that women and children are the most vulnerable victims of emergencies, gives them access to resources above those normally provided by emergency relief to refugees and victims of natural disasters.

Human Trafficking. Increased education and efforts to raise the profile of the human trafficking problem are beginning to bear fruit. According to the February 27, 2006, *Trafficking in Persons Fact Sheet*, published by the Civil Rights Division of the U.S. Department of Justice, the Division, in conjunction with United States Attorneys' Offices, is organizing task forces across the nation to improve its ability to uncover trafficking operations, rescue victims, and prosecute traffickers. To date, almost two dozen task forces have been established in states, counties, and cities nationwide, as well as in American Samoa. Contact your diocesan Catholic Relief Services office to learn more about how to recognize victims of trafficking in your own community.

East African Famine Relief. Caritas Internationalis is appealing for aid to feed women, children, the sick, and the elderly in Kenya, as the three year drought in East Africa continues. At least 500,000 children face starvation in Kenya alone. To learn more, visit Caritas Internationalis, www.caritas.org/



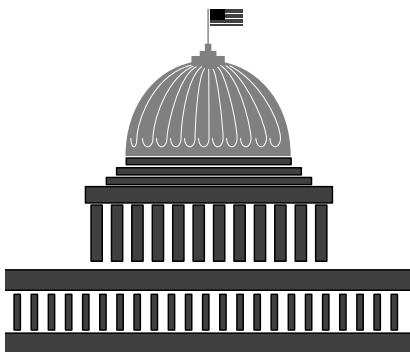
and Catholic Relief Services, www.crs.org/. Additional information is available at www.fight-hunger.org. Caritas Internationalis is a confederation of 162 Catholic relief, development, and social service organizations which includes Catholic Relief Services in the United States.

Global Warming and Climate Change. There is a growing consensus in the scientific community that

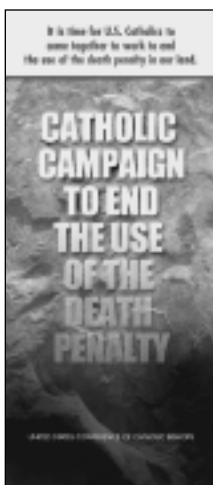
global warming is a real phenomenon and that there is limited time to address it before it visits devastating and irreversible damage on our planet.

In 2001 the U.S. bishops launched a campaign to address the issue, *Global Climate Change: A Plea for Dialogue, Prudence and the Common Good*. And as part of the Religious Partnership for the Environment, the bishops joined with other religious leaders in calling for action in seeking solutions to this critical problem. Suggest that your council consider ways to get involved in this issue, and learn about the proposed Climate Stewardship Act. Visit www.usccb.org/sdwp/international/200510Climate.htm and www.environmentaldefense.org/article.cfm?contentid=4304 for more information.





Last year the bishops of the United States launched "A Catholic Campaign to End the Use of the Death Penalty." In announcing the campaign, Cardinal Theodore McCarrick, Archbishop of Washington, D.C., declared



"We cannot teach that killing is wrong by killing. We cannot defend life by taking life."

Pollster John Zogby reported

that in an unprecedented survey of Catholic opinion he found that Catholic support for the death penalty had plummeted in the past few years, falling from a high of 68 percent to 48 percent. He also discovered that the more often Catholics attend Mass, the less likely they are to support the use of the death penalty. As you form your own conscience on this issue, be sure to read the bishops' statement and other information on capital punishment on the bishops' website, www.usccb.org/sdwp/national/deathpenalty. Monitor activities in your state legislature so you will know when legislation is introduced that would affect the scope or application of the death penalty.

Staying current on issues is key to being effective legislatively. Some excellent resources for doing so are:

United States Conference of Catholic Bishops

www.usccb.org

3211 Fourth Street, NE
Washington, DC 20017
202-541-3000

National Catholic Rural Life Conference

www.ncrlc.com

4625 Beaver Avenue
Des Moines, IA 50310
515-270-2634

Justice for Immigrants,

website of the Catholic Campaign for Immigration Reform,
www.justiceforimmigrants.org

Catholic Relief Services

www.crs.org

209 West Fayette Street
Baltimore, MD 21201
410-625-2220 or 1-800-736-3467

Catholic Charities USA

<http://capwiz.com/catholiccharitiesusa>

Network

www.networklobby.org

25-E Street, NW
Suite 200
Washington, DC 20001
202-347-9797

Marriage amendment. The Wisconsin State Assembly has voted to place a constitutional amendment defining marriage as between one man and one woman on the ballot in the November general election.

This issue is the subject of legislation in a number of states; inform yourself about activity in your state and let



your representatives know your views. You can obtain information from your state Catholic Conference. Contact information is available from the National

Association of State Catholic Conference Directors at www.nasc-cd.org.

You can follow the progress of a bill in Congress at Thomas, <http://thomas.loc.gov>, the Library of Congress's legislative information page. You can find the status of any active piece of legislation, locate all bills sponsored by a particular senator or representative, or search the Congressional Record. This is just a small sampling of the wealth of information available on this terrific resource. If you are monitoring legislation, or simply are interested in the legislative process, Thomas belongs on your "Favorites" list.

Remember to register for General Assembly, which will be held September 21-23 in Milwaukee, Wisconsin. Check the May-June and July-August issues of *Catholic Woman* magazine or www.nccw.org for General Assembly registration and program information. Make sure your council president receives her General Assembly mailing by keeping your list of officers up-to-date with the national office.

To bring new vigor to your archdiocesan, diocesan, or parish CCW, consider the following:

✓ Ask these questions again and again of the women in your area. What can you do to create vibrant and energetic CCW groups that will carry out the work of the Lord? What will motivate the women in your diocese/parish to join forces with NCCW? What will give them the courage to give of themselves? What are their areas of interest?

✓ Develop mentoring groups, membership recruitment committees, publicity committees, send members to the NCCW General Assembly to energize them – all of these will help to promote and carry out the mission of NCCW. Use creativity. **Dare to dream!**

✓ Consider establishing a leadership team in your diocese who will host training sessions for all diocesan, subdivision, and parish CCW leaders. Have your team go out to the parishes instead of making parish leaders come to a centralized event. Some of the training topics could be NCCW Structure, NCCW Mission Statement, Purpose of Organization, Position Responsibilities, etc. Use the *NCCW Guidance and Resource Manual* for resource information.

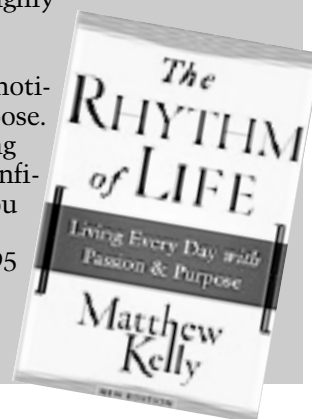
✓ Develop a diocesan CCW Reference Booklet each year to distribute to all of your parish affiliates as a resource for them. Include a list of your diocesan board with addresses, phone numbers, and e-mail addresses, mission statement, and job descriptions which should

Resources for Organization

NCCW Guidance and Resource Manual addresses topics such as why belong to council, establishing membership committees, recruiting members, building a strong organization, recruiting and retaining volunteers, installation. Available from the NCCW office, \$45, plus shipping and handling. Recommended resource for all Organization Commission Chairs at all rings of council.

Developing the Leader within You by John C. Maxwell. Available at most bookstores. (Paperback approximately \$11). This book affirms, guides, directs, and influences those called to leadership. Highly motivating and easy reading!

The Rhythm of Life by Matthew Kelly — a book to motivate all of us to live every day with passion and purpose. His message rings out with a truth that is challenging and unmistakably attractive: “Who you become is infinitely more important than what you do, or what you have.” This book can be purchased at www.matthewkelly.com. \$19.95 for the book; \$29.95 for the CD read by the author.



include the minimum expectations and responsibilities of their positions, program ideas.

✓ Use diocesan and parish newsletters, local newspapers, and church bulletins to communicate the good news of your CCW groups.

Remember—Always demonstrate excitement and enthusiasm about your CCW work (The Lord's work). Enthusiasm is contagious!

To update your council records, contact Donna Mays, NCCW Affiliations Assistant, 200 N. Glebe Rd., Suite 703, Arlington, VA 22203; phone: 703-224-0990, ext. 107; e-mail: dmays@nccw.org.

The U.S. Conference of Catholic Bishops publishing division has consolidated its inventory of resources and now offers online ordering and tracking of orders. You can find all this at its new website, www.usccbpublishing.org. Ordering brochures, church documents, and other resources for your events has just become easier!

Work to increase individual membership! Encourage family and friends to become individual members of both A/DCCW and NCCW. This is central to keeping our organization vibrant and growing. It also promotes communication and a sense of belonging. Individual NCCW members receive our bi-monthly magazine, *Catholic Woman*, and learn about NCCW programs and activities. Province, diocesan, and deanery council leaders can help by assisting parish councils in hosting annual individual membership drives.

Here's an idea to increase the number of parish affiliates in your A/DCCW. The Columbus, Ohio CCW sends letters to the contact people for parishes which sent no representative to the diocesan council convention, enclosing literature and inviting parish women to become active members of the diocesan council and NCCW. You might follow this up with a phone call suggesting that an A/DCCW representative come out to the parish to talk to interested parishioners about the organization.