



BULLETIN BOARD

national council of
catholic women

IMPORTANT DATES

NOVEMBER

- National Family Caregivers Month
12-15 USCCB general meeting
15 **CCW Day of Fasting & Prayer to End Hunger**
22 Thanksgiving
25 International Day for the Eradication of Violence Against Women

DECEMBER

- 1 World AIDS Day
2 First Sunday of Advent
8 Feast of the Immaculate Conception
12 Our Lady of Guadalupe
25 Christmas

JANUARY

- 1 Feast of Mary, Mother of God
World Day of Peace
6 Epiphany of Our Lord
6-12 National Migration Week
13-19 National Vocations Awareness Week
18-25 Week of Prayer for Christian Unity
21 Martin Luther King, Jr. Day observed
21-22 National Prayer Vigil for Life
22 35th Annual March for Life
27-2/2 Catholic Schools Week

FEBRUARY

- Catholic Press Month
Black History Month
2 World Day for Consecrated Life
2-4 Annual Meeting of the Ass'n of Catholic Colleges and Universities
3 National Day of Prayer for the African American Family
6 Ash Wednesday
11 World Day for the Sick
18 President's Day observed
24-27 Annual Catholic Social Ministry Gathering

Dear Readers:

Convention '07 is a memory now, but we can all look back with satisfaction over what was accomplished. Of greatest importance, we renewed and refreshed our faith with speakers such as Matthew Kelly, who urged us to become all God has destined us to be, and Dr. Marcellino D'Ambrosio, who broadened our ideas about who Mary is and how she can be our model and guide as we seek to follow her son. We learned more about Catholic Social Teaching, that indispensable element of what it means to be Catholic and how to incorporate its mandates into the work of our councils. We had our eyes opened to the dangers our human activity poses to the future of the planet God has both given us for our home and charged us to nurture and protect for the use of future generations. And last but certainly not least, we celebrated Eucharist and gathered to eat together as Christian sisters do. Columbus was a good time.

Now we turn our attention to the quickly-approaching celebrations of Thanksgiving and Christmas. Before we feast, let us pause to fast and pray as we observe NCCW's first-ever nationwide Day of Fast on November 15, the Thursday before Thanksgiving. Look for details in *Catholic Woman* and on the NCCW website, as well as in this issue of *Bulletin Board*. Let us ask God to give us the grace to challenge and eliminate hunger in our country and in the world.

And finally, we want to bid you all a fond farewell, as this is our last issue of *Bulletin Board* as national Commission Chairs. We have enjoyed this time and have learned so much from you! Be assured we will continue to be actively with you in council and will keep you all in our prayers.

The NCCW Commission Chairs

MISSION STATEMENT

The National Council of Catholic Women acts through its membership 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.

CHURCH

Grace before Meals

Lord, put bread on the table
 Of those who are hungry
 And may those who have bread
 Hunger for justice. Amen.
 —submitted by Jane Carter

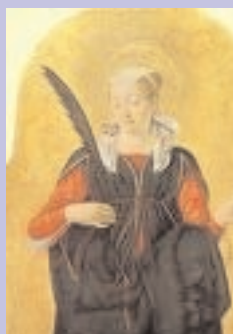
2008 Week of Prayer for Christian Unity is January 18-25. The Graymoor Ecumenical & Inter-religious Institute, a ministry of the Franciscan Friars of the Atonement, publishes resources to assist your community in observing the Week of Prayer. See their website, www.geii.org, for more information.

Check the Universalis website for more information on the Liturgy of the Hours. The website does all the calendar calculations for you and presents you with the psalms and readings for each hour of the day, every day. As we embark on the third millennium, it becomes more important than ever that we should obey the Lord's command and pray without ceasing, to sanctify time, the world, and ourselves. The Universalis web site has been created to give us all, wherever we are, at all times, the chance to participate in the Church's universal prayer. One click—one bookmark—and we can pause for a moment in our busy lives and contemplate what really matters. www.universalis.com.



Mass Times for travel was developed in 1994, to help traveling Catholics in the USA find a nearby church with a schedule of religious services. The information was collected from dioceses and parishes throughout the USA and made available by telephone at first, and then via the Internet in 1998. In 2002, Mass Times-USA decided to go

Calendar of Feasts and Holy Women



NOVEMBER

- 1 All Saints
- 2 All Souls
- 13 St. Frances Xavier Cabrini
- 14 St. Gertrude
- 16 St. Margaret of Scotland
- 17 St. Elizabeth of Hungary
- 21 Presentation of Mary
- 22 St. Cecilia
- 26 St. Catherine of Alexandria

DECEMBER

- 8 Immaculate Conception
- 12 Our Lady of Guadalupe
- 13 St. Lucy
- 25 Christmas

JANUARY

- 1 Mary, Mother ' of God
- 4 St. Elizabeth Ann Seton
- 21 St. Agnes
- 22 Blessed Mother Marianne Cope
- 27 St. Angela Merici



International and use its limited resources to expand the number of churches in the database to include those with Internet access in other countries. To help make this possible, the previous toll-free telephone inquiry service was changed to operate on a toll-call basis, and instead of collecting church information by mail, fax, and phone, Mass Times now limits data gathering on church locations to diocesan and parish web sites. Since 2005, Mass Times provides a link to connect the visitor with the parish/diocesan web site or the church location and contact information. The site offers a user-friendly Internet web page program for parish/diocesan/volunteer updates of church worship, contact, and location data.

Bible Study Opportunity. Jeff Cavins received his MA in Theology from Franciscan University of Steubenville with Catechetical Certification and is the editor and writer of *Catholic Scripture Study* along with Dr. Scott Hahn, Mark Shea, and others. Jeff now offers a more formal method for Studying Scripture—a 24-week, video-based Bible study course available in DVD and VHS formats. The course combines individual preparation, small group discussion, and video lessons and provides learners with a basic understanding of the fourteen books of the Bible that tell the story of God's relationship with humanity throughout history. This course only requires facilitators for discussion, as the recommended

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CHURCH, CONTINUED

answers are available for all participants. Information for the program can be found at www.ascensionpress.com or www.crossroadsinitiative.com. While the series does have costs associated with it, it is an excellent opportunity for CCW members and other parishioners when sponsored by a parish affiliate Council of Catholic Women.



BIRTHVERSE. Here is a website with a Bible verse for every day of the year. Check out www.birthverse.com to see what the verse is for your birthday or to find one for a friend. This website consists of 366 verses chosen from 66 books of the Bible. Each verse correlates the chapter and verse with its month and day. The team responsible for this site has spent countless hours searching the Bible for the perfect verse for each day of the year. Claim your verse, study it, memorize it, and share it with others. But most of all, allow God to reveal himself to you through your BIRTHVERSE.

BOOKSHELF

The Catholic Challenge: Six Keys to a Deeper Spiritual Life, by Therese Cirner, offers practical help to grow closer to God. The book presents six

“Christian women, you are sacrament! You are a sign of the gentleness of God. You are a symbol of the smile of Divinity. You endure with womanly courage the wood of the cross, and it is warmed by the Body of Christ. In your . . . leadership of peace, love and joy, we encounter God. You are, indeed, sacrament!”

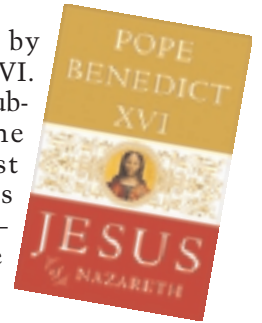
With thanks to the South Dade Council of Catholic Women—Spring 2007

keys to spiritual growth—prayer, Scripture and spiritual reading, the sacraments, community, virtue, and forgiveness. Cirner says her primary aim is, “to offer spiritual adventurers . . . a bridge between our personal journeys and the wisdom of the great spiritual masters.” There are work-book-style questions, meditations and reflections that lend themselves to a written response. Available from Servant Books (an imprint of St Anthony Messenger Press).

My Soul Magnifies the Lord. A Scriptural Journey with Mary, by Jeanne Kun, is a wonderful resource for deepening your knowledge of the Mary through Marian scripture texts, questions, beautiful poetry, and commentaries from a variety of Marian writers. The format is suited to personal reflection and individual study as

well as group discussion. The Word Among Us Press, www.wordamongus.org.

Jesus of Nazareth, by Pope Benedict XVI. In this recently published work, the pope—in his first book written as Benedict XVI—seeks to salvage the image of Jesus from recent “popular” depictions and to restore Jesus’ true identity as discovered in the Gospels. Through his brilliance as a theologian and his personal conviction as a believer, the pope shares a rich, compelling, flesh-and-blood portrait of Jesus and invites us to encounter, face-to-face, the central figure of the Christian faith. Hardcover, 400 pages.



Saints and Heroes for Kids, by Ethel Pochocki, is the answer if you are struggling to find a suitable gift for First Communion or Confirmation. This is a wonderful compilation of stories about Christian living modeled by an amazing variety of saints and heroes, including Kateri Tekakwitha, Maximilian Kolbe, Josephine Bakhita, Katharine Drexel, Edith Stein, the four women martyrs of El Salvador, Fr. Mychal Judge, and many more. St Anthony Messenger Press.

COMMUNITY CONCERNS

Everybody deserves a blanket.

Connor McClain of Shawnee, Kansas, could not believe that people dying in an area hospice didn’t have all the things they needed. The Good Shepherd School third-grader wanted to do something for them. “At least I could give them a blanket,” he said. “Everybody deserves a blanket.” So with his mother’s help, he made some and donated them to Catholic Charities hospice patients

and to its mother-baby program. Then he recruited his classmates, and together they made over 50 blankets as a Lenten service project. Connor, who received a medal for his efforts during National Volunteer Week in April, is a testament to the truth that one person – even a very young one – can make a difference. Connor said that he just wanted to show the hospice patients that “some other people are caring for them— that they’re not just alone

with their family.” (CNS 5/7/07—published on www.catholicnews.com.)

Angel Pins. During a time of overwhelming personal difficulty, Patricia Gallagher began making angel pins, attaching them to poetry cards, and leaving them on her front porch for people who needed strength and inspiration. On the back of the card was a note asking the recipient to pass the pin on to someone who needed it more than she/he did.

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COMMUNITY CONCERNS, CONTINUED

She let her local newspaper know they were available, and the project blossomed from there. She and Laura Brown, founder of Laptops for the Wounded, have teamed up to bring hospitalized combat veterans consolation and the ability to stay in touch with family and friends at home. For more information, visit www.laptopsforthewounded.com and www.teamofangelshelpme.com.



Women Beyond Borders is an international art project that gives women the opportunity to express their ideas and experiences on a 2"x2"x3" pine box. Begun by a California artist in 1991, the project has been a mechanism through which women can express themselves and connect globally by transforming the same object into their own unique work of art. The project has been turned into an exhibit that has visited 50 countries and contains over 900 boxes. Learn more at www.womenbeyondborders.org.

Office of Women's Health, Food and Drug Administration, publishes very good information on a variety of topics related to women's health, including high blood pressure, smoking, mammograms, listeria, and depression, among others. Consider obtaining some of this information for a table at a council or parish event. Visit www.fda.gov/womens.

Helpful Phone Numbers

- ✓ Don't pay when you make that 411 call for information. If you can tolerate listening to a quick ad, you can get your information free at 1-800-FREE-411.

- ✓ Commuters on roadways in the country's 50 largest cities can get real time information on local road conditions at 1-866-MY-TRAFIC.
- ✓ Quit now. Counselors who staff this toll-free number help you keep your resolve to quit smoking. Call 1-800-QUITNOW.
- ✓ Any questions? Students at Auburn University in Alabama will answer any question you can think of, 24 hours a day, Monday through Thursday, during the school year. Call 1-334-844-4244.

National Safe Place program provides refuge for teens who feel threatened or alone. Public locations like stores and libraries put out a "Safe Place" sign to signal that teens needing help can get it there. The program serves latchkey kids, teens whose friends are drinking and driving, kids who need help with breakdown or crisis in their families, and others. When a teen comes in, someone in the Safe Place location calls a specific shelter which sends a trained volunteer to help the youth. For more information about Safe Place, call their toll-free number, 888-290-7233, or visit their website at <http://nationalsafeplace.org/>.

Iowa Women's Health Study has found that women over age 55 who eat the most whole grains are 35 percent less likely to die of inflammatory diseases that include infections, rheumatoid arthritis, gout, emphysema, asthma, ulcerative colitis, and Crohn's disease. Among the foods that contribute to your whole-grain intake are wheat berries, wild and brown rice, popcorn, bulgur wheat, oats and oatmeal, barley, kasha, cracked wheat, and buckwheat.

The Alzheimer's Disease Neuroimaging Initiative (ADNI), sponsored by the National Institutes of Health, is looking for people ages 55 to 90 in good general health to participate in a comprehen-



sive research study seeking new medical treatments for Alzheimer's. If you would like more information or are interested in participating in this possible groundbreaking research, visit <http://www.nia.nih.gov/Alzheimers/ResearchInformation/ClinicalTrials/ADNI.htm>.

Match Talent to Need. If you are interested in doing some volunteer work, the opportunities are endless. AARP suggests you ask yourself some critical questions to find work that you will be happy doing:

1. Why am I interested in volunteering?
2. What type of activities am I interested in?
3. What are my natural strengths and gifts? What do I really enjoy doing?
4. Would I prefer a small local organization or a larger regional or national one?
5. What issues do I care most about?
6. How will my desire to serve fit in with my current time commitments?
7. How much time do I want to give?
8. What days or parts of days?
9. Would I prefer to do something in my own neighborhood or travel to another?

For more ideas and information, visit www.aarp.org/about_aarp/community_service; www.usafreedomcorps.gov/for_volunteers/ten_tips/index.asp; or www.kidshealth.org/parent/positive/family/volunteer.html.

Emergency alert systems can literally be a lifesaver for an elderly or infirm person who lives alone. These devices are usually worn on the wrist or as a pendant that summons help at the touch of a button. When activated, the device automatically dials a response center; a trained associate who has access to the person's pertinent information will contact the person immediately to see what help is needed. After sending help, the associate will follow up to make sure that help arrived. Some systems can provide reminders for medication and exercise schedules. Among the devices available on the market are Lifeline (1-800-LIFELINE or www.lifelinesystems.com/info) and Phone-4-Help (1-800-842-0074 or www.phone4help.net/products.html).

National Family Week

(November 18-24, 2007). For more than 30 years, the Alliance for Children and Families, a national membership organization headquartered in Milwaukee, WI, has coordinated and promoted National Family Week throughout the country. National Family Week has proven



to be a great time to honor the special connections that support and strengthen families. That's why the theme of National Family Week is Connections Count. National Family Week embodies the premise that children live better lives when their families are strong, and families are strong when they live in communities that connect them to economic opportunities, social networks, and services.

National Family Week is a great platform for launching or culminating your council's or affiliate's year-round efforts on behalf of under-served children, families, and communities. The Alliance offers some simple suggestions of how you can participate and make a difference in the lives of vulnerable children and families!

Liturgical Year Recipe for Christmas!

Kletzenbrot — Austrian Dried Fruit Bread for Christmas.

Kletzenbrot is named after the Tyrolian word for dried pears, but the Christmas bread contains a variety of nuts and fruits. It keeps for weeks and improves with age. Bake this before Christmas, on St. Thomas Apostle's old feast day (December 21). His feast is now July 3rd, but one can still mark this day as the day for cleaning, baking, cooking, and making other external preparations for Christmas.

Directions

Mix dry ingredients in bowl. Add buttermilk, gradually. Stir to smooth dough consistency. Mix in nuts, raisins, and remaining ingredients. Pour into greased loaf pan. Bake 1 1/4 to 1-1/2 hours at 350° or until loaf is firm and lightly browned.

Yield: 1 loaf

Prep Time: 2 hours

Origin: Austria

Recipe Source:

The Catholic Cookbook, by William I. Kaufman, (The Citadel Press, New York, 1965). For additional recipes, www.catholicculture.org/liturgicalyear/recipes.

Ingredients:

2 cups sifted whole wheat flour
1 cup sifted all-purpose flour
2/3 cup brown sugar, firmly packed
1 teaspoon baking soda
1/4 teaspoon salt
2 cups buttermilk
1 cup chopped nuts
1/2 cup raisins
1 cup chopped prunes
1 cup chopped figs
1/2 cup currants



- At a special event, present a National Family Week Advocacy Award to an individual who has worked to strengthen the lives of children and families. A professionally designed certificate will include the name of your recipient and is available at no charge from the Alliance for Children and Families.
- Launch a policy platform or announce a family-strengthening initiative during National Family Week.
- Connect the legislative agenda to National Family Week and engage elected officials and leaders to support initiatives that position families to succeed.

- Make a public commitment to take action in support of policies that better the lives of vulnerable children and families.
- Write a letter to the editor about a family topic.

For more information on National Family Week activities, contact: The Alliance for Children and Families, 11700 W. Lake Park Dr., Milwaukee, WI 53224. Phone: 800-221-2681; fax: 414-359-1074; National Family Week e-mail: nfw@alliance1.org; Family Week web site: www.nationalfamilyweek.org; Alliance web site: www.alliance1.org.

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FAMILY CONCERNS, CONTINUED

Faith Formation for Children with Autism is the latest in Kathy Labosh's series of books for families of autistic children. Labosh, the mother of two autistic sons, writes from her own experience of how children with autism learn and provides much-needed guidance and hope for parents who want to teach their exceptional children about the faith. The book is put out by her own company, Labosh Publishing, and is available at www.laboshpublishing.com or by special order at bookstores.

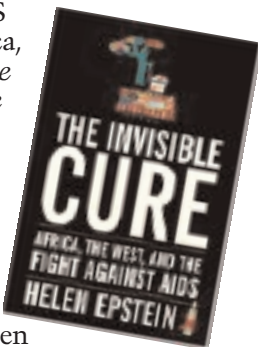
RESPIRE. Has your council considered starting a RESPITE program? If you live in a parish or town that has many elderly or disabled people living with family members, there may be a great need for such a service. Trained respite volunteers spend time with the dependent person so family caregivers can take a short break. The national office has resources to help you set up and operate a RESPITE program. Visit www.nccw.org and click the link under *Publications and Resources* to obtaining ordering information for The RESPITE Manual (2nd Ed.) and the RESPITE video, "A Gift of Love."

Your brain needs exercise, too! There is growing evidence that regular and consistent moderate physical exercise can improve cognitive performance in young, healthy individuals and in the aging population, according to researchers. Scientists are still working to prove a direct link between exercise and the prevention of such diseases as Alzheimer's, but for now they predict it could help eliminate especially frustrating experiences like losing your keys.

INTERNATIONAL CONCERNS

\$10 buys a mosquito net big enough to protect a whole family from malaria. Go online to donate and have your donation matched net for net by the Bill and Melinda Gates Foundation. Find out more about Nothing But Nets at www.nothingbutnets.net.

Fidelity works. If you want to learn about the potential a widespread commitment to fidelity can have on the AIDS epidemic in Africa, read *The Invisible Cure: Africa, the West, and the Fight Against AIDS* by Helen Epstein (Farrar, Straus & Giroux, 2007). Epstein brings to light an almost forgotten national campaign of encouragement for fidelity that led to Uganda's historic drop in HIV rates in the late 1980s and 1990s. John Donnelly, who reviewed the book for *The New York Times*, states that the evidence Epstein unearths through her "rigorous reporting" "could provide a roadmap for comprehensive prevention programs" that include teaching



about abstinence and encouraging fidelity. This is a fresh and hopeful perspective on the problem of AIDS.

Susie Harting, NCCW International Concerns Commission national chair, has been honored as an Esteemed Life Member of the Orlando DCCW. She has been devoted to council for many years, holding a number of Commission Chair and other positions. Congratulations, Susie, on this well-deserved recognition!

A glance into the convention program of the Miami archdiocesan council reveals some of the great ideas that our sisters in council are putting into action. During the past year the International Concerns Commission of the Broward District of MACCW records that some affiliates collected eyeglasses, pill bottles, and other small necessities and donated them to the missions. Another affiliate has made over 120,000 rosaries over the past six years!

Rockford rocks. Over the past 5 years, the Rockford, Illinois council has collected over \$34,776 for the women of the Diocese of

Chulucanas, Peru. They raised the money by receiving and selling items handmade by the Peruvian women. Congratulations to Rockford for its great work!

Bread for the World Sunday is officially October 21 but can also be celebrated any Sunday between World Food Day (October 16) and Thanksgiving (November 22). Bread for the World invites you to join with churches and worship communities across the country as we rededicate ourselves to ending hunger. Bread for the World Sunday is an opportunity to pray for those in need and to renew our commitment to share our abundance with others. For more information visit www.bread.org.



Keep up with Catholic Relief Services work: Check out their new blog with updates from around the world. The stories of individuals who do the work and those who benefit from it add a personal dimension to the Gospel mandate to feed the

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INTERNATIONAL CONCERNS, CONTINUED

hungry and clothe the naked. Visit www.crs.org and click on the *CRS Blog* link on the right.

World Health Organization

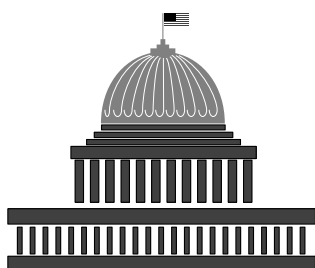
(WHO) estimates that almost 2 million children are used in pornography or prostitution. In October 2006, the United Nations released a global report on violence against children around the world, with recommendations for response and prevention. To see the report, go to <http://www.violencestudy.org/r25>.



WYD-SYD. Do you know any young people who are planning to

attend World Youth Day in Sydney, Australia July 15-20, 2008? World Youth Day is organized by the Catholic Church and brings young people together to share their faith and build bridges with people from other cultures. World Youth Day was originated by Pope John Paul II and is held internationally every two to three years in a different host city. The 2008 event will see the first visit of Pope Benedict XVI to Australia. To keep up with events, visit www.wyd2008.org.

LEGISLATION



Living Will. If you have a living will or are thinking about creating one, you should know about the Will to Live, the pro-life living will. The Will to Live allows you to specify particular kinds of medical treatment which may be withdrawn when death is imminent or in the final stages of a terminal illness, but it contains a general presumption in favor of life, presuming that you wish to continue to receive those treatments and benefits, including food and water, which you have not specifically directed be withdrawn. It also allows a pregnant woman to direct that measures that may save her unborn child be continued even if futile for her own survival. Through its Will to Live project, National Right to Life provides downloadable versions of the Will to Live conforming to the laws of each state. To obtain a copy of your own state's Will to Live, visit www.nrlc.org and click on the link for "Will to Live."

Food and Drug Administration, Office of Women's Health, has available its newly revised Pregnancy Exposure Registry website. As more women of reproductive age live with and take medicines for chronic diseases, the question of whether these drugs can be safely taken during pregnancy becomes critical. For more information as well as a wealth of other information about safe pregnancy, please visit www.fda.gov/womens/registries/default.htm.



Become aware of farm issues and learn about the lives of those who grow our food. The National Catholic Rural Life Conference seeks to influence U.S. farm and food policy to reflect the principles of Catholic social teaching, which include human dignity, the common

good, the preferential option for the poor, and the integrity of creation. Its areas of concern include the rights of agricultural workers, the availability of healthy foods, stewardship of the environment, and the quality of rural life. To learn more, visit their website at www.nrlc.com.

Stem Cell Update. A recent issue of *Catholic Update* featured questions and answers on stem cell research and human cloning. Did you know that Canada and several European countries have banned embryonic stem cell research and that adult stem cells, the appropriate use of which the Church supports, have been used successfully in bone marrow transplants and to treat people with Parkinson's disease, spinal cord injury and other conditions. If you want to understand this issue better, you can order extra copies of *Catholic Update* (minimum 10 for \$.39 each); subscriptions are also available. Visit www.AmericanCatholic.org.

In the aftermath of the failure of immigration reform in Congress, many state and local governments are taking matters into their own hands and passing legislation which

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LEGISLATION, CONTINUED

bans the provision of certain services to undocumented persons. Contact your state legislators or representatives in county and city government to learn what is happening in your area so you can make your voice heard.

The American Psychological Association (APA) recently reported that the many sexualized images of girls and young women in media,

including music lyrics, music videos, magazines, and television, is detrimental to girls' healthy psychological and emotional development. "Sexualized images" were defined as ones that portrayed a person's value as coming primarily or exclusively from her sexuality and that show a person being made into a sexual object. The Chair of the APA Task Force concluded that parents, schools, and health professionals

must contribute to creating a society that "replace[s] . . . sexualized images with ones showing girls in positive settings—ones that show the uniqueness and competence of girls. The goal should be to deliver messages to all adolescents—boys and girls—that lead to healthy sexual development." To see the full text of the report's Executive Summary, go to www.apa.org/pi/wpo/sexualizationrep.pdf.

ORGANIZATION

Busy! Busy! Busy!

Time Management Hints for Leaders

Remember, no one has any more time than you do. A busy woman gets things done because she simply has learned how to manage her time. How successful you become will be directly proportional to how well you manage and utilize time. A few tips:

Respect time. Don't waste it. Don't worry it away. Let God do the worrying for you.

Analyze and budget your time as you do your cash flow. Analyze tasks and note the time needed to get something done. Budget accordingly.

Make a TO DO list. Do the tasks you don't like to do first when you have more energy; cross them off your list.

Keep a pocket calendar and update it daily so you don't double-book yourself!

Reward yourself for tasks accomplished—in other words, pat yourself on the back periodically. Boosts morale!!

Effective Listening Skills for Leaders

- ✓ Stop talking!
- ✓ Use body language—demonstrate that you want to listen.
- ✓ Concentrate on what is being said — the content, not the delivery.
- ✓ Don't jump to conclusions—listen to the whole story before responding.
- ✓ Stop talking!
- ✓ Listen for ideas—be open! Often something that may seem very impractical can be adjusted or changed slightly to become a wonderful project or activity.
- ✓ Ask questions so you don't misinterpret—make sure you are on the same wave length.
- ✓ Take notes—don't rely on memory.
- ✓ Stop talking!

Dues Votes and Notes. At the Columbus convention in September, the membership voted to increase dues. The new dues structure goes into effect as of January 1 for the 2008 membership year.

Arch/diocesan Council	\$200
Parish Interparochial	\$ 75
Deanery/District/County	
Vicariate/Area/Region	\$ 85
State Organization	\$150
National Organization	\$150
Individual Member	\$ 25

Council-sponsored radio. The Columbus, Ohio, council received a grant to host a radio program on their Catholic radio station. Is this something your diocese could pursue? What a daunting task, but it provides a wonderful educational resource for Catholic women. If a radio program is not a possibility for your area, maybe a short ad on your local radio station or TV station could be done, focusing on a specific topic that would meet a need for the Catholic women in your diocese or just promoting Council!

Portland, Oregon, did a promotional and informational CD about their Council and NCCW programs. The CD provided NCCW history and the history of their own archdiocesan council, along with publicizing all the

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ORGANIZATION, CONTINUED

good that they have done and are continuing to do. Think about developing a CD promoting your diocesan CCW. What a wonderful way to publicize and brag about all the good council works and programs!

As I read the many newsletters from around the country, I have noticed that many arch/diocesan councils have a council scholarship program. If your diocese does not have a CCW scholarship program, this may be the time to initiate this kind of program. In my own diocese we encourage our parish affiliates to hold a fundraiser once a year and designate the monies made to be donated to the Diocesan Council Scholarship fund. Each year women from these affiliates who have a financial need are able to apply for a scholarship. This program encourages women to attend conventions, conferences, or programs which they would not otherwise be able to attend. Of course, the amount and number of scholarship awards granted depends on how much money is donated to the scholarship fund, but I can say we have helped countless women of all ages, even some of our teenagers, to develop their talents and grow in faith. Criteria for setting up the scholarship awards and who qualifies can be designed in many different ways—depending on the needs in your specific area.

Our Cheer. Do you remember this cheer from your high school pepfests (of course your school was named—not council). Isn't enthusiasm also needed in our councils? A cheer once in awhile could help!!!!

2 BITS

4 BITS

6 BITS

A DOLLAR

ALL FOR COUNCIL STAND UP

AND HOLLER. YEAH!!!!!!!!!!!!!!!!!!!!!!

Bulletin Board • Fall 2007

Pat McGill, a very gifted motivational speaker and writer, was my mentor and the woman who encouraged my involvement in Council many years ago when she was serving as our diocesan council president. Some years ago, she moved from Minnesota and became a professional motivational speaker. She often has articles in a magazine called *Womeninc*, published in southern Minnesota. Her most recent article is "Pat's Top 10 Ways to Find Joy No Matter the Journey." She says, "I've always believed that loss of enthusiasm wrinkles the soul." Sometimes our journey in life becomes very difficult and it is easy to lose enthusiasm. With her permission, I would like to share her 10 points for maintaining your enthusiasm.



Desire your life. Embrace the changes, as they are necessary and constant.

Manage yourself. Value relationships with people who tell you what you need to hear, not what you want to hear.

Connect with others. Gather wisdom, strength, and confidence. Ask, Listen, Listen, Listen, Act.

Just breathe. Deep breaths help you stay in the present.

De-clutter. Clean out your mind and your closets and drawers, if they need it.

Free yourself. Allow time to move and be moved. Sing, laugh, dance, walk, meditate.

Dress the part. Wear clothes that fit your body and your soul. Accessorize accordingly.

Decorate your world. Surround yourself with what looks, feels, and smells beautiful to you—fresh flowers, flowing curtains, a scented candle—whatever appeals to you.

Spread the love. Your spirit reflects your beauty as much as your face does.

Have faith in God and yourself. Continue to believe in yourself, your goals, your dreams—and anything or anyone else you hold dear—keep God in the center of your life.

Visit her website, www.patmcgill.net, to view some of her topics. She is a very faith-filled and dynamic speaker and writer.

Many dioceses sponsor spiritual enrichment days. What a wonderful opportunity encouraging women in their growth in faith. If women are not able to attend for a whole day — maybe a couple hours in an evening!

Utilize resources in your immediate area. Most areas have many gifted speakers who could be asked to participate and the cost could be kept low.

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ORGANIZATION, CONTINUED

Leadership. A person may be "in control" because she has been appointed to a position. Being a good leader is more than being in control. In one of John Maxwell's books on leadership, the question he asked was: "are you a boss or are you a leader?" He made the following comparison:

A Boss inspires fear. The Leader inspires enthusiasm.

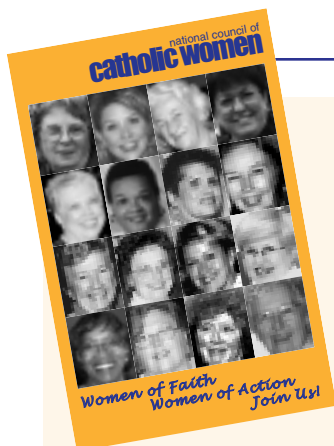
A Boss says "I." The Leader says "We."

A Boss knows how it is done. The Leader shows how.

A boss says "go." The Leader says "Let's go."

These are key statements because they really define good leadership. Good leadership inspires enthusi-

asm, gets women to work together to accomplish a project, helps and empowers other to do, but doesn't control or dictate! Consider these attributes as you fill your leadership role in council!



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It is those I consider to pursue.

—Tim Redmond

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