

## *Our Catholic Voice*

February 2021

*We are the Voice of Catholic Women everywhere: from the Women in the Pews of the local parishes to the Deanery Councils, Diocesan Council, the Province of Saint Paul/Minneapolis, the National Council (nccw.org) and WUCWO (World Union of Catholic Women's Organisations wucwo.org) our International parent organization. This is one of the ways we share information up and down the lines of communication.*

### *MISSION STATEMENT*

*The St. Cloud Diocesan Council of Catholic Women acts through its affiliate organizations to support empower and educate all Catholic women in spirituality, leadership and service. DCCW programs respond with Gospel values to the needs of the Church and society in the modern world.*

Contact us: [stclouddiocesanccw@gmail.com](mailto:stclouddiocesanccw@gmail.com)

Website: [stclouddccw.org](http://stclouddccw.org)



Saint Cloud Diocesan Council of Catholic Women

## PRESIDENT'S MESSAGE

LINDA SCEPUREK

I'm looking forward to a much better 2021, when we can meet in person without fear of the Covid 19 virus.

Hope all are well and things in your household are back to some normality. Three of my family members have received the vaccine so far, without side effects. I'm waiting for my work to offer it.

Some members have been working very hard on the Annual Lenten Retreat. I just saw the posting that is going in the February issue of "The Central Minnesota Catholic." It looks great. Thank you all.

Things are opening up here. Mass attending is growing. We have Adoration, six days a week from 9 AM to 8 PM. Religion education will be starting on the 13<sup>th</sup> in person for grades 1-5. Older grades do the ALPA programs on line.

At work, Knutson Nelson did a restructure, so now I'm looking forward to more time for my daily reading, attending Thursday night rosary & Divine Mercy Chaplet, plus some extra adoration hours. Also, my children have several trips planned for me.

We can be sure that the Light of Christ is focused over us.

- 1) It breaks through when we sit in prayer, in openness to the healing order of the universe; prayer not only for us but every person.
- 2) When we just plain stand in awe of the heavens and see their perfect order.
- 3) Pay attention to what is happening around us in everyday living.
- 4) Reach out with a "how are you" or "how can I help".
- 5) Join others in action to save our precious earth- (like picking up garbage when going for a walk).



## **FAMILY LIFE AND COMMUNITY CONCERNS**

Family Life and Community Concerns in our families and community have taken on a whole new awareness with the spread of coronavirus. For years many of us were busy all the time getting in the car almost daily to head to church, out for coffee, to bible study, to babysit for grandkids or heading to many important meetings, planning sessions or helping serve at funerals. What a change a virus can make in our lives! We stay home, had to learn zoom to visit with our children and grandchildren and had to be home on the computer to attend Grandparent's Day.

We still do wonderful, positive deeds that help others and during 2021 we will keep finding new ways to spread goodness and kindness and help each other. Don't forget to ask someone what they may be needing.

- Stay home - Even if you feel as though you're sitting around doing nothing, staying home is the best thing you can do now.
- Check in - Call your friends and neighbors and say prayers together over the phone. Your friends also may need emotional support so send handwritten notes or cards of encouragement.
- Make deliveries - If you have extra time consider doing a grocery run for someone who would benefit from the kindness. Add one of your extra prayer cards, the church monthly missalette or the bulletin in the bag when you drop it on their doorstep.
- Spread Good News - There is a lot of bad news out there, so commit to sharing a little kindness and good news. Try reading every article in The Central Minnesota Catholic and share what you read.

We can be so thankful that our parents and grandparents taught us priceless family values that we use during these coronavirus times. We still love and serve our Lord and grow in our faith but mostly from our homes. Keep reading, praying and take care of each other!

*Evelyn Budde, Chair*

## **REMEMBER OUR FARMERS**

### **ST. ISIDORE**

He is the patron of farmers, and his feast day is May 15th. Please pray for them every day.

#### **Prayer:**

God, through the intercession of St. Isidore, the holy Farmer, grant that we may overcome all feelings of pride. May we always serve You with that humility which pleases You, through his merits and example.

## ORGANIZATION REPORT

Membership is always a problem in any organization. We need to spread the word that we are here, that we want women to join us. We should let women know that we need them as much as they need us. We, as women, have so much to offer, so much to share.

What have I gained by being a member of the Council of Catholic Women? I have gained strength in my beliefs and have come so far on my faith journey. The growth in me on my journey has filled me with a need to help other women be at peace and find the light that will fill their souls. Also, that they may find their lives enriched by being part of a team. A team that has heart and vision. A team that feels the importance of sharing their faith, their light, and their time.

Being part of this team has brought many new women, new friends into my life. If I can help just one woman feel the presence of something bigger and brighter in her life, I will feel like I have succeeded.

Since I have welcomed the Holy Spirit into my life, I feel real joy. I want to share that joy with others.

Will you join me in welcoming women to join us on our journey. This past year has been very tough on many people. It has probably made many look at their lives in a completely different way. Maybe this is the time for each of us to reach out to others, to join us.

Let us bring the spirit and light to others. Let us start by sharing our lives, what we have, what we do and what we believe.

Here is a Poem written by Wes Smith and given to Fr. Greg Miller. Fr Greg shared it Sunday am at Mass.

“Do all the good you can  
By all the means you can,  
In all the ways you can,  
In all the places you can,  
At all the times you can,  
To all the people you can,  
As long as you ever can.”

*Linda Borgerding, Chair*

## LITTLE FALLS DEANERY

Christmas this past year was different for everyone with the Covid, but I was able to help clean and decorate the church for the season. My husband and I gave rides to church for a lady from our parish who is unable to drive in the winter.

Adoration still continues in some area churches.

I was able to make phone calls and send cards of encouragement to shut ins.

The Little Falls Deanery is in charge of Fun, Food & Fund Day this year. It will be held on Thursday, June 24th, 2021 at Holy Family Church, Belle Prairie. A silent auction at this event is the St. Cloud DCCW'S major fundraiser. Items can be donated by all St. Cloud DCCW board members, individuals, parishes, and all deaneries. Suggested items shall be one @\$20 or 2@\$10. Let's all mark this date on our calendars for June to make it a successful and fun day. Please Contact one of us: [nnaenelrad@yahoo.com](mailto:nnaenelrad@yahoo.com), [cwanne@yahoo.com](mailto:cwanne@yahoo.com)  
[lindascepurek@hotmail.com](mailto:lindascepurek@hotmail.com)

May everyone stay safe and healthy.

*Darlene Nix, President*

## THE YEAR OF SAINT JOSEPH HAS BEGUN!



### Pope Francis' Prayer to Saint Joseph

Hail, Guardian of the Redeemer,  
Spouse of the Blessed Virgin Mary.  
To you God entrusted his only Son;  
in you Mary placed her trust;  
with you Christ became man.

Blessed Joseph, to us too,  
show yourself a father  
and guide us in the path of life.  
Obtain for us grace, mercy and courage,  
and defend us from every evil. Amen.

### Is the Lily associated with St. Joseph?

The lily is associated with St. Joseph, spouse of Mary, through an ancient legend that he was so chosen from among other men by the blossoming of his staff like a lily. Likewise, the biblical passage, "The just man shall blossom like the lily" is applied to St. Joseph in the liturgy of the Roman Catholic Church.

## MELROSE/SAUK CENTRE DEANERY

It has been very quiet this year, not much happening. We were able to hold our fall meeting. We met in New Munich, on October 15<sup>th</sup>, 2020. Father Dan Waltz said Mass for us, he also performed the installation of our new president Melissa Sakry.

After the mass we had a short meeting. We then listened to a session of the Wild Goose series by Fr. Dave Pivonka. We followed up with a discussion of the session led by Jackie Massman and Jean Zwilling.

I do think everyone enjoyed the video, and the discussion. I think we should do more of these types of activities. It gets everyone involved and gives each of us a spiritual uplift.

As the outgoing president of this Deanery, I would like to say thank you to all you wonderful women. I have felt very welcomed by all. Everyone was so willing to help out. I could not have finished this commitment without you all. I had only been to a few deanery meetings prior to becoming president, so your help was so needed.

Thank you!  
In faith,

*Linda Borgerding, Past President*

## INFORMATION TECHNICIAN

It's been an interesting time for all of us and we are learning things we never dreamed of when we were young. Right now, we are working on our virtual Annual Lenten Retreat. You'll see posters and flyers starting now.

It is my hope that you will try to attend. You can do it from your computer, in your own home, the sound will be great, the temperature as you like it and the food will be of your own choosing. The topic, "Saints Among Us" should be of interest to all.

If you don't find the link, please contact me at [stclouddiocesancw@gmail.com](mailto:stclouddiocesancw@gmail.com) or [aroelike8@gmail.com](mailto:aroelike8@gmail.com). I'll send it to you.

*Aleen Roelike*

## NCCW NEWS

### Councils Honor Our Priests, Seminarians and Spiritual Advisors

The Spirituality Commission has focused on praying for, honoring and celebrating our bishops, priests, seminarians and spiritual advisors. Following are just a few of the unique resources created for you to use in your own councils--click the [blue underlined links](#) to download them straight to your computer!

#### [Prayers for Priests Resource](#)

This resource includes a variety of prayers created by the Spirituality Commission to honor and pray for your priests on various occasions. Some examples include "Prayer for Priestly Ordination", "Prayer Welcoming a Priest to the Parish", and "Prayer for Birthday of a Priest".

#### **Ideas for Prayer Activities:**

- Develop a prayer card personalized with priests' names and pray together as a parish.
- Make a daily listing on social media the name of a priest, seminarian or bishop for everyone to pray for.
- Obtain a list of diocesan priests and seminarians including their names, addresses, birthdays and ordination dates. Each CCW member takes one and promises to pray for that person.
- Start an apostolate for your Bishop. Have each council sister pray at adoration or one hour a week on a particular day for the spiritual, physical, and emotional well-being of their bishop and for his ongoing relationship with Our Lady. The commitment is for a year, with women choosing different days so their bishop is covered with prayer on a daily basis.
- During the month of October, participate with various parish ministries and committees - parish council, Knights of Columbus, Christian Mothers, etc., and volunteer for a week to have someone of their organization write a note daily to their pastor about something they appreciate about him. Reported as the happiest month of the year!
- Say prayers for the families of priests and seminarians and that more vocations will arise in families.
- During May, honor the mothers of priests for Mothers' Day.

#### **Other Activities to honor your Priests:**

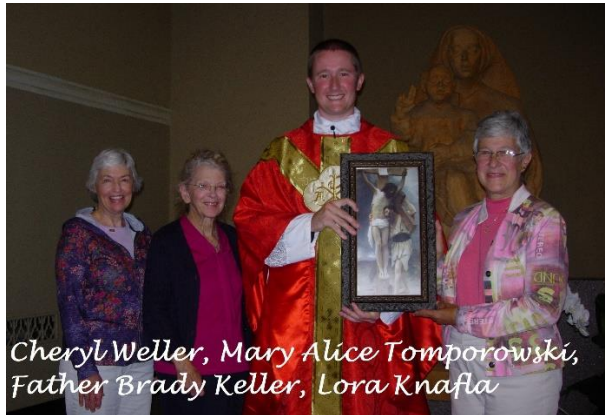
- Card showers - create cards of appreciation or "thinking of you"; send a spiritual bouquet - especially remembering retired priests.
- Gift Card Showers for Seminarians – to the many places young people like to frequent: restaurants, fast food, movies, gas cards, book stores, credit cards...
- Remembrances of Birthdays and Anniversaries of Ordination - possibly with pot luck dinners, a cake for the occasion, a special personalized gift.
- For talented sewers, use the [NCCW Priest Stole Directions](#) and [NCCW Priest Stole Pattern](#) to create a custom NCCW stole with cross stitch pattern for your priest.
- During this pandemic time, sew masks for priests and seminarians.

#### **Especially for Spiritual Advisors:**

- [The Installation Ceremony and Presentation of Advisor's Pin](#)
- [Certificate of Appreciation](#) acknowledging gift of Magazine subscription and full access to all Member Resources

**Do you have an idea your Council has developed not included here?** Send it to NCCW, so it may be added to this resource.

## GIFTS FOR THE PRIESTS ORDAINED IN 2020!



**Father Brady Keller** receiving a gift represented by DCCW past President Cheryl Weller, Saint Cloud Deanery President Mary Alice Tomporowski, and DCCW Treasurer Lora Knafla.



**Father Patrick Hoefl** received his gift from Past President Eva Koep.



**Father Tom Skaja** received his from Past Province Director Irene Schmidt and DCCW Treasurer Lora Knafla.

Thanks to the generous donations we receive from the attendees of the Annual Fun, Food and Fund Days held each June, we are able to give the newly ordained a remembrance of their ordination day. Fun, Food and Fund Day is our only fundraiser, money raised that day is used for our programs and other donations we make during the year. This Year's FFF Day will be held [Thursday, June 24th, 2021 at Holy Family Church, Belle Prairie.](#)



# “THE SAINTS WITHIN US”

## Annual Lenten Retreat



March 13, 2021

Virtual

Connectivity link:

[Webinar Registration - Zoom](#)

[www.stcloudccw.org](http://www.stcloudccw.org)

Sponsored by the St. Cloud Diocesan Council of Catholic Women

- 9:00 am - Introduction
- 9:15 am - Litany of Saints, Mathew Kelly video, We Need Saints, Personal Saint stories
- 9:45am - Speaker, Ginny Duschner, “WWSTD” “What Would St Teresa do?”
- 10:30 Break (stay logged in)
- 10:45 am All about Saints Q&A Panel
- 11:45 am When the Saints Come Marching In, Personal Saint Stories
- 11:50 am Linda Scephurek DCCW President, remarks
- 12:15 pm Live Streamed Mass (Sacred Heart Church, Sauk Rapids)

**Register online! There is no registration fee.** We appreciate any **free-will donations.** Please make checks payable to St Cloud Diocesan CCW.

They can be sent to:

Lora Knafla, 11719 16<sup>th</sup> Avenue NW, Rice, MN 56367.

Thank You!!

**More information:** Call Sheri Streasick (320-805-0010), Linda Borgerding (320-293-1839) or [stclouddiocesanccw@gmail.com](mailto:stclouddiocesanccw@gmail.com)

Recorded sessions will be available on YouTube after the event through a link on our website. Please feel free to access and share with your local Catholic women’s groups.

# LENTEN FASTING & ABSTINENCE



## Fasting

Ash Wednesday  
Good Friday

Ages 18-59

## Abstinence

Every Friday  
during Lent

Ages 14+

## How do we fast?

When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal.

## Am I excused from fasting and abstinence?

Those that are excused from fast and abstinence outside the age limits include the **physically or mentally ill** including individuals suffering from **chronic illnesses** such as **diabetes**. Also excluded are **pregnant or nursing women**.

For more information on fasting and abstinence, visit [usccb.org](http://usccb.org).



## SAVE THE DATE

”

February 17, 2021 Ash Wednesday

February 17 to March 28, 2021 40 Days for Life,

Online: <https://stcdio.org/respect-life/forty-days-life/>.

Or

Email [judy4life@meltel.net](mailto:judy4life@meltel.net) or call 320-453-7592

February 23, 2021 ACCW Digital Retreat “Living Merciful”

February 27, 2021 Catholic Men’s Conference,

Virtual <https://stcdio.org/catholic-mens-conference-2021>

March 4, 2021 NCCW 101<sup>st</sup> Birthday

March 13, 2021 Saint Cloud DCCW Annual Lenten Retreat, [stcloudccw.org](http://stcloudccw.org)

March 26, 2021 Smelt and Fish Fry Saint Mary’s Church Upsala, MN

March 31, 2021 **Catholics at the Capitol**, *registration deadline*

<https://www.catholicsatthecapitol.org/register>

*April 1, 2021 to May 1, 2021, NCCW Voting*

*April 4, 2021 Easter*

April 15, 2021 **Catholics at the Capitol, 7 a.m. - 4 p.m.**, *RiverCentre/State Capitol*

*June 12-13, 2021 Saint Paul-Minneapolis Province Conference Mary, Help of Christians, Saint Augusta, MN*

*June 24, 2021 Fun, Food and Fund Day, Holy Family, Belle Prairie, MN*

*July 29, 2021 World Day of Prayer for Grandparents and Elderly*

August 25-28 2021 NCCW Convention Arlington, VA

<https://www.nccw.org/nccw-convention/>

November 1-5, 2022 NCCW Convention, Minnesota