

# SDCCW Fall Newsletter 2019

*Superior Diocese*

*Council of Catholic Women*

Coming Up!

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## October

5 South Central Open Meeting – *Sheldon*

15 Madison – St. Maria Goretti Parish – *A Day of Renewal* – June Weiss

26 Fall Retreat – *Cameron* – Danielle Hendricks

## April 2020

18 GreenBayAssembly

## June 2020

SDCCW Convention – *Rice Lake*



'We Are Called To Witness'



*SDCCW Board Members at the recent Fall Board Meeting*

### 2019 Convention



*Officers L-R: Denise Anderson, Treasurer; Barbara Gagliardi, Past-President; Katie Zimmer, Secretary; Jane Schiszik, President-Elect; Karen Firnstahl, President*

*Pax Christi Finalists, Bishop Powers*



**Karen Firnstahl**

## *President's Message -*

As I sit out on the deck having my coffee, the birds are singing, the deer and turkeys are out and about. The Lord sure has blessed me with such a beautiful morning.

A whole year has flown by as being President. We had an excellent convention at Holy Rosary. Of the 33 evaluations I got back, everyone enjoyed it. Both the speaker, Judy Hehr, and Bishop Powers talks were excellent. I want to personally thank everyone for all the help setting up and taking down at the convention.

I flew to National Convention on Delta airlines - the first time on a big plane. When I got on the plane the pilot asked was I Karen Firnstahl and this is your first time flying? I thought he wasn't going to let me fly home. When I said yes, he told me to go into the cockpit and talk to the pilots in there. They said that they would get me to Madison safely. How cool was that! But there were 3 pilots on the plane, so they could take this little old lady down in a heartbeat.

At convention Judy Hehr saw me across the room and she yelled, "Karen!", and came and gave me a big hug, and she was telling everyone I was her best friend. She gave me many more hugs all through the convention. She sure is a sweetheart. A lot of nice vendors were there. The speakers were awesome. A lot of talk about abuse and sex trafficking, which we really need to promote to try and stop it.

Service was 'recycle and reuse' Use glasses instead of paper and plastic - we are to go green. There are 600,00 square miles of trash between California and Hawaii, 64 pounds of trash was found in one whale! By 2050 half of earth's species could go extinct unless we all address it. Protecting our planet begins with you and do it now. When you're walking or jogging, pick up the trash (trash tag), and take a photo before and after you clean up an area. Share the photo with NCCW Facebook and even your local newspaper.

National convention in 2021 will be in Minneapolis, MN Let's all plan to attend! Hopefully we can take a couple of busses. Let's plan ahead for a fun time.

KAREN FIRNSTAHL PRESIDENT  
SUPERIOR DIOCESAN COUNCIL OF CATHOLIC WOMEN



**Jane Schizik**

## *President - Elect's Message –*



**NCCW CARING for GOD'S CREATION** was the theme for the 2019 NATIONAL COUNCIL of CATHOLIC WOMEN'S CONVENTION held in Atlanta, Georgia, August 21 – August 24, 2019.

In sync with the theme Caring for God's Creation here are some practical suggestions on how you can care for all God's creation. This information is contained in a handout produced by the NCCW

Leadership Commission. It is available online – check the [sdccw.me](http://sdccw.me) website.

**CARE OF THE COMMON HOME**

**MICROWAVE OVENS ENVIRONMENTAL AND HEALTH DANGERS**

### **Workers Needed for God's Vineyard**

- Seeking Catholic women residing in the Diocese of Superior interested in being an important part of the Board of the Superior Diocesan Council of Catholic Women
- What is needed is *You* to share *Your* gifts of time, creativity, ideas, and talent
- To work together with one or two women to promote a Service Project
- To work together with one or two women to promote a Spirituality Project
- To work together with one or two women to promote a Leadership Project
- To find the gift of joy when working together as Council Women
- Help educate and share ideas on how to Care for God's Creation
- Benefits include acquiring new lifelong friendships
- Putting one's faith into action
- Making a difference in someone's life
- Turning challenges into opportunities
- **"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."** Saint Teresa of Calcutta
- Please contact Jane Schiszik at [janeschis@hotmail.com](mailto:janeschis@hotmail.com) or call 715-748-5240

One of the most significant changes you can make it your home is to get rid of your microwave. Replace it with a small convection oven or toaster oven. Microwaves emit thousands of EMF (Electro Magnetic Fields). The voltage of these EMF's causes biological harm, due to the creation of free radicals which destroy the nuclear DNA which leads to mitochondrial dysfunction which is the core of most chronic diseases. **Reference:**

<https://articles.mercola.com/sites/articles/2010/18/microwave-hazards.aspx>

#### **PLASTIC WATER BOTTLES**

Each week, Americans buy enough plastic water bottles to circle the Earth five times! The EPA estimated 14.7 million tons of plastic container and packaging were generated in 2015. A few solutions: carry our own water bottle, replace styrofoam cups and bottles with reusable mugs and glass bottles.

#### **CLOTH DIAPERS VS DISPOSABLE DIAPERS**

Mom's check into switching to cloth diapers – they are easier to use, as easy to maintain as doing a load of laundry and are better at containing those 'explosive diaper blow-outs'!

#### **WATER CONSERVATION**

Next to air, water is our most precious resource. Everyday US households use 510,360,000 gallons of water. That is 400 gallons per household per day. What one can do: dispose of medicine/drugs in a collection receptable in your area. Don't wash outdated drugs down the sink! Using collection receptables keeps them out of the water supply and helps preserve the integrity of our water sources. Conserve water: use low flow faucet aerators, limit your shower time, replace your toilet with a newer model.

#### **WANDS FOR WILDLIFE**

Ladies save and recycle your used mascara wands. The used, clean, wands can help clean wildlife after they are rescued from disasters like oil spills.

#### **We all need to Commit to REDUCE-REUSE AND RECYCLE!**

Jane Schiszik, SDCCW President-elect

### **Commissions and Committees**

#### **Leadership – Gayle Johnson**

As we start the new work year of Council of Catholic Women, as your Leadership Chair, I wish to give you the 2019 Resolutions passed at the National Convention in Georgia this August. A good use of them would be to discuss and act on one Resolution at different meetings in your local parishes.

#### **Suicide Awareness**

Purpose: To increase awareness of the factors surrounding suicide and how to address the issue.



**Gayle Johnson**

**Whereas,** Suicide is the tenth leading cause of death in the United States and affects all people, regardless of age, gender, socioeconomic status, nationality, (National Institute for Mental Health, n. d. Suicide in America, Frequently asked questions: <https://www.nimh.nih.gov/health/publicaction/suicide-faq/index.shtml>) and

**Whereas,** Suicide awareness aims to help people find treatment that encourages them to discover healthier ways to cope.

**Resolved,** That NCCW members expand their knowledge of the risk factors, warning signs, and treatment available.

**Resolved,** That NCCW members publish the National Suicid Prevention Lifeline number of 1-800-273-8255 and

**Resolved,** That members of NCCW unite in prayer to include our NCCW rosary for Peace and Healing, for those who have thoughts of suicide, for those who die by suicide, and for their survivors.

### **OPIOD CRISIS AFFECTING OUR NATION**

Purpose: To increase awareness of the opioid misuse crisis affecting our nation, and to encourage prayer and action by the members of the National Council of Catholic Women (NCCW) that will bring hope and healing to the nation.

**Whereas,** Opioid misuse is a serious national crisis that affects public health as well as social and economic welfare.

**Whereas,** Our NCCW mission is to support, empower and educate all Catholic women, especially on issues affecting women and their families: and

**Whereas,** Our Catholic faith compels us to choose hope and action in the face of a crisis.

**Resolved,** That NCCW members and affiliates organize Masses and/or prayer services, and pray our NCCW prayers for those addicted and for the companions and caregivers of those addicted, with the intention of hope and healing for all affected by the opioid crises; and

**Resolved,** That NCCW members support co-operative government agencies, social services and nonprofit organizational that are already in the struggle against opioid addition.

### **REUSE PRODUCTS AND REDUCE CONSUMTION**

Purpose: Reuse products and reduce consumption to care for God's Creation.

**Whereas,** Pope Benedict XVI said, "We are all responsible for protection and care of the environment. This responsibility knows no boundaries." (Celebration of World Day of Peace, January 1, 2010)

**Whereas,** Haley Stewart in the The Grace is Enough wrote, "We are designed to love truth, beauty, and goodness, which are attributes of God. Throwaway culture fights against this natural desire"; and

**Whereas,** In Laudato Si/Pope Francis tells us, "When people become self-centered and self-enclosed, their greed increases. The emptier a person's heart is, the more he or she needs things to buy, own, and consume." (404).

**Resolved,** that members of NCCW pray that everyone becomes more aware and informed of the beauty of nature, advocates for a healthy planet to leave for future generations, and prays our NCCW Prayer for Care of Creation.

**Resolved,** That members of NCCW reuse items as much as possible, and invest in and use reusable items, and

**Resolved,** That members of NCCW be more aware of what is really necessary and



**Michelle Rochel**

reduce consumption of unnecessary items in their lives and focus on those items that bring joy to their lives, sharing with others in need.

Call 715-266-5681 or e-mail buddymax@yahoo.com, If I can be of help or answer any question you may have. The leadership commission is here to help you. Gayle Johnson

### **Service – Michelle Rochel**

I am attaching a link to a letter a mom wrote whose daughter completed suicide.

[https://m.facebook.com/story.php?story\\_fbid=2414367832142416&id=1389927291253147](https://m.facebook.com/story.php?story_fbid=2414367832142416&id=1389927291253147)

Ask the questions. Be available. Watch for the signs (or no signs) in this case. It is time to openly talk about anxiety, depression, and other mental illnesses. It is OK to not be ok. It is time to get rid of the stigma.

Last week, our neighboring community lost a 14-year-old boy due to a completed suicide. I think it is the 3rd or 4th suicide in the last year/year and a half for this town.

And, be kind to all you encounter. You don't know the struggles others have. A warm smile and being felt worthy of love is HUGE.

Michelle Rochel

### **Sisters' Forum – Sr. Cecilia Fandel, OSM**

The Latin American Exchange sisters from Mexico City, will be arriving on Sept 26. They will get acquainted with all the parishes they'll be working with in Rusk and Barron County until Oct. 4 and then going for a 6 week enculturation session all the other LA Exchange Srs in the US until beginning of November.

Their names are Srs Gabriela Luna Diaz, Juana Celaya Ruiz, Gabriela Martinex Tinajero. Pray for the success of their labors among our Hispanic brothers and sisters here in the diocese.

God be with you,  
Sr. Cecilia

### **Respect Life – Patti McCormick**

If the pro-life movement had never existed: .....It's a virtual certainty that every public school and university in America would have either an onsite abortion clinic or a contact with a nearby abortionist. ....there'd be no debate about paying for abortions in national healthcare because the government would have been funding them since day one. ....the right- to-life of the unborn would not even be discussed in either the public arena or political process, because there'd be no one defending such a right. ....there would be no polling data documenting the dramatic shift toward the pro-life position.....especially among young people. ...we would not see the faces of children with conditions like Down Syndrome----not because they'd been cured but because abortion



**Sr. Cecilia Fandel, OSM**

## 100 FOR 100 Giving

These are just a few of the words from Maribeth Stewart Blogoslawski in the most recent Catholic Woman magazine: "I am writing about securing a future for our beloved National Council of Catholic Women. As I hope you are aware, NCCW is celebrating our 100<sup>th</sup> birthday on March 4, 2020. We have been fulfilling our mission of supporting, empowering, and educating all Catholic women in spirituality, leadership, and service since 1920.

This letter is to share with you the need to secure the future of our NCCW financially as we go into the next 100 years. We need to establish a reserve account and if possible, an endowment fund to ensure our financial stability in the future. In order to kick-start our reserve and endowment fund request, we are asking that you consider a tax-free donation in multiples of 100 to celebrate our 100 years. Any amount you can give is most deeply appreciated.

Donations can be made by check or via the website [www.nccw.org](http://www.nccw.org). The donate button is located on the homepage of the website or members can log in to donate. Be sure to indicate 100 for 100 in the comment area online or on the memo line of your check. You can also call the office to donate. Thank you very much for your kind consideration of this request and just as important, thank you for your prayers and work offered as a valued member of our NCCW.

would be the accepted "treatment" for every imperfect baby .....there would be no crisis pregnancy network to help women who don't want an abortion because abortion would be the default position for every unplanned pregnancy. ...and the list goes on....THE BOTTOM LINE IS.....WITHOUT THE PRO-LIFE MOVEMENT, AMERICA WOULD HAVE EVOLVED INTO A COUNTRY WHERE KILLING OF AN UNBORN CHILD HAS NO MORE SIGNIFICANCE THEN THE PULLING OF A TOOTH. \*Since 1973 when abortion was accepted as legal in the U.S., nine states have legal, physician assisted suicide, and other states are following suite as we speak. These states are: District of Columbia, Hawaii, Maine, New Jersey, Oregon, Vermont, Washington, Montana, and California. Since 1998, 4,249 prescriptions for these drugs have been written. \*The statistics show that 92% of women who undergo an amniocentesis for a Down's Syndrome fetus, decide to abort....soon we will not see Down's Syndrome children in this world. What a shame! \*The morning after pill has been used by 6 million women since it went on the market in 1998. It can be purchased without a prescription in some states. RU486 (mifepristone) basically causes the lining of your uterus to shed -- so your pregnancy can no longer continue because the egg will have nothing to stay attached to. Then, the misoprostol will cause uterine contractions. This allows your uterus to be emptied. \*The organization, Exit International, has paid members and is an organization that encourages euthanasia and suicide. Hundreds of people are busy talking to each other about the best methods to commit suicide. An ebook copy of Dr. Nitschke's book on euthanasia, boasts where to go, what drugs to use and a test kit to make sure your suicide drugs are pure. Dr. Nitschke's medical license in Australia has been suspended pending an investigation of his practices. \*87% of babies with Cystic Fibrosis are aborted today. \*Planned Parenthood of the Rocky Mountains gave it's Aurua abortion clinic, an award for increasing the number of babies killed in abortions. \*Quebec became the first Canadian Province to legalize euthanasia in a vote of 94 to 22. Since it became legal, 3,714 have died by these drugs. \*In Belgium, euthanasia deaths skyrocket as doctors kill five people every day. The numbers have gone up 27% in one year. Over 30% of Euthanasia Cases in Belgian Region, Did Not Give Consent. \*Infanticide is making a comeback. Princeton University's bioethics professor Peter Singer became famous by claiming that newborn babies are killable because they have not yet developed the cognitive capacities to be considered a "person." He wrote in Rethinking Life and Death, "Since neither a newborn infant nor a fish is a person the wrongness of killing such beings is not as great as the wrongness of killing a person". THESE STATISTICS ARE CHANGING CONSTANTLY.....THESE WILL BE OUTDATED AS WE SPEAK!!!!!!

## Membership – Lucille Brandner

### MEMBERSHIP, MEMBERSHIP, MEMBERSHIP

Did you know YOU are all on the MEMBERSHIP COMMITTEE? Yes, there is a membership committee and we are all on it! We are all responsible for membership and the Leadership Commission of NCCW reminds us all WHY we are all members of "THE NATIONAL COUNCIL OF CATHOLIC WOMEN"

Nine words describe us as the Council of Catholic Women. We support, empower, and educate all Catholic Women in Spirituality, Leadership, and Service. Those

Example of giving 100 x 10 cents = \$10. 100 x 25 cents = \$25. 100 x \$1 = \$100, etc.

It would be wonderful if every member (and affiliate) could contribute something, as the number of members contributing is as gratifying as the amount given.”

Signed by Maribeth Stewart  
Blogoslawski, NCCW



**Mary Werner**

words are the mission statement of the National Council of Catholic Women. We are wise, courageous, and loving leaders of the church. Those words are in the Prayer to Our Lady of Good Counsel that we pray so often.

Thank you for saying YES in your parish, YES in your deaneries, and YES in your diocese. If you are not an Individual Member of NCCW and someone contacts you to become a member, remember the answer is YES. Let us strive to bring Individual Membership in our diocese to as many women as possible.

Individual membership gives us access to the monthly Connect newsletter, the Catholic Woman magazine, and all the resources available to us from NCCW. These are all available on the website [www.nccw.org](http://www.nccw.org). Attending meetings and events of parish, deanery, and diocesan CCW groups also keeps us up to date on the current programs of NCCW.

### Scholarship – Mary Werner

All four of our 2019 Mary Jane Morancyk Hennessy Scholarship winners Abigail Solum, Amy Klimowski, Emily Shipman, and Emily Niggemann have submitted their registration for the fall semester. In the upcoming months the application will be updated for 2020 students. Applications will always be available from me or the SDCCW website.

I’ve heard back from a past recipient of the scholarship – Hannah Bellrichard. She received the scholarship funds in 2015. Hannah graduated from DePaul University with a degree in Accounting. She successfully passed the Certified Public Accountant Exam in March of 2018 and is a full-time employee at Grant Thornton as a Tax Associate. She enjoys traveling when time allows and attending plays, musicals, and fine dining where she resides in Chicago. Hannah relaxes with cooking, reading and yoga classes. Thanks to Hannah for getting back to me.

Recently our community was blessed to have Lisa Sennholz Founder/Director of Damascus Road travel to Medford and present a program on Human Trafficking. What a dedicated and passionate woman to fight for such a good cause. Her level of involvement takes her assisting law enforcement and providing education at big events such as the yearly Super bowl. Damascus Road is a 100% volunteer organization committed to bringing awareness through education, restoring and empowering the abused and advocating for the prevention and abolition of human trafficking. I have committed to pray for a young woman in the Appleton area through the Scarlet Cord Prayer Ministry program which was developed by Lisa Sennholz. Daily prayer is offered for their safety, restoration, addictions to be broken, freedom from her past, financial stability, and healing for her mind, body and soul. You are given only the person’s initials, age, city where they live, and a brief history of the trauma that they have endured.

Mary Werner  
SDCCW Scholarship Chair

**Council of Catholic Women  
Mission Statement**

**TO SUPPORT, EMPOWER  
AND EDUCATE ALL  
CATHOLIC WOMEN IN  
SPIRITUALITY,  
LEADERSHIP AND  
SERVICE**

## Deaneries

### *South West – Rita Kreuzer*

*“Caring for God's Creation”*

That was the theme for this year's National Council of Catholic Women Convention in Atlanta, GA. What a wonderful time spent together with friends old and new; learning how we can better care for our environment, sharing ideas, celebrating beautiful liturgies together and opening our hearts to the work of the Holy Spirit. The theme was so appropriate in this modern world and truly made me more aware of the joy and beauty of God's creation, a gift we have all been given, and how we must all be vigilant to caring and protecting not only our brothers and sisters, but all of nature.

Last Spring St. Bridget's-River Falls hosted our Spring SW Deanery Meeting. We acknowledged our Pax Christi candidates present (4), celebrated liturgy with Fr. John Gerrits and listened to a very informative and powerful message from C.A.S.T. (Citizens Against Sex Trafficking). This was a wake-up call to another issue that is very much in need of our prayers and help.

The SW Deanery Board met on September 5<sup>th</sup>. We discussed the upcoming women's retreats being offered in our area: SDCCW retreat on October 26<sup>th</sup> at St. Peter's Catholic Church in Cameron, an evening retreat at St. Mary's Immaculate Conception Parish in Hammond on Monday, October 7<sup>th</sup>, and at St. Bridget's in River Falls on Saturday, November 9<sup>th</sup>. All of these look to be spiritually enriching and well worth attending. We made the decision not to hold another meeting this Fall but to encourage our women to attend one or all of these opportunities. We will be working on locating a place and date to hold our annual Spring meeting. We look forward to that day when we will be installing new officers, acknowledging our Pax Christi candidates, having a speaker and celebrating liturgy and lunch together.

As we look to the future of our families, communities, church and beyond let us ponder the message in Pope Francis' *Laudato-Si* that the way we treat creation affects how we treat others. What can we do to be better stewards of God's creation?

Rita Kreuzer, President SWDCCW

### *South Central – Evie Clarkson*

Summer went by all too fast. It's hard to think back what we have done in the deanery since our Spring meetings.

Our Spring Open Meeting was held in Stetsonville. We had 24 women in attendance and 8 parishes represented, and 4 new attendees.

Traveling Mary Statue was delivered to St. Anthony's/Park Falls and is being delivered to St. John's/Sheldon.

Pat Geirl/Stetsonville, is studying to become a deacon and gave an update on the program. He is very thankful for the support the ladies CCW of Stetsonville .

Karen Firnsthal/Service –human trafficking

Gail Helmert/Spirituality – Three Lay Orders in the Superior diocese

Gayle Johnson/Leadership - Climate change

Our speakers were Pattie & Don Pflugradt – discussed their ministry, Gift of Love, on making small caskets and memory boxes for families that have had miscarriage, still birth, SID Syndrome, etc.  
 Fall board meeting on Sept. 18<sup>th</sup> at Whittlesey (OLPH)  
 Fall Open meeting on October 5<sup>th</sup> at Sheldon and speaker for open meeting is Sr. Marianna on her trip to Rome.  
 One last thing. At the NCCW the theme was “Caring for God’s Creation. One important thing was brought up about decomposing.  
 Fishing Line -600 years  
 Plastic bags – 500-1000 years  
 Cigarettes – 18 months-10 years



## Superior Diocesan Council of Catholic Women

### **FALL RETREAT**

Saturday, October 26, 2019

### “Lord, We Come to Do Your Will”

St. Peter’s Church

1618 20<sup>th</sup> St.

Cameron, WI 54822

The Superior Diocesan Council of Catholic Women is proud to announce Danielle Hendricks, as the presenter for the 2019 SDCCW Fall Retreat being held in Cameron, WI., October 26, 2019. Danielle is an enthusiastic and energized woman, truly inspired and in love with Our Lord! The days events will include two presentations by Danielle centered on - how we as Catholic women are called to live our faith and carry out God’s Great Commission. A time for Reconciliation will be provided and Mass will be celebrated by Fr. Bala. The ladies of St. Peter’s Altar Society are graciously hosting the days activities.

#### **Danielle Hendrick’s Bio**

Danielle is passionate about ministry and evangelization alongside her family in Rice Lake, WI. She has been married for six years to her wonderful husband Aaron, and they have four beautiful children, Isaac (5), Kolbe (3), and twins, Christopher and Catherine (1). Danielle grew up in Massachusetts, and after graduating from St. Anselm’s in New Hampshire with a degree in Theology, she worked for the Fellowship of Catholic University Students for 5 years, both on campuses and in the Mission Trip Department. After marrying her husband and spending some time working for the Diocese of Syracuse in NY, they moved to Wisconsin where she worked for a few years as the Assistant Director for the Pregnancy Help Center of Rice Lake. Aaron and Danielle are part of a growing community in their parish, and Danielle is excited to talk to you about what it means to be a Catholic woman in your church and community, and how to bring others to Christ through discipleship.



## Superior Diocesan Council of Catholic Women



Gathering the Women's Corps by Del Parson

### FALL RETREAT

This retreat offers something for all women in the Diocese of Superior. The days events will offer spiritual renewal and provide the opportunity to connect with Catholic women from the Diocese of Superior.

#### Saturday, October 26, 2019

- 8:30 – 9:00 Hospitality: St. Peter's Catholic Church Fellowship Hall
- 9:00 – 9:10: St. Peter's Church - Welcome & Opening Comments
- 9:15 – 10:15: Presentation by Danielle Hendricks
- 10:15 – 10:30 Break
- 10:30: Reconciliation Fr. Bala / Quiet Reflection Time
- 11:00: Mass Fr. Bala
- 12:00: Lunch: Fellowship Hall - St. Peter's Altar & Rosary Society
- 1:15 – 2:15: Afternoon Presentation by Danielle Hendricks
- 2:15 – 2:30 Break
- 2:30 – 3:00: A Rosary for Life: The Joyful Mysteries – USCCB
- 3:10 – 3:15: Closing Comments & Evaluations

**The cost of the Fall Retreat is \$20.00, please detach the form below and make checks payable to the SDCCW, mail to Denise Anderson, SDCCW Treasurer, 458 River Road, Hudson, WI. 54016. Email:**

**[anderson.marc6@gmail.com](mailto:anderson.marc6@gmail.com) phone: (1-715-377-0140)**

**Deadline for Registration October 18, 2019**

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### REGISTRATION FORM - SDCCW FALL RETREAT

Name: \_\_\_\_\_

Parish \_\_\_\_\_

Email \_\_\_\_\_ / phone \_\_\_\_\_ **Any Special**

**Dietary Needs?** \_\_\_\_\_