

The Messenger

Atlanta Archdiocesan Council of Catholic Women

Dana Lee Willis, President



I hope all of you had an enjoyable and safe New Year's. Like most of you, I too have reflected on 2012 and what I wanted to accomplish within this year. What comes to mind as respects to our organization is promoting AACCW and making sure people, especially the women of the Archdiocese understand who we are, our purpose and how we serve our Catholic community. Strive to be inclusive and encour-

aging to all women of the Archdiocese who by virtue of residency and decree are members of the AACCW irrespective of the various group or ministries they choose within their parish.

Recent conversations with several people caused me to believe our perception of AACCW and the perception of many priests, women and parishioners are not the same. We may have reached a generational gap, wherein many of the priests and women we are trying to reach or encourage are clearly not aware of AACCW. As this year's theme states "I have called you by name..." we need to invite and encourage those around us to help us teach, lead and serve our communities.

Like many businesses or products a reassessment

and update of our brand may be necessary. We need to present and promote our goals, projects and service skills in a clear and inviting manner. Take advantage of opportunities to present AACCW in the public's eye as a viable worthwhile organization. As an example, this year's special project from Archbishop Gregory to assist Catholic Charities here in Atlanta offers us an opportunity to bring awareness to the Atlanta Archdiocesan Council of Catholic Women. Our primary resolution for 2012 must be to update our image, promote our goals, projects and encourage active participation by more women of the Archdiocese.

Remember we are better together!
Danalee

Dates to Remember

February 2012

4
Southeast District Meeting
St. Mary, Mother of God,
Jackson
Northwest District Meeting
St. Ann Church, Marietta
7
Legislation Day, Capitol
10 * (Newsletter mailed)
13
"Have A Heart" Party,
Milledgeville, Southeast/
Southwest Districts

March 2012

3
Recognition Day – 9:30 AM
Cathedral of Christ the King
9-11
South Carolina Convention
Columbia, SC
11
Villa International Dinner 7p
1749 Clifton NE, ATL
17
AACCW Board Meeting
Chancery, Room A

April 2012

10
May Newsletter deadline
21
Southwest District Meeting,
St. Anthony of Padua, ATL
27-29
73rd Savannah Diocesan
Convention
Port Wentworth, GA
28
Northeast District Meeting
St. Mary Church, Toccoa

February 2012

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Special points of interest:

- Proven Ways to Increase Your Meeting Attendance (p2)
- Write your Senator, Congressman and Representative now! (p3)
- Canton Soup Ministry Started in the Homes of Believers! (p.5)
- Recipe For A Happy Life (p.6)
- Self CPR for a Heart Attack (p.6)
- AACCW Link:
<http://www.archatl.com/aaccw>
Website has been updated!



Ideas to Increase Meeting Attendance Deanna Holmer, Executive Vice-President



“As women, we need to make time in our hectic lives to develop authentic relationships and grow in our spiritual lives”

If your meetings generally have less than 20 members, you probably believe that increasing attendance in your meeting is difficult, if not nearly impossible. That should be the time spent to support, empower and educate all Catholic women in spirituality, leadership and service! How can we do this?

The answer has little to do with luck, but everything to do with the visitor and public image your district’s projects. Here are several proven tips to help increase attendance:

Before launching any new member campaign, improve the quality of your meetings. Getting visitors is easy! Impressing guests enough so they come back...now that’s the challenge!

Consider assigning someone the position of Public Relations Officer (PRO), whose functions include getting visitors in the door! The meeting substance converts them from being guests to regular attendees.

Be sure to arrange with your Meeting Chair to arrive 30 minutes before each meeting. Guests typically show up 15 to 20 minutes early. If no one is there, they might think the meeting was cancelled. Plus you gain some valuable time to build rapport with this prospective member.

Always be on the lookout for visitors and that they should always be prepared to drop everything to greet the guest.

Partner seasoned members with the guest; they can introduce the visitor to the group before the meeting and be able to answer questions even after meeting.

Educate the “regulars” on how important it is that everyone interacts with and introduce themselves to guests before the meeting. This makes the visitor feel welcome and comfortable. Same applies for the speaker who has been generous enough to take time out of their day to add value to your meeting!

Many people don’t realize that even large clubs can run into trouble with membership. A dip in membership is a time to consider ensuring you have a good product before trying to get others to join.

Sherry Aquino, Northeast District President



It’s a new year, and time to get cracking on those resolutions. In addition to those vows to exercise regularly, eat better, save money, get organized, and call Mom more often, make room on your list for one more improvement: spiritual growth.

In our hectic lives, women don’t find enough time to develop authentic friendships with other women or time to grow deeper in their spiritual lives. On Saturday, January 28th beginning at 10:00 am and ending at 4:00 pm the Northeast District will be hosting the Sweet Life Café day of reflection at Saint Matthew in Winder. All women who participate in the Sweet Life Café will ex-

perience three Bible-based sessions that allow women to see Jesus as the bread of life and understand what it means to be nourished by him and to share that fulfillment with others.

One of my New Year’s resolutions is to visit every women’s club/guild meeting in the Northeast District. Below is my schedule so far beginning in January. If your church is not on the list please or if your church is on the list, but the date or time is incorrect, please call me at 770-656-6028 or email me at slaquino@hotmail.com.

God Bless you all,
Sherry Aquino

My Schedule:

Wednesday, January 4th
@7:00 pm All Saints, Dunwoody

Sunday, January 8th
@10:00 am Sacred Heart of Jesus, Hartwell

Monday, January 23rd
@7:00 pm Saint Brigid, John’s Creek

Wednesday, February 1st
@9:00 am Saint Luke the Evangelist, Dahlonega

Thursday, February 9th Saint Brendan the Navigator, Cumming



Jesus, The Bread of Life

Julie Pardo, Northwest District President

Dear Sisters in Christ,

Hope you all had a blessed Christmas and that this year will be a Happy and Prosperous one.

Since the last newsletter, our NW district had the first meeting of the year. It was held at St John Vianney in Lithia Springs. Father Tim Lyons, their parochial vicar, who has been a Franciscan priest for 40 years, was our speaker, and he started his talk by telling us what he thinks our CCW stands for: Compassionate, Considerate and Christian Women. Beautiful thoughts, don't you agree? The ladies at St John

Vianney outdid themselves with a great breakfast and delicious luncheon. It was a very good meeting. Our next one will be on February 4th at St Ann's Church in Marietta. We hope to see all of you there.

On January 18th, I will be going to St Francis of Assisi in Cartersville to help with the first meeting of their women's group. This parish has been inactive for a long time so I am excited with the news.

This year, our NW District is co-hosting our annual convention with the NE District. The convention will be at the

Marriot Atlanta NW on Sep 7-9. We will need many hands to help so please be sure and volunteer.

We are all women committed to Council and one another, sharing values to support, empower and educate all Catholic women in Spirituality, Leadership and Service.

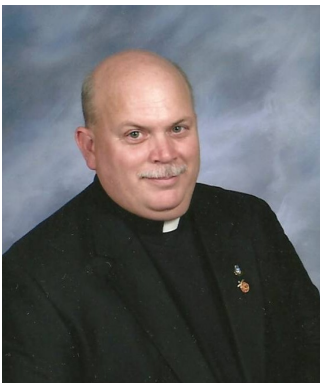
I want to make a special call to all women in our parishes of the NW district to be more involved with AACCW. Let's all be united as Sisters in Christ.

God Bless you,
Julie



*“CCW stands for: Compassionate, Considerate and Christian Women”.
Fr. Tim Lyons
Beautiful thoughts, don't you agree?”*

Father Bill Williams, Moderator



Dear Women of the AACCW Mary, who is Our Mother of Good Counsel, is the title with which we honor Mary. As the role model of women, she is the one who intercedes on our behalf. We are also called to model ourselves after her. The words of Sacred Scripture were ingrained more than ever in my heart when Mary said,

“Let it be done to me according to your word.” Even though New Years is over and we have made resolutions, we are called to resolve to ingrain these words into our hearts. By this profound act of abandonment, God will do His great work in us.

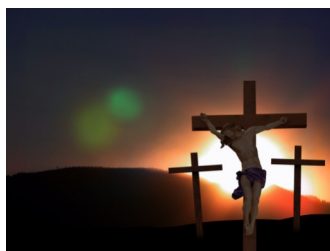
In Christ
Fr. Bill

Fr. Bill **urges** each of us to write our representatives regarding the law change forcing all employers, including Catholic employers to offer sterilization, abortion-inducing and contraception services in their health care programs.
<http://www.usccb.org/conscience>

Lent - Opportunity for Reflection

Lent begins on Ash Wednesday, February 22. The Church asks us to surrender ourselves to prayer and reading of scripture, fasting and alms giving. Fasting on Fridays is a sign or discipline for individuals and families. (<http://www.usccb.org>)

God is available to you. Consider sharing the Word as a family and/or with others in a group.



Whether you prefer relaxing in a quiet place or reading scripture online, the Word of

For God so loved the world that He gave His only Son, so that everyone who believes in Him might not perish but might have eternal life. John 3:16

*Our Patroness
Our Lady of Good Counsel*



Spirituality Commission, Molly Gamblin



Recipe for a Happy Life



I've pondered for many days now, just exactly what the Holy Spirit wanted me to write about in this column. Nothing came to me. This morning, as I was leaving for work, I stumbled upon my notes and handouts from our last AACCW Board retreat at Ignatius House. Among those notes was a handout by Sr Susan Arcaro, RC, that she wrote regarding the Parable of the Recipe For A Happy Life. Thank you for your inspiration, Sr Susan, the author of this! I pray that you enjoy it as much as I have!

The Parable of the Recipe For A Happy Life

There once was a chef who baked the most delicious desserts in the entire world. One day a rich king called for the chef and ordered him to create a recipe for a happy life. "but sir," said the chef, I cannot create a recipe for a happy life. I can only bake cookies, pies, cakes and tarts." The king replied, "Then look into your own heart and create a recipe for your own happiness. You can share then your recipe with everyone in my kingdom." Worried, the chef responded, "Yes Sir, right away, Sir."

The chef returned to the kitchen. He sat and sat. He thought and thought. Suddenly, he jumped with delight. He had thought of a recipe for a happy life! This is the chef's recipe:

Ingredients:

1 tsp of "poverty in spirit"
I rely on God to give me all I need to be in God's Kingdom

A pinch of "sadness"
In moments of grief God comforts me
A dash of "gentleness"
I am gentle with others as God is gentle with me
1 tbsp of "desire"
I desire God with all my heart
1 cup of "mercy"
God always forgives me so I always forgive others
1 pint of "goodness"
When I look at people, I see God
1 scoop of "peace"
God calls me God's Child when I work for peace in the world
1 handful of "pain"
When others treat me unkindly because I stand up for justice, God is with me

Directions: blend the ingredients well. Bake them for a lifetime

Results: A HAPPY LIFE!

**This is a simple parable: The king is God the Father. The chef is Jesus. He gives us a recipe for a happy life. If we follow this recipe we will enjoy happiness right HERE, right NOW! God Bless you all, and thank you, Sr. Sue for all your advice!!

Molly Gamblin,
Spirituality Commission Chair, AACCW

Self CPR for a Heart Attack

What are you to do if you have a heart attack while you are alone? If you've already received this, it means people care about you.

The Johnson City Medical Center staff actually discovered this and did an in-depth study on it in our ICU. The two individuals that discovered this then did an article on it, had it published and have had it incorporated into ACLS and CPR classes. It is very true and has and does work. It is called cough CPR. A cardiologist says it's the truth. It could save your life!

Let's say it's 6:15 p.m. And you're driving home (alone of course), after an usually hard day on the job. You're really tired, upset and frustrated. Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw.

You are only about five miles from the hospital nearest your home. Unfortunately you don't know if you'll be able to



make it that far. What can you do? You've been trained in CPR but the guy that taught the course didn't tell you what to do if it happened to yourself.

Since many people are alone when they suffer a heart attack, this article seemed to be in order. Without help, the person whose heart is beating improperly and who begins to feel faint has only about 10 seconds left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously.

A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

From Health Cares, Rochester General Hospital via Chapter 240s newsletter 'AND THE BEAT GOES ON'

(Reprint from The Mended Hearts, Inc. Publication, Heart Response)

Parish Spotlight:

Our Lady of LaSalette Catholic Church, Canton, Georgia

Our Lady of LaSalette Parish began on September 16, 1984. Rev. Victor J. Reyes is pastor of nearly 400 families who call this church their home. The Saint Elizabeth Seaton Women's Guild has 35-40 members with officers: Katie Glowka (President), Roxanne Tokarski (Vice-President), Linda Cornell Treasurer), and Rita Hart (Secretary).

ed by Rhea Dennis, is now offered weekly on Tuesdays and Thursdays. Rhea Dennis herself has served over 4,000 meals for the Ministry!



Soup Ministry Serves Daily

This small parish is very active and knows how to give back to the community. The Tuesday Morning Bible Study group started making soup and taking it to day laborers and homeless persons in downtown Canton from their own kitchens four years ago. In talking with Donna Bryan, President of the St. Vincent de Paul (SVDP) Conference of Our Lady of LaSalette, the Soup Ministry, coordinat-

The number of recipients ranges from 30 men in the summer to over 120 in the winter. Other area churches now join in making it possible for the men to have hot meals everyday.

For the past 2 years, in partnership with St. Vincent de Paul, the Women's Guild has provided the items for, and

participated in assembly of about 100 "ditty" bags at Christmas.

These bags are distributed at the St. Vincent de Paul Christmas celebration where families are served a hot meal complete with special desserts, bags of groceries and toys for their children. All of these items are donated through the generosity of their parishioners. There was a need and with many willing and helping hands, Our Lady of LaSalette stepped up to the plate!

By Bonnie Petrukovich



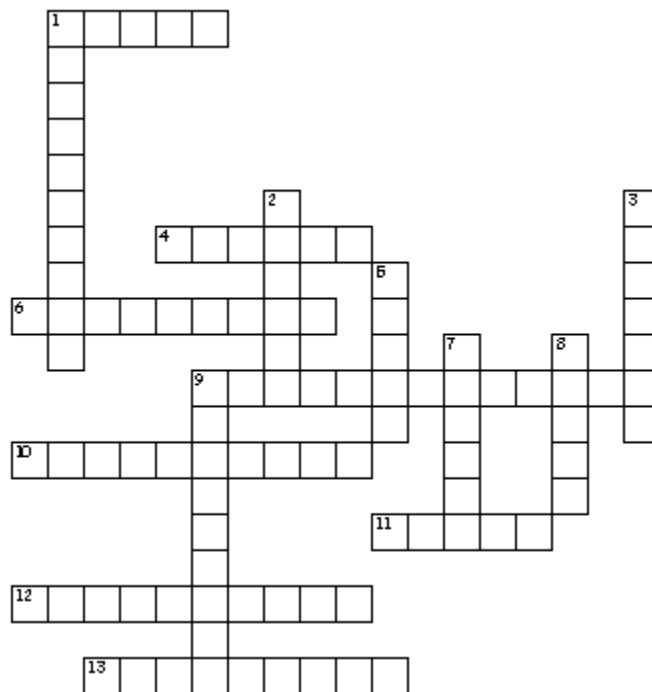
AACCW Crossword February 2012

Across

- 1. Best help when self-administering CPR
- 4. Following this will yield a happy life
- 6. High celebration of honor
- 9. NE District day of reflection
- 10. Vice-President Deanna has ways to increase this
- 11. President Danalee wants us to update this this year
- 12. Last day of Lent
- 13. City of Pregnancy center

Down

- 1. Annual gathering event
- 2. By this all Catholic women are part of AACCW
- 3. Room of the house where this ministry started
- 5. Women's History month
- 7. Pope's place of special missionary intentions in April
- 8. Special Christmas bags
- 9. What Fr. Bill wants us to embrace



Whatsoever you do to the least of my brothers that you do until me. When I was hungry you gave me to eat, When I was thirsty you gave me to drink.



**Happy Birthday to all members born in April
April Flower: Daisy**



Donna Coleman, Southwest District President

My first meeting for the Southwest District was at St. John the Evangelist in Hapeville. We had a good response to our program at the start of our day. We got to tour and meet at the Advice and Aid Pregnancy Problem Center. I got to meet Noreen Coughlin the Director and she showed us rooms where the women or couples can go to see videos to answer some of their questions, get information and receive counseling. There is a large room where all the walls and tables are filled to overflowing with baby clothes, diapers, toys and some larger items such as car seats, bouncing chairs, etc. There were 2 large closets filled

with maternity clothes - ready if they are needed. There is also a special examination room with a new sonogram that was donated by the Knights of Columbus.

This small building is bright and joyful! About 500 girls and women visit here each year and receiving encouragement along with alternative answers to have their babies.

The Center is independent of the archdiocese and not part of the archdiocesan budget. However, it is approved as part of the Official Catholic Director by Archbishop Wilton Gregory. The late Archbishop Donoghue was a long time friend of the Center.

Since 1984, the center has been supported by individual Catholic Donors and Parishes of Atlanta.

January has many activities to support "Respect to Life" including mass and meeting on Jan. 23rd this year. The Advice and Aid Pregnancy Problem Center sponsors a dinner at the Cathedral of Christ the King on Jan. 20th.

I look forward to our district meetings in January and April where all our parishes can get together to meet and learn what we have and what we can do to help in this Archdiocese.

Donna Coleman



Pregnant women may receive care and counseling.

Begin recognizing their needs and say "Yes" to His call.



Service Commission, Celeste Prier

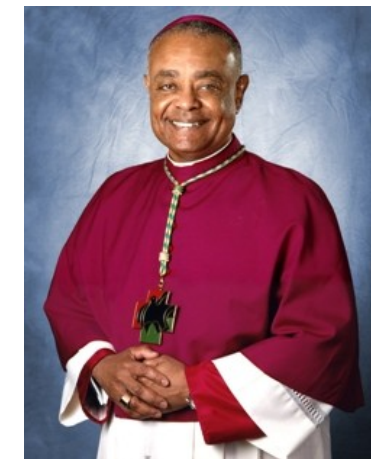
In offering service to our community, let's not forget about our brothers and sisters abroad. In spite of what we hear about the economy getting better and things improving, we still have sisters and brothers who are homeless, without food and in need of our support. There are so many reasons why we need to and should get involved.

Volunteerism is a great way for families to have fun and feel closer. If you like many, don't believe you have the time, try rethinking your free time as a family. Select one or two projects and make them a family tradition (for example, making and donating gift baskets to elderly care facilities). When visiting the elderly, bring your children. It has meaning to the elderly and teaches children

to care about these beautiful and loving people. I know from experience, the wonderful feeling one can get from helping others. Satisfaction and pride are also important reasons to volunteer. Committing your time and effort to an organization or cause can bring endless fulfillment.

We are asked to promote activities sponsored by Catholic Relief Services (CRS). When we support the Madonna Plan for example, we are saying "yes we care"! We help make it possible to meet the needs of mothers and children by assisting clinics provide services; baby care classes and the nutritious use of local foods. This program "empowers women by improving the well-being of mothers and expectant mothers through projects".

There are many good reasons to volunteer in school, church and the community regardless of your children's or grandchildren's grade. It's a great way to show them your interest in their education, and sends a positive message that you consider these causes worthwhile. Many schools now have to raise their own funds for activities and supplies once considered basic. Parent volunteers are essential to organizing and chaperoning these fundraising, school and church activities. I urge all to get involved in your church and community through your Catholic Women Councils. In summary, take on projects that will benefit your children, family and community. Begin recognizing their needs and say "Yes" to His call. God Bless.



Congratulations Archbishop Gregory! January 17, 2012 - 7 Years Strong!

Archbishop Wilton Gregory became the head of the Roman Catholic Archdiocese of Atlanta seven years ago.

Congratulations Archbishop from the Atlanta Archdiocesan Council of Catholic Women. Thank you for all

your support and prayers for us as we together help grow this great Archdiocese. God Bless You!

Leadership Commission, Fern Bergeron

Let me start this New Year by sharing a bit about myself and how I came to be the Chair of the AACCW Leadership Commission. Life began for me in rural Pennsylvania. I have three brothers and two sisters, one is my twin sister. I married and had three daughters. I worked for the Pennsylvania Medical Society for twenty years. As Director of Meeting Services for the Society, I planned in-house meetings as well as meetings held at Convention Centers and hotels. The position was hard work but it provided me many opportunities to travel.

After being a single parent for nearly 13 years, I met and married a wonderful man. His job required us to move to LaGrange, GA. The folks at St Peter's Catholic Church in LaGrange welcomed us with open arms and immediately got us involved in their many ministries. Since moving to LaGrange, God has blessed us with six grandchildren. Three live in Pennsylvania and three live in Georgia. I took early retirement which gave God the opportunity to direct me to many volunteer possibilities at LaGrange agencies. I participated in our women's group at the parish level and was honored to be an officer of the CCW at St Peter's. The ladies invited me to the then South Deanery meetings. I was equally honored to be invited to be the Church Chair of the South Deanery. When

the Southwest District was created, I served as the Organization Chair. The role of Organization Chair seemed to fit me since I am detail oriented and organized person. This past Fall I prepared the 2011-2012 Roster doing my best to see that every "r" was crossed and every "i" was dotted.

When I was asked to serve as the Chair for the newly created Leadership Commission, I admit I hesitated. I wasn't exactly clear what the responsibilities of this position would entail. So in setting goals for the year, I decided my first goal would be to determine the responsibilities for the position. Clearly the first responsibility would be to assist with Our Annual Recognition Day. Writing articles for Our Newsletter seems to be another requirement. I plan to maintain and distribute updated information for the current Roster. Later this year, I will send forms to collect changes in leadership for each Parish women's group and changes in Priest assignments for a newly printed roster. Another goal is continue the successful registration process for our Annual Convention in September.

Hopefully this helps you to get to know me a little bit and to have a sense of the responsibilities of the Chair of the Leadership Commission.



**Happy Birthday
to all members born in February**

February Flower: Iris

AACCW Roster Revisions

Page 8

Under the AACCW Heading
Change AACCW address to:
2401 Lake Park Drive, SE

Under Parliamentarian
Change Judy William's email
to:
jwilli5041@aol.com

Under Historian
Change Bertha Rucker-Scott's
email to:
bertharuscott@att.net

Page 11

Under Southwest Vice Chair
Change Ann Bell's email to:
gambell08@yahoo.com

Page 12

Under Northwest Vice Chair
Change Katie Glowka's address to:
10202 River Ridge Drive
Canton, GA 30114

Change Katie's email to
katie_52glowka@yahoo.com
Under Southeast Vice Chair
Delete Ginny Yoon
Mark as vacant position

Page 13

Under AACCW Newsletter,
phone for Karren DeBow to:
770-722-9207

Under Executive Dir. of GA
Catholic Conference
Change Frank Mulcahy info:
2401 Lake Park Drive, SE
Smyrna, GA 30080
fmulcahy@georgiacc.org
770-490-4244

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Under September 2012 add:
19-22 - NCCW Convention,
Myrtle Beach, SC

Page 17

Treasurer: Mary Lou Mazure
525 County Line Road
Fayetteville, GA 30215

Page 19

Under Our Lady of the Assumption
Change Tina McRae's email to:
tina_mcrac@comcast.net

Page 29

Under Our Lady of LaSalette
Change President to:
Katie Glowka
10202 River Ridge Drive
Canton, GA 30114
478-414-8577
katie_52glowka@yahoo.com

Page 33

Under St Paul of the Cross
Change President to:
Jackie Marshall

Page 34

Under President
Change Sherry Aquino's phone
to:
770-656-6028



*Please Remember to
Pray for Vocations*

The Messenger
Archdiocese of Atlanta
2401 Lake Park Drive S.E.
Smyrna, GA 30088
404-920-7800

Atlanta Archdiocesan Council of Catholic
Women

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<http://www.archatl.com/aaccw>

*"I have called
you by name..."
Isaiah 43:1*



AACCW

Atlanta Archdiocesan Council of Catholic Women

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Pope Benedict's Prayer Intentions for March & April, 2012

MARCH

General Intentions: Contribution of Women. That the whole world may recognize the contribution of women to the development of society.

Missionary Intentions: Persecuted Christians. That the Holy Spirit may grant perseverance to those who suffer discrimination, persecution, or death for the name of Christ, particularly in Asia.

APRIL

General Intentions: Vocations. That many young people may hear the call of Christ and follow Him in the priesthood and religious life.

Missionary Intentions: Christ, Hope for Africans. That the risen Christ may be a sign of certain hope for the men and women of the African continent. .



Happy Birthday to all member born in
March
March Flower: Daffodil
& March is Women's History Month

A.A.C.C.W. GOALS: To give the Catholic women of our Archdiocese a common voice and to be an instrument for united action in matters affecting our Catholic principles. To insure proper recognition and representation of Catholic principles when addressing committees and problems of local, National and International importance. To stimulate the work of existing Catholic Women's Groups to service and usefulness in meeting the needs of the time.