

Wasatch Deanery Council of Catholic Women Annual Report April 2024

It has been my honor and privilege to serve as president of the Wasatch Deanery for the last two years. I am so proud to be a part of this great group of Catholic women. They work so hard to support each other, their parishes, and all women in need. We were well represented at the National Convention here in Salt Lake. It was truly a joyful experience enjoyed by all. We sold our Saintry Doodle Calendars and donated some to St. Joseph Villa, the Carmelites and some of the homebound in affiliate parishes. Many thanks to Gabby Gauchay for developing and maintaining a Wasatch Deanery website. <https://sites.google.com/view/wasatchdeaneryccw/home>

It looks great. We will welcome Gabby as our new deanery president and Robin Marvive as our vice president. We are thrilled to keep Rose Stehno as secretary and Joan Simard as treasurer. I want to congratulate the Wasatch Deanery's Woman of the Year recipients. They are all well deserving and have done so much for their parish communities. I can't wait to hear their stories at the Woman of the Year Banquet. Below are some highlights from our deanery affiliates.

Affiliate Reports

St. Martin de Porres has been very busy. In January we hosted the Sumi Nungwa who educated us on the needs of the Hopi and Navajo tribes needs and wants. We started a medical supply collection for the Sumi Nungwa that lasted through February 2024 and was presented to Sumi Nungwa in the beginning of March. In February we had a crafts night and made sock bunnies. Always looking for fun, in March we had Bunco night along with a lot of laughs. During Lent the CCW hosted Lenten Soup Supper after the Stations of the Cross each Friday. We had some amazing soups and great participation. We are working to start a girls Youth CCW group of St. Martin de Porres and introducing them at one of the upcoming CCW meetings and to the parish. We continue to pray that God's hand will be on our ministries and continue to guide and bless us. We are truly grateful for Father Dominic's prayers and support in all we do. We continue to work diligently to engage our community to support one another and have laid out the rest of the year to inspire them. We are working with a full board; each woman brings so many talents and faith to table. We are one family! Agape Love.

St. Peter Council of Catholic Women had our Epiphany party on January 7, 2024, at the President's home. Despite the heavy snow we had a great turn out of 16 ladies! A King cake was brought to share. Our president, Chris Manry, picked the slice with the baby! We also started our TV Raffle that night and continued the Raffle after every Mass until February 13th. On that day, we celebrated Mardi Gras and had a Pampered Chef demonstrations with profits going to SPCCW. The TV Raffle was drawn, and Nathaniel De Langa was the winner. In March, we hosted Parish members with different vegetable soups and rolls prior to the Stations of the Cross. Two of our ladies read the Bi-lingual Passages for each station. One of the Hispanic Knights carried the Cross. On April 9th, Lydia Farnell will present her service idea for the ladies to make Blessing Bags and keep them in their cars to give to those who are Homeless. The ladies will

all bring items that would be needed by the Homeless including toothpaste, toothbrushes, soap, deodorant, and some money etc. On May 14th, Gabby Gauchay will speak to us about her faith Journey. We will have a Wine & Cheese party afterwards!

Sts. Peter & Paul CCW has been meeting on the First Saturday of the month, following our 7 AM Rosary and 8 AM mass. This is a Spanish-speaking CCW group. In February, we celebrated Candlemas with a traditional Mexican breakfast at our meeting. We signed up to pray the rosary daily for our 40 Days for Life in the parish. In May, Ursula Quintana, the Flame of Love Director for the Diocese, will speak on the Flame of Love Movement in Utah.

St. Francis of Assisi gave a quick rundown of what they've been up to in the last couple of months and a few notes about things coming up! Our meeting in February was focused on preparing for convention. We also had the pleasure of hosting the Deanery meeting at our parish and were able to take some members to a tour of the Food and Care Coalition, which our parish helped found several decades ago. During our March meeting, we prayed Mary's Way of the Cross and completed our convention registration, as well as selected Chairs to help with the responsibilities of preparing for future DCCW conventions. We also were able to revive a parish tradition of serving vegetarian soups free of charge to our fellow parishioners after Stations of the Cross on Fridays during Lent. Things we're looking forward to in April, Convention! In May, a Mother's Day potluck dinner. Installing new officers. A needs drive for the Food and Care Coalition.

The Ladies of Saint Thomas More CCW continues to grow in activities and size. We've held our Meet and Mingle each month and it continues to be very popular and lively. The Ladies gathered in January during Meet and Mingle to make handmade Valentine cards. The cards were distributed to the homebound, parishioners in assisted living facilities, the Carmelites and 6 seminarians. There was a total of 125 cards made. We had a good time crafting and the number of cards requested continues to grow each year and as does the number of ladies who show up to help. For the ninth year during this Lent season, the Ladies organized Mary's Way of the Cross. Several new women participated as readers during this special Stations of the Cross. It is wonderful to have the participation and support of the parish. We helped with all the Fish Frys during Lent and continue to serve donuts after masses once a month. The Ladies of STM will be very busy during the month of May. We will be disbursing funds earned from our Ladies Luncheon, participating in an interfaith service project called the Turtle Project, handing out roses to all the women of our parish on Mother's Day and ending our year in May with a potluck. We will continue with our Meet and Mingle during the summer months and attending First Saturday Adoration.

St. Francis Xavier CCW has held monthly meetings where we socialize and make crafts. For Valentine's Day, we made cards for the residents at St. Joseph's Villa. On

Monday (April 8, 2024) we are potting flowers (all are welcome to come). Our CCW also helped set up the Stations of the Cross at St. Francis, helped present stations, and made soup for the gathering afterwards. We are continuing to recruit new members and engage with the women of our parish.

Blessed Sacrament CCW continue to meet each month. In February 1st Friday Adoration was held and attended mainly by CCW ladies. The Spiritual Committee purchased Lenten Daily Meditation books for CCW ladies to enrich their Lenten prayer journey. This year focused on a Season for Healing Hearts. Our February meeting began with Rosary and social time. Preparations were made for the March Easter Egg Hunt, covering Convention preparation and sign-ups for Stations of the Cross. In March CCW ladies Stuffed 5200 plastic eggs with candy and prize tickets. Every child goes home with a Stuff Animal. 132 children participated in the hunt and the storms held off till the Easter egg hunt was over. CCW Ladies lead Station of the Cross on the 15th of March. The ladies volunteered to lead each of the 15 different stations of Mary's Way of the Cross. Our regular meeting was 19 March starting with Rosary, then social and the business meeting. Ending with BINGO and prizes for the winners.

San Andres Women had a very nice Lenten retreat. We had a soup lunch and had a good turnout. Our theme was "Moving the Stone". We also went as a group to see the movie "Cabrini" followed with lunch where we were able to share our thoughts about the movie and really just enjoy our time together.

St. Joseph the Worker CCW meets monthly opening with a prayer and Pledge of Allegiance. In February, we did a Rosary with votive candles, a CD narrated by the late Fr. Groeschel and Simonetta, vocalist. How to Pray the Rosary pamphlets provided to each woman. We took turns "lighting" candles with each of Luminous Mysteries. It came out beautifully and helped set us spiritually for the upcoming Lent. We talked about the upcoming cookie sale. Sign-up sheet passed around to help sell after each mass. 6 cookies to a box, sell for \$5.00/box. Don't have to be Valentine sugar cookies but if you want to make Valentine shaped cookies, Kathy will pass out the cookie cutters for uniform sized cookies. Label boxes with a type of cookie. Drop off at the hall. Jamie will be available in the hall on Friday from 5:00 -7:00 PM for drop-offs. We sold cookies the weekend of February 10th and 11th. We made \$755 and all the cookies sold out quickly! In March, we celebrated St. Patrick's Day by bring something green or Irish, listened to Irish theme music and history of St. Patrick. Everyone could bring a picture of their favorite Saint and why they are special to them. We served Lenten Soup for Friday March 22nd Stations of the Cross That night we had 15 different types of soup! From feedback we received, our night was the best one! we had no soup left! We hosted a little celebration after Easter Vigil for all the RICA candidates that were newly baptized. We served cookies and ice water along with congratulating all of them! All were invited to attend the Easter Vigil service. At our April meeting: Remember it is April Fools, will you be fooled? I gave out handouts of not being scammed and discussed recent activities of them. I discussed how there are even religious scams and be aware of them!

The CCW presented Sofia Rose Arriaga with a nice stone cross with sterling silver inlay that was handmade from women in Southern Utah along with a gift card. We wanted to recognize her as our nomination for the Golden Rose Award from St Joseph the Worker Parish. We are very proud of Sofia because her ultimate purpose in life is for God's glory, and she seeks to use her life to make a positive impact on those around her. We are having a Spring Women's luncheon and fashion show on April 20th.

St. John the Baptist CCW has been meeting monthly. In January, we had a planning meeting and four women showed up! Julie and Ruth were thrilled. In February we had a book club meeting. The book was 'Chicken Soup for the Soul - Living Catholic Faith'. Instead of discussing the book (which would be hard with 101 stories), we discussed the topics of how we live our faith and how our faith helps us. Everyone brought food to share and had a wonderful time. In March we met before Stations one Friday and had one of our members give a short talk on Stations and how they came to be part of the Catholic tradition during Lent. Then Julie and Ruth led Stations. In April, we will host the RCIA welcome dinner (their first meeting after Vigil), serving pasta. We will also attend convention. In May, we will lead one weekly parish rosary and then follow it with a small reception where we will recognize all our WOY nominees. In June we will host a wine and cheese tasting.

Commission Reports

Leadership Commission, Jamie Beert, St. Joseph the Worker- Happy Spring! Hope you all had a Blessed Easter and are ready for Convention! As I was involved with reviewing and ranking the Golden Rose award nominees, let me say Wow! We have some awesome young ladies in our parishes! Reading through their packets inspired my topic of mentorship for this report. I found a presentation from NCCW titled "Mentoring Women embracing Women". It is full of information, inspiration, and ideas. Below, I have highlighted some of the information from the presentation.

Mentoring is when a more experienced and/or knowledgeable person helps and/or advises a less experienced person. It is a learning and development partnership between someone with experience and knowledge and someone who wants to learn. A Mentor can serve as a teacher, sponsor, guide, exemplar, and counselor to a Mentee. The use of Mentors can contribute to greater membership, retention, and inspiring young women to start and maintain their own CCW.

By mentoring, women and girls will learn the structure of Council, responsibilities of the various officer positions, commissions, and committees, and participate more with Council activities. Mentoring will allow individuals to recognize how they can contribute to their Council, engage them to be more fully involved in council programs and activities and enhance and spark the Council with new talent, gifts, and ideas (Be open to these new ideas !!). The empowerment of women does not mean they control others, but rather women receive support to increase their personal capacity to act effectively.

There are five building blocks for successful mentoring.

Step 1

Focus / Goals

You need to determine what you want to accomplish with a mentoring program. What results are you hoping for? Will these goals strengthen your Council? Are they good for the Council? Remember your goal should be challenging but not unattainable. Making your goal too high will only lead to frustration and failure. Below are some examples:

If your goal is to develop new leaders, have current and past board members work with those expressing an interest or who you feel may have an interest, just fearful to step forward.

If your goal is to retain and increase membership, work a plan to bring attention to your Council, your mission and your activities.

Whatever your focus is, make it strong. When your focus is strong, the organization will become strong.

Step 2

Involvement

You need to find members who will make great mentors. These mentors need to have knowledge about Council and serves or has served as an officer, commission chair, or committee chair. Although don't overlook a member who may have never held a position but has a lot of experience and knowledge about Council. Mentors need to be approachable, friendly, flexible, reliable, caring, and open to questions and new ideas. Mentors should share their wisdom, skills, experiences, and positive perspective on Council.

Step 3

Development

For the goal(s) identified in step 1, you should have at least three plans to implement the goal(s). At one of your Council meetings, have a workshop on mentoring (Reach out to the DCCW MDR team for help). Share the ideas from the Council leaders on what they would like to see for mentoring and the goals for outcomes of mentoring. Discuss the roles of the mentor and mentee. Have members share their experiences as a mentor or mentee. Have time for a question-and-answer session. Record all the feedback and ideas brought up during the meeting. Here are some suggestions for questions during this workshop:

How effective is our Council in preparing women for leadership positions?

Are they supported once they are in position?

Can you identify and women who have made a difference in the life of another member?

What would be the impact of "experienced" women teaming up with new members?

Would teaming up with a new member result in them becoming more involved in the workings of the Council?

Mentoring should be a standing agenda item for your Council meeting. Keep all the women up to date on what is happening, what the needs are, and as goals are met.

Step 4 Gratitude

It is crucial to recognize accomplishments and acknowledge them to the whole Council. Positive feedback is a great way to let members know they are doing well and to keep up the good work. Acknowledging and noticing good performance, ideas and leadership, the commitment of the leadership grows. This positive feedback and appreciation may also increase the women willing to step up as a mentor or mentee.

Step 5 Accountability

As a team the mentor and mentee should be encouraging each other in whatever goal they are assigned to reach. However, when progress is not being made, this should be addressed by Council leadership and some guidance offered. It may also result in some re-grouping the mentee with a different mentor. By having this as a standing agenda item, it will also hold the mentor/mentee as well as leadership accountable to report status on the goals.

Here is a Step-by-Step Plan from the NCCW document:

1. Make it an agenda item
2. Discuss with members about the pros and cons of starting this program
3. If Council is in favor of implementing, get member's support
4. Define the expectations of both mentors and mentees
5. Identify mentors and mentees
6. Schedule a meeting with potential mentors and review what role they will play
7. Schedule a meeting with potential mentees and review what they can expect
8. Bring the mentors and mentee groups together, to meet and get acquainted with each other and have a question-and-answer session
9. Pre-select partners or allow them to pair themselves off
10. Set a timeline for the goals for each pair
11. At the end of the timeline, evaluate the impact on the mentees and overall impact on the Council work and spirit

I think a major goal that could probably be implemented for Mentorship at each Parish CCW level, as well as Deanery and Diocesan level, is the understanding of the role and expectation for Officers, and Commission/Committee chairs. I know from experience, just having someone take a position and their only guidance is to read the By-Laws and Standing Rules is doing them a huge disservice. We need to do better with providing the role, responsibility, and expectations before they accept the position and then continually supporting them in the position.

Also, don't forget the initiative to start the young women CCWs. The young women will need a lot of mentoring, education, and guidance about being a Council. Utilize their young energy and excitement to get moving on implementing that CCW.

Bylaws / Standing Rules Committee – Nothing new to report

Service Commission, Susan Porter, St. John the Baptist -In keeping with past years, our WDCCW Affiliates have continued to generously support DCCW Service projects as well as partner with other ministries in their parishes to provide for the needs of the local community. Our Councils frequently share very helpful ideas for service at our quarterly Deanery meetings.

Following our last meeting in February, hosted by the Women of St. Francis of Assisi, several members had the opportunity to tour the Food and Care Coalition in Provo. They were very impressed with level of care provided to the clientele, including three meals a day; dental, doctor, and mental health care; haircuts; laundry service; and some temporary housing. One tour attendee called the FACC “a great example of a place where those experiencing homelessness are treated with respect and dignity.”

During the month of May, the Women of St. Francis are conducting a Donation Drive to benefit the FACC. The attached flyer lists the items most requested for donation. As the outgoing WDCCW Service Commission Chair, I am proposing that all our Affiliates, if possible, also participate in this drive as a Deanery Service Project. Many of our Affiliates are currently collecting items for the DCCW Convention at the end of April and have also been busy with Lenten service projects, so if May does not fit into your schedules, your group could start at another time. Christine Corley, Women of St. Francis of Assisi President, also serves on the FACC Board and she would be happy to arrange for a tour and/or assist you in setting up a donation drive at another time. For more information about the history of the Food and Care Coalition and the many services provided to this vulnerable population, please visit foodandcare.org.



Spirituality Commission, Ranae Lupus, St. Francis of Assisi

BEHOLD, THE LAMB OF GOD *The Eucharist is the source of the Christian life because whoever shares in it receives the motivation and strength to live as a true Christian. Christ's sacrifice on the cross imparts to the believer the dynamism of his generous love; the Eucharistic banquet nourishes the faithful with the Body and Blood of the Divine Lamb sacrificed for us, and it gives them the strength to follow in his footsteps."

- Pope John Paul II, General Audience on the Holy Eucharist in the life of the Church (April 8, 1992)

As I stood with a young lady I was asked to sponsor at this last Saturday Night Easter Vigil, while listening to the readings outside and the smell of burning wood (bonfire my favorite smell) I was taken back in time to a certain Saturday Night Easter Vigil, my Baptism. The excitement I felt then and still feel today brought tears to my eyes, so full of joy, and love for our Lord. To witness the love that Jesus willingly gave to all and to be able to partake of the Eucharist as a newly Baptism Catholic Christian my heart burned with love, for you see the Eucharist was what drew me to the Catholic faith. When I first witnessed the Eucharist on the altar and watched and listened intently, I had to have more. Seeing the same excitement and love in her eyes was so beautiful and even more when she got to partake of the Eucharistic. Tears flowed!! As Pope John said: the Body and Blood gives us the strength to follow in Christ's footsteps. My pray for all of you is that we love others with the heart of Jesus and see the through his eyes. The Eucharistic is the only way!

Submitted by Annette Pressley
Wasatch Deanery President
April 6, 2024