

*There's a point in every true friendship where you stop being friends and become sisters.*



Most Sacred Heart of Jesus, truly present in the Holy Eucharist, I place my trust in you.

The month of June is dedicated to The Sacred Heart of Jesus and is represented by the liturgical color green. This symbol of hope is the color of the sprouting seed and symbolizes the hope of reaping the eternal harvest of heaven, especially the hope of a glorious resurrection.

God is Love, and the Sacred Heart of Jesus — present on earth in the Blessed Sacrament — is the human manifestation of God's Love for man.

The devotion to the Sacred Heart is an integral part of our Catholic heritage because it helps us to live the basic Christian message of faith and love. It is one of the most widely practiced and well-known Roman Catholic devotions, taking Jesus Christ's physical heart as the representation of His divine love and humanity.

The Eucharist has been called "the outstanding gift of the Heart of Jesus," the heart that gives life to the Church and to all of us, her members.

*"We cannot all do great things, but we can do small things with great love." - St. Mother Teresa of Calcutta*

Even the smallest action can make a huge difference in someone's life if you do it with love.



**...Your roving reporter,  
devoted scribe and  
would-be journalist.**

## BSCCW New Officer Installation

Forty six members attended the installation at Calabria Ristorante, Tuesday, May 19, where President Loretta Terrana and Vice President Deb DuCharme were sworn in for a 2 year term. Father Mark presided in installing the new officers and thanking Linda Lauletta for her tenure as BSCCW President.



We also welcome Kathy Rawls as Secretary replacing Donna Antoniotti.



Keep Cool ...

- Sip water constantly.
- Limit sugary, caffeinated, and alcoholic beverages, as they can pull moisture from your body.
- Snack on fruits and veggies with high water contents, such as watermelon, cucumbers, and berries.
- Keep curtains closed during the day, especially on south-facing windows. Invest in blackout or room-darkening curtains to keep radiant heat out.
- Keep windows shut when the outside temperature is hotter than the inside. Open them at night or early in the morning when the air is cooler.
- Wear light-colored, loose-fitting clothing made of natural, breathable fibers like cotton or linen.
- Put a damp washcloth in the freezer for 10 minutes and drape around your neck.
- Put your pillowcases in the freezer before bed.
- Restrict strenuous outdoor activities to the early morning or late evening, avoiding the midday heat between 12:00 PM and 3:00 PM.
- Always wear broad-spectrum sunscreen with at least SPF 30.
- **Enjoy your summer!**

Upcoming Events

Mary's Handmaidens - off for the summer

CCW Mass - 8:30am second Thursday of every month



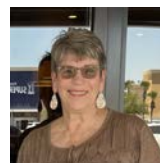
6/4 Mariann Schmudde  
 6/17 Angela Barravecchia  
 6/27 Dianne Russ

**We pray for all our sisters and their families.** 🙏



Heavenly Father, We lift up all those who are facing various illnesses and losses. Give them the hope and courage they need today and every day. Comfort their pain, calm their fears, and surround them with Your peace. Amen

	President Loretta Terrana lorisal98@aol.com		Vice President Deb DuCharme dgottschd@gmail.com
	Secretary Kathy Rawls rawlskge@gmail.com		Treasurer Diane McCue mccued51@hotmail.com



Diane Owen,  
Executive  
Officer for  
ODCCW



Sue Brown,  
Parliamentarian



Ellie Clark,  
Sunshine



Hope Williams,  
Hospitality

We welcome your ideas and input for the next newsletter!



Editor  
Nilda Davila  
ngdavila2@aol.com