

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



On March 17th, we celebrate St Patrick, born in Britain around the year 385, was captured by Irish raiders as a youth and taken to Ireland. After six years, he escaped captivity and returned to

Britain. Later, he felt a calling to return to Ireland as a Christian missionary. Ordained as a bishop, St Patrick is credited with spreading Christianity throughout Ireland, using the three-leafed shamrock to explain the concept of the Holy Trinity.



On March 19th, the Feast of St Joseph honors the earthly father of Jesus and the husband of the Blessed Virgin Mary.

St Joseph is revered as the patron saint of fathers, workers, and the universal Church. The month offers a

time for devout Catholics to reflect on his virtues, known for his humility, faith, and unwavering commitment to God's divine plan.

This period provides an opportunity for believers to seek inspiration from the life of St Joseph and emulate his virtues in their daily lives, fostering a deeper connection with their faith.

"Of all the people I have known with a true devotion and particular veneration for St. Joseph, not one has failed to advance in virtue; he helps those who turn to him to make real progress. For several years now, I believe, I have always made some request to him on his feast day, and it was always been granted; and when my request is not quite what it ought to be, he puts it right for my greater benefit."

— St. Teresa of Avila

## The Sisterhood of the Traveling Teapot



A Traveling Teapot luncheon was enjoyed recently at Tea Time Experience in Orlando by Teresa Frick, Ellie Clark, Rosaleen Willis, and Linda Lauletta. Don't forget to check out the Teapot Album at the next BSCCW meeting to see all the past teapot luncheon memories.

### Upcoming Events

CCW Masses - 8:30am - Blessed Sacrament Church  
Fri 3/1

Handmaidens Circle - 1:00pm  
Tue 3/5, 4/2 - Social Hall

CCW Board Meeting - 1:00pm  
Tue 3/12, 4/9 - Social Hall

CCW General Meeting - 11:00am  
Tue 3/19, 4/16 - Social Hall

Evening Circle - 6:30pm  
Tue 4/23 - Social Hall







## COMMISSION CORNER

***Legislative - Loretta Terrana***

***Leadership - Linda Lauletta***

BSCCW Membership is at 79 +20 honorary members (13 new members)!

Hope Williams, Hospitality Chair, is busy this month coordinating volunteers for our March 8 Lenten Soup Supper along with members of the Young Adult Ministry. Hope also has secured volunteers for the March 17 hospitality Sunday service as well as for BSCCW annual St. Patrick's/St. Joseph's Day luncheon on March 20. Thank you, Hope, for your dedication!

***Spirituality - Barbara Wessels, Kathy McGuinness***

In place of the usual World Day of Prayer, the following local churches ... St. Matthias Episcopal Church, Blessed Sacrament Catholic Church, Oakland Presbyterian Church, Living Hope Church and South Lake Presbyterian Church held a prayer service for peace called "Clermont Day of Prayer - People of Faith" at SL Presbyterian Church on Friday, March 1, 2024. Each of the participating churches submitted a prayer that represents their faith to be prayed in unison at the event. Blessed Sacrament submitted the Magnificat, a Catholic prayer that praises God and expressed gratitude for His blessings. It is the response of the Virgin Mary to Elizabeth's greeting, when Mary visited her cousin who was pregnant with John the Baptist. The prayer proclaims the greatness of the Lord, His mercy, His justice, and His favor for the lowly. It is said in the Evening Prayer of the Liturgy of the Hours, the daily prayer of the Catholic Church and can be found in Luke 1:46-55.

Fifty-one people were in attendance representing 11 churches located in the Clermont area. At the end of the program the participants left the church, singing Let there be Peace on Earth and walked to the Fellowship Hall for lunch. The free will offering consisted of cash and lots of food items for the food pantry at SL Presbyterian. Their food pantry is the only food pantry in Clermont and feeds 250-270 people a week. They currently receive weekly donations from Second Harvest, Chipotle, Publix, Outback and local farmers.

We were blessed to have Lisa Marie Gill come and give an inspiring talk about her journey in becoming a CCW sister and president of the ODCCW. Her motivating monologue included ways to be more involved in the CCW and the positive influence and contributions we make to the church and the community. She also mentioned the upcoming convention; "The convention will be about our pastors bringing us into the proper Faith filled mindset of the Eucharist. All and any vendors and exhibitors will build our culture and get ideas to building our own CCW affiliation and WE as CCW sisters will enjoy, grow, pray, network and learn so much together. Convention is not about BUSINESS but about our GROWTH."

**Pro-Life Leaders Create Coalition to Stop  
Extreme Florida Abortion Amendment**

A grassroots team has come together to stop the extreme abortion amendment pushing for placement on the 2024 ballot. The initiative campaign for the deceptively-titled "Amendment to Limit Government Interference with Abortion" has collected enough petitions to qualify for the ballot, and Florida's Supreme Court heard oral arguments on February 7 to determine whether the language of the proposed amendment is clear and covers only a single subject.

If the court approves this amendment for placement on the ballot, your help will be needed to spread the truth: this amendment doesn't limit abortion regulation; it prohibits abortion regulation. The amendment does not define "viability," "health care provider," or "patient's health" and the ballot summary fails to communicate to voters the chief purpose of the amendment - legalizing abortion until the moment of birth.

Florida Voters Against Extremism, organized by the collaborative effort of pro-life leaders in the state, has put in place the structure necessary to run a statewide campaign. A website has been created to tell Florida voters that this deceptive amendment is not what it seems. You can find more information, sign-up for emails, or make a donation to stop this extreme abortion amendment at [TooExtremeforFL.com](http://TooExtremeforFL.com).





Jeana Wresh and Cindy Burnbaum in the Blessed Sacrament narthex with the incredible collection for the JMJ Pregnancy Center! Two full SUVs plus cash were delivered to JMJ.

🙏 **Donna McRobbie** 🙏

Monitors, tubes, machines  
are modern ways of saying  
“Life is so precious”!

Yet there comes a point in time,  
It is time for a new life  
And these machines hold us back.

Donna is free now - no more earthly suffering  
Our Blessed Mother who knows earthly  
suffering is holding her daughter,  
our sister, Donna,  
close to her heart.

Rest in Peace, Dear Sister

.... *Kathy McGuinness*

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



**3/3 Nicole Asselin**  
**3/5 Nancy Pittman**

**3/6 Barbara Wessels**  
**3/6 Ruth Stepney**  
**3/13 Mary Usher**  
**3/21 Mary Malys**

"Statistics show  
that those who  
have the most  
birthdays live  
the longest.  
Happy Birthday"



Bok Tower, Lake Wales, FL

### **Keep Praying**

Loving God, We pray for the people of Ukraine, Palestine, Israel and for all those suffering or afraid, that you will be close to them and protect them.

We pray for world leaders, for compassion, strength and wisdom to guide their choices. We pray for the world that in this moment of crisis, we may reach out in solidarity to our brothers and sisters in need.

May we walk in your ways so that peace and justice become a reality for all the world.  
Amen.



# Is Laughter Really the Best Medicine?

## Relieves Stress

Laughter relieves both mental stress and physical tension. As you laugh, you breathe in more. This extra oxygen intake stimulates your body, especially your heart, lungs, and muscles, releasing endorphins, natural hormones that alleviate pain, lower stress levels, and improve mood. Research also shows that muscle tension is reduced for up to 45 minutes after a good guffaw, leaving you more calm and relaxed.

## Increases Immunity

Studies reveal that people who laugh more see a boost to their immune system. Specifically, laughter has been shown to stimulate the production and vitality of disease-fighting T-cells. These powerful cells help the immune system fight germs and protect the body from disease. Laughing also decreases the release of stress hormones, which negatively impact the overall health of the immune system.

## Improves Mental Health

One of laughter's most extraordinary powers is its impact on mental and emotional health. It alters dopamine and serotonin activity in the body, both of which help boost your mood. You might recall a time when you've had a difficult day, but a lighthearted joke made you feel better. Not only does laughing reduce stress, but it can dissolve anger, ease tension, and help put things in perspective by snapping you out of a negative mental state. The next time your car gets a flat tire, or you spill your coffee, try searching for something funny to help improve your mood.

😊 *So really ... we are helping you be stress free, healthy and mentally alert!*

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**We welcome your ideas and input for the next newsletter!**



A young blonde girl from California moved to Texas, and wanting to earn some extra money for the summer, decided to hire herself out as a "handy woman" and started canvassing a nearby upscale neighborhood.



She went to the first house and asked the owner if he had any odd jobs for her to do. "Well, I guess I could use somebody to paint the porch" he said. "How much will you charge me?" Delighted, the girl quickly responded, "How about \$50?" The man agreed and told her that the paint and brushes and everything she would need were in the garage.

The man's wife, hearing the conversation, said to her husband, "Does she realize that our porch goes ALL the way around the house?"

"That's a bit cynical, isn't it?" he responded.

The wife replied, "You're right. I guess I'm starting to believe all those blonde jokes."

A few hours later the blonde came to the door to collect her money. "You're finished already??" the startled husband asked. "Yes," the blonde replied, "and I even had paint left over so I gave it two coats."

Impressed, the man reached into his pocket for the \$50 and handed it to her along with a \$20 tip.

"Thank you," the gal said, "And, by the way, it's not a Porch, it's a Lexus..."

