

Council of Catholic Women Recognition Sunday

Bishop John LeVoir has designated today as the Council of Catholic Women Recognition Sunday. Over 60 years ago, when the diocese was formed, one of the first things Bishop Schlaidweiler did was to invite women to join together in Councils in order to be of service to our parishes and help them fulfill the mission of the Church. Women throughout those years, up to this day, have gathered to pray, to deepen their knowledge of the faith and to be of service, offering their unique talents for the good of the Church. Each of us is called to serve in a different way; depending on the talents we have been given. We wish to thank all the women of our Parish for continuing to respond to Christ's call to serve. The leaders of our local organization include:

President: Amanda Murphy

Vice President: Karri Hoffmann

Treasurer: Stacy Nelson

Secretary: Katie Braulick

Historian: Lisa Schmitz

Our CCW has three commissions and two committees.

Leadership Commission – Kristy Suess

Spirituality Commission – Tracy Meyer

Service Commission - open

Reverence For Life Committee - Marnee Currans

Scholarship Committee – Tammy Helget

Our parish is divided into sections. These chair people include:

M Section: Barb Seifert

Patty Rosenhammer

A Section: Tricia Ericksen

R Section: Sharon Hirsch

Y Section: Emily Krzmarzick

Rachel Windschitl

We are still actively looking to fill the role of Service Commission. The Service Commission engages the members of CCW, and all people, in working to address the needs and concerns of our community and supports and enhances family life within the church and society. If you are interested, or know someone that would be, please feel free to contact any of the above people.

Our CCW connects with women in other parishes in our diocese and in our nation as well throughout the world. It is a wonderful way to be enriched in faith through prayer, education, service and fellowship. We invite all women in our parish to deepen their love of Christ by becoming more active in CCW. Your lives and the life of the parish will be enriched when we all do our part. All the women in the parish are invited to our next gathering, which is scheduled on Monday evening, November 25. We will begin the evening with prayer of Lectio Divina at 6:30 pm.



"Come, ye disconsolate, where'er you languish, Come at the shrine of God fervently kneel; Here bring your wounded hearts, here tell your anguish— Earth has no sorrow that Heaven cannot heal."

*Thomas Moore, c.1813,
published in Sacred Songs, 1816*

Ideas for Assisting Bereaved Parents

When you connect with someone who has recently experienced a miscarriage, stillbirth, or newborn death, this information can serve as a quick reminder of important ways to show your care.

Be sure to pray to the Blessed Mother for her intercession for all your actions. She understands the pain of losing a child.

- Be present! Know that it is simply enough to just be with the grieving person.
- Enter into the pain of death, do not try to take it away. Help the person cry, do not wipe away the tears. It may feel awkward, but shared silence is comforting.
- Feeling at a loss for words in this situation is normal. Do not feel you must talk. A touch, a hug, your own tears, or sitting near the grieving person can be more healing than a hundred words.
- Most people in times of crisis need more closeness than normal. Yet, you may want to ask permission to give a hug.
- Be sensitive to the bereaved needing time for themselves and privacy.
- Being a good listener is important. Use eye contact and open body language to signal a willingness to hear whatever they want to share. Gently ask questions, but do not pry.
- If parents have named the baby, use the name. This validates the reality of this child's unique existence.
- Be sensitive to the fact that the mother of the baby may have additional physical needs.
- The baby's father is often not given grief support. Include the father, siblings and grandparents in your expressions of grief.
- Daily tasks are often ignored in the face of this monumental loss. Don't just tell them to contact you if they need help. The bereaved often find it hard to ask for help. Tell them you plan to do a particular activity unless they express the contrary.
- Provide specific help: go shopping, help with household chores (make meals, do laundry, wash dishes, water flowers, cut lawn, shovel snow, childcare, take care of pets) and find substitutes for outside obligations when possible.

Ideas for Assisting Bereaved Parents



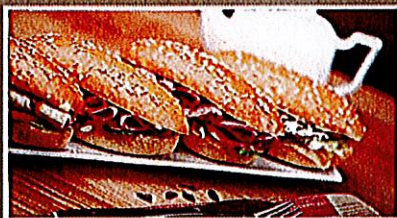
- Be sure to keep a healthy balance between helping and taking over! Doing these things together can provide a way to determine how much help is needed while offering another opportunity for the bereaved to talk and express grief.
- If you cannot personally visit, be sure to express your sympathy with a phone call, card, flowers or other acknowledgment.
- Grieving parents are sometimes unable to provide comfort and support for their other children. Providing the other children with someone to give them special attention not only helps in sibling grieving, but frees up the parents to grieve freely with each other.
- Those in grief are often not able to focus on nutrition. Bring healthy meals and consider setting up a schedule for members of the parish to be responsible for preparation of food during the early days of mourning.
- A gift of a special music CD can be very healing. An item that can be a remembrance of the child may become a treasured heirloom. Books or other literature about their grief situation can assist in understanding. Making a donation in memory of the child may deeply touch the parents' hearts.
- You may want to give the gift of a professional massage. Grief is held in the body and a gentle release occurs with a proper massage.
- Do not avoid the bereaved parents. They will need your friendship and connection.
- Talk about the baby. It does not add to the pain, but rather, allows it to be expressed. Avoidance does not take away the suffering, it causes more trauma. Let them tell and retell the story.
- Invite the parents to take a walk with you. Physical activity can help in the healing process.
- Offer opportunities for diversion. Perhaps a concert, lunch date or other activity. Be accepting of an honest response of not being "up to it" and offer a "rain check."
- Invite a shared time of prayer, perhaps reciting a rosary or the Divine Mercy Chaplet together. Offer to drive together to an Adoration Chapel.
- Accept mourners' unique grieving process. It must be done at their own pace and in their own way. Do not force your approaches or beliefs.
- Acknowledge the expected due date. It will be a time of renewed grief and your remembrance will be much appreciated.
- Mark the death date on your calendar and be sure to contact the family on the anniversary.
- Acknowledge the loss on Mother's Day and Father's Day. Remember them on holidays, especially Christmas and Easter.

"Bear one another's burdens, and so you will fulfill the law of Christ."

Galatians 6:2

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Also, mark your calendars for a special
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Learn more and register:

Email: saintmaryse@sleepyeyetel.net

or Deacon Mike McKeown (507) 430-1690

Registration is open! No cost to participate!

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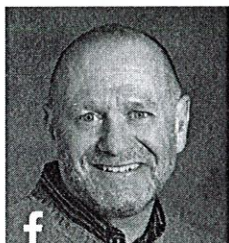


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Vermilion City Col.

Lukas Adelman
Bellingham, MN
Lake Area Tech. Institute

Zakariah Adelman
Graceville, MN
Lake Area Tech. Institute

Nicholas Ahlbrecht
Princeton, MN
S.D. State Univ.

Madison Albers
Mandan, ND
Univ. of Mary

Amy Albrecht
Fairfax, MN
S.D. State Univ.

Austin Alshire
Frederic, WI
Univ. of Wis. - Stout

Bethany Allen
Faribault, MN
Univ. of Mary

Young America, MN
U of Minn - Duluth

St. Bonifacius, MN
U of Minn - Duluth

St. Bonifacius, MN
U of Minn - Duluth

St. Bonifacius, MN
U of Minn - Duluth

St. Bonifacius, MN
U of Minn - Duluth

Katrina Andrusick
Cold Spring, MN
St. Olaf Col.

Kamryn Arceneau
Miltona, MN
MN St. Univ. - Moorhead

Joseph Averill
Elk River, MN
St. John's Univ.

Anna Badger
Maple Grove, MN
Northern Michigan Univ.

Morgan Bain
Sioux Falls, SD
Col. of St. Benedict

Hayley Baker
Elyria, MN
U of Minn - Twin Cities

Jarod Balentine
Longmont, CO
Portland State Univ.

Hope Barfknecht
Webster, WI

Nathaniel Blaine, MN
MN St. Univ. - Mankato

Daryn Doyle
Geneva, IL
Grand Canyon Univ.

Dylan Doyle
Lake Elmo, MN
U of Minn - Twin Cities

Dylan Doyle
Lake Elmo, MN
U of Minn - Twin Cities

Rebecca Einyck
Avon, MN
Alexandria Tech. Col.

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Avon, MN
Alexandria Tech. Col.

Madison Elbert
Rock Rapids, IA
Iowa State Univ.

Katelyn Euetow
Cologne, MN
Creighton Univ.

Marlee Buhs
Mankato, MN
Univ. of St. Thomas

Natalie Cahill
Pine City, MN

John Callens
Marshall, MN

Ashley Cap
Scotland, SD

Nolan Carlson
Sioux Falls, SD
Univ. of Minn. - Lincoln

Rachel Chmielewski
Woodbury, MN
U of Minn - Twin Cities *

Nicholas Christian
Richfield, MN
St. John's Univ.

Emily Clark
Woodbury, MN
Univ. of Oklahoma

Emily Clark
Woodbury, MN
Univ. of Oklahoma

Emily Clark
Woodbury, MN
Univ. of Oklahoma

Emily Clark
Woodbury, MN
Univ. of Oklahoma

Emily Clark
Woodbury, MN
Univ. of Oklahoma

Brendan Corbin
Ramsey, MN
Univ. of St. Thomas

Ashley Cordero
Maple Grove, MN
Univ. of San Diego

Alayna Corona
Cold Spring, MN
U of Minn - Twin Cities *

Tyler Cromwell
Pequot Lakes, MN
Central Lakes Col. - Brainerd

Molly Cronin
Lake City, MN
Winona State Univ.

Theresa Cronin
Rapid City, SD
Univ. of Mary

Courtney Cruze
Litchfield, MN
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Matthew Csukker
Columbus, NE
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