

St. Raphael's Council of Catholic Women

Our Lady of Good Counsel, Pray for Us

101st Edition CCW Newsletter

www.st-raphaels.com/ccw

January/February 2018



St. Raphael Catholic Church



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NEWSLETTER

Louise Barrett &
Theresa McCormick



CCW MEETINGS

September - May
7:30am Rosary, 8am Mass,
8:30am Continental
Breakfast, followed by CCW meeting
See CCW schedule, page 2

First Vice President Message

by Susan Ugan

Happy New Year.....to Old, New and "Wanna-Be" CCW Members!!! Yes, we appreciate and depend on all current members...but....there are probably a dozen or more ladies who gladly support our causes and events but are not "members"- YET! Perhaps you know a potential member who fits the above description and simply needs a gentle invitation at that special moment. (No twisting arms allowed) - just an invitation. No sign-up sheets unless they ask. And you might add that dues are \$15/year, probably no big deal, but these combined monies help out in our various endeavors.

As many already realize, our Christmas Breakfast (catered by "Ma Ma Celeste") was a big success. Attendees enjoyed getting the latest news from old friends, meeting new table partners, having a wonderful brunch/lunch before continuing with busy holiday schedules. It was a "moment in time" where we could just enjoy each other's company.

Our Shore Acres Nursing Home was the BIG winner of the day...lots of wonderful presents, beautifully wrapped, donated by YOU and delivered by the Shore Acres Visiting Team. A visit with this team to the nursing home will fill you with a true sense of "reaching out" to the forgotten, sick, the elderly, the homeless. It can help you refocus on what is really important in this life. They, like we, all need a feeling of belonging. THEY "belong" to our St. Raphael's Parish which truly is a year-long gift to these souls.

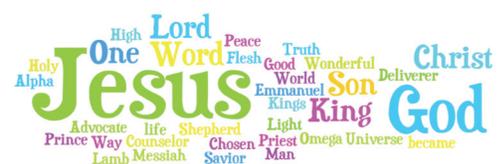
Respectfully, Susan Ugan

From Father Tim, Our Pastor

Dear CCW members: Happy New Year and a holy and healthy 2018! The month of January is named after Janus, the two-faced Roman god of doorways. With one face he would guard the front entrance of the New Year, and with the other he watched the rear door of the old year. I'm not sure what he was watching for exactly. Advent gave us an opportunity to begin a new liturgical year by watching for the coming of the Lord Jesus and to be spiritually renewed. This new calendar year gives us yet another opportunity for a fresh start. Cyclical time has always been thematic of renewal, rebirth, and rejuvenation. The cycle of life from a Christian perspective necessarily includes resurrection. As we begin this New Year, may we have the grace to continually watch for Jesus' coming in our daily lives and to look back at the many times we received His presence in the past—to be spiritually two-faced. Like the nature of God, the cyclical dimension of the spiritual life has no real beginning or ending. You see, being two-faced isn't always a bad thing.



Take care and God bless! Fr. Tim



CCW Calendar 2018



Save the Dates

Mon-Thur	January 15-18	Rummage Sale Donations, Parish Center 3:30pm to 6pm
Friday	January 19	Rummage Sale Set Up, Parish Center 2pm until done
Saturday	January 20	Rummage Sale, Parish Center 8am to 1pm
Saturday	February 3	Monthly CCW Meeting, Rosary, Mass, Breakfast, Program, Parish Hall
Friday	February 9	Set-up St. Raphael Fashion Show, Parish Center 3:30pm to 6pm
Saturday	February 10	St. Raphael Fashion Show, Parish Center
Sunday	February 18	Focus 11 Cookie Drop off, Room B after all Masses
Saturday	March 3	Celebrating 90's Luncheon 11:15am, replaces the morning monthly meeting
Mon-Wed	March 12-14	Parish Mission: Refreshments by CCW
Saturday	April 7	Monthly CCW Meeting, Rosary, Mass, Breakfast, Parish Hall
Saturday	May 5	Monthly CCW Meeting, Rosary, Mass, May Crowning
Thur-Sun	May 17-20	DCCW Convention in Tampa

Sept-May CCW General Meetings: 7:30am Rosary, 8am Mass, 8:30am Continental Breakfast & Meeting

Fashion Show

Our Fashion Show features fashions from Lularoe. The date is Saturday, February 10. The cost is \$20. Make your check payable to the St. Raphael's Council of Catholic Women (CCW) and drop it in the weekend collection in an envelope marked "CCW Fashion Show" or send your check to Roseanna Costa, Registration Chairman, 4637 Overlook Dr NE, St Petersburg, FL 33703. We are looking forward to seeing you and sharing this special event. Any questions, call Roseanna at 727-410-4176.

Donations for the Fashion Show

If you can donate any items or gift cards for our opportunity baskets at the fashion show, you are an angel. Contact Kathy Guckenberger, 727-520-0286, grannyguck@yahoo.com or Susan Ugan, 727-742-4546, susanugan@gmail.com. The ladies of the CCW truly appreciate your generosity and support for this Event!

Celebrate 90's

We will have our Celebrate 90's Party on March 3. This event was new to our roster last year and was a big "hit" with the attendees and our members. Everyone who is 90 or older in 2018 will be invited. Event set up is March 3, after the 8 AM Mass. Our regular monthly morning meeting is cancelled and replaced by this event. The Celebrate 90's party starts at 11:15 AM in the Parish Center. Please contact us to volunteer.

Contact Info to Volunteer:

- ✓ Susan Ugan (susanugan@gmail.com) Text or call: 727-742-4546
- ✓ Marty Maranto (malchus14@aol.com) Text or call: 727-894-7766
- ✓ Louise Barrett (amblab@aol.com) Call: 727-821-2561

Pack Rat Rummage Sale by Susan Ugan

Saturday, January 20 is our annual Pack Rat Rummage Sale- just two weeks away. Some things to think about: Clothing and household items are most welcome. (Volunteers would greatly appreciate contents of clothing bags sorted and labeled contents, i.e. "Baby", "Teen Girl", "Woman" - it would be a time-saver as we sort and store. Let us know if you plan to bring furniture type items and may need help. Remember, no electronics, TV's, computers.



Volunteers needed for drop off times: Monday, January 15 noon to 3:30 PM MLK DAY, Tuesday, January 16, 3:30 to 6:00 PM, Wednesday, January 17, 3:30 to 6:00 PM, Thursday, January 18, 3:30 - 6:00 PM and Friday, January 19, 3:30 - 10:00 PM. We are looking for locations for yard signs. Busy thoroughfares are best. Please email me if you can help with this- susanugan@gmail.com.

St. Jude Award

The Reidy's - Special Blessings to our Parish

Bill and Debbi Reidy, recipients of this year's St. Jude Award, joined St Raphael's in 1990. We are grateful for the journey that led them here, and for the 27 years of dedicated service to our Parish. Bill and Debbi live and breathe their faith each and every day without counting the cost or considering that life would be possible any other way. They have servant hearts, are extremely humble and generous and have laid down their lives for so many. Only a summary of what they have done follows.

Bill was a cradle Catholic and Debbi was a Protestant with a former marriage at the time they married. After the birth of their third child, they found their "home" at St Raphael's. Debbi became a happy Catholic in 1995, after Monsignor Dechering helped her with the annulment process. Debi and Bill were sacramentally married in the little rectory chapel following her Confirmation and First Holy Communion, a special memory for Debbi. Today, they are a Pre- Cana team who use their past to help mixed religion couples prepare for marriage.

Our Youth: Debbi began working in Middle School Youth Ministry right after the Reidy's joined St Raphael's, and Bill began a few years later. Over the years, they have assisted Youth Group leaders Matt Klinefeelter, Tiffany Hoeckelman, Keith Aeschbach, Jonathon Campbell, Jessie Freeman Cillian, and Kaitlin Berger Gendron. The Confirmation program has been implemented in many ways over the years, and the Reidy's have been helping our Youth grow in their faith as part of the Confirmation Team. When their beloved daughters were in CCD, the Reidy's also volunteered as CCD teachers in the 4th and 8th grade classes. The Reidy's were Youth Group chaperones for trips to Steubenville, Luther Rock, Cove Crest, and the March for Life. Debbi taught Vacation Bible School for numerous years and was a core team member for the Little Rock Scripture Study which had a children's component.

The Sick: The Reidy's were Extraordinary Ministers of Holy Communion to the sick at Shore Acres Rehab for several years, and still bring Communion to the homebound. They "adopted" and assisted three

elderly sisters and have helped them each through their final illnesses. Debbi and Bill are caretakers for Debbi's mom who lives with them.

The Poor: The Reidy's began their ministry as members of St Vincent DePaul in 1998. Responsibilities have included interviewing families, organizing the food pantry, and the Christmas Giving Tree. Debbi is gratified that the recent expansion of St Vincent DePaul ministry members has increased the outreach of this wonderful group.

Christ Renews His Parish: Both Bill and Debbi, not only participated in the CRHP program, but were also leaders for CRHP II, and were on the expansion team that brought this program to other Parishes.

Supporting our Parish: Debbi is an active member of St Raphael's Council of Catholic Women.

Bill is a 4th degree Knight and a board trustee with St Raphael's Knights of Columbus.

Special thanks to the Reidy's who are an example of quiet love and service in our Parish.



Focus 11 Cookies

We need cookies and lots of them, for a lunch dessert for the children who will be attending Focus 11, a program for 6th graders from all over the Diocese (including St Raphael's) which promotes Vocation awareness. No nuts of any kind and no peanut butter. Chocolate chip and sugar cookies are the best. Pack 3 small cookies to a bag, or 1 large cookie per bag. We need them by Sunday, February 18th. Call Louise Barrett at 821-2561 or email amblab@aol.com if you can bake cookies, and I will let you know where and when to drop them off.

Message from Fr. Kevin Mackin OFM

Dear Members of the Council of Catholic Women, I just finished leafing through "The World in 2018" and decided to forget about all the predictions. I simply will pray this prayer: "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time, trusting that God will make all things right."

I like to focus on the significance of a favorite feast day of mine at the beginning of the new year: the Epiphany or the showing forth of the child Jesus to the wise men. A friend commented humorously: If the wise men had been wise women, they would have asked directions right from the get-go, arrived on time, helped deliver the baby, cleaned the stable, and made a casserole and brought practical gifts.

The Epiphany is a storehouse of meaning. First, the significance of the gifts of gold, frankincense and myrrh. Gold can symbolize royalty, kingship, or divinity, the things of God (and the coin of this child's heavenly realm are compassion, forgiveness and peace); Frankincense with its wonderful fragrance and medicinal magic can symbolize healing (and this child came to heal our wounds and bridge the chasm that separates us from God and one another); and myrrh or ointment can symbolize a burial embalment (and this child eventually through his death/resurrection made us co-heirs to God's promise of eternal life).

But who is this child to whom the magi give their homage? Who is this Jesus to whom we give our ultimate allegiance as a community of faith? The early Christian community saw Jesus as the fulfillment of the hopes of ancient Israel. And so they named him the Messiah, the anointed one. The more they reflected on who he was, the more they saw Jesus not only as the fulfillment of their hopes but the foundation of their hopes.

And so they named him the eternal Word. The Gospel according to John captures this magnificently in the prologue: In the beginning was the Word and the Word etc. Yes, Jesus was the foundation as well as the fulfillment of all their hopes, and our own.

This Jesus was a real historical person, flesh and blood like ourselves. He experienced, as we do, fatigue, hunger, satisfaction, joy, friendship, disappointment, loneliness and death. He was a rabbi, a teacher, a prophet preaching that the kingdom of God was

breaking into our midst.

This Jesus worked signs and wonders that proclaimed that good ultimately would triumph over evil; he possessed authority to forgive wrongdoings; he promised eternal life. He had a unique relationship with the God of Ancient Israel; in fact He was one with God; but he was crucified and then raised up from the dead; transfigured into a new heavenly reality. He is alive in our midst today especially in the sacramental life of the Christian community. And because He is alive, we too are alive with God's grace and favor.

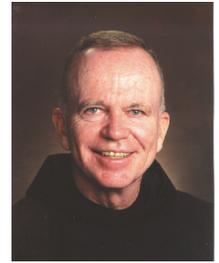
Jesus taught not only that the kingdom of God was breaking into our midst, but he also taught that we can share in this kingdom of God by living out a life of discipleship. And how is that? By living prayerfully in the presence of God; by recognizing that our lives do have an ultimate purpose; by seeing in Jesus the Word made flesh, the face of God; by reaching out compassionately with a helping hand to the people around us; by experiencing the presence of the living Christ, body and blood, soul and divinity, sacramentally and mystically in liturgy; and by always being ready to let go of our earthly life, in the mystery of death, so that we can be in relationship with God forever. Yes, in death is the hope of eternal life. Jesus also taught that God is our Father, a compassionate God, always near us at the start of each day to guide us on our journey to our heavenly home.

So, on the feast of the Epiphany or manifestation of the presence of God, I invite all of us to rededicate ourselves to Jesus Christ and to ask him to grace us anew at the beginning of this new year, so that we might grow ever more deeply in our relationship with God and manifest ever more clearly the glory of God in our everyday attitudes and behaviors.

I conclude with a favorite New Year message, worth repeating:

The most destructive habit.....Worry
 The greatest Joy.....Giving
 The greatest loss.....Loss of self-respect
 The most satisfying work.....Helping others
 The ugliest personality trait.....Selfishness
 The most endangered species.....Dedicated leaders
 Our greatest natural resource....Our young people
 The greatest "shot in the arm"Encouragement

Continued....next page....



Message from Fr. Keven Mackin, continued....

The most effective sleeping pill.....Peace of mind
 The most crippling failure disease.....Excuses
 The most powerful force in life.....Love
 The most dangerous pariah.....A gossip
 The world's most incredible computer.....The brain
 The worst thing to be without.....Hope
 The deadliest weapon.....The tongue
 The two most power-filled words....."I Can"
 The greatest asset.....Faith
 The most worthless emotion.....Self-pity
 The most beautiful attire.....A smile
 The most prized possession.....Integrity
 The most powerful channel of communication...Prayer
 The most contagious spirit.....Enthusiasm

Truly something to live by: manifesting the glory of God in our everyday attitudes and behaviors. With my warmest wishes for a happy, healthy and prosperous 2018, Sincerely yours, Fr. Kevin Mackin OFM

Pope Francis Prayer Intentions

January: *That Christians, and other religious minorities in Asian countries, may be able to practice their faith in full freedom.*

February: *That those who have material, political or spiritual power may resist any lure of corruption.*



Joining St. Raphael CCW

It's easy to join St. Raphael's Council of Catholic Women. Simply drop an envelope marked CCW in the weekend collection. We need your name, address, phone, email address, birth day and birth month and a check for \$15 payable to St. Raphael CCW. Dues are payable after January 1 and late by June. Membership gets you to be part of a great group of women whose job it is to serve God in our family, parish, community and world. We have a Mass intention said for our members monthly. You do what you can, when you can and this way, with over 280 members, we get a lot done for St. Raphael's. Women of all ages, professions, interests and talents are welcome and urged to join.



Member News



- ♥ From Bernadette Bailey: Bragging on "The Grands"- Dana seems to be enjoying her new career with Oracle in Boston, meeting challenges in the business world and scoping out tourist sites in the Northeast Corridor. She's coming to Tampa for Gasparilla festivities in January so I'll catch up on all her news over lunch.
- Dorian, a junior midfielder at UNC/Chapel Hill, was named to the 2017 United Soccer Coaches NCAA Division 1 Women's Scholar All South Regional Teams. The second leading scorer in the 2017 ACC Tournament Championship, she is majoring in exercise and sport science.
- Liam, enjoying his place as the only sophomore on Rockhurst-Jesuit varsity soccer team, is proud that Rockhurst won Missouri State title this year. He loves the freedom of driving to school, soccer practices, with refueling stops at Chick-fil-A and Starbucks.
- Grace enjoyed a journalism class at the Poynter Institute during summer break, the photo-journalism session being most interesting. We have one more year to enjoy Grace's choral and guitar concerts at Osceola Fundamental, and are staying tuned on the college search.
- ♥ From CCW member Mary Poulin: I enjoyed hosting my Gainesville, Fl. family over the Christmas Holidays and making memories for my Grandson.
- ♥ From CCW member Louise Barrett: My mom, Anne Liner is living here full time now. In 2017, all of her 8 children and 15 of her grandchildren visited us through every month except September, which was when "Irma" visited us all.
- ♥ From CCW member Miriam Ludes: Mother's Day is celebrated in Panama on December 8 . So again this year I went to be with my mother, who was 112 in September . She is very frail and I am not sure she really knew me .Yet I felt the need to be with her even though I had to be away from Biff.
- ♥ CCW member Dolores Smith recently received a 25 year certificate as a volunteer at Mahaffey Theater. She received a new name tag with the 25 years added, and a \$25 gift certificate. Great job, Dolores! Dolores' daughter Carole spent the Christmas Holidays with Dolores. They had a wonderful time just being together.

Faith Community Nursing by Peggy Bach RN, BSN, CNN

We 2018 – Happy New Year! Have you made your New Year's Resolutions yet? Every year many people make the same resolutions; lose weight, quit smoking, become more active, spend more time with family, quit drinking, help others, get organized, the list is pretty much the same every year.

But here is one thing that you can do that will positively affect your health this year and every year to come... take an active role in your health care in 2018. Many people do not feel they can speak up when they are at the doctor. You are at the doctor for his or her expertise they do not need your input. That is where you are wrong. The patient, YOU, know your body and illnesses better than anyone, you know when something is wrong. Only YOU can communicate changes that can make a real difference in your medical care. Here are some simple ways to become involved in your own health care or the health care of someone you love.

Before you visit with your doctor, write down any questions that you may have. Be prepared and organized. Keep your questions very specific. At the beginning of your visit, let your doctor know that you have a list of questions. Because your time with the doctor is limited, it helps to have this list of your most important issues ready and take it with you.

Make a list of all the medications you take including vitamins and supplements. It is important for your physicians to know the type of medications you are on, the dosages and how often you take them. Understand the reason you are taking each medication. If you have concerns about your medications it is sometimes helpful to bring your medications to your doctor's appointments.

Bring a family member or friend to your doctor's visit to help you remember what you and the doctor discuss. Sometimes it is helpful if someone takes notes to look back on after the visit. At the beginning of your visit share your list of health questions, problems, and concerns with your doctor and their team. Tell your team about your past illnesses/hospitalizations, medications, and any

problems you may be experiencing. If your doctor interrupts you or if you feel you did not get time to ask your questions, politely let your doctor know that you have questions that you would like answered before the office visit ends.



Tell your doctor and their team about what you need and preferences for treatment and your health. Work with your team to create a plan that works for you and be involved in making decisions about your care.

At the end of the visit ask for written instructions and information to take home with you. Ask your doctor to explain anything that does not make sense to you and speak up if you have concerns or think something is wrong. Make sure you ask when and how you will get any test results that have been ordered. Ask about additional treatments or appointments needed and how they will be scheduled. If any new medications are prescribed make sure you understand what the medication is for, how to take it, and if you need to take a written prescription to your pharmacy or if the doctor has called the medication in to the pharmacy.

Another concern that patients often do not communicate to their doctors is insurance concerns. If you are worried that your insurance will not cover a procedure or a medication you must share this information with your doctor. If the doctor is made aware of these insurance concerns ahead of time they may be able to order an alternative treatment or medication that will be covered by your insurance. But they can only do that if you speak up.

After the visit tell your doctor if you are having trouble following the plan you have been given or if there has been a change in your health or overall condition. Communication with your doctor and their team is the key to better medical care.

2018 – A time to take charge of your health care, ask questions, be prepared, be an advocate. Healthy New Year Everyone!



Project Rachael

If you are suffering after abortion, your church wishes to reach out to you in love and support. Call Project Rachael 1-888-456-HOPE (4673) and ask for Emma, Spanish call 813-500-9785 and ask for Rosa. More information email projectrachel@ccdosp.org or go to www.rachelsvineyard.org. Contact CCW member Maggie Moren 727-525-6873 for info about a Post Abortion Support Group called H.E.A.R.T.S. This call and participation in the group will be completely confidential.

Please Remember In Your Prayers...

Our Sick: Please keep the following in your prayers: Anita DeGraaf, Ruth Mattick, Denise DeBord, Marlene D'Abramo, Rosemary Early, John Shettle, Beverly Abentroth, Monica Stypinski, Tom and Kathy Doyle, Cheryl Sullivan Lincoln, Flor Vidal, Pat Taddeo, Margaret Bonnano, and those who are homebound, in assisted living and nursing homes: Rosa Rodriguez, Maureen Cape, Mary Donatelli, Marvelle Wood, Carol Kettlestrings, Winnie Young, Toni Harvey, Jim Flatley, DJ Thompson, Lois Klotz, Dorothy Eichelman, Phyllis Phillips, Ralph Howell, Bill York, Biff Ludes, Charlotte Overbey, Mary Wyatt Allen, Rose Grado, and Josie Matracia



CCW Members' Relatives Recent Deaths

Our sympathy to CCW member Yolanda Lazzara and CCW member Andrea Vigrass on the loss of John Lazzara, Yoli's husband and Andrea's dad. Our sympathy to CCW member Bernadette Zeender on the loss of her step mother, Connie Dasconio and CCW member Peggy Bach on the loss of her mother in law, Margaret Bach. Our sympathy to CCW member Michelle Henriksson on the loss of her father James Pearson and CCW member Peggy Nolan on the loss of her beloved husband, Richard "Dick" Nolan.

Bereavement Support Group

If you or someone you know is experiencing grief because of the loss of someone close or special to you, prayerfully consider attending the Bereavement Support Group. Many people feel a deeper sense of loss during the holidays. You are invited to join the five week support group called "Grieving with Great Hope." The sessions run every Thursday night from January 4th through February 1st, 7pm to 8:30pm, in Room B (St. Joseph Room) in the Church building. Please call or text Carol Irwin at 813-335-6799 for more information.

Vocations to the Priesthood & Religious Life

Visit www.st-raphaels.com/vocations webpage for prayers, calendars and other resources dedicated for vocations to the priesthood and religious life.

Our Deceased by Bernadette Bailey

In late October and November Robert Donina, John Chang, Jean Van Huffel, Randy Fisher, Boots Goodbub, Helen Mierzekewski, and Joan Farrell died. In December Annie Schneider, Mary Jane Noll, Connie Dasconio, Margaret Bach, Wendy Drefahl John Pletzke, Jr., Sara L'eon, John Lazzara, Stan Taylor, Kathryn Donatelli, James Pearson and in January, Richard "Dick" Nolan died. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May their souls, and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.



Care Teams

Some members are involved in a very important task of caring for a loved one through an illness. These CCW members are care partners as family members face illnesses of various types: Miriam Ludes (Biff), Sandy Imbriani (Ralph), Rose York, Sr. (Bill). Carmen Marlowe (Rosa Rodriguez), Jane Winstead (Rose Grado), Tricia Lee (Aida Lee), Bernadette Zeender (Melanie Walsh), Susan Keller (Marvelle Wood), Peggy Overbey and Lila Overbey (Charlotte Overbey), Vicki Nelson (Maria Rodriguez), Joanne Bird (Winnie Young), Louise Barrett (Anne Liner), Christina Mayer (Aileen Mayer), Yvonne Thompson (DJ Thompson), Mimi and Joseph Casadonte (Andrew Casadonte), Julie Grammatica and Jeanine Howell (Ralph Howell), Carol Irwin (Meegan Irwin), Debbi Reidy (Donna Blair and Phyllis Phillips), Antoinette Falk (Lois Klotz) and Kathy Anderson (Dorothy Eichelman). We are praying for patience, strength, and healing for everyone.