

NewsNotes



Schottenfreude – Shameful Joy

The first time I heard this word was when I was listening to a CD by Bishop Robert Baron. It was entitled Seven Deadly Sins; Seven Lively Virtues. You experience schottenfreude when you feel pleasure derived from the misfortune of others. I highly recommend listening to this talk as it goes a little deeper into the Deadly Sins. So that got me thinking about our words and how we use them.

Sticks and stones may break my bones, but words will never hurt me. What a joke! Words can leave a more lasting scar than any broken bones or stitches. Words can hurt us inside where the wounds are harder to heal. There are no band aids that can stop the hurt of words said in frustration or anger. No matter how many times we say we are sorry or wish we could take it back, the damage is done.

Friendships, relationships, and our own self-worth can be damaged when we use words to get back at someone who has hurt us. Negative talk – telling ourselves that we are no good, degrading or demeaning another or spreading false rumors can be devastating.

And when we are in that state of lashing out, aren't we sometimes secretly glad that the other person has been bested by us? Schottenfreude.

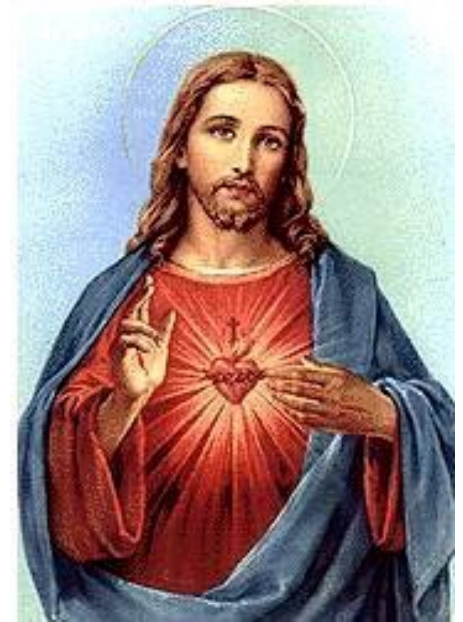
Then comes that time we are sorry we hurt them, but how can we un-say the words and undo the damage we have done? When we sin, we hurt the other person, God and ourselves. Mending these hurts will take some work on our part.

We need to not only say we are sorry, but really mean it. The words, "I'm sorry" come too easily nowadays. It is the standard apology – one size fits all. It covers circumstances, but little thought goes into saying the words. They are just the expected response. But it is a start to rebuilding that relationship.

Now it is time to take a serious look into our heart. Repentance is sincere remorse about the wrongdoing, the hurtful words and results - the sin. It is a deep regret. It is "I'm Sorry" on steroids. This begins the healing of ourselves.

Another step involves asking for forgiveness from those we have hurt. We need to be sincere in our asking. That person needs to know and feel our sorrow and regret. We admit our guilt and begin to mend the relationship. When **they** forgive **us**, they will begin to heal.

May you have a Blessed Lent.....Kathy Rowell 2022



Inside this Issue

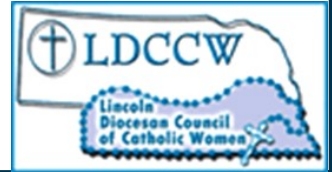
Kathy Rowell.....	1
Trudy	
Burenheide.....	2
Spirituality Commission	3
Service Commission.....	4
Pope's Intentions.....	4
Future Events	4
Leadership Commission	5
Legislative Chair	6
Province Director.....	7
Convention Info.....	8
By-law Update.....	9
Delegate Information.....	10
Convention Raffle Tickets.....	11



President Elect

Trudy Burenheide

402-801-1837



Chances are likely there will be a compilation of thoughts about Lent in this publication of NewsNotes. In my thinking, that is a good thing. For me personally, I find it inspiring to reflect on the ideas of other Christians journeying through this life. I enjoy listening to many Podcasts. If there is a benefit to living alone that is one, I can listen to anything I want anytime I desire. Some of my favorites are: Abiding Together, Blessed is She, The Poco a Poco Podcast with the Franciscan Friars of the Renewal. Full of inspiration and my kind of entertainment! They all speak to the heart that is seeking to live and know Jesus more fully.



Well, back to lent, which each of them has been speaking of. We all are familiar with the typical question of “what are you giving up for lent?”. Interestingly, each of the above Podcasts are suggesting Lent may be a time of adding. I pulled the book *Rising in Christ - Meditations on Living the Resurrection* by Pope John Paul II off my shelf. That is when I was nourished by the chapter, “Be in the World but Not of the World”. Perhaps the many troubling events in the world brought me to this chapter. It would seem we wouldn’t have to be told again and again that prayer is to be our priority, that is in prayer that we seek, find, and converse with God.

With this quote from a June 1984 homily, I will conclude with the hope that each of us can meet Christ in the next weeks, be renewed and experience his peace-giving message in a very personal way. “I encourage you : Go to him. Let yourselves be spoken to by him. Talk with him. He will teach you the basic principles of action by which life is to be mastered in a manner worthy of the human being. He will free you from manipulation and being taken in by fashion trends and opinion makers. He will lead you to the path by which you will recognize yourselves and be able to find out who you are, why you are living, and what is the goal of your life. He will lead you to your eternal destiny in God.”

Trudy Burenheide, President-Elect



By the time we receive the March News Notes, it will be the beginning of Lent. Spring arrives three weeks later, halfway through the 40 days of Lent. The first half of these days may be a trial, with Lenten penances and those things we've given up or remember to add to our prayer life.

This season of Lent, let's think about giving up television. Several authors over the years have investigated television, proclaiming it the family fireplace. Just as our grandparents gathered in the evenings around the fire, we gather around the TV. Canadian theorist Marshall McLuhan said in the '60's "the medium is the message." Be mindful of what medium you listen to, whether it is social media, cable or simply the news.

The point we should realize is that the Blessed Mother and all the visionaries who have been visited by her since 1950 have said the same thing!



We do not realize how controlled we are by television. Wonder what kind of person each of us would be if we hadn't had this invention 24 hours a day, growing up. And, the electronics industry went on to develop so many more social media items. Every day we cannot exist without our computer or cell phone.

This season I was going to try fasting. Which is more difficult?

Fasting from food or from television. It's going to be a very hard choice. Good luck with your Lenten penances. The rewards are out of this world.

Service Commission—[Kathy Rentschler](#)

KRentschler21@gmail.com

8200 S. 91st Street Lincoln, NE 68526



We are on the downhill slide. Spring will be here soon and it will be nice to welcome new life here on earth. This is truly a Miracle created by God.

Our topic this month is the Collection of used Eyeglasses, hearing aids, rosaries and Hotel soaps/shampoo and lotion

All good usual eye glasses, lenses and hearing aids should be brought to the Diocesan Council Full Board Meetings held 3 times a year. Glasses are used “as is” and should be individually wrapped in paper towels or placed in envelopes to avoid scratching, if glass cases are not available. Currently we are giving the glasses to the Lions club for distribution. Used hearing aids can also be donated. Rosaries, hotel soaps, shampoos and lotions are given to Catholic Social services for those in need.

See you at the April Biennial Convention!

Kathy Rentschler

Future Events - March

Plattsmouth Deanery – St. Monica Prayers

March 2 – Ash Wednesday - POPE'S DAY OF FASTING AND PRAYER FOR UKRAINE

March 8 – Province of Omaha Executive Board Meeting at St. Michael's in Lincoln

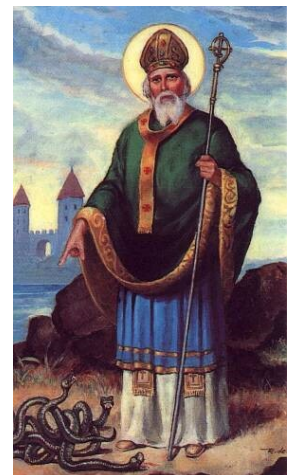
Social Gathering 6:00; Meeting 7:00

March 9 – Catholics at the Capitol

April 22 and 23 Biennial Convention

Holy Father's March Intention: For a Christian Response to Bioethical Challenges

** We pray for Christians facing new bioethical challenges; may they continue to defend the dignity of all human life with prayer and action.



Leadership Commission

Judy Weston

Phone 402-984-5856



Who will help tend the fields?

We are on the verge of spring time and it won't be long before you will see the farmers planting and tending to the fields. As the leadership role, I have been watching many of the councils struggle finding officers. I realize I am speaking to the choir because you have said yes! Thank you for being willing to step out and be pretty cool parish council women.

We have many women in our church council who can step into the leadership roles. What are the reasons why there are no women at the council meetings or in the roles?

Time or lack of: Is your meeting suitable for the younger moms? Are they suitable for the older moms?

Have a program, then a short business meeting. Zoom allows more flexibility for programs from outside your deanery.

Work: An 8 hour day is not a time when a professional woman wants to leave and go to a meeting. Can you change your meeting time that works for some women?

School: Activities pull even the grandparents away. It is important to be flexible in scheduling your meetings. Maybe have your meetings on a Sunday afternoon or during CCD? Provide a comforting respite for the moms waiting for their kids. .

Kids and Family: No doubt these things come first! But you as a Catholic woman needs to tend to your soul. Bring a friend to the meetings, make sure they are enjoyable.



SWOT Analysis: Spend some time during the summer when the above issues are not a problem with meetings. Invite the ladies in for a time of fellowship. Go visit a museum, attend a movie and participate in a sip and paint exercise. Then go back to the hall and ask what are the

1. Strengths-How is your community?
2. Weaknesses - Do you have volunteers?
3. Opportunities– What can you do to grow your community?
4. Threats– What takes from your church? Social media, activities.

This list can go on!

Take a look at your council, is it reaching it's full potential harvest?

<https://docs.google.com/spreadsheets/d/1tcOPD7Tff1hAa0nPIYbmG6hdtQsuT11DWrl6y5RI7f8/edit#gid=1332328597>

If you have questions please text me at 402-984-5856

From the Nebraska Catholic Conference: Everyone has a role in the fight for life. Here's how you can stand with us:

Look out for future Calls to Action--this is just the beginning of a long road for these bills!

Go to www.necatholic.org and sign up for updates so you can be aware of calls to action, etc.

Nebraska Legislative Bill Watch:

LB 715 by Senator Megan Hunt - Expand Abortion Health Insurance Coverage. Hearing will be held on March 1, 2022. Repeals current prohibitions on abortion coverage in public health insurance programs.

LB 716 by Senator Megan Hunt - Expand Eligible Abortion Providers. Hearing was held on February 24, 2022. Permits advance practice registered nurses, certified nurse midwives, and physician assistants to perform abortions.

LB 741 by Senator Wendy DeBoer - Review and Protection of Stillbirths. Placed on General File on February 1, 2022. Provides an additional responsibility for the State Child and Maternal Death Review Team to identify and understand the causes and incidences of stillbirths and provide recommendations for preventing stillbirths.

LB 781 by Senator Julie Slama - Heartbeat Act. Hearing was held on February 24, 2022. Requires an ultrasound to be performed prior to any abortion, in order to detect a heartbeat which if detected would make it illegal to perform an abortion.

LB 774 by Senator Tom Brewer - First Freedom Act - restores religious freedom protections by ensuring that laws that burden religious practice are subject to the compelling interest test, which requires the government to show that its interest in burdening was compelling and that it was doing so in a narrowly tailored fashion. Hearing held on January 19, 2022.

LB 929 by Senator Anna Wishart - Extended Medicaid for Postpartum Mothers. Extends the amount of time for postpartum mothers who have Medicaid coverage, from 60 days to 12 months. Hearing held on January 26, 2022.

LB 933 by Senator Joni Albrecht - Human Life Protection Act. Protects the life of preborn children from the moment of conception, if Roe v. Wade is overturned. Hearing held on February 24, 2022.

LB 1086 by Senator Suzanne Geist - Chemical Abortion Safety Protocol. Provides for evidence-based protections to safeguard women's health by requiring abortionists to screen women for risk factors before prescribing abortion-inducing drugs, prohibiting the prescription of these drugs after 7 weeks gestation, requiring follow-up visits and the reporting of any complications, and halting abortion drugs by mail from out-of-state practitioners. Hearing held on February 24, 2022.

LB 1129 by Senator Adam Morfeld - Free Taxpayer Funded Contraception. Requires the state to provide free contraception to any woman requesting contraception. Hearing held on February 24, 2022.

LB 1213 by Senator Joni Albrecht - Database Provider Obscenity Liability. Description: Requires educational database providers contracted to provide digital and online resources to K-12 students to filter out obscene and harmful materials, and allows for parents to pursue legal action against the database provider where a violation has occurred. Hearing held on February 9, 2022.

The Pope has called for a day of prayer on March 2nd for Ukraine - you can read more about that here: <https://catholicstarherald.org/pope-calls-for-march-2-day-of-prayer-for-peace-in-ukraine/>

Registration for Catholics at the Capitol closes on March 4th. View information here: <https://necatholic.org/news-events/event-calendar.html/event/2022/03/09/catholics-at-the-capitol/370608>

March 2022

From your Province Director

Blessings and Greetings from NCCW. Thank you for all the prayers, service and leadership that you do in your parishes, for our priests, for your deaneries, dioceses, and province. Stepping out and trusting Jesus to lead—remember He does not call the qualified but qualifies the called.

Pope Francis has called for the Synod meeting next year and is asking to hear our voices through NCCW. There are listening sessions with input February 16, and 23, March 9, 16, 23, and 30. Sign up for these sessions through NCCW website to let your voice be heard. These thoughts and ideas about the future of our Church will be taken back to the USCCB and to the Pope's Synod in Rome.

Build your skill set, in order to learn how to construct a Resolution with an NCCW Zoom meeting March 5, 2020. Register online at nccw.org.

Remember to join in on the Rosary Calls and meditations on the 13th of every month. Also, the Member Calls on the third Thursday of each month. They are enriching and informative.

If you are participating in any “neat” service works or activities remember to take pictures and submit them to NCCW. They will post them in the News section on the website.

To be eligible to vote for NCCW officers and receive the Catholic Woman magazine and keep up to date on council activities, you need to be a member of NCCW. Individual membership is \$50. Voting for national treasurer begins April 1st. When you join as a new member, please write Province of Omaha or my name on the form so that the province will get credit as part of the funds that we are expected to raise each year. The Decade Club replaces the Birthday Club which asks for a commitment of \$100 a year for ten years.

Registration for Catholics at the Capitol is open. CAC is March 9 beginning with coffee and rolls at St. Mary's Catholic Church in Lincoln. Add to the agenda after the closing at 2:00 to travel to Planned Parenthood to pray the Rosary. The executive board meeting is the evening before on March 8, at 7:00 at St. Michael's Church, 9101 South 78th Street. All are welcome.

For the National Council of Catholic Women Convention in 2025, letters of invitation from Archbishop Lucas and the president of OACCW have been submitted to NCCW. We are waiting to hear what the next process will be. Remember this year's convention in Minneapolis, MN, November 2-5.

Thank you for the opportunity to serve you as Province Director. God Bless you!

Theresa Pavlik, Director

Province of Omaha

Convention Information

Parishes

President's Project: Parish contributions are sent to the local Deanery sent to their local Deanery. At the Convention, the Deanery President will announce the amount of the gift and will present it to St. Gianna West and Hastings CSS.

Delegate form is attached – be sure to send it in 2 reps from each parish

Deaneries

Donate \$25 for centerpieces and send to the Diocesan Treasurer.

(Karen Dey. 3914 Branched Oak Road. Staplehurst, NE 68439)

Provide a small “gift” (125) to put in the packets at convention include Deanery location (about 125 - such as holy card, medal, magnet, flyer, etc.). This is optional. Mail to Kathy Rowell; PO Box 73; Loomis, NE. 68958 by April 15th.

Provide a themed gift basket for the silent auction (proceeds to Hispanic Ministry West)

Continue to sell Raffle tickets – proceeds go to Good Counsel Retreat House

REMINDER:

Reserve your spot – mail the attached registration form soon



**Proposed Amendment to the
LDCCW Bylaws
Adopted 2004, Revised 2016**



This amendment will be put to a vote of the Full Board at the 63rd Biennial Convention on April 23, 2022 in Holdrege, NE.

Article 5: LDCCW Nominating Committee, Section 2:Nominations,
B: Eligibility, Subsections: i and ii.

Current Bylaws read:

Nominee for President-elect shall be a member of the current and/or past LDCCW Executive Board. Nominees shall have exhibited leadership in the Parish, Deanery, Diocese and Community.

All nominees shall exhibit leadership qualities related to specific offices.

Proposed Amendment change shall read as follows:

All nominees shall exhibit leadership qualities related to specific offices.

The proposed amendment eliminates the requirement of past membership on the Executive Board. This allows more members the opportunity to seek the office of President-Elect.

The process to amend the Bylaws began at the 2020 LDCCW Fall meeting with the President appointing a Bylaw Committee. Over the past year, at each LDCCW meeting of both the Executive board and the Full Board, the committee proposed various options to the amendment. At the 2021 Fall LDCCW meeting of both the Executive and Full Board, the final wording of the amendment was accepted, but not adopted.

The amendment to the Bylaws shall be presented for adoption at the 2022 LDCCW Biennial Convention on April 23, 2022. A vote of approval by two-thirds of the delegates present is required for the amendment to be adopted.

Submitted by Kay Portillo

Co-Parliamentarian of the LDCCW

Lincoln Diocesan Council of Catholic Women
63rd Biennial Convention
Holdrege, Nebraska
April 23, 2022

Parish Voting Delegate Credential Card

Each Altar Society/PCCW President and President Elect, in the Lincoln Diocese, is given two votes at the Biennial Convention. To receive a voting card, you must send in the bottom portion of this form and bring the top portion to the Convention registration desk, where a voter card will be given to you. If the President or President Elect is unable to attend, the President or President Elect may transfer that vote to a representative. In case of a vote transfer, this form must be filled out by the designated representative and signed by the President. Please return the bottom portion by April 11, 2022. Please make every effort to have your parish represented at Convention.

Please print:

Name: _____

Office or Title: _____

Mailing Address: _____

Parish: _____ **City:** _____

Telephone _____ **email** _____

For transfer of vote:

_____ is authorized to represent

(Name)

(Organization)

as a voting delegate at the April 23, 2022, LDCCW Convention in Holdrege, Nebraska.

signed: _____ (Signature, President of Organization)

Please present the top portion at the Convention Registration Desk

_____ cut here _____

Parish Voting Delegate Registration/ Please print:

Name: _____

Office or Title: _____

Mailing Address: _____

Parish Name and Address _____

Telephone _____ **email** _____

For transfer of vote: _____ is authorized to represent

(Name)

(Organization)

as a voting delegate at the April 23, 2022, LDCCW Convention in Holdrege, Nebraska.

signed: _____ (Signature, President or Organization)

Mail to Diane Synek, 2887 Rd. Z, Deweese, NE 68934; (402) 756-7172 jrsdns@gtmc.net include this bottom portion now with your Registration form.

Please let us know
how you are
receiving the
Effect and
NewsNotes. Are
you receiving them



Kathy Rowell
P.O. Box 73
Loomis NE 68958