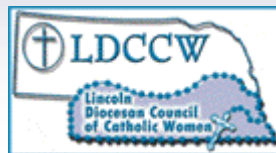


NewsNotes



March 2020

Greetings from your LDCCW President-

The warmer days remind us spring is on the way – but may be delayed yet by some cold snaps. With spring comes Lent. I hope you had a chance to attend one of the 'Day of Recollection' retreats planned for the end of February. May you have a blessed Lent as you prepare for the Easter season.

Please mark your calendar for the 'Catholics at the Capitol' on March 4th. Please plan to join the LDCCW at St. Mary's in Lincoln and then the Capitol. A schedule of activities is included in this issue of the NewsNotes. You can register for the day on-line at necatholic.org

Thank you to all that attended the Winter Symposium. The weather this year was more favorable than last. I received many favorable comments about the Symposium speakers. Thanks also for all the items donated for 'Helping the Homeless'. Catholic Social Services indicated the sleeping bags were particularly helpful with the recent frigid nights.

Please mark your calendar for the 62nd biennial Convention, April 17 and 18, 2020. It doesn't seem possible my term is soon ending. **A copy of the Convention Agenda and Registration information will be sent in the next week of two. Watch your email.**

As you may recall, as LDCCW President, I asked for 'Helping the Homeless' monetary donations from the parishes and or deaneries to be presented at the April Biennial Convention. The monetary donations should be sent to your Deanery Treasurer. The Deanery Treasurer, or representative, will present one check at the April convention for monies collected within their Deanery. **The Deanery would make the check payable to: Catholic Social Services-Helping the Homeless.**

I've received 46 Charitable Works Surveys – my thanks to the parishes that did submit. I will be preparing a summary of the Spiritual and Corporal Works of Mercy identified on the Survey and that summary will be published in the Southern Nebraska Register.

The National Council of Catholic Women (NCCW) 100th Anniversary Convention will be held in Arlington, VA, August 26 – 29, 2020. The LDCCW could help pay the Registration fee for first time NCCW Convention goers. Please contact me if you are interested in attending. The Convention is always a great spiritual experience. Please consider attending.

In Christ,
Kay



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Fr. Thomas Lux—Spiritual Director
Phone 308-995-4950
Email Address— fr.thomas-lux@cdolinc.net

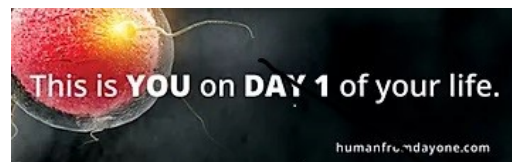
Dear Newsnotes Readers;

The 2020 *Winter Symposium* highlighted the needs of the homeless. Christina Lloyd, Street Outreach counselor for CEDARS Home for Children spoke about the reality of homeless youth in Nebraska. There are 300 or more youth who are homeless in Nebraska today. Supporting organizations like Cedars or Catholic Social Services is vital to helping these youth find a safe place to sleep at night and to find a way off the street.

Angela Copenhaver spoke powerfully of God's preparing her and calling her to raise awareness of what it means to be Human through the use of marketing strategies. From the website of We Teach Think:

Without proposing answers, WeTeachThink offers questions and provoking imagery to induce thinking and create an internal dialog... step by step into reason. (www.weteachthink.com/)

The approach is not unlike the way our country had a change of heart on the problem of littering through consistent messaging over many years across the USA. The first issue is addressed through the website www.humanfromdayone.com/ and a multimedia campaign starting with billboards you may have seen.



Thank you for your prayers and your support. I was blessed to have many people praying for me through my second back surgery in August of 2019. The original fusion took half-way and was redone. The next level lower L5-S1 was fused because of degeneration and symptoms in my back, legs & feet. The healing is going well and symptoms are lessening. Still some lower back pain, leg and feet cramps, numb feet & weak ankles.

Encourage Convention attendance. I look forward to seeing many of you at the **2020 LDCCW Convention**. Plan to attend and to bring a friend or more than one.

The 2020 National Council of Catholic Women Convention will celebrate its 100th back in the Washington D.C. area. Now is the time to get registered as the attendance is expected to be more than usual for this significant milestone year. See their website for more info <https://www.nccw.org/> which will be August 26-29, 2020.



The Omaha Province CCW held a fundraiser in November 2019 to offer grants to help more people attend the 2020 National Convention. **Always Remembered** Masses will be offered monthly for those enrolled by Fr. McGuire and myself along with the spiritual advisors of the Omaha archdiocese and Grand Island diocese CCWs.

Pope's Intentions for 2020

March-Catholics in China

We pray the church in China may persevere in its faithfulness to the Gospel & grow in its unity.

April- Freedom from Addiction

We pray that those suffering from addiction may be helped & accompanied.

May- For Deacons

We pray that deacons, faithful in their service to the Word & the poor, may be an invigorating symbol for the entire Church.

June- The Way of the Heart

We pray that all those who suffer may find their way in life, allowing themselves to be touched by the Heart of Jesus.

July- Our Families

We pray that today's families may be accompanied with love, respect & guidance.

August- The Maritime World

We pray for all those who work & live from the sea, among them sailors, fishermen & their families.

September- Respect for the Planet's Resources

We pray that the planet's resources will not be plundered, but shared in a just & respectful manner.

October- The Laity's Mission in the Church

We pray that by the virtue of baptism, the laity, especially women, may participate more in areas of responsibility in the Church.

November- Artificial Intelligence

We pray that the progress of robotics & artificial intelligence may always serve humankind.

December- For a Life of Prayer

We pray that our personal relationship with Jesus Christ be nourished by the Word of God & a life of prayer.



Fr. Thomas McGuire, Assistant Spiritual Advisor
Phone No. 402-759-1392
Email address: frthomasmcguire@yahoo.com

TO PRIESTS: TO PRIESTS – Reflection on the Burial of Jesus, Part 3 of 3

What meaning is there in Christ's burial? There seems to be one obvious meaning and two not so obvious meanings.

Two not so obvious meanings seem to be: 1) he did not see corruption (or bodily decay) and 2) he descended into 'hell.'

The term "hell" used to mean something like "the land of the dead." Jesus is the only way to the Father; heaven was unavailable to the dead until Jesus died, descended to the dead and rose and ascended.

Now there was a garden in the place where he was crucified, and in the garden there was a new tomb in which no one had ever been laid. And so, because it was the Jewish day of Preparation, and the tomb was nearby, they laid Jesus there. (John 19:41-42)

The tomb in which Jesus is placed is in a garden, the same garden where he rose. What humanity lost in the Garden of Eden, Jesus remedied in a garden. He won salvation from sin and death by his own death and resurrection; this makes it possible for humanity not only to live anew but to share divine life.

I have read somewhere in doing this research that when Jesus died, his soul separated from his body. However, his divine nature was still connected to both his body and his soul. He was the Second Person of the Blessed Trinity; He could not die. The human, Jesus, died, and his soul left his body for a time.

His soul 'descended' to the dead. He went to Adam and Eve; to Abraham, Isaac, and Jacob; Sarah, Rebecca, Rachel; Moses; Ruth; and all the others. And while there as man and God, he was able to offer to them eternal life. Death no longer; all the faithful dead were offered the Life of Heaven. He gave Adam and Eve, and all the dead who in the mystery hidden for ages, who had put faith in God, justification – freedom.

"Awake, O sleeper, and rise from the dead, and Christ will give you light," the Easter Vigil says.

I'll conclude with some words from "an ancient homily on Holy Saturday":

I am your God, who for your sake have become your son. Out of love for you and for your descendants I now by my own authority command all who are held in bondage to come forth, all who are in darkness to be enlightened, all who are sleeping to arise. I order you, O sleeper, to awake. I did not create you to be held a prisoner in hell. Rise from the dead, for I am the life of the dead. Rise up, work of my hands, you who were created in my image. Rise, let us leave this place, for you are in me and I am in you; together we form only one

Parish Tidbits — St Patrick Utica

The first Mass in Utica was celebrated in the home of the Catholic community about 1880. From 1882 – 1884 Father Quinn, from Seward, made monthly trips to Utica for Mass. In the spring of 1882 parishioners began constructing their church, completing it in the fall of the same year at a cost of \$852. Utica was a mission parish out of Exeter, York or Aurora from 1888 - 1896. In 1896 the first resident pastor was assigned. In 1901 Utica became a mission of Beaver Crossing.

A new church was constructed at a cost of \$10,200, dedicated on September 23, 1915 by Bishop Tihen. The thirty-five families in the parish had all bills paid in 1916.

In 1978 plans were completed for a new Social Hall. The new hall was dedicated by Bishop Flavin in 1979, free of all debt. The 100th Anniversary of the first St. Patrick Church was celebrated in 1982. Father Maurice Current has served the parish since 1996.

The first member of the parish to consecrate her life to God was Sister Christopher Mary Stoll, professing her perpetual vows as a School Sister of Christ the King. Sister later became a member of the complete order of Dominicans at Washington, D.C.

We as Commission Chairwomen really appreciate it when our reports are copied and handed out to Parish PCCW's. It is great to hear compliments from our work keeping ladies informed on activities. That is the primary duty of the Deanery—to be the middleman between the Diocesan meetings and the Parish meetings. Deanery Presidents take their “packets” from LDCCW meetings three times a year, then distribute it to their 8-13 parish Presidents. Parish PCCW Presidents should copy as many reports as are applicable to their church, then hand them out to ladies at monthly meetings. GETTING INFORMATION OUT THERE IS THE WAY WE STAY CONNECTED AS A SISTERHOOD OF PRAYER AND THE SPIRITUAL AND CORPORAL WORKS OF MERCY. Make a New Year's Resolution to share information at your parish. (Afraid of wasting paper on copies? USE recycled paper! A second life for used paper.)

The newly redone booklet “The Parent Educator” (2017) has been received well and the Hispanic version is welcomed throughout the Diocese as of last June, 2019. If you are a spouse or relative of a Knights of Columbus member, please inquire whether their local chapter would donate toward the publishing of this booklet. Since Bishop Glennon Flavin's years, the '60's, '70's, 80's—the Knights of Columbus shared in the original printing of “The Parent Educator.” Since then, the LDCCW has been the distributor of the booklet, purchasing the packets with medals, holy cards, and letters signed by the Bishop for baptized children and their families. Now with the two rewritten books, the LDCCW needs replacement funds.

NOTE: The Chancery now has all the Little Catechisms booklets in one area. In addition to “The Parent Educator” for parents of the newly Baptized, there is “The Little Catechism on Confession” and “The Little Catechism on Holy Communion”!!! Consider giving the children in your parish a little catechism on Confession or the Eucharist for their First Confession time or their First Communion. These little books are a treasure. Call Eileen Childerston (ph. # above). The books were written by Fr. Michael Jackels, now Bishop Jackels of Dubuque, Iowa. Fr. Jackels began his vocation at the Newman Center.

The cost for the booklet is \$3.50 each. So, for 10 booklets, the fee is \$35.00. Not a bad cost for Gifts!

Comments from Judy Lorenz, Diocesan Historian and Scrapbook Chairman

Recognition Time is here! All scrapbooks from deaneries can be brought to Convention in April in Crete. Each will be recognized in some way.

The scrapbooks are assembled from each deanery, with the parishes in the deanery contributing to the deanery scrapbook chairman. If each deanery scrapbook chairman brings a book, we will have 13 from across the diocese! Quite a goal.

The items to include in your scrapbook: photos, brochures, reports, newspaper items of other things that show the women's work in your parish and deaneries. While parish work will be emphasized the most, extra credit will be given if the deanery scrapbook chairman includes some DEANERY meeting minutes or other happenings.

The idea is to share your participation in the Spiritual and Corporal Works of Mercy and share ideas with others.

Criteria for recognition: Neatness, uniqueness, theme and arrangement is 40%

Deanery work – an extra 5%

Participation of parishes in your deanery – 60%

This ‘participation’ means that most of your individual parishes participated. For example, if you have 9 parishes in your deanery and each contributes, you have 60% credit for that section. (only 3 contributing gives you a score of only 20% for that section).

Books can be brought either Friday or Saturday of the Convention and will be returned to you on Saturday.

Contact me at cell phone 402-826-0484, or email me if you have questions.

Judy Lorenz, email ron.and.judy.lorenz@gmail.com

LDCCW SPIRITUALITY COMMISSION

DIVINE MERCY SUNDAY

APRIL 19, 2020

Jeanette Stengel-jstengel5@gmail. com-402-759-4811



On Good Friday, 1937, Jesus requested that St. Faustina make a special novena before the Feast of Mercy, from Good Friday through the following Saturday. He, Himself, dictated the intentions for each day (1209). By this novena, I will grant every possible grace to souls (796).

Encourage souls to say the chaplet which I have given you.Whoever will recite it will receive great mercy at the hour of death...When they say this chaplet in the presence of the dying, I will stand between My Father and the dying person, not as the just Judge but as the Merciful Savior.

Priests will recommend it to sinners as their last hope of salvation....through the Chaplet you will obtain everything, if what you ask for is compatible with My will (687, 1541, 1731).

GOOD FRIDAY

- FIRST DAY - ALL MANKIND, ESPECIALLY ALL SINNERS.
- SECOND DAY - THE SOULS OF PRIESTS AND RELIGIOUS
- THIRD DAY - ALL DEVOUT AND FAITHFUL SOULS
- FOURTH DAY - THOSE WHO DO NOT BELIEVE IN GOD AND THOSE WHO DO NOT YET KNOW ME.
- FIFTH DAY - THE SOULS OF THOSE WHO HAVE SEPARATED THEMSELVES FROM MY CHURCH
- SIXTH DAY - THE MEEK AND HUMBLE SOULS AND THE SOULS OF LITTLE CHILDREN
- SEVENTH DAY - THE SOULS WHO ESPECIALLY VENERATE AND GLORIFY MY MERCY
- EIGHT DAY - THE SOULS WHO ARE DETAINED IN PURGATORY
- NINTH DAY - SOULS WHO HAVE BECOME LUKEWARM

My daughter, tell the whole world about My inconceivable (138) mercy. I desire that the Feast of Mercy be a refuge and shelter for all souls, especially for poor sinners. The soul that will go to Confession and receive Holy Communion shall obtain complete forgiveness of sins and punishment (699).

It is My desire that it be solemnly celebrated on the first Sunday after Easter. Mankind will not have peace until it turns to the Fount of My Mercy. (139)

"I demand from you deeds of mercy, which are to arise out of love for Me. You are to show mercy to your neighbors always and everywhere" (742).

To order Divine Mercy materials, please contact the following: Marians of the Immaculate Conception, Association of Marian Helpers, Stockbridge, MA 01263-0004 www.marian.org, ph. orders: 1-800-462-7426, Prayers: 1-800-804-3823

Call for a FREE Catalogue and Sample Pack (FDMPK)



Service Commission—Kathy Rentschler
krentschler21@gmail.com
8200 S. 91st Street Lincoln, NE 68526
402-429-4706



Spring is around the corner. Looking forward to the waking of the earth. The warmth of the sun. The blue skies. The leaves of green. The crackle of thunder. Several of the wonders of God's creation. Giving thanks for His Love.

Upcoming dates for Marriage encounter are: August 28-30 in Ogallala @Quality Inn and November 2-4 @ Immaculate Monastery in Norfolk

Retrouville retreats are held twice a year in Schuyler. February 14-16 and August 21-23. The retreats for those couple that are struggling in their marriage.

Engaged encounter for couples preparing for marriage are held almost monthly. The dates are listed on website- lincolndiocese.org.

Prolife diaper drive was held in October 2019. Over 100,000 diapers were collected through out the diocese. They will be distributed to pregnancy centers in Lincoln Diocese, Catholic social services and St. Gianna's homes in the diocese.

The Apostles for Life program collected \$1573.00 since August 2019. This money will be divided amongst 4 pregnancy centers in Superior, McCook, Hastings and Lincoln

Do little things with Love, Baking cookies for the neighbor, shoveling the walk for the elderly, praying for the sick, comforting those who are lonely. It is in giving that we receive..

Announcements:

Bishop's Project – Enhancing Eucharistic Adoration – donations to LDCCW Treasurer, Chris Cooney, Box 124, Clay Center, NE 68933. Presentation at the LDCCW Convention.

President's Project – Helping the Homeless – donations to your Deanery Treasurer. Deanery Treasurer prepares one check payable to Catholic Social Services-Helping the Homeless. Presentation - by the Deanery representative at the LDCCW Convention

March 4, 2020 – Catholics at the Capitol

April 17, 2020 – LDCCW Executive Board Meeting, Sacred Heart Church Hall, Crete, NE

April 17, 2020 – LDCCW Full Board Meeting, Sacred Heart Church Hall, Crete, NE

April 18, 2020 – LDCCW Convention, Sacred Heart Church Hall, Crete, NE

St. Monica Auxiliary and Prayers for Bishop and Priests' Anniversaries

- Plattsmouth Deanery

Brag About Your Council

I recently was contacted by a woman who worked with families through Headstart and shared she needed diapers and needs for her families who are moving into bare apartments. What a great time to share about the good work of our PCCWS and helped her get in contact with councils who could help.

The NCCW Leadership Commission has a wonderful article in their recent email **The Connect** on mentorship. Mentorship is a skill all councils need to work on. This topic might be something that can be brought up at each meeting in the form of an open ended question. "Who do you feel you mentored to and what were the results of that mentorship?" Let the discussion move toward how it can be best used in your councils.

The election season is upon us. The United States Bishops have a series of videos to help you be more informed and compliment the document "Forming Consciences for Faithful Citizenship." You can go to <https://www.youtube.com/playlist?list=PL18AF7577177E12D9> to review the videos. These videos are another opportunity for a program at your council meeting.

Reminder! Legislative Day is March 4, 2020. Please plan to attend. You can go online to register. <https://necatholic.org/news-events/event-calendar.html/event/2020/03/04/-catholics-at-the-capitol-/278286>

I want to emphasize the importance of joining the NCCW. You can as an individual member for \$50.00 and obtain valuable information to help your council.

Our officers are constantly changing please remember to update them when they occur.

<https://docs.google.com/spreadsheets/d/1tcOPD7Tff1hAa0nPIYbmG6hdtQsuT11DWrl6y5RI7f8/edit?usp=sharing>

NCCW - Our Lady of Good Counsel Award

Do you know of a Council sister who exemplifies our NCCW mission statement to support, empower and educate all Catholic Women in spirituality, leadership and service? The Our Lady of Good Counsel 2020 Award Committee is looking for a few women to be nominated for this award that will be presented at the 2020 Convention. We all know Council members who are extraordinary women. Submission requirements and the application are available on nccw.org. The application process will open March 9th. Please make sure that your package is complete. It should include the nomination form, 2 letters of support, the nominee's resume and answered questions. Incomplete packages will not be considered. Nominations are due to the NCCW office by close of business on April 24, 2020.



Greetings Ladies and Spiritual Advisers from the Omaha Province Director, Susan Johnson

I've hosted four monthly Omaha Province president's calls with Presidents Kay, Deb, and Linda. Theresa Pavlik, OACCW PD-Elect joined us on the last two calls. The opportunity to discuss, collaborate, support, and pray has been wonderful.

Always Remembered, sponsored by the Omaha Province for masses for the deceased during 2020 shows approximately: OACCW 273 names/\$1645; GIDCCW 190 names/\$930; and LDCCW 42 names/\$500. One mass for all the deceased named is planned each month by a spiritual adviser. The money is directed toward NCCW Convention registration grants in each arch/diocese.

As a member of the NCCW Spirituality Committee, I meet via conference call on the 4th Thursday at 7pm. My subgroup created the NCCW Centennial Prayer bookmark. Other groups are working on praying for priests, a holy hour of prayer for 100th which will soon be available in Member Resources and continuing the conference call rosary with a monthly theme. If you call in 10 minutes before the rosary, you may make prayer requests.

The March 4 Executive Board meeting of the Omaha Province is scheduled immediately following the Senator's Noon Lunch at St. Mary's during Catholics at the Capitol. NCCW 100th birthday is March 4 and we'll celebrate by having birthday cake at the luncheon.

NCCW 100 for 100 Giving – Please consider a donation and asking groups and individual members to make a tax-free donation in multiples of 100 to celebrate our 100 years and to kick-start NCCW's reserve and endowment fund. (*Information for this is in Vol. 45 No. 3 Catholic Woman Magazine and donations may be made on the NCCW website or mailed. Any amount appreciated!*) *If mailed to me at 39650 Park Lane, Valentine NE 69201, donations can be counted toward the Omaha Province donations.*

Please plan for NCCW 100th Anniversary celebrations at all levels of Council.

Registrations are open for the 100th Anniversary Convention August 26-29 in the Washington D.C. area. The theme is NCCW 100 Years – A Vision for the Future. Remember the financial responsibility is with your council to pay for your spiritual advisers. Register early. Our Province dinner is

You are blessed by your affiliations and membership in NCCW. Remember to renew your 2020 affiliations and memberships. Please continue my 2018-2019 focus of inviting ladies, parishes and deaneries to become new members of NCCW. Online forms are available, and a check can be mailed to me so credit will be given to the Omaha Province donations. Membership is \$50 per year and you are represented in organizations such as USCCB, receive Catholic Woman magazine and monthly e-newsletter, have access to publications and resources, are eligible to vote and serve on NCCW commissions and committee, collaborate with organizations such as CRS, join women on monthly membership calls on current topics and praying the rosary, attend national convention, and receive a 10% discount on merchandise.

2019-2020 Focus: Arch/Diocesan CCWs should provide Spiritual Advisors and Bishop with a magazine subscription which now includes full access to all online member resources. Cost is \$30. Contact NCCW office at (703) 224-0990 for more information. It would be great idea for deanery spiritual advisers, also.

I represented you at the National Prayer Vigil for Life at the Basilica of the National Shrine of the Immaculate Conception in Washington, DC in conjunction with the NCCW Board of Directors meeting January 31-Feb. 2. Information from that meeting is summarized in another document.

Saint of the Month – St Katherine Drexel—March 3

Katharine Drexel was born in Philadelphia, Pennsylvania, on November 26, 1858. Her father, Francis Anthony Drexel, was a business partner of financier J.P. Morgan. Her mother, Hannah Jane (née Langstroth) Drexel, died a month after Drexel's birth; in 1860, her father was married again, to Emma Bouvier. In addition to their great wealth, her parents were known for their philanthropic endeavors.

Drexel was raised as a young heiress in Philadelphia and was educated at home. However, having traveled throughout the United States, she was aware of the difficult circumstances faced by Native Americans and African

Americans across the country. Drexel—who lost her stepmother in 1883 and her father in 1885—wanted to use her inherited wealth to help these groups.

In 1889, Drexel entered religious life as a novice under the training of the Sisters of Mercy in Pittsburgh, Pennsylvania. She took her final vows in 1891. With the help of a few other nuns, she founded the Sisters of the Blessed Sacrament for Indians and Colored People (later known simply as the Sisters of the Blessed Sacrament). The order would use Drexel's fortune to fund its work.

Drexel and 15 of her fellow sisters set up a school for Native Americans in Santa Fe, New Mexico, in 1894. This was followed by the creation of other schools throughout the Southwest, including ones on reservations. Drexel's order also opened many schools for African American children. She founded a secondary school for African Americans in New Orleans, Louisiana, in 1915. Ten years later, the institution became Xavier University.

Drexel suffered a heart attack in 1935; two years later, she gave up the leadership of her order. She died at the age of 96 on March 3, 1955, in Cornwell Heights, Pennsylvania. During her life she had given approximately 20 million dollars to help people in need.

Saint John Paul II canonized her as Saint Katharine Drexel in 2000. Her feast day is March 3.





I was humbled when asked to share a bit about my life and the recent health issues that have challenged my faith because everyone has stresses in their life and mine seem little compared to any of your life stories. Remembering that many of you may have prayed for our son, Frank, when he was injured in 2015, I wanted to share how your prayers helped.

Frank joined the Air Force since 2010. After being stationed in Okinawa and Afghanistan, he was assigned to Ramstein Air Base Germany. He and a group of friends from the base went to Prague, Czech Republic, to celebrate the 2015 New Year. On January 1 we learned that he had fallen about 15 feet into the river and was in the hospital in Prague. He had a traumatic brain injury (TBI), a fractured left femur, and a fractured right ankle. We were not able to make the trip to be with him for about 2 weeks, during which I struggled to do the ordinary things in life. I had a mental prayer asking God to be with Frank and to heal him according to His will. I also remember thinking that I did not want to bargain with God—promising Him something in exchange for Frank being okay. I felt God calling me to trust Him, no matter what happened. My husband, Vince, and I left Tuesday, January 13 with a stop in D.C. for passports and arrived in Prague on the 15th. We learned that Frank had been stable enough to transport back to Germany so did a road trip there. On Sunday we flew with him and his medical team of 3 to Andrews AF base where we were transported to Bethesda Hospital. For the next 10 days or so he was conscious but irritable and sometimes just out of it. He also lost his sense of time, probably because he wasn't sleeping much. About the 10th day we stepped off the elevator on his floor and we could hear him telling them he was getting up and going home. He settled down a bit when we got there but was still very agitated. We were discouraged because it seemed that he wasn't moving forward in his recovery. Talking with the doctors that morning Vince had asked if Frank would just suddenly be himself, like opening a door. They said it could happen that way but more likely it would be like a gradual process. After supper we came back and the atmosphere was totally different. The nurses were smiling like they knew a secret. When we entered the doorway to his room, he focused on us without glancing away; something he hadn't done before. And he asked us, "Where have you been and why are you out so late?" We had seen a miracle from God! From that day he was able to assist in his recovery. He spent about 5 weeks in the Polytrauma Unit at the VA Hospital in San Antonio, eventually coming back to Offutt in May 2015. He received a medical retirement effective January 31, 2016. The day before his last day on base we received a call that he was found unresponsive in his room on base and was rushed to the hospital. He regained consciousness 3 days later. That brought a new set of injuries, as well as his previous physical injuries and pain, depression and PTSD. About February 10 he was diagnosed with a large abscess on his right hip. He had surgery to remove dead tissue and clean the wound three times in 4 days which took a toll on his body. When he did come home there were doctors' visits, tests, and physical therapy. As a Mom I wanted to fix everything my way but I had to learn patience. I am getting better at trusting God's timing—it's still a work in process. It has taken time for him to deal with the pain he lives with but in the last year he has more good days than bad. He has a new normal but he is the Frank we know and love, complete with his unique personality and sense of humor.

Thank you for your prayers. They do matter! And they are powerful!

Janice Goracke



MARCH 4, 2020 CATHOLICS AT THE CAPITOL

*Join us for a day of advocacy at the Nebraska State Capitol!
Expect detailed legislative updates, lunch with elected officials,
and fellowship with Catholics from across the state.*

CATHOLICS AT THE CAPITOL SCHEDULE WEDNESDAY, MARCH 4, 2020

*8:00 a.m. Mass at St. Mary's (1420 K St.)
8:30 a.m. Check-in (Basement of St. Mary's)
9:00 a.m. Welcome and Legislative Update
11:00 a.m. Visit Capitol
11:45 a.m. Lunch with Senators (St. Mary's)
12:45 p.m. Meetings with Senators (Capitol)
1:30 p.m. Program Concludes*



*Bearing the Light of Christ
in the public square*

REGISTRATION FORM

NAME(S): _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____

EMAIL: _____

ATTENDING SENATOR LUNCH?

(\$10 /PERSON): _____ YES _____ NO

VISIT NECATHOLIC.ORG TO REGISTER ONLINE OR CALL
402.477.7517 TO REGISTER OVER THE PHONE.

Please mail this form along with
your check payable to:

Nebraska Catholic Conference
215 Centennial Mall South, Ste. 310
Lincoln, NE 68508

Do you want to receive
the Effect and
NewsNotes by email?
Contact Judy Weston at
ldccwleadership@gmail.com



“We shall
never
know all
the good
that a
simple
smile can
do.”



Kay Wessel
3600 W. Wittstruck Road
Martell NE 68404