



The Women of Vis

VISITATION CATHOLIC CHURCH

DECEMBER 2019
GRATITUDE

To provide all generations of Visitation women with the opportunity for service, fellowship and spiritual growth within the Visitation community. To enhance and support the activities of other Visitation Community Outreach Ministries.

A Reflection on Gratitude

By: Mary Catherine Newman

There's a simple, yet perfect illustration I once saw about knowing another's walk in life. From left to right stretched a black line titled "someone's life." Then, on the far right, was a tiny shaded section of that line titled "what you know about it." Some of life's finest truths are, indeed, that simple.

Much of this past year offered a knowing of my shaded section. Some chemo regimes are like that—they strip down parts of a person to where there's no denying what she's going through. I experienced how odd it can be to walk a tour so visible when my black line, like so many others, holds a good many other chapters of life's living and asks of the spirit. One of my challenges throughout treatment was knowing that I was experiencing something so supported when I know that others endure tours so privately, so personally sans prayers offered or meals delivered.

Earlier this fall Father Rush offered a wonderful explanation of Eucharist during one of his chapel Mass homilies. The gospel that day was about the ten lepers who are cured, yet only one returns to give thanks. As he explained, "...that gospel (Luke 17:11-19) was written in Greek and the word used for what that returning leper does is 'Eucharist.' Eucharist means gratitude or thanks."

After Father Rush's share I tried to think of communion time being an opportunity to bring my thank you, thank you, thank you prayers down the aisle versus the please, please, please ones that can flood the heart at times. Such a mindset can gift joy and appreciation in the midst of whatever life is asking of you or the person in the pew across the way. For loved ones, for forgiveness, for healing, for fences mended, for grace given, for grace received, for nature's kiss beyond the sanctuary doors, for community, for love, for faith, for hope. Our life lines hold so many pit stops along the way, so many growth moments and turning points in living's unexpected. (Maybe we all need a longer aisle!) The opportunity, the Eucharist, is in finding whatever good can be harvested in the hard, whatever gratitude can be savored from blessings received.

Depending on the day, or where I might be on my own black line of being, my eyes may close down in prayer or mind wanderings after communion. Other times, though, I pause to look at fellow parishioners, new faces, or friends as they make their way up the aisle. It's become a way of praying for those I'm seeing—for the blessings she's received, for the hardships he's known, for the part of anyone's heart that's tucked away for safe keeping. We may know some, but we can never know all about another. I take in so many of those faces with a heart of gratitude—for what she's been in my life, for what he offers to our community, in admiration of the parts I know about her, in prayerful hope for whatever he or she is needing that day.

The communion song at school Mass the other week was "Gather in Your Name" by Lori True. The line that stood out to me was, "...become what you receive." Those words resonated because for the first time I heard, "Become thanksgiving" alongside other pilgrims on the path to receiving Christ—with gratitude, with grace, with hearts wide open for one another. Thank you, thank you, thank you... Amen."



"When two or more gather in your name, and see your presence in each face, we treasure the gift of this sacred meal, blessed and poured out for all in this place."

Practicing Gratitude

Studies have shown that gratitude can greatly benefit a person's spiritual, emotional, physical, mental and social well-being. Cultivating gratitude in our daily lives take practice. Here are a few ways to foster gratitude each and every day.

- Keep a gratitude journal and add to it daily
- Send someone a note letting them know how thankful you are for them
- Make an effort to say "thank you" 5 extra times each day
- Commit to a complain-free day
- A gratitude jar: each day add the name of someone for whom you are grateful

Gratitude turns what
we have into enough.

- anonymous



Women in Faith - Celebrating the Season of Advent

Join us for an hour of fellowship, reflection, and prayer as we celebrate the Season of Advent. All women in the parish and school community are welcome. Each session will have a new theme, so materials and preparation are not required. Attend any or all the gatherings.

**Wednesday, Dec. 4th, Dec. 11th & Dec. 18th from 9:30 a.m. - 10:30 a.m.
in Tighe Hall**

Be joyful always, pray
continually and give
thanks in all circumstances.

1 Thessalonians 5:16-18

Devote yourself to prayer,
being watchful and
thankful.

Colossians 4:2

Santa Painting

A wonderful group of women gathered to paint this year's Mistletoe Santa. A warm thank you to Julie Kivisto for organizing this special WOV tradition!



Upcoming Events

Christmas Bunko on Wednesday, December 11

The Epiphany Party on Tuesday, January 7

Prayer Shawl Ministry is each Thursday from 7-9 pm in the Bride Room

This is a wonderful day.
I've never seen it before.
~ Maya Angelou



WOV on Instagram! Follow us at **womenofvis** for inspiration for your day and information about upcoming events at Visitation.

Join us for Christmas Bunko!



Wednesday, December 11
in Tighe Hall
Doors open at 6 pm
Food served at 6:15 pm
Bunko begins at 7:00 pm

The more grateful I am, the more beauty I see. ~ Melody Beattie

WOV Board Members 2019/2020

President: Louise Meyers
Vice President: Julie Rose
Past President: Rebecca Bowen
Corresponding Secretary/Santa Painting: Julie Kivisto
Recording Secretary: Barbara Mashburn
Treasurer: Teresa Olsen
Baskets of Joy: Sara Davis & Jenn Olson
Blood Drive: Kristi Calkins & Maureen Wiebe
Communications: Rebecca Bowen/Audrey Burns
Membership: Kim Foster & Bonnie Witt
Prayer Shawl: Kim Foster
Feast of the Visitation: Nealey Grosdidier
Bunko Evenings: Betsy O'Brien & Shari Kearns
Funeral Meals: Kathy Diamond
Giving Fund/Hospitality: Tatia Batz
Open House: Cathy Colburn
Rosary Making: Mara Hodes
Prayer Leader: Sue Bloemer
At-Large Member: Mary Catherine Newman

AT VISITATION CHURCH



Daily Mass

6:45 am

Tuesday, Thursday & Friday

8:15 am

Tuesday, Wednesday, Friday
& Saturday

Morning Prayer/Communion Service

6:45 am on Wednesday

8:15 am on Thursday

Confession

3:00 pm on Saturday

Rosary for the sick of our Parish

9:00 pm on Thursday in
the St. Joseph's Chapel

*If you have people you'd like to add to
the list of those prayed for each week,
please email names to:*

womenofvisitation@gmail.com

Yoga

8:30 am

Monday, Wednesday & Friday

Prayer Shawl Ministry

7-9 pm

Thursdays, in the Bride's Room