

**The *CHAT***

**DCCW Newsletter**

**Spring, 2025**

**Come and Learn**

 **How can we help restore well-being and hope?**

 Andrea Dalton, MA, MT-BC with University Health will help us understand answers to the following, and more!

*What is trauma? Why is it different for different people? Did you know: 2 out of 3 people have experienced at least one significant childhood adverse experience that has affected their thinking? Can a community event or a climate event cause trauma? Did you know an estimated 13 million Americans have PTSD in any given year?*

All ladies are invited to attend the DCCW (Diocesan Council of Catholic Women) meeting on March 12th at St. Bernadette Catholic Church, 9020 East 51st Terrace, KCMO 64133. Please park in the East parking lot.

Activities for our day include:

• Mass at 0830

* Registration for the meeting 0930- 0945

• Collection of non-perishable food items for the St. Bernadette food pantry

• 50/50 drawing – bring money if you want to participate

• Business meeting – see agenda, below.

• A soup luncheon is provided by ladies of St. Bernadette’s Human Concerns Board. There is no cost but free will offerings for the food pantry are accepted and appreciated. You will need to make a reservation so the ladies will know how much food to provide.

• Reservations for lunch must be made no later than noon on March 10th by emailing marydccw@gmail.com or leave a message with Beverly at 816 304 1568

• We will end our day with the Program: **Responding to Trauma and Building Resilience** by Andrea Dalton, MA, MT-BC. Lunch and program begins promptly at 11:30 and ends at 12:30.

This program is brought to us through collaboration between DCCW and St. Bernadette’s Human Concerns Board.

 **Business Meeting Agenda**

I. Call to Order – Beverly South

II. Opening Prayer – Melissa Mauer-Smith

III. Pledge of Allegiance- Cindy Waits

IV. Roll Call of Churches Represented –

V. Introduction of Board Members –

VI. Approval of Minutes of Dec 2024 meeting

VII Approval of Today’s Agenda –

VIII Treasurer Report by Carol B

IX. Any Bills and/or Correspondence –Carol and Lisa

X. DCCW Report –

a. Volunteered at Heart to Heart, International. Feb 15th.

b. Upcoming opportunities - Catholic Charities at the former site of St. Matthew’s Parish, serving the working poor.

 XI. Announcements: 50/50 drawing will be held at the end of this business meeting and then we will proceed to Soup and Speaker.

XII. Old Business –

a. We’re still collecting 2025 dues. If you have not paid, please pay by cash, or check to our treasurer. Checks to be made out to DCCW. The cost is $10.00.

b. Warm coats, hats, gloves and scarves were collected during the December meeting and delivered to Wendy Theiling Snow for distribution to those in need in the community. – at Nativity’s 3rd Saturday breakfast and to homeless at Winner Park. Thank you to all who donated so generously!

XIII. New Business:

1. We need a leader for the Spirituality Commission.
2. We will need to elect new board members soon for the 2026-28 term.
3. Taking nominations for The Golden Rose Award

XIV. Next Meeting: June at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

XV. 50/50 drawing: $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_amount with half to winner\_\_\_\_\_\_\_\_\_\_(name) and half to DCCW treasury.

XVI. Adjournment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(time)

+ Please bring me peace, safety, and rest in you, Lord.

Give me understanding that no matter the grievous harm done to me,

I am safe in you now and always. +

 Prayer for Inner Healing

+Lord Jesus, you come to heal

 our wounded and troubled hearts,

We beg you to heal the torments that

 cause anxiety in our hearts.

 I beg you to heal

 all who are the cause of sin.

I beg you to come into our lives

and heal us of the psychological harms

 that have struck us

 and from the injuries that they have caused. +

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