W. I. T.
women in touch
Women seeking holiness at home, at work, and at play
TO DO LIST
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Shrine update

Long ago, St. Josemaría dreamed of building a shrine to Mary, Mother of Fairest Love, and for several years, a dedicated group based in Los Angeles has been working toward making that dream a reality. The Shrine project includes building a small retreat house for spiritual retreats, workshops, and conferences that will offer additional opportunities for personal spiritual growth, as well as provide facilities for the family-centered programs and activities of the future Shrine. Here is an update on that endeavor:

From the Prelate

Opus Dei Formation from Rome

At a conference earlier this year, Msgr. Fernando Ocáriz, the Prelate of Opus Dei, spoke about the social implications of the Christian vocation. Reminding us about "the inseparability of love for God and love for others," Ocáriz said that when Jesus taught the doctor of the law "that love for God is the first and greatest commandment, … He included the need to love one's neighbor in [that] first commandment."

The Prelate noted that "although institutions and structures are necessary, to achieve true integral development we need encounters between persons… As disciples of Jesus Christ, we are called by a new title — 'Christian' — to care for people, to care for the world." Recalling a letter he had written earlier, Ocáriz affirmed that "we are all called to exercise 'the creativity of charity' in order to bring the balm of God's tenderness to

Shrines take years to build. For this reason, the first stone – the true *cornerstone* – of the future Shrine is to spread devotion to **Mary, Mother of Fairest Love**. And this cannot wait until the Shrine has been built. *America and the world need the Fairest Love now*.

To do this, we are developing a widespread outreach plan, including social media postings, as well as weekly podcasts on Mary, Mother of Fairest Love and family issues. Please go to our Instagram or Facebook accounts (@fairestloveshrine), or our website at www.fairestloveshrine.org , and please also pass them along to family and friends. With your help, we can greatly expand the world's knowledge of and devotion to Mary, Mother of Fairest Love, and thereby bring St. Josemaría's dream closer to fulfillment.

As always, we thank you for your prayers for this lofty and very much needed effort.

~ Jacqueline Taylor
CEO
Mary, Mother of
Fairest Love Shrine

all our brothers and sisters who are in need." He attested, "We are jointly responsible for taking care of the world, establishing relationships founded on charity, justice, and respect, especially overcoming the disease of indifference."

While stressing that "it is at the heart of the spirit of Opus Dei to turn ordinary realities into a place of encounter with God and service to others," the Prelate emphasized that St. Josemaría's phrase, " 'Passionately loving the world' means knowing it, caring for it, and serving it." Msgr. Ocáriz concluded by detailing how we can engage in social outreach, exploring the spiritual, professional, personal, and collective dimensions of that outreach.

To read the Prelate's letter in its entirety, go to https://opusdei.org/en-us/article/from-the-prelate-enlarging-the-heart/

Opus Dei Women's Activities

upcoming events

Opus Dei Women's Recollections

Pasadena: St. Andrew's Pastoral Center
Orange County: J. Serra Catholic High School
Long Beach: Holy Innocents Church
Camarillo: St. Mary Magdalen Chapel
San Diego: Our Lady of Mt. Carmel

For details, go to https://www.walnutgrovecenter.org/recollections

Opus Dei Women's Retreats

September 29 - October 1, 2023
October 20 – 22, 2023
Mary and Joseph Retreat Center, Rancho Palos Verdes, CA 90275
To register, go to https://www.walnutgrovecenter.org/retreats

Summertime, and the Livin' is... TONS OF FUN!!!

Girls ages 4 – 7 (open to all, regardless of enrollment in Camino Schools)

The Camino Schools Girls Day Camp

August 1 – 3, 2023; 9am – 1pm
Crafts, games, virtue talks and a Mother/Daughter Tea on the last day
To register, go to https://www.thecaminoschools.org/event-details/girls-day-camp

Girls entering 5th to 9th Grades

Camp Monte Stella

June 19 – 24, 2023
Aptos, CA 95003
To apply, go to https://www.campmontestella.com/

Pathfinder Summer Camp

July 9 – 15, 2023
Cedar Lake Camp, Big Bear Lake, CA 92315
To apply, go to https://www.southernhillsinc.org/camp

Girls entering 9th and 10th Grades

Avanti

June 28 – July 1, 2023
Service, leadership, friendship, and fun build a solid foundation for high school
To apply, go to https://www.asterstudycenter.org/aster-summer-leadership-programs

High school girls

Living Essentials Summer Internship

Throughout the summer

Work side-by-side with professionals in the hospitality industry
For more details, go to https://www.asterstudycenter.org/aster-summer-leadership-programs

Long Beach Service Project

June 18 – 24, 2023
Volunteer as a day camp counselor, attend seminars, and explore L.A.
To apply, go to https://www.asterstudycenter.org/aster-summer-leadership-programs

Girls entering 11th and 12th Grades

Summer Seminar

July 19 – 22, 2023
In collaboration with Aster Study Center, Westfield is hosting a leadership program for rising juniors and seniors in high school to explore philosophical topics that promote human and spiritual flourishing. We will have work sessions and discussions on this year's topic, Beauty. Participants will have a chance to hone critical thinking and dialogue skills in preparation for college life.
For more details, go to https://www.westfieldresidence.org/

new this year

Lights! Camera! Action! Internship

Past participants only

June 24 – July 8, 2023

The media literacy program, Lights!Camera!Action! is taking an exciting step forward in offering past participants really interested in working in the industry a two-week internship/shadowing opportunity at local studios.

Email **lcawestfieldresidence@gmail.com** for more details.

A Royal Afternoon
Mother-Daughter Tea Party

The much-anticipated annual Mother-Daughter tea was, as the Brits say, a smashing success. The weather was gorgeously warm and only the Boles' array of beautiful garden blooms could rival the variety of florals and fascinators worn by the mothers, daughters, and grandmothers in attendance.

This year's theme, "A Royal Afternoon," brought English sophistication and flare to the activities and dress. The

littlest attendees learned proper etiquette while serving tea and made lovely pearl necklaces as gifts for Mother's Day. The older, more stylish set answered a quiz on British trivia, and Paula Buchanan delighted us all with classical selections on the violin – that girl can play!

Everyone was a winner in the children's hat contest, and the best lady's hat was awarded by audience choice. Most delicious of all were the abundant offerings of tea sandwiches, scones, cupcakes, cookies, and more, many of which were made by those in attendance, and all of which were absolutely scrumptious. A raffle completed the festivities, with prizes including beauty products, a crockpot, games, toys, and home goods.

Thank you to Julia Boles and Dora Olaiz for such a lovely afternoon! To the many ladies who worked throughout and behind the scenes, cheers! And, Cheerio!

~ Caroline Merrill

balancing your life

Balance in our lives is something all of us strive for. Fulfilling work obligations; spending time with your husband; shuttling kids to school and activities; deepening your relationship with God; having fun with the family – all of these are worthy and necessary goals, but sometimes, it can be difficult to see how to make them all fit into one lifetime. **Love Talks Season 2: Balanced Life** is a great tool to help you add balance and stability to your life, while preserving the joy that springs from family life, no matter how busy it gets. Love Talks 2 is a series of more than twenty talks on integrating the various aspects of life that pull us in so many different directions. Talks range from topics such as *Work-Family Balance in the Digital Age,* to *Cultivating a Giving Mindset*, to *Positive Parenting*, and are available until July 22, 2023 for a $25 fee.

To purchase access to Love Talks Season 2, go to https://iffd.vhx.tv/

Welcome to Love Talks Balanced Life

FAMILY ENRICHMENT OF LOS ANGELES

"Building stronger families, building a better tomorrow..."

Fun! Fun! Family Fun!

Are you dreaming of a fun family vacation that nourishes you and yours on every level – physical, social, and spiritual? Your dream has come true this summer! Family Enrichment of Los Angeles is offering an all-inclusive vacation for families at **Wrightwood Family Adventure Camp.** Three catered meals a day, and plenty of outdoor activities including swimming, hiking, archery, horseshoes, and more will keep you physically engaged. Meeting up with friends at activities and around the campfire will satisfy your social yearnings. And taking the time to reflect and refresh, while sharing ideas with others will stretch and strengthen you spiritually. The cost is $250/person (children under 2 are free) for an all-inclusive family vacation you will never forget!

When: **June 22, 2023 (10a) – June 25, 2023 (2p)**
Where: **St. Edwards Retreat Center, Wrightwood, CA 92397**

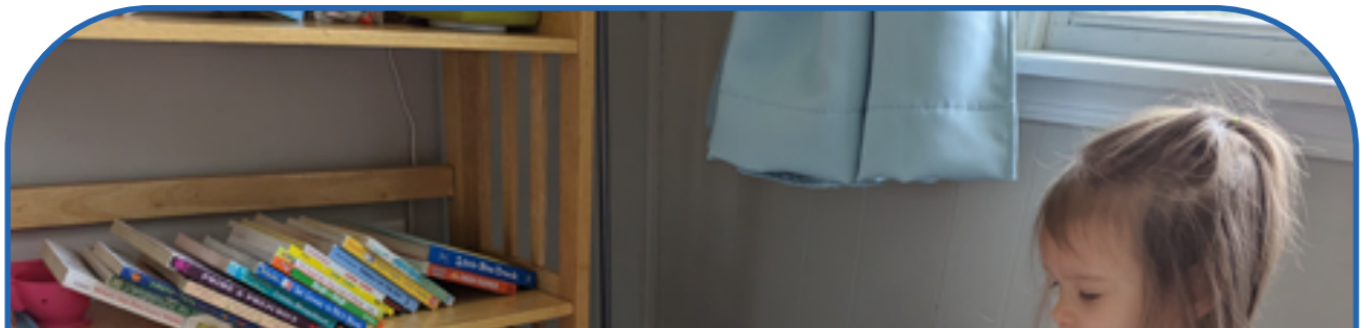
For more information,
Go to https://www.familyenrichmentla.com/event-details/wrightwood-family-adventure-camp

REAPING TREASURE FROM THE OPUS DEI WEBSITE

As summer beckons us with happy thoughts of vacation, it is important to remember that our call to live our everyday lives as Christians doesn't end with the school year, just to be taken up again in the fall like a book bag or lunch box. The need for rest is real, but so is the need to approach that rest with God in our hearts. What follows is a helpful consideration on how to balance leisure with our obligations to God, family, and work.

Without the Sun, I am Silent:

A Christian Perspective on Work-Life Balance



What is work-life balance? How does one achieve it? At what point should we pause our professional duties and embrace periods of leisure? The Opus Dei website's two-part reflection on rest and fatigue dives into these dilemmas we often experience as Christians and as workers.

The first article, titled *Sine Sole Sileo* (translation: *Without the Sun I Remain Silent*) compares rest to sunshine in that, just as a sundial cannot fulfill its purpose without the sun, we cannot achieve the ideals God has placed in our hearts without experiencing periods of intentional rest. It also establishes the God-given connection between body and soul and emphasizes how crucial it is to recognize our limitations when it comes to work. After all, prevention is the best cure, and having the humility and self-awareness to save for tomorrow what you can't do today will give you the strength to work wisely and intentionally.

The second article, titled *The Soul Dances* (taken from an Italian proverb and prevent exhaustion or burnout. Since the body and soul are so closely connected, the stresses and strains of everyday life can manifest in the form of chronic issues such as insomnia or muscle tension. We owe it to our creator, our families, and ourselves to take care of our physical bodies by taking on periods of thoughtful leisure – which can come in many different forms, such as exercise, hobbies, social time, and quality solitary time.

During his life on earth, St. Josemaría called others to sanctify their daily work, and he teaches us that rest and responsibility can and should coexist if we are to fulfill our Christian earthly duties.

"Rest means recuperation: to gain strength, form ideals and make plans. In other words it means a change of occupation, so that you can come back later with a new impetus to do your daily job." – St. Josemaría Escrivá, *Furrow,* 514

To read these articles and others on the need to rest, go to stating when the body is well, the soul dances) highlights our Christian responsibility to care for ourselves

https://opusdei.org/en-us/page/cultural-formation-and-rest/

~ Anna Livia Brady

THE QUOTABLE SAINT

Build up a gigantic faith in the Holy Eucharist. — Be filled with wonder before this ineffable reality! We have God with us; we can receive him every day and, if we want to, we can speak intimately with him, just as we talk with a friend, as we talk with a brother, as we talk with a father, as we talk with Love itself.

***The Forge*, 268**

Holiness in Ordinary Life

Catechesis of the Good Shepherd

As we proceed through the three-year Eucharistic Revival, it can be beneficial to examine ourselves on how we are deepening our devotion to and love for the eucharist, and how we are helping our families to do the same. One very effective way to help our young children grow in love for the eucharist is the ***Catechesis of the Good Shepherd*** *(CGS).*

The Catechesis of the Good Shepherd is a Montessori-based program for children that conveys a simple, yet profound involvement with the Gospel and the liturgical life of the Church. The program is presented in an "Atrium," a place of formation of the whole child; it is a school of prayer where work becomes an opportunity for deep contemplation. The Atrium is a meticulously planned environment – from the paint on the walls, to the color and height of the shelves, to the metal and glassware used – developed for the very small child. The catechist invites the children to "work" with child-sized materials, replicating parts of the liturgy or moving pieces through the stories of scripture. Through the movement of these materials, the child begins to pray and ponder, "Who are you, Jesus?"

The program helps foster a deep relationship between the child and the Good Shepherd. Children reflect upon the parables and scripture. They learn about the geography of Israel, the liturgical year, the nomenclature of the Church, and more. CGS has been developed to nurture the child's natural connection to God.

In the Atrium, the children first fall *deeply in love with Jesus*. Then they realize that the Eucharist, really and truly, is Jesus. Once they come to this moment, they are quick to turn their love for Jesus towards his Eucharistic Presence.

Archbishop Joseph Naumann of Kansas City, KS, where there is a CGS training center for catechists, has seen how effective CGS can be in helping children assimilate lifelong faith. He comments that the program facilitates the children using all their senses to develop a love for the Eucharist, and he adds, "I see that in our young people who are exposed to this method."

Parents appreciate the extensive training that catechists of the program receive – over 100 hours. One mother remarked, "A priest in our diocese in Wyoming valued the formation received in CGS so highly that he required any seminarians assigned to his parish to observe in the Atrium."

Locally, St. Therese Roman Catholic Church in Alhambra has an Atrium, as does St. Mary Byzantine Catholic Church in Sherman Oaks. I would encourage every parent of children aged 3-6 to find a Level 1 Catholic Atrium in their area.

~ Carolina Chirdon

To view a five-minute news clip about CGS, go to https://www.cgsusa.org/catechesis-of-the-good-shepherd-featured-on-ewtn-news-in-depth/

National Eucharistic Revival

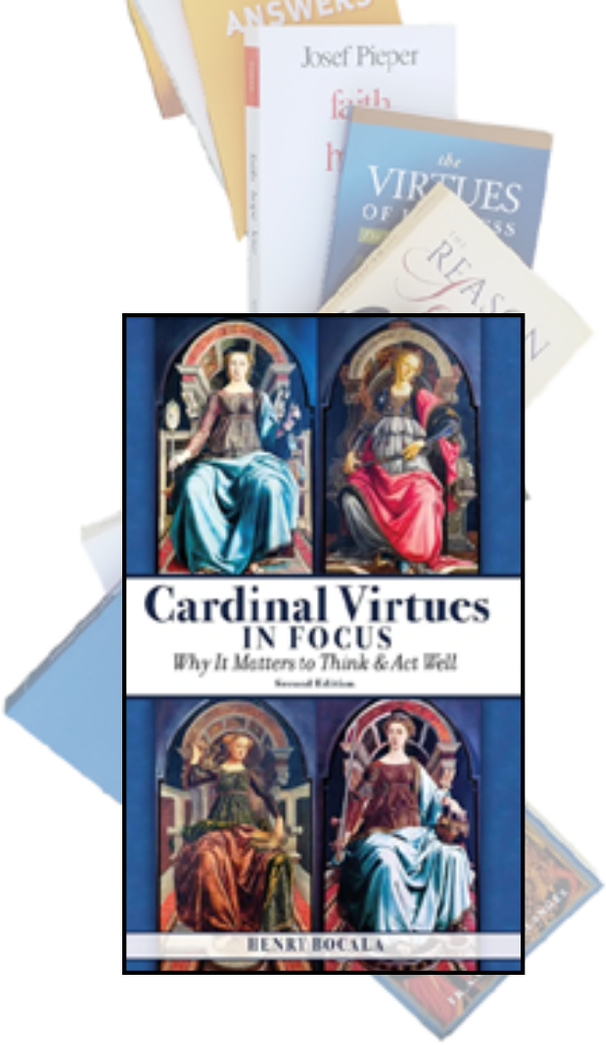
To learn more about CGS, go to https://www.cgsusa.org/ or contact Carolina at carolina.chirdon@gmail.com

Book Nook – Christian Formation through Spiritual Reading

A comprehensive explanation of why the cardinal virtues matter in the modern world

Cardinal Virtues in Focus

by Henry Bocala



In today's environment, when theories on topics like gender and woke-ism swirl through society, it is more important than ever for us to be well-informed about our Catholic faith and to have well-formed consciences. In fact, that becomes crucial for those of us who are parents, responsible for guiding our children through the jungle of conflicting ideas and ideals, to help them find secure footing in the world now and in the future in heaven. *Cardinal Virutes in Focus* is an excellent tool for us to do just that.

The author explains, "Moral life is not all about fulfilling norms and external rules... We become virtuous not by opposing our inclinations or getting rid of our feelings, but by developing our character with a positive outlook in life." He goes on to quote William Bennett: "Virtues are not something to have, but are something to be..." In timely advice for a society beset with significant confusion and conflicting ethical principles, Bocala notes, "The ultimate basis of upright conduct is not what we feel like doing but who we are meant to be; not what we think is right but what is right." He adds, "We can do what we want, but we cannot call good what is bad or call bad what is good... You can drive through a red traffic light, but you are not at liberty to change the red to green." Bocala's clarity is a welcome respite and remedy for the confusion of today.

The book systematically reviews the four cardinal virtues, with practical examples to illustrate its points. Take the virtue of prudence, unfairly cast in today's world as being overly timid. Bocala defines prudence as "the correct use of human freedom, ...doing the right thing in the right way at the right moment." That's a skill we all need! One aspect of prudence I didn't know is that once we've decided on the correct course to take, we need to act promptly. Procrastination is actually a lack of prudence!

This book is a superb guide for anyone trying to navigate through today's world, with an eye toward reaching heaven at the journey's end.

– JR

the Dad project

With Fathers' Day approaching, the following article is a gift from WIT *to all the dads out there. Please pass this on to the dads in your life, with our prayers and blessings. Fathers, we who are mothers could not do what we do without you, we appreciate all that you do, and we hope this article will help you in your quest to be the best dad you can be for your family. Happy Fathers' Day!*

Fatherhood. As I see this word on a piece of paper, I freeze at the overwhelming flood of thoughts, feelings, and ideas that come to my head. How do we define this God-like identity, and how do we communicate effectively the myriad of blessings that a good father brings to his family? What does a committed and faithful husband look like? How does an affectionate father impact his daughters? Are men capable of true friendship and loyal brotherhood? The answer to all these questions can be found in the wonderful and inspiring podcast, *The Dad Project*.

The podcast grew out of a conference by the same name organized by a group of experienced fathers in LA. Realizing they could reach more dads with a podcast, they created a collection of 40 episodes, and I am glad they did! As I listened to some of the episodes, I realized how much I, as a woman, wife, and mother was benefitting from the wisdom of these dads and how it made me respect and appreciate my own husband, my own father, and all the men in my life even more. It truly inspired me to be a better woman!

What touches my soul in a deeper way is the need to revive the identity of the male human, to bring back to light what it means to be a virtuous man, a gentleman, a respectful lover, a provider, and a protector of the family. *The Dad Project* aims at exactly that: "changing the world for the better, one dad at a time." I truly recommend this podcast to everyone, and I hope and pray there are more episodes to come!

To listen to *The Dad Project*, go to http://www.dadproject.net/

~ Lucia Marquez

Novena for a
Happy and Faithful Marriage

We all pray for the things we desire. And what could be more worthy to desire than a happy and faithful marriage? July 26 is the Feast Day of Sts. Anne and Joachim, parents of the Blessed Virgin Mary. A truly beautiful way to pray for our marriages is to pray the **Novena for a Happy and Faithful Marriage** from July 17 – 25, 2023. The novena was inspired by St. Josemaría and his vibrant love for married couples. It is a wonderful devotion for couples who want "to find meaning and encouragement in their vocations to marriage through a commitment to daily prayer and friendship with God." (St. Josemaría Institute)

To subscribe to the novena, which is also available in Spanish, go to https://stjosemaria.org/novena-for-a-happy-and-faithful-marriage/

We Appreciate Our Cooperators!

With heart-shaped cookies, cups full of warm coffee, and plates of paella, families and friends of Walnut Grove gathered to celebrate the cooperators of Walnut Grove at the Annual Cooperators Appreciation Event. The Boles family home provided a welcoming and cheerful backdrop for great conversation, lots of fun for the kids, and good food for all. The timing of the event added to the festive atmosphere – February 11th – the feast of our

Lady of Lourdes, a Saturday, and so close to February 14th, when the women's branch of Opus Dei celebrates its anniversary.

Filled with gratitude, the Walnut Grove team shared a beautiful video documenting the founding of this non-profit run completely by and for women, and the years of events that Walnut Grove has provided. I myself was deeply moved at seeing the impact of the events on generations of women – young and old, single and married, over the last 16 years. Many of these women are the very women whom I first met when I moved to Los Angeles in 2013. The seeds of faith and formation offered by Walnut Grove through retreats, events, and formation opportunities continue to achieve a ripple effect of God's graces in our area, creating "One more valiant woman at a time."

As a token of appreciation, each guest received a beautiful cookie with a paper tag with these words: "We have learned with gratitude, because it makes us realize the happiness we are being called to, that all creatures have been created out of nothing by God and for God." These words from St. Josemaría Escrivá in *Friends of God* signify not only the affection that Walnut Grove has for its cooperators, but they also sum up the day's event. Seeing the joy of all gathered – the friends, and kids, and families – it truly was a foretaste of the happiness we are being called to!

Let us continue to pray in gratitude for the work of Walnut Grove women everywhere!

~ Laura Zambrana

GIRLS' CLUB CORNER:

Spotlight on West Covina

Led by a team of three moms, the West Covina Girls' Club has been running for fourteen years – much longer than the girls currently in the club have been alive! Jean, one of the leaders, noted that she recently ran into one of first girls to attend the club – "She's married now! And she still remembers attending the club, and then being a counselor, giving talks to 7-year-old girls."

The club started with girls from 2nd grade through high school, but now the group focuses on 2nd – 5th graders. The older girls have graduated to monthly doctrine classes. The goal of the club is to provide character development for the girls, focusing on leadership and service, to better prepare them to meet the challenges of adult life. To that end, this year, they've learned about friendship, generosity, good manners, and responsibility. For that last topic, the girls each made their own "To Do" lists, to help them be organized and complete their obligations on time. In addition to making a variety of crafts, the girls also enjoy sports together, like ice skating, bowling, and hiking.

The moms of the club girls stay engaged and involved as well. Carmen, another one of the club leaders, remarked that they talk to the moms about the virtue of the month and give them suggestions on how to reinforce at home what the girls learn in the club, encouraging them to make the virtue a habit. She added, "We also recently hosted a video and discussion for the moms on 'Marriage: The Greatest Adventure of Your Life!'"

Anna, the third club leader, affirmed, "Supporting the girls' club has been a special blessing for me and my three daughters. We learn from one another and from other moms and girls about our roles and responsibilities, while having fun! Dear to my heart is seeing how my eldest daughter Elie has received nourishment for her character from the older girls in the past, and now she wants to make sure to pass that on to the younger girls. She's joyful, and it can be positively contagious. Girls' club is only once a month, but by meeting regularly over the years, the impact on all the families involved is extraordinary. We are grateful!"

For information on girls' clubs in your area, go to https://www.southernhillsinc.org/girlsclubs

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