



UPCOMING EVENTS

MORNINGS WITH MOMS WORKSHOP SERIES presents FASHION WITH DIGNITY

Date: November 9, 2019
 Presented by: Ms. Nicole Titman
 Registration: 9:30a
 Workshop: 10:00a – 12:00p
 Babysitting will be provided.
 Suggested donation: \$10.00
 1234 Oak Knoll Ave, Pasadena, CA 91106
 Hosted by: Ms. Letty Ibarra
 RSVP: info@walnutgrovecenter.org

RETREATS

- October 25, 9:30a – October 27, 2019, 2:30p
 Double Tree by Hilton Hotel Irvine
- November 15, 9:30a – November 17, 2019, 2:30p
 Double Tree by Hilton Hotel Irvine

Register at <https://www.walnutgrovecenter.org/2019-retreats>

From the Prelate



For more on the Prelate's visit to LA, see the article below, and go to <https://opusdei.org/en-us/article/in-california-holiness-means-trying-to-love-ever-more-fully-2/>

During a recent get-together in Los Angeles, the Prelate of Opus Dei, Monsignor Fernando Ocariz, invited us to show our love for God through the care we take with how we dress, a timely topic given the upcoming Mornings with Moms workshop on Fashion with Dignity. He reminded us about our right and duty to engage in the apostolate of fashion with the following:

“Women especially have a very concrete apostolic field which is ‘the apostolate of fashion.’ You, young and older women alike, need to help each other to go about elegantly, beautifully, but with dignity, covering the body a little more. Not because the body is bad or ugly – it is stupendous, because God created it. But precisely out of a sense of intimacy, it is worthwhile preserving it a little... not giving it completely away to everyone, so to speak... Besides, given the current cultural climate, you don’t want to contribute to offending God and others.”

Pathfinder Camp at Cedar Lake July 7 - July 13



Pathfinder Camp, whose theme this year was fairy tales, was full of exciting adventures for both returning campers and newcomers. Comprised of staff, 29 counselors, and 110 giggling girls in grades 5-9, Pathfinder was housed in cabins sporting fairy tales names at the Cedar Lake campsite, nestled in the San Bernardino mountains.

The sparkling lake surrounded by pine trees was a highlight of the camp, with lots of energetic canoeing and swimming. Other activities included archery, hiking, basketball, volleyball, live foosball, and gaga ball. A few campers shared their experiences with us:

Emma from Ugly Duckling cabin (5th grade), a first-time camper, described what was special about Pathfinder. “I think it is the nature we get to experience and all the beautiful things up in the mountains. My favorite thing was the St. Jo-semaria campfire. I got to tell a story, and it was fun hearing other stories.”

Xochilt from Jack and the Beanstalk (7th grade) reported, “At camp you get to meet so many different people with their great and unique personalities. Every day at Mass, you get to connect more and more with God. There are tons of opportunities to go to confession. All those amazing talks that the counselors give really inspire you. My favorite activity was canoeing!”



Ana, reflecting on being a counselor, said, “As first-time counselor, I loved seeing that the girls really take to heart what you say during virtue talks. They also look up to you, and that helps you as a counselor – they set a high bar for you, which makes you want to be the best version of yourself.”

Each of these unique experiences shed light on the common thread of making friends, having fun, and growing on the inside. Campers left Pathfinder happy, energized, and eager to continue growing throughout the year, while looking forward to a joyful return to camp in 2020.

~Rosario Equihua

THE PRELATE

in Los Angeles



The Brady family greeting the Prelate at the airport

The Prelate of Opus Dei, Monsignor Fernando Ocariz, visited the City of Angels this summer, at the end of July. In the weeks following the Prelate’s visit, I wonder how many women in southern California and elsewhere, while driving or cooking or doing laundry, found themselves singing the words to a slightly tweaked version of Dionne Warwick’s “Say a Little Prayer” –

The moment I wake up,
 Before I put on my makeup,
 I say a little prayer for you...

That was the song with which we serenaded the Prelate as he entered Jonathan Club in the heart of LA for a get-together on July 27. He held a few get-togethers during his time in LA, at the close of a pastoral visit to the United States which included stops in New York, Chicago, and Houston.

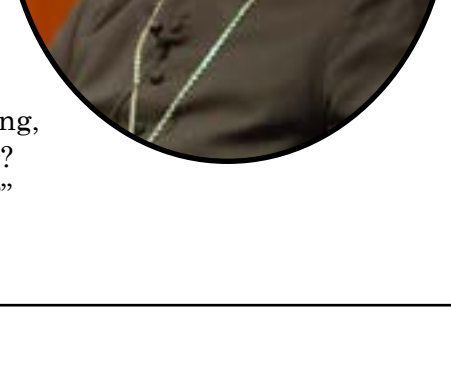
During his get-togethers, the Prelate answered questions on a number of topics, including preserving Catholic values in an unsupportive environment, friendship with a wide range of people, and detachment from the wealth which can be so visible in our society. He spoke often on the need for prayer as a remedy for the many issues that occur in daily life. He also asked us to pray a lot

for the Pope, who has much work, carries much on his shoulders, and counts on our prayer.

Speaking of praying for men of God, make sure you visit the website www.prayforthefather.com, a site that was created by Westfield Residence in anticipation of the Prelate’s visit to encourage prayers for the fruits of his trip. Given the global nature of the internet, the site recorded prayers from all over the world, and as of press time, the count of prayers had topped 89,000.

After some days of rest in northern California, the Prelate continued traveling, this time through Canada, before returning to Rome. Our days with him, while bursting with excitement and joy, were also time for deep prayer – for looking at our lives and asking, “How can I be better?” “How can I do better?”

~ Jane Reckart



Long Beach Summer Service Project

My name is Milagros Alday. I live in Tucson, Arizona, where I am a senior in high school. I was a counselor in the Long Beach Service Project in June, 2017, and I enjoyed it so much that I did it again in July, 2018. This service project gave me the opportunity to not only make new friends and learn more about working in a group, but it also strengthened my faith.

The project was a day camp for girls between the ages of 8 and 14. Each day started with games while we waited for all the campers to arrive, and then the campers were separated into four groups, depending on their age and grade. We gave short talks on topics such as friendship, confession, or a virtue to each group, before sending them off to activities, like cooking, arts and crafts, sports, or dance. For both of my years as a counselor, I helped with the sports activities, where we played a variety of games outside with the campers.

While running the camp was exhausting, it was worth it because of all the fun and smiles. We counselors also had activities after the camp, like going to the beach or the mall, and we were also given talks. I am thankful for the friends I made, the opportunity to be a leader to younger girls, and all the happy memories I have of that short week.

~ Milagros Alday

Editor’s note: The service project for this past summer, 2019, was cancelled due to the visit of the Prelate, but counselors eagerly await making plans for next summer’s project in 2020.

Shaping our Girls into Leaders

Women from throughout Southern California attended a workshop at Aster Center this fall on the aims and benefits of girls’ leadership clubs. Following Mass and a particularly beneficial meditation on the need to form our youth, participants heard presentations on and discussed the reasons why girls’ clubs are so valuable for the development of our daughters and their friends. The primary aim of a girls’ club is to form women well, so they have the capacity to make good decisions; to form their consciences, their moral compasses, so they can live their faith fully in all the environments in which they find themselves.

One club leader described how the mentoring provided in the clubs helps the girls develop the habit of self-examination and resolve, teaching them to ponder specifically how they can grow in their interior lives. Georgina, a former girls’ club attendee, related how impressive it was that very cool, high school girls would take the time on Saturdays to help with the clubs, remembering that all the girls attending wanted to model themselves after those high school girls.

An interesting take-away from the workshop was that it is the friendships forged within girls’ clubs that primarily motivated the girls to attend additional formational activities as they grew and matured, activities like Creative Cuisine, Avanti, Stepping Up, retreats, and service projects. Whether or not you have daughters, if you value the development of young women in today’s world, a girls’ leadership club can be a decidedly effective and most rewarding use of your time and energy as a way to support that development.

~ an interview with Julia Boles

For more information on girls’ clubs in your area, go to <http://southernhillsinc.org/girlsclub.htm>

Mornings for Moms Workshop:

Becoming All You Were Meant to Be

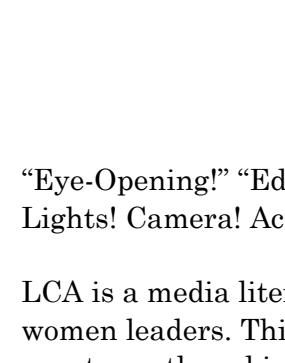
On a gorgeous Saturday morning, late in July, Walnut Grove Cultural Center hosted the latest Morning For Moms Workshop: “Using Adversity to Become All You Were Meant To Be.”



Ms. Kathleen Eaton Bravo, of Obria Group, bravely shared her life’s story. She reminded us that no matter the choices we’ve made in the past or the sometimes extremely difficult family situations we find ourselves in, we are daughters of God. We can become all that we are meant to be!

Ms. Bravo’s talk touched on some deeply personal and painful life-experiences. We were all reminded that human beings sometimes carry deep wounds. To be a true friend, we have to remember that we are not perfect and that our friends aren’t perfect. We should be willing to listen to the truth from our friends, even if it is very painful. We are full of Christian hope, however, because we know we can be forgiven and use our experiences and even our failures to help others!

One week after the workshop, The Prelate of Opus Dei, Monsignor Fernando Ocariz, visited Los Angeles. His comments during a gathering for women, re-emphasized this point of overcoming adversity. “We should know that anything that happens can always be remedied, because we always have God’s forgiveness when needed, particularly in the sacrament of confession.” (www.opusdei.org)



It is true that we all have our own stories; we try to learn from our mistakes; and we attempt to overcome adversities by serving others. This is great news, especially in light of Monsignor Ocariz’s final comments during his last public appearance in Los Angeles. When asked to share his hopes for the United States, now that he had seen so much of the country, he replied: “That you be faithful and that you multiply. Not simply because we want to be many, but in order to help many people, because this is what our Lord wants.” (www.opusdei.org).

~ Melissa Brady

Lights! Camera! Action!

“Eye-Opening!” “Educational!” “Fun!” These are all adjectives that were used to describe the experience at Lights! Camera! Action! 2019, better known as LCA.

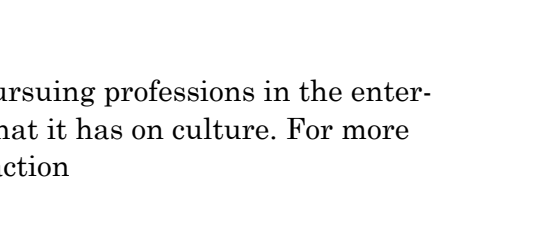
LCA is a media literacy program in Los Angeles designed to form women leaders. This past August, young women from all over the country gathered in the rooms of Westfield Residence for nine days to immerse themselves in several aspects of the entertainment industry, with guest speakers, studio visits, and TV tapings, as well as classes in media and philosophy.



Leading professionals from every corner of the entertainment industry enthusiastically agreed to lead workshops, provide resources, answer questions, and share meals with the attendees. Each speaker had their own unique stories, career trajectories, anecdotes, and advice to bestow upon these young, eager women. Speaker insight was transformative and inspiring, as one attendee recounted, “These speakers have helped me along my path to my vocation and in my career choices”.



Dr. Patricia Phalen led media classes that proved to be fascinating and particularly insightful. Fr. Paul Donlan served as the “LCA spiritual waiter”, as he called himself, and taught extremely practical philosophy classes. One attendee stated, “Father Paul is the best. It is lovely to have someone tell you that you need to transform the industry instead of being told it’s a bad idea.” Another attendee expressed: “This program is very informative and inspiring for young women. It builds confidence and trust, and we make loving friendships with the BEST people.” By the end of the program, whether or not they ultimately pursue media or entertainment as a career, attendees understood that the mission to transform culture belongs to everyone.



LCA is open to college students and rising seniors who are interested in pursuing professions in the entertainment industry or who want to understand more deeply the influence that it has on culture. For more information please visit <http://www.westfieldresidence.org/lights-camera-action>

~ Alana DeBlase