

St. Anne Catholic Community Women's Club News

From the President... Irene LaCesa



Dear Club Members:

Our journey with "Prayer" has taken us to our destination. What a ride it was. Smooth? Not always. Bumpy sometimes, but always exciting as we recall where our journey has led us and as we think about life's blessings and renewal of Spirit.

We have had many opportunities to pray, learn, listen, dance, sing, eat and drink together. We have grown in our sisterhood with many new friends and the strengthening of our old friendships. We welcomed new life with the birth of our members' babies. We were saddened by the death of our loved ones; a child, a husband, a father, a mother, a sister, a brother. We shared our love and friendship by bringing suppers to our sick and grieving. We brought salads and desserts and helped with funeral luncheons. We shared Scripture together. We played with our children and grandchildren in the nursery, bowled, and planted seeds that bring new life. We shared the Eucharist at our Masses.

Through these experiences we have grown to understand that God dwells within us. Our Baptism and Confirmation have made us apostles of Christ. We have come to the realization that God truly loves each one of us with a love that is eternal. He is in our hearts and we feel His presence.

As the sunlight changes during this season, warming the earth and stimulating new growth, so too may the Spirit of the Resurrection stimulate new growth and renewal within you. May your summer be joyous and filled with happiness that is shared with your loved ones.

Splash in the pool! Remember your Baptism!

Slather the suntan oil on your body! Remember your Confirmation!

We are one in Christ!

Jim and I extend our gratitude, love and blessing to all of you for allowing me to share in your lives through the St Anne Women's Club.

ASAP Always say a prayer.

Irene

May 2010

Volume 11, Issue 9

Little Angels, Saints and
News from above



Please keep in your
prayers:

Irene and Jim LaCesa, on
the passing of Jim's sis-
ter, Angela Krag

Cindy Byrne, on the pass-
ing of her mother, Eileen
Brandenburg

Irene Leonard on the
passing of her father,
Honore Berardi

Project Hope and The
Little Sisters of St. Jo-
seph, on the passing of
Sr. Lorraine

**Installation Mass
And May Dinner**

Tuesday, May 11 2010
7:00 pm, Chapel and
Hospitality Room

Contact

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if you have any information
for this column

Contact

Mary Sneed

with information for the
Women's Club Newsletter
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Past Events

Physicians' Panel a Success

On Friday, April 9 the St. Anne Women's Club hosted a Physician's Panel. Guest panelists included Dr. Douglas Tomasian, Dr. Kevin Horcher, Dr. Heidi Horcher and Club member, Dr. Evelyn Jimenez-Diaz. Here are some highlights of the information that was presented.



Dr. Douglas Tomasian is a cardiologist, serving patients in the Barrington area. He spoke to our group on heart disease. He first explained that the risk factors for heart disease can be enumerated as follows: high blood pressure, high cholesterol, diabetes, smoking, advanced age and family history. Most Americans have at least 2 risk factors. Symptoms of heart disease in women include shortness of breath, pain in the neck or jaw and nausea. Ways in which heart disease can be detected include using an electrocardiogram (EKG), a stress test, and a CT scan. Remedies for heart disease include medication, stents, bypass surgery and angioplasty. The ways to prevent heart disease include proper diet, proper exercise, smoking cessation, and medication to control hypertension

Dr. Heidi Horcher is a pathologist. As part of her job, she evaluates blood for a range of diseases from cancer to the human papilloma virus (HPV). She noted that today, 1 in 8 women are affected by cancer, a disease whereby cells replicate out of control in the body. Cancer is addressed differently depending on a woman's age group. If a woman is pre-menopausal, the cancer may be a higher grade carcinoma and may require chemotherapy or even a bone marrow transplant. Cancer in post-menopausal women tends to create smaller tumors in the body where the cells do not divide as much. HPV is also a disease that is identified through blood testing and evaluation. There are different grades of HPV, ranging from mild dysplasia to an invasive carcinoma. Our immune system affects how our bodies react to the virus and our stress level has a lot to do with our body's ability to fight off disease using our immune system.

Dr. Kevin Horcher (Heidi's husband) is an emergency room (ER) physician. He provided advice on what to do in case you need to go to the ER. First of all, you should

grab a few things before you leave, such as a book, cell phone and snacks. The ER doctor will attend to the most urgent cases first, so, depending on the severity of your condition, you may be waiting a while. The ER is staffed to handle an average case load, so there may be times when it appears that they are understaffed. The most important decision an ER physician must make is to determine if the patient is healthy enough to be released, or must be admitted to the hospital. The physician may also determine if a patient will get the care they need at home or whether they have the mental stability to go there. Dr. Horcher also prays for all of his staff and patients on a regular basis.

Dr. Evelyn Jimenez-Diaz is a general practitioner for adult patients. She addressed the topic of diabetes. She started by differentiating between Type I and Type II diabetes. Type I typically occurs in young children, and may be caused by a virus. Type II is hereditary, typically occurring after the age of 40, although it may occur at any age when the person is severely overweight. Diabetes can have very damaging effects to the body because it affects the blood vessels. If not treated properly, diabetes can lead to nerve and eye damage. Dr. Jimenez-Diaz recommends that if you are diabetic, you should consume between 1200 to 1800 calories of food per day, your waist size should not be greater than 35 inches, you should receive regular eye examinations, and you should check your blood pressure and receive mammograms regularly.

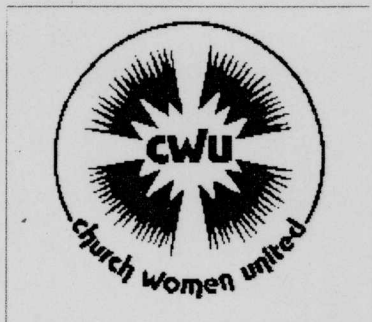
Mother-Daughter Event

On Saturday, April 10, the women's club hosted its annual mother-daughter event. Mothers and their daughters and granddaughters enjoyed a morning beginning with a thoughtful prayer service written by Sr. Laretta Leipzig. It was a beautiful prayer honoring the bond between mother and daughter and our commitment to our faith in God. Everyone enjoyed a delicious breakfast.



Each participant was given a planter in which to place potting soil and fast growing spring flower seeds. The planters could be decorated with crayons and markers, making the morning a creative and expressive way to spend the day together.

Church Women United May Friendship Day



Date: Friday May 7, 2010
Location: St. Anne Church
120 Ela St.
Barrington, Ill
847-382-5300
Time: 11:00 am



May Friendship Day is an annual event that unites Christian women in a common worship experience, building and strengthening friendly relationships within our community. This year's celebration centers on the theme "Living Our Vision" and shows how women can work together to transform communities and the world. The logo depicts blank building blocks, which represent all that makes up Church Women United: prayer, outreach, sisterhood, worship, celebrations, etc. As the Celebration unfolds, participants will literally be given the opportunity to share ideas, thoughts, and prayers that will be written on "blocks" to build a wall.

The event will include a time to honor Inspiring Women from each congregation who live up to the motto of CWU, "Agreed to differ, resolved to love, united to serve." Families are invited to attend.

Fellowship of the Least Coin contributions will be collected.

Following the program will be a salad luncheon, please bring a salad to pass. Bread, beverages, and desserts provided.

CWU of the Barrington Area continues its prison ministry by inviting attendees to bring a gift/donation of toiletries: (regular size) deodorant (most needed) plus conditioner, lotion, shampoo, toothpaste, and jumbo zip-lock bags for "Christmas in July" at Dwight Correctional Center for Women.

Upcoming Events

May Dinner

All women of the St. Anne Women's Club are invited to join their fellow club members for the annual Installation Mass and May Dinner on Tuesday, May 11th. Mass will begin promptly at 7:00 p.m. in the Chapel followed by dinner in the Hospitality Room. The following is the list of incoming and outgoing officers:



Executive Officers for 2010-2011

| | |
|-------------------------|----------------------|
| Spiritual Moderator | Sr. Lauretta Leipzig |
| President | Mary Sneed |
| Vice President | Evelyn Diaz-Jimenez |
| Recording Secretary | Sandra Zgonina |
| Corresponding Secretary | Cathy Pyra |
| Programs | Sylvia Andersen |
| Past President | Irene LaCesa |

Outgoing Executive Officers

Sara Roach
Margie Wedinger

This is our chance to say thank you and congratulations to past and future leaders! For more information and to RSVP, contact Agnes Tomasian at 847-304-0357 or email tomasian4@msn.com. RSVP by May 4th.

Senior Lunch

The annual Senior Lunch is scheduled for Wednesday, May 12. Attendees will be seniors from area nursing homes and seniors of our sharing parish, St. Frances of Rome. We are looking for donations of time and treasure.

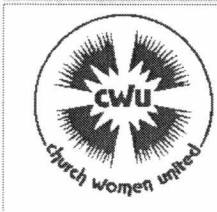


Donate your Time: It's a rewarding morning as a volunteer, please consider offering up an hour or two.

Contact Agnes Tomasian at 847-304-0357 or by email at tomasian4@msn.com to volunteer.

Donate a Treasure: Each attendee receives a prize during the bingo play. We need cash, Target gift cards, or gifts under \$5. Contact Arlene Schamberger at 847-842-8306 if you have items you would like to donate. Donations can also be dropped off in the school office.

Our Christian Community



May Friendship Day

Church Women United (CWU) is a worldwide Christian women's movement. Its goal is to extend the vision of what it means to be a Christian woman in society today.

Most people recognize CWU for the three yearly prayer services that are held in the Barrington area. It also provides many services to women in need, and women who are incarcerated.

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The St. Anne Women's Club is pleased to announce that it will host this year's May Friendship Day on behalf of Church Women United. The event will take place on Friday May 7, 2010 in Thane Hall of St. Anne Church starting at 11:00 am. Please consider volunteering with hospitality. If you plan to attend, please bring a dessert. Help with hospitality is needed from 10:45 to noon to organize salads, then from noon to 1:30 to clean up. If

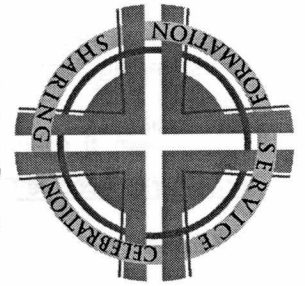
you can assist, please contact Mindy Hogan at 847-381-6271 or at minners3172aol.com or Irene LaCesa at 847-381-3946 or at davincidesign2msn.com. If you have not yet attended a CWU event, please consider attending to meet many amazing Christian women right here in our own Barrington community. Please see the attached flyer for details regarding this event.

Congratulations to **Margie Wedinger**, our **Church Women United** honored woman, who has chosen by her life to bring the Gospel message to her family, church and community.

Job Well Done

The St. Anne Women's Club was asked to provide hospitality assistance during Sr. Lorraine's wake and funeral luncheon. Women's Club members helped in several ways. A beverage service was offered during her wake. Club members, together with the funeral luncheon ministry, prepared and acquired all lunch items for the funeral luncheon and beautifully decorated both the hospitality room and cafeteria. The luncheon was attended by over 400 people, and so, this group handled quite a large responsibility. Thank you to those who volunteered on short notice, and to Terri Rosengren and Cindy Byrne for coordinating this memorable affair.

St Anne
Catholic Community
Women's Club
120 North Elm Street
Barrington, IL 60010



This Month's Enclosures:

Please note the flyers that have been enclosed

- May Friendship Day

Inspirational Corner



May today be all that you need it to be.
 May the peace of God and the freshness of the Holy Spirit
 Rest in your thoughts, rule in your dreams, tonight, and
 Conquer all your fears.
 May God manifest Himself today in ways
 You have never experienced!
 May your joys be fulfilled, your dreams be closer
 And your prayers be answered.

May Events



- Wednesday, April 28 Playgroup 11:45 am–1:30 pm Citizen's Park
- Monday, May 3 Scripture Sharing Brunch 9:15 -11:15 am Home of Nancy Franks
- Wednesday, May 5 Playgroup 11:45 am–1:30 pm Citizen's Park
- Monday, May 10 Knitting Ministry 2nd Fl. Conf. Room, 1–3 pm
- Tuesday, May 11 Installation Mass and Dinner, Chapel and Hospitality Room, 7:00 pm
- Wednesday, May 12 Senior Luncheon, Hospitality Room, 11:00 am
- Wednesday, May 12 Playgroup 11:45 am–1:30 pm Citizen's Park
- Wednesday, May 19 Playgroup 11:45 am–1:30 pm Citizen's Park
- Wednesday, May 26 Playgroup 11:45 am–1:30 pm Citizen's Park

Our Mission: We, the women of St. Anne Catholic Community, are called together by God to be an organization united through prayer, hospitality, and ministry. We are committed to provide Christian service and to further the spiritual, intellectual and social growth of its members and the larger community.