

**It's a New Year—NCCW already has RESOLUTIONS!**  
**From the January 16, 2019 NCCW Member Call led by Jane Carter**

Every new year gives us the opportunity to look at the Resolutions passed by the members of the National Council of Catholic Women and set a goal to better live out these promises! Re-read the last few years' resolutions on the website\* and find ways that you can live out the resolutions in your CCW affiliation—in your parish and your diocese.

In 2018 we passed a resolution on the Treatment of those with Mental Health Disorders. Within that actual resolution are four great “how-to” ideas:

- Do you have a book club or study group in your parish? If so did you suggest the book “Crazy : A Father’s Search Through America’s Mental Health System” by Pete Earley to **raise awareness within your membership?**
- Did you identify families who are dealing with mental illness in your parish, neighborhood or larger community and suggest the book as **a resource** for them?
- Did you follow thru and **invite a speaker** from NAMI—the National Alliance on Mental Illness—or a local organization that works with this group? To your DCCW convention? To your local parish affiliate meeting---and possibly make it open to the whole parish?
- Did you find out if your local law enforcement officers receive **special training** in dealing with the mentally ill---and if not, pursue finding a local program to facilitate that?

NONE OF US CAN DO EVERYTHING---but all of us can do something! That is one resolution with at least 4 great ideas for action right in the actual resolution.

Take it a step farther:

- Did you ask to have prayers for the mentally ill added to your parish intentions?
- Did you place a petition in the book of your adoration chapel or your CCW’s online prayer chain?
- Is there a local need for a meeting place for parents dealing with mentally ill children/young people in your community? Might you facilitate and hostess a meeting space in your parish?
- Could you find or prepare a list of available services for the mentally ill in your own area with contact information and make it available to parishioners and your community?
- Did you offer to bring a meal, baby sit for other children, drive to a doctor’s appointment or help a family dealing with mental illness in some concrete way?
- Are you able to volunteer some skill or talent to help a local Mental Health organization?

Think about what the resolution asks for, what you are able to do, and get going!!

**Remember: No one can do everything but everyone can do something!**

- Your Council---the local affiliate Council of Catholic Women or the Diocesan CCW---will become known to those with mental illness.
- Your Mission—to respond with Gospel values to the needs of society—will be lived out in another, important way.

- Your MEMBERS—will grow in awareness and participate in the spiritual and corporal works of mercy.

**Living out the NCCW Resolutions---Resolutions require ACTION!**

A quick way to see if members are even aware of the effort you have put into finding ways to incorporate resolutions into the actions of council is a very simple individual or partner exercise with an easy-to-do handout you prepare ahead of time.

Make two columns and on the left side, simply list the topics of speakers, the projects that are planned, and events that are coming up in your Council calendar from Jan---June for instance. Then, on the right side, list the main themes of your resolutions, from NCCW and from your own Diocese.....then ask your members to connect them!

You will quickly see which resolutions have been fully embraced, which ones are barely addressed, and which ones seem to have been forgotten.

The board can then decide if adjustments are needed.

**NO ONE can DO EVERYTHING, but EVERY ONE can do SOMETHING.**

**Just be sure that your Council's action addresses SOMETHING you voted to do!!**

\*To find the NCCW Resolutions on the website go to ABOUT US, click on PROTOCOL, and then look for the little clipboard with the word "Resolutions" on it---those are the latest, from the 2018 Convenion. Right next to the clipboard you can find the Resolutions from 2016 and 2017 archived in the Library.