
ORANGE DIOCESAN COUNCIL OF
CATHOLIC  WOMEN

Fragments

FEBRUARY 2026 NEWSLETTER

ODCCW Mission Statement

*To promote among our Catholic women a greater devotion to Christ and the Church,
as we share the Blessed Mother's role of bringing others to Christ
through spirituality, leadership, and service.*



FEBRUARY EVENTS

Carol Palmer

ODCCW President-Elect

Dear Sisters,

Dedicated to the Holy Family, the month of February gives us the opportunity to go deeper into relationship with Jesus, Mary and Joseph. They provide a model of marriage and family life for us. Their example shows us how to put our faith in God with absolute trust and humble obedience.

We celebrate National Marriage Week February 7-14. I'd encourage you all to spend time in Eucharistic adoration praying for all those dating, engaged or married.

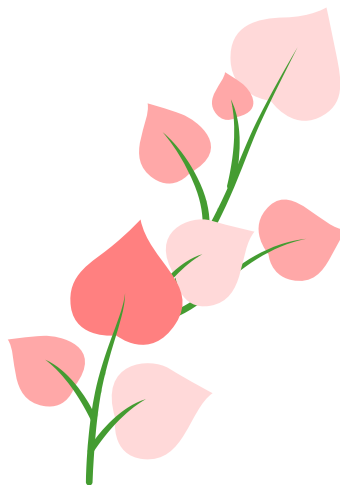
February 11 is the feast of Our Lady of Lourdes and the World Day of the Sick. Pope John Paul II established the World Day of the Sick which is dedicated to praying for the sick and their caregivers, highlighting the compassionate, healing nature of the Lourdes apparitions.

Ash Wednesday is February 18. How will you prepare for Easter this year? One great way is to join us for our annual retreat on February 17. See the flyer in this issue of Fragments for details.

As we begin our Lenten journey, let us fix our eyes on the cross and our hearts on Him. Wishing you a holy and fruitful Lent.

Yours in Christ,

Carol



JANUARY GENERAL GATHERING RECAP

Gail Lefebvre
ODCCW Recording Secretary



The January ODCCW General Meeting took place on Tuesday, January 20, 2026 at St. Elizabeth Ann Seton Parish in Irvine at 10 am. Carol Palmer, ODCCW President-Elect, opened with introductions and Opening Prayer, Salute to the Cross, and Salute to the Flag. Pat Martin, ODCCW 1st Vice President of Spirituality, led us with a prayer. Carol Palmer introduced and announced Nancy Castenholz as 2nd Vice President of Service. Nancy spoke of the Box of Joy project being very successful with 72 boxes having been sent around the world to underprivileged children this past Christmas.

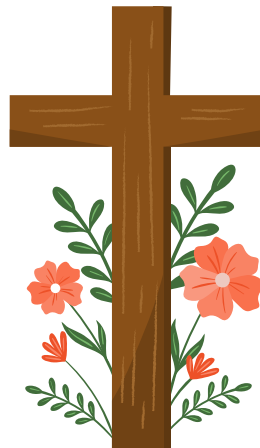
Kay Ehret spoke about attending our sponsored seminarian Francis Ang's ordination for deacon on December 6 and presented him afterwards with a check for \$400 collected from our ODCCW General Meetings. Kay also spoke of The Shroud Experience exhibit at the Christ Cathedral. She invited those interested in attending to make reservations. The ODCCW Executive Board will be attending the exhibit on March 3 if others wish to also attend with us on that day. Carol Palmer did mention that there is another seminarian who is in need of a car should anyone wish to donate theirs to him.

Carol Palmer then introduced our guest speaker, Fr. Chris Heath. His talk was titled "What's a Nice Priest Like Me Doing in a Place Like Archives?" Fr. Chris has a most impressive resume: He was ordained on October 1, 1988 and was a Law Enforcement Chaplain for 20 years; Chaplain at Hoag Hospital in 2007; Knights of the Holy Sepulcher in 2011; Chaplain of pilgrimages in 2013; Spiritual Advisor of ODCCW since 2023; and Director of Mission Office since October 1, 2025.

On July 7, 2021, Fr. Chris became the Archivist of the Diocese of Orange after being previously assigned at St. Hedwig parish. He gave a most informative talk about how he became the Archivist following Fr. Bill Krekelberg's retirement in 2015 as 1st Archivist. During this time, the role of Archivist went unfilled from 2015 – 2021. Bishop Vann recognized the evident need for an Archivist. Fr. Chris was the logical choice to fill that role as Bishop Vann wanted a priest with a living memory of the beginning of the Orange Diocese. Additionally, Fr. Chris was the youngest of the priests to choose from; thus, began his succeeding role as Archivist. Another interesting note is Fr. Chris' mother was a photographer for diocese activities and many of her photos are now part of the archives.

A 50/50 raffle drawing then followed the presentation, with several winners. Lunch was served afterward, and the Closing Prayer was read.

On Tuesday, February 17, 2026, the Annual Retreat will take place at The Heart of Jesus Retreat Center. It will begin at 9 am and will conclude after 3 pm (includes Mass starting at 2 pm). The fee is \$50 which includes continental breakfast and lunch.



ODCCW ANNUAL RETREAT



ODCCW Annual Retreat



Mary, Our Lady of the Eucharist
All Catholic women are cordially invited to join us at
The Heart of Jesus Retreat Center
for our annual retreat

Tuesday, February 17, 2026

9am - 3pm

\$50

includes continental breakfast, lunch & retreat materials.

Mass at 2pm. Confessions available throughout the day.



2927S. Greenville, Santa Ana

MARCH GENERAL GATHERING



Traveling with St. Patrick this Lent!



Claire Frazier-Yzaguirre

Tuesday, March 17, 2026

Claire Frazier-Yzaguirre, popular speaker, author, and marriage & family therapist, shares with us an inspiring talk on how we can travel with St. Patrick more deeply in our lives this Lent, inspired by his great love for Christ, his warm compassion and hospitality for all, and his deep prayer life and humility.

Holy Spirit Parish Hall

17270 Ward St, Fountain Valley, CA 92708

10:00 am (check in 9:45)

12:00 pm Lunch

\$30 includes lunch

HAPPY
ST. PATRICK'S DAY
- MARCH 17 -



RSVP by March 13. Mail checks payable to ODCCW
c/o Susan Navarrete, 14245 Utrillo Dr., Irvine, CA 92606
or contact Susan at 949-345-9130
or by email at snavarrete150@gmail.com

Dr. Ida Pennella, PhD
LEGISLATIVE
ADVOCACY



Six States Pressing for Action on Mail-Order Abortion Drugs

By [SBA Team](#) | December 15, 2025

Six states suing to stop the flood of these dangerous, deregulated drugs. **Florida and Texas:** Florida Attorney General James Uthmeier and Texas Attorney General Ken Paxton **sued** the FDA this month over its illegal actions in approving and progressively eliminating safety standards on abortion drugs. Florida and Texas note, "The FDA's regulation of mifepristone was political from the start," with the Clinton administration **redefining pregnancy as an illness** to push the drug approval through faster. **Louisiana:** Led by Attorney General Liz Murrill, the State of Louisiana and abortion drug coercion survivor Rosalie Markezich are suing the FDA. Abortion drug poisoning is a crime in Louisiana. **Missouri, Idaho and Kansas:** These states are challenging the FDA's move to approve a new generic abortion drug "despite mounting evidence that the drug poses serious, even life-threatening harm to pregnant women."



###

It's Time to March for Life and Fight Abortion in 2026

By Frank Pavone | December 30, 2025

Frank Pavone, founder of Priests for life, in an opinion piece said, "Yes, religion and politics **do** mix. In fact, they are integral to one another, and that fact will be on full display throughout the prolife activities to take place in January in Washington, DC and in San Francisco. On **January 22nd**, the tragic anniversary of Roe vs. Wade, which, although overturned by the Court, still has its deadly effects on babies and their families, two key national events in Washington will highlight the faith-and-politics connection." Read more at [LifeSiteNews.com](#).



###

Federal Court Confirms Trump Can Defund Planned Parenthood Overriding Pro-abortion Judge Again

By LifeSite News | January 2, 2026

... "Defunding Planned Parenthood will not eliminate abortion but could make it harder for women to kill their babies. Dozens of abortion facilities have announced they will be closing down due to the law, which further proves that killing babies is central to their business." Read more at [LifesiteNews.com](#).

###

Appeals Court Rules White House Can Cut Medicaid Funding for Planned Parenthood in 22 States

By Mary Rose | January 2, 2026

A federal appeals court ruled this week that the Trump administration can end Medicaid reimbursements to abortion giant Planned Parenthood's centers in 22 states and Washington, D.C., lifting a lower-court injunction that had blocked enforcement of the policy. See more at [CatholicVote.org](#).

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NOTE: The NCCW Legislative Advocacy Committee is under the Spirituality Commission and is guided by Catholic Social Teaching for legislation on: 1) **Abortion:** opposes abortion and infanticide, includes ProLife issues, 2) **Human rights:** Includes human dignity, domestic violence, human trafficking and opposition to genocide, 3) **Women's health:** screening for osteoporosis and routine health care, and 4) **Equal opportunities:** minimum wage, social security, and health insurance.



Think your kid's done with a booster seat? New California law says maybe not
By Ryan Sabalow

Most States have laws that require children under eight years old or under 4'9" to use booster seats. California is one such State. But thanks to a new law signed by the Governor [Newsom] back in October, children as old as 16 might soon need to use booster seats if they can't satisfy the law's new criteria. Starting in 2026 and going into 2027, California's booster seat law (**AB 435**) shifts from age/height to a 5-Step Fit Test for kids 8-16, meaning if they don't fit an adult seatbelt properly (knees bent, belt across chest/hip, sits back), they still need a booster, with fines up to \$490 for non-compliance, keeping shorter kids safer in boosters longer.



Senate Bill 1053

California's plastic bag ban in 2026. It outlaws single-use plastic bags and the thicker ones. Stores are required to offer recycled paper bags to reduce pollution. Bag cost is 10-cents.

Senate Bill 640

California State Universities will no longer need students to apply. Good grades will automatically admit them.

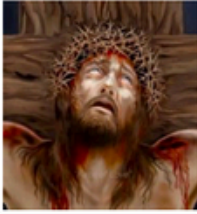
Assembly Bill 1830

Believe it ... this law will require corn masa flour and wet corn mas products to add 0.7 milligrams of folic acid to their masa products.

Senate Bill 43

After 50 years of mental health practice, this law will change the mental health system to be able to detain people, possibly against their will, who maybe: 1) danger to self, 2) danger to others, or have a grave disability.

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Jerusalem, My Destiny

By Dr. Ida Pennella, PhD / Emeritus Advisor

Lent: February 18 to April 2 and Easter April 5.

Passover: Wednesday, April 1st and ends Wednesday, April 8.

Jerusalem was our destiny in 2017. As we walked the "Way of the Cross", Ralph was asked to hold the "Cross" at the eighth station. For many Christians and Catholics, Jerusalem is their Destiny. Some people go on their own, others join a tour. Their goal, like us, is to walk the "Way of the Cross" and to see the site of the Jesus' crucifixion.



During this Lenten season, you might consider a virtual pilgrimage to Jerusalem. These are available in many formats. Some tours are interactive while others are meditative.

As we take a fresh look at lent, let us ponder on how Jerusalem become a pilgrimage site. Actually, it began in Nazareth, a small Jewish community where a little Jewish boy named Jesus was raised, grew up and as a 30-year-old man began His ministry. He was known as the Messiah and was crucified and died at 33.

It is interesting to read the Bible through the old and new testaments and see how Passover and Easter coincide with each other.

Jews celebrated the Passover Holiday on the first anniversary of their freedom from Egypt. They celebrated Exodus, as commanded by God, to eat the Passover lamb on the night prior to the Exodus (Exodus 12:8), commonly known as the "seder meal".



Early followers of Jesus were known as "The Way" before the term "Christian" was widely used. The term "Catholic Church" was first used by St. Ignatius of Antioch around 107 A.D. and the term "Catholic" means "universal," reflecting the Church's mission to spread Christianity globally.

As Christianity spread, new traditions evolved, one of them, the 40 days of Lent. The Bible uses the number 40 to represent a period of trial or testing. For example, the 40 years that the Israelites wandered in the wilderness, and the 40 days that Jesus fasted in the desert.

As we approach the holiest time in the Church to solemnly celebrate Ash Wednesday on February 18, let us purify our hearts and minds today. It's time to pause and reflect on what we can do during this sacrificial time of praying, fasting, and almsgiving.



Consider doing a Pilgrimage. It isn't as hard as you think. Although the traditional Pilgrimages are visiting the Holy Land, Lourdes, and Fatima, but did you know that visiting any spiritually significant site, like praying in front of the tabernacle, visiting a church other than your parish, and placing flowers on a gravesite is also considered a pilgrimage?

If Jerusalem is your destiny, your Lenten journey begins now, "Let no one walk alone, the journey makes us one" (from the hymn, Jerusalem, My Destiny).



We took this picture of the slab that Jesus was laid on after his crucifixion and death. "For God so loved the world ... (John 3:16).



DRESS UP: Improve Your Attitude
By Dr. Ida Pennella, PhD / Emeritus Advisor

Growing up in the 50s and 60s, we always looked nice for Mass because Mom said, "You're dressing up to visit our Lord's house." Mom believed and taught me that dressing appropriately lifts your mental attitude and self-image. She said, "What you wear makes you either approachable or avoidable."



Recently, after Sunday morning Mass, I was approached by a woman who said, "You remind me of Queen Elizabeth with your beautiful outfit." I was flattered by the comparison. Several times women have approached me and said, "You look lovely. I wish more people dressed for Mass."

At Mass, I see women and children wearing clothes that's too revealing. Many priests avoid this subject because it appears to be too controversial. One young priest addressed this issue of modesty by telling us that as a child, every Sunday, he wore the same outfit to attend Mass, black pants, white shirt, and black shoes. He made the point, "Dress appropriately for Mass, wear your shorts when you get home." It's time we step up and tell our kids and grandkids to dress respectfully to honor and respect our Lord.

St. Paul wrote in Romans 12:1-2, "I appeal to you...by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind...", also in Psalm 29 ... Give to the LORD the glory due his name; adore the LORD in holy attire (Psalm 29...).



My husband joined me one morning to shop at Walmart. While I was busy looking for fresh lettuce, he said, "Can you believe that!" I said, "What?" "Over there, that woman in pajamas." I hadn't noticed because it was so common. But after he noticed, it made me realize that pajamas don't belong in public places!

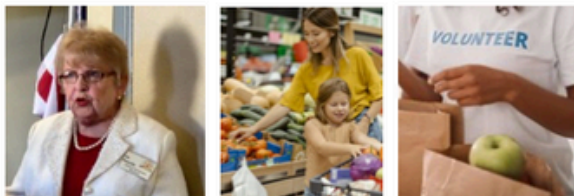
There's a time for pajama days when you are sick or bedridden.

By the grace of God, in due time, when you are healed enough to get on with your life, dress nicely because you were made in the "image and likeness of God" - Genesis 1:26-27.

The joy of dressing up lifts your morale, makes you feel alive, improves your self-image and is respectful. Some studies say that when you dress up it boosts your confidence and improves your critical thinking.

Have fun dressing up! Choose colors that liven your mood: 1) yellow and orange increases your energy, 2) blue reduces stress, 3) green is revitalizing, 4) beige is warming, and 5) purple is creative and inspirational.

Always dress to fit the occasion whether you are at Mass, a meeting, grocery shopping, volunteering or playing with your kids or grandkids.



Believe
in
yourself



PRAY FOR PRIESTS CALENDAR

Pray for Priests Calendar				
2-1	Bill	Barman	Pastoral Center	13280 Chapman Ave, Garden Grove, CA 92840
2-2	Msgr. Kerry	Beaulieu	c/o St. Justin Martyr	2050 West Ball Road, Anaheim, CA 92804
2-3	Edward	Becker	Our Lady of Fatima Church	105 N La Esperanza, San Clemente, CA 92672
2-4	Hector	Bedoya	St. Mary Church	400 W Commonwealth Ave, Fullerton, CA 92832
2-5	George	Blais	St. Catherine of Siena Church	1042 Temple Terrace, Laguna Beach CA 92651
2-6	Scott	Borgman	c/o Ministry to Priest's Office	13280 Chapman Ave, Garden Grove, CA 92840
2-7	Johnson	Bui	Pastoral Center	13280 Chapman Ave, Garden Grove, CA 92840
2-8	Martin	Bui	St. Nicholas Church	24252 El Toro Rd, Laguna Woods, CA 92637
2-9	Ian	Bustonera	c/o Rosary Academy	1340 N. Acacia Ave, Fullerton, CA 92831
2-10	Craig	Butters	c/o St. Timothy	29102 Crown Valley Pkwy, Laguna Niguel, CA 92677
2-11	Cole	Buzon	St. Anne Church-SB	340 10th Street, Seal Beach, California 90740
2-12	Juan	Caboboy	c/o St. Pius V	7691 Orangethorpe Ave, Buena Park, CA 90621
2-13	Bill	Cao	St. Anthony Claret	1450 La Palma Avenue, Anaheim, CA 92805
2-14	Robert	Capone	St. Joachim Church	1964 Orange Ave., Costa Mesa, CA 92627
2-15	John	Caronan	Pastoral Center	13280 Chapman Ave, Garden Grove, CA 92840
2-16	Quang	Chu	St. Mary by the Sea Church	321 10th StreetHuntington Beach, CA 92648
2-17	Cheeyoon	Chun	Holy Family (Orange)	566 S Glassell St, Orange, CA 92866
2-18	Ramon	Cisneros	St. Barbara Church	730 S. Euclid Street, Santa Ana, CA 92704
2-19	Sean	Condon	c/o Our Lady of Mount Carmel	1441 West Balboa Boulevard, Newport Beach, CA 92661
2-20	Doug	Cook, JCL	Our Lady of Mount Carmel Church	1441 W Balboa Blvd, Newport Beach, CA 92661
2-21	Steven	Correz	St. Mary Church	400 W Commonwealth Ave, Fullerton, CA 92832
2-22	Mark	Cruz, A.M.	Mater Dei High School	1202 W Edinger Avenue, Santa Ana, CA 92707
2-23	Brandon	Dang	Corpus Christi Catholic Church	27231 Aliso Viejo Pkwy, Aliso Viejo, CA 92656
2-24	Msgr. Wil	Davis	c/o Our Lady Queen of Angels	2046 Mar Vista Dr., Newport Beach, CA 92660
2-25	Dick	Delahunty	c/o Santa Clara de Asis	22005 Ave de la Paz, Yorba Linda, CA 92887
2-26	Nam	Doan	St. Anthony Claret	1450 La Palma Avenue, Anaheim, CA 92805
2-27	Timothy	Donovan	Faith & Family Life Catholic Ministries	22603 E. La Palma Ave., Suite 304, Yorba Linda, CA 92887
2-28	Jeff	Droessler	c/o Ministry to Priests Office	13280 Chapman Ave, Garden Grove, CA 92840

NCCW ROSARY CALL



Please join the National Council of Catholic Women in praying the rosary together by phone. The Rosary Call will take place on the 13th of each month at 4:30 PM (PT). All are welcome. Please join in. Free Conference Call Number: (202) 926-1107 – Access Code: 703993

