



# Our Lady of Perpetual Help Catholic Women's Guild

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## Connecting with Our Guild Members Anywhere: The Power of an Online Newsletter

*Jo Ann Ramirez*

In today's digital age, many organizations are choosing to move away from the humble newsletter to online. The Guild board has opted to experiment with a hybrid newsletter with its June/July/August edition. A four-page hard copy version will be printed and mailed to all members and an expanded version will appear on our website at: [womensguild.olphdowney.com](http://womensguild.olphdowney.com) or you may download the online newsletter on your smartphone, laptop or computer by using the QR code on page 2. Over 60% of our members are email accessible making this trial run possible.

Transitioning a traditional newsletter to an online format may seem daunting, however I would like to explain why we have taken this action.

1. **Improved Communications:** An online newsletter is interactive; you can easily click on links to learn more about specific stories, and share the newsletter with others.
2. **Increased Environmental Sustainability.** Converting to online can have a positive impact on the environment by reducing the amount of paper waste generated by the Guild.
3. **Increased Accessibility:** An online newsletter can be accessed from anywhere with an internet connection. You can read the newsletter on your computer, tablet or smartphone making it easy to stay up-to-date on the latest Guild news and information.
4. **Cost Savings:** With an online newsletter, the cost of printing and postage is eliminated which can result in significant savings for the Guild.
5. **Faster Delivery:** An online newsletter can be delivered instantly, ensuring our members receive the latest information as soon as it is available.
6. **Better Tracking:** It is much easier to track member engagement. This information can be used to better understand what content is resonating with our members and what areas need improvement.

In conclusion, converting to an online version can provide many benefits for the Guild and our members. From cost savings to improved accessibility and communication can help us stay connected with our members while also reducing our environmental impact. As technology continues to evolve, it is important the Women's Guild adapt and embrace digital solutions that can help us stay ahead of the curve and care for our common home.

### OLPH WOMEN'S GUILD MISSION STATEMENT

A group of united, inspired ladies dedicated to enriching the lives of others through spiritual, social and charitable activities in our parish and community guided by the Blessed Mother.



## Women's Guild President

JoAnn Ramirez



Dear Guild Members,

As my time as president ends, I wanted to take a moment to express my gratitude and appreciation for all that we have accomplished together. It has been a privilege for me to have been given the opportunity to serve the Women's Guild as its president the past two years. I would like to end my tenure the way I started, feeling blessed and honored to serve this august organization.

Throughout our time together, we have faced challenges and opportunities, and we have always remained focused on our mission and the betterment of the Guild. From launching new initiatives such as the COVID-19 Vaccination Pop-Up Clinic to increasing our scholarship grants 150% over the last two years. This year the Guild will award five \$1,250.00 scholarships to students attending a Catholic high school in the fall. And, we have set aside a modest amount of restricted funds for the 2023-24 scholarship program. With your support we have demonstrated a commitment to excellence and a willingness to work together to achieve our goals.

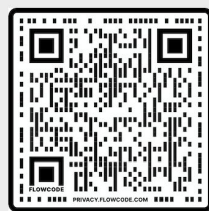
I have learned age does not limit one's capacity for curiosity; I have learned so much from each and every one of you and have been inspired by your passion, and unwavering dedication to the Women's Guild. The impact that we have had on our community and the lives of those we serve is a testament to our collective efforts and the power of teamwork.

As I reflect on my time as president, I am reminded of the importance of collaboration, communication, and trust. These are the key ingredients that have made our success possible, and I hope they will continue to guide this organization for its next 72 years.

I leave feeling confident that the Women's Guild is in good hands and our work will continue to make a difference in the lives of others. I will always look back on my time with fondness and gratitude and will continue to support the Women's Guild and its mission in any way that I can.

Thank you for allowing me to part of this incredible 72-year journey. It has been an honor and a privilege to serve you, and I wish you all the best.

Jo Ann Ramirez  
President  
*"en todo amar y server"*



Please take our survey. We want to hear from you regarding your thoughts on a digital newsletter. Scan the QR code.

# Women's Guild Vice President

## Lucy Solares



The month of May is dedicated to Mary - chosen by God above all other women. Mary's faith and obedience paved the way for the incarnation. Her example teaches us faith, obedience, humility and, most of all, how to love.

The Mardi Gras Tea Party, honoring our Past Presidents, was filled with dancing, music, flashy necklaces, tasty tea sandwiches, sweets, and lots of fun and laughter! Heidy De La Rosa and Lourdes Pena, Ways and Means, did a wonderful job and created a colorful atmosphere.

Thank you to the hostesses: Rose Douglas, Margie Delgado, Leila Giries, Maria Stephenson, Yolanda Ramirez, JoAnn Ramirez, Priscilla Cano, Julie Bosdachin, Nancy Lopez, Terry Wright, Heidy De La Rosa, Lourdes Pena, and Lucy Solares. The tables were beautifully decorated reflecting this year's theme.

A special "Thank You" to Julie Bosdachin for assisting with the sale of raffle tickets and prizes; Yolanda Ramirez for assisting with the sale of boas, masks and necklaces; Eric Avalos for the setup of the tables and chairs; Rose Douglas for handling the square; Nancy Lopez, Lupe Garcia, and Andre Lozano in hospitality; Tanya Guzman for the name tags; and Linda Malme for reservations. Thank you also to Zeezo's Catering for providing the delicious and tasty food.

As our year comes to an end, I would like to thank everyone for making it such a great experience. It is a team effort to be able to accomplish the charitable work and projects we do - I say this wholeheartedly. Thank you and I look forward to next year. Guided by the Blessed Mother!



## Ways and Means

Heidy De La Rosa & Lourdes Peña



Life of the Mardi. Thank you to the Mardi gras team who made the Tea and the Past President's Recognition a success. Our behind-the-scenes members were Erik Avalos who helped with set up of the tables and chairs. Nancy Lopez for coordinating our linen distribution. Tanya Guzman for helping with the lovely name tags. Rose and Yolanda for selling our Mardi gras items. And Julie Bosdachin for selling Raffle tickets for the beautiful mod podge bottles. Also, a big shout out goes to Linda Malme for coordinating our reservations. Thank you Zeezo's for a scrumptious spread of tea, sandwiches and desserts.

Finally, a big thank you to our indispensable tea hostesses Rose Douglas & Margie Delgado, Sheila Ciries, Lucy Solares, Jo Ann Ramirez, Julie Bosdachin, Nancy Lopez, Heidy De La Rosa & Lourdes Peña, and Terry Wright without you this tea party wouldn't have been possible.

# *Our Lady of Perpetual Help*

## **EXECUTIVE BOARD**

**President... Jo Ann Ramirez**

**Vice President... Lucy Solares**

**Recording Secretary... Julie Bosdachin**

**Treasurer... Dianna Hampton**

**Corresponding Secretary... Ruby Gaytan**

**Altar Chair... Margie Delgado**

**Ways and Means... Heidy De La Rosa  
Lourdes Pena**

**Editor...Ruby Gaytan**

**Reservation Representative...Linda Malme**

**Historian... Vicki Carnevale**

## **A Special Thank You!**

Margie Delgado



A very special Thank you to all our Altar Ministry volunteers who clean and beautify our OLPH church. From cleaning the sacred vessels, tabernacle and altar, to organizing and cleaning the pews, our parishioners are able to worship in a clean, safe and healthy environment. All this is done in love for the Lord and in respect for His house. You are good angels, serving selflessly with devotion and dedication. You are all truly appreciated!

**Help is always needed to keep our church clean and welcoming. If you would like to become one of our "Altar Angels" please contact**

**Margie Delgado (562) 965-7291.**



### **Website:**

[womensguild.olphdowney.com](http://womensguild.olphdowney.com)

### **CONTACT THE GUILD AT:**

[womensguild@olphdowney.com](mailto:womensguild@olphdowney.com)

## **Financial Report for March 1, 2023**

Dianna Hampton

**Beginning Balance: Mar. 1, 2023..... \$ 19,873.08**

**Deposits - March ..... \$ 2,993.25**

**Expenses - March..... \$ 2,565.23**

**Ending Balance: March 31, 2023..... \$20,301.10**



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- 3 Sue Balster  
3 Cynthia Quiroz  
4 Elaine Kresan  
4 Elvira Mendoza  
8 Anda Hayes  
12 Ruby Gaytan  
14 Arlene Kantorowski  
19 Isabella Galvez  
19 John Weber  
21 Irma Renne Garcia  
25 Nora Szechy  
28 Dorothy Biby  
28 Theresa Donahue  
29 Angie Bonacquisti  
30 Sonia Cruz  
31 Kathy Estrada

## Catholic Women's Guild

# Membership

ROSE DOUGLAS

**Please update the Women's Guild directory.**

### **NEW ADDRESS CHANGES:**

Joanne Earl  
11616 Papagallo Ct.  
San Diego, CA 92124-2801 (p. 29)

Theresa Nicholas  
14051 Lake Crest Dr.  
La Mirada, CA 90639 (p. 41)

Kathy Hughes  
562 414-9520  
[hugheskathy1147@gmail.com](mailto:hugheskathy1147@gmail.com) (p. 35)

### **SPELLING:**

P4 - Altar Chair - Margie Delgado  
P17 - April 26 Madeleine Charolla  
P48 - Stephenson, Maria

### **New Members**

Donahue, Theresa  
cell - 562-774-5363  
Birthday May 28  
10550 Haledon 90241  
[Stilltheresa@yahoo.com](mailto:Stilltheresa@yahoo.com)

Rogers, Mary  
cell - 562-469-9908  
Birthday Sept 2, spouse Dennis  
8569 10th St. 90241  
[mrs.maryrogers@yahoo.com](mailto:mrs.maryrogers@yahoo.com)

Vasquez, Kareli  
cell - 323-712-1129  
Birthday March 22  
1051 Stone Street  
Los Angeles, CA 90063  
[karelicampos@yahoo.com](mailto:karelicampos@yahoo.com)

# Parliamentarian & Nominating Committee

Armida Lugo, Chairwoman, Paula Mayfield and Rose Douglas

The *yellow rose* is like a ray of light. it's a symbol of God's beauty and represents spiritual enlightenment and wisdom. The *yellow rose* is the flower chosen for this year's installation bringing joy to those who receive it.

## ***Congratulations to the 2023-2024 Executive Board Officers of the Catholic Women's Guild:***

President	Lucy Solares
Vice President	Nancy Lopez
Recording Secretary	Julie Bosdachin
Corresponding Secretary	Ruby Gaytan
Treasurer	Dianna Hampton
Altar	Margie Delgado
Ways and Means	Leila Giries

## ***Installation Ceremony and Reception Invitation***

*The Executive Board Officers will be installed on  
Friday, May 26 at the 8:15 am*

*Mass at*

*Our Lady of Perpetual Help Church with reception  
following Mass.*

*Columbia Memorial Space Center  
(behind the Promenade)  
12400 Columbia Way, Downey 90242*

We are asking for reservations with a small donation of \$10 no later than Friday, May 19th. You may contact Rose Douglas at (310)849-5157 and join us for the celebration.

Handicap parking is available in front of the facility and while you are there enjoy the wonderful exhibits on display and visit the gift shop

## **Our Blessed Mother**

Armida Lugo



*"Always stay close to His Heavenly Mother,  
because She is the Sea to be crossed to  
reach the shores of Eternal Splendor"  
- Pio Pietrelcina*

May is a celebration of warmer weather and the beginning of Summer. The more sunlight our spirits awaken and everything around us is flourishing. Gardens are awake, nature is alive with a festival of color and the sweet smell of blossoms in the air. We feel happier and more relaxed and we seem to focus on the things that are most appreciated. Everything seems to look better. Things become graceful and more reserved.

May, a time to honor motherhood. We pay tribute to all moms, including wives, sisters, aunts and grandmothers; to show our love and appreciation.

May is especially dedicated to Our Blessed Mother. She is the model of tenderness and purity. By virtue of Her patience and humility, she is the "Queen of all the Angels" and "Queen of Heaven". We honor Our Blessed Mother because it exemplifies what it is to be a mother.

**Continued on page 7**

## **Our Blessed Mother continued**

One look at Our Holy Mother gives us a clear picture of the actions and life of a mother.

*She was devoted to her child from the moment of conception, even though it was unplanned.*

*She accepted a cave as a temporary birthplace, even though she would one day accept a borrowed cave as a temporary tomb.*

*She watched Him take His first breath, even though she would one day witness His last.*

*She was obedient to God and fled to a foreign country, even when it was inconvenient.*

*She listened to the words of others about her Son, even when she did not understand fully.*

*She raised a child who was different from all others, even when she did not comprehend how different He was.*

*She watched Him take His first steps, even though He would one day walk on water.*

*She taught Him to speak, even though His words would one day raise the dead.*

*She baked Him bread and cooked him dinner, even though He is the One who fed the hungry in Egypt's desert.*

*She asked the Lord to respond to a family's need for wine, even though it was not yet His time.*

*She taught her Son to be obedient to her, even though she would be the one to obey.*

*She frantically searched for her lost Son, even though she could never lose Him.*



*She followed Him to the very end, even though following Jesus never ends.*

*She was fully committed to Him, even though He was the one committed to her.*

*She participated in the Passover sacrifice each year, even though her Son was the sacrificial lamb.*

*She loved her Son with her whole being, even though He is Love itself.*

*She held his bloody and beaten body after the cross, even though He is the One who truly holds her.*

*She mourned His physical death, even though she would soon celebrate the resurrection and His Life.*

*She was the mother of the one and only Son, even though He would soon make her the Mother of the Church.*

*She glorified God through her love of her Son, and now invites you and I to do the same.*

**Happy Mothers Day Holy Mother of God**



## **OLPH FAMILY PICNIC**

Saturday, June 10<sup>th</sup> • 11 am – 3:00 pm

OLPH School Grounds

Pack your own picnic & bring the family & friends.

Fun Activities for Children & Family|

Music Prizes for Games



### **A message from Dr. Zulmy Mancia**

Hi Everyone,

Before we know it, summer will be here! Below I have listed a few tips to stay healthy during the next few summer months:

#### **Health Tips for Summer:**

**Stay hydrated:** Always remember to drink plenty of water throughout the day. Consider adding some cucumber, mint or lemon to your water for added flavor. Try to avoid artificial sweeteners.

**Protect your skin:** Apply sunscreen with a high SPF and wear protective clothing, such as hats and sunglasses, to prevent sunburn and other skin damage.

**Eat light and fresh:** Incorporate more fresh fruits and vegetables into your diet to keep your body cool and hydrated (look for what fruits and vegetables are in season!) Avoid heavy, greasy, or spicy foods that can increase body heat.

**Exercise in the morning or evening:** Avoid exercising during the hottest part of the day, and instead work out in the morning or evening when it's cooler.

**Use natural insect repellants:** Avoid using chemical based insect repellents and opt for natural alternatives such as citronella, eucalyptus, or lavender essential oils.

**Practice relaxation techniques:** Summer can sometimes become a stressful time, make sure to include relaxation techniques such as yoga, meditation or deep breathing exercises.

**Get enough sleep:** Aim for 7-8 hours of sleep every night to keep your body rested and rejuvenated. Try to keep your bedroom cool and dark to promote quality sleep.

If you want to learn more about how to stay healthy this summer season or just improve your overall health, schedule a free 15-20 minute discovery call with me! Special promotion for Guild members this month. For more information call 562-250-4647 or visit my website: [www.drzulmymancia.com](http://www.drzulmymancia.com)



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## *Marian Lecture*

An OLPH Mid-May Event

Featured Speaker  
Sister Mary Ann Carla Costello, SND

Chancellor, Archdiocese of Los Angeles  
*Our Lady of Perpetual Help Church*

Check Sunday Bulletin for Date and Time  
or

[womensguild.olphdowney.com](http://womensguild.olphdowney.com)

Refreshments will be served

Event will be live streamed



*Our Lady of Perpetual Help*

### **Ministry Fair**

Saturday, May 20th 5:30 pm – 7:30 pm

Sunday, May 21st 7:00 am – 2:00 pm

Come discover the many opportunities to share your talents in our faith community.

- Learn more about the different ministries in our parish.
- Share what you love and see where your gifts may fit in our parish.
- Discover where God is calling you to share your stewardship of faith, time, and talent.
- Visit the Women's Guild booth.



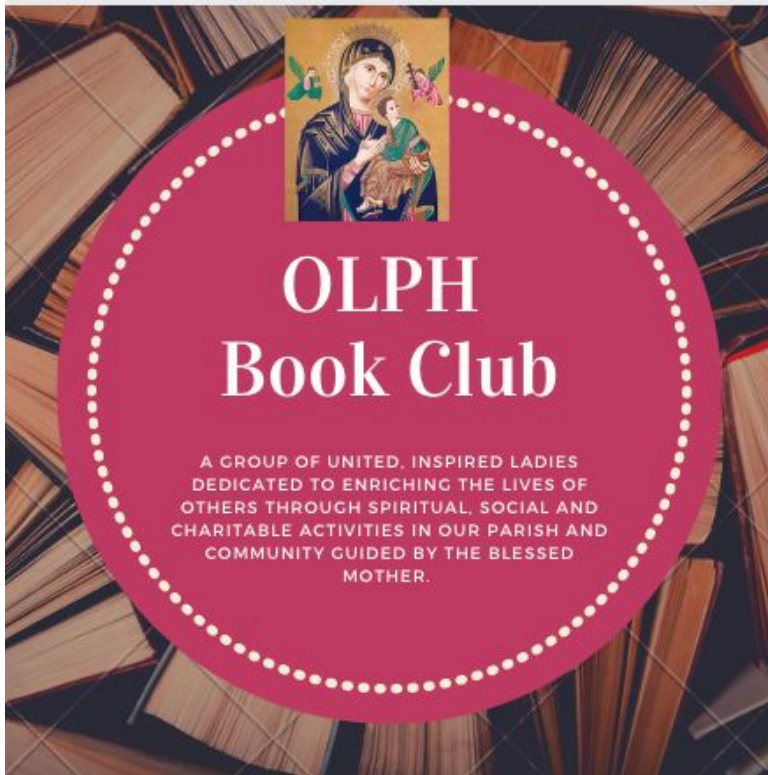
# Mardi Gras 2023











## Spring into Summer Book Club

We chose **The Shadow of the Wind** by Carlos Ruiz Zafon.

Book club will meet on  
**Thursday, May 25 from 6:30 - 8:00 pm**  
at the Parish Center

RSVP by May 19, 2023  
By emailing

Subject Line: Book Club RSVP  
[olphwomensguildrgaytan@gmail.com](mailto:olphwomensguildrgaytan@gmail.com)

Please RSVP by May 19, 2023