



## UPCOMING EVENTS

### AFTERNOON TALKS FOR MOMS

**FORGIVENESS EDUCATION BEGINS AT HOME**  
 Date: February 15, 2020  
 Presenter: Rosemary Kite, founder of Forgive4Peace  
 Time: 1:15p - 3:15p  
 Location: 319 N. Mansfield, Los Angeles, CA 90036  
 Host: Ms. Carol Torio

**THEOLOGY OF HOME**  
 Date: March 21, 2020  
 Presenter: Noelle Mering, author, homemaker  
 Time: 1:15p - 3:15p  
 Location: 319 N. Mansfield, Los Angeles, CA 90036  
 Host: Ms. Carol Torio

### SPIRITUAL RETREATS

February 28, 8:30a – March 1, 2020, 12:30p  
 Holiday Inn, La Mirada  
 April 17, 8:30a – April 19, 2020, 12:30p  
 Mary & Joseph Retreat Center, Rancho Palos Verdes  
 October 23, 8:30a – October 25, 2020, 12:30p  
 Double Tree Irvine Spectrum  
 November 13, 9:30a – November 15, 2020, 1:30p  
 Double Tree Irvine Spectrum  
 Register at <https://www.walnutgrovecenter.org>

## President's Letter



Happy 2020!  
 I hope everyone had a joyous and blessed Christmas. On behalf of the Walnut Grove Board, I wish each of you a New Year filled with love, peace, and abundant blessings.

Every end ushers in a new beginning, and as we turn another page for the New Year, we are happy to note the increased interest and participation in WGCC activities in 2019. This development has inspired our Board to plan more exciting, fun-filled activities that aim to enhance and enrich parenting skills, as well as personal and spiritual development. With your engagement, we once again look forward to fulfilling our mission of forming women of character who can be a positive influence on society.

In spite of the busy-ness of the past few months, I hope you have been able to visit [www.opusdei.org](http://www.opusdei.org) and read the Prelate's beautiful, long letter for November, as he talks about developing, nurturing, and valuing friendships. Besides enriching our personal lives, true friendship presents us with great opportunities for evangelization, and of course, introducing Walnut Grove and all it offers to others.

The entire WGCC Board thanks you for your contributions and support, and welcomes ideas and suggestions on how we can serve you better. Special thanks to the Olai, Boles, Ibarra, Park, and Tran families for opening their beautiful homes to host our activities. God bless you all for your kind hospitality and generosity.

As always, we look forward to seeing you all at future Walnut Grove events. Be sure to check out the 2020 retreat schedule that is already posted, and register soon.

~ Cynthia Abesa

## From the Prelate

Monsignor Fernando Ocariz, the Prelate of Opus Dei, issued a pastoral letter in November, 2019, in which he extolled the value and beauty of friendship, a virtue that is often underrated in today's society. Scroll down to read the first installment of three brief summaries of his letter.

### Fashion With Dignity

This fall fashion stylist Nicole Tittmann presented a workshop on dressing with authenticity and beauty.

### Adieu, Dear Friend

Fr. Richard Rieman, a Catholic priest of the Opus Dei Prelature, died peacefully in Boston on December 2, 2019. Please scroll down to learn more about Fr. Dick.

### Freedom and Responsibility

As part of a series of talks on parenting skills, Julia Boles made a case for helping children learn responsibility by teaching them to use their God-given freedom well. Please scroll down for a summary of her talk.

### Girls' Club Corner: San Diego

Through fun activities and friendship the San Diego North girls' club provides young ladies with a love of true hospitality. Please scroll down for details.

## From the Prelate



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The Prelate started by reminding us of the constant teaching of St. Josemaria, that apostolate in Opus Dei occurs mainly through friendship and confidence, because that was how Jesus lived it. As true God and true man, Jesus was the ultimate friend, taking advantage of everyday situations to initiate friendships and pausing his activity frequently to spend time with others. Through his empathetic friendship, Jesus accompanied those who were suffering, as he still does with us today. That knowledge that Jesus is our true friend who will never fail us is what our confidence is based on, and we respond to his friendship by striving to unite our will to his and live our lives as he would want us to do.

Monsignor Ocariz continued by pointing out that friendship has great human and Christina value: it is noble; it desires the good of the other; and its growth is dependent on how much time we put into it. Loving friendship has been a sign of Christianity from the beginnings of the Church, making the early Christians excellent examples of true friendship. The Prelate mentioned in particular St. Basil and St. Gregory of Nazianzus, saints who habitually encouraged each other to live ever greater virtue. Their childhood friendship lasted all their lives and is commemorated to this day, when we celebrate their joint feast day.

Bringing up a frequent theme of Pope Francis, the Prelate closed this section of his letter with a call to live friendship with an inclusive heart, open to all, remembering that Christ was a friend to tax collectors and sinners.

For the Prelate's letter in its entirety, go to <https://www.opusdei.org/en-us/document/letter-from-the-prelate-1-november-2019/>

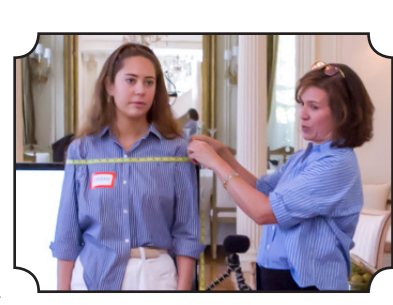
## Fashion With Dignity



Ladies, each morning, we reach out to our clothes rack with sleepy eyes and wonder what to wear... Hmmm? Do you struggle like I do with what to put on each day to look your best? Wouldn't it be great if we had a fashion stylist to help us out! Well, this fall, Walnut Grove Cultural Center presented a workshop called "Fashion with Dignity," featuring Nicole Tittmann. Nicole, a mother of six, has been a part-time stylist for seven years. She recently started a fashion podcast called Dress Me Up! with fellow stylist, Crysta Halpin. Here's an excerpt from her talk on fashion:

*When we think of fashion, we don't necessarily think of dignity. Instead, we might think of fashion in terms of fun – a break from our everyday life that doesn't stress us out. We tend to shop and dress spontaneously, and we don't do as much intentional shopping.*

*Did you know that, in 2018, Americans spent over \$86 billion, just on shoes! The money at stake in fashion is a huge reason why the fashion industry tries to influence what we think and what we wear.*



*The fact is, what we wear tells the rest of the world who we are and what we think. Psychologists report that within seven seconds, we make an impression on others with how we put ourselves together, and we do that without saying a word. We don't realize how much what we wear influences others. As women who want to influence culture for the good, we should never forget that a truly human fashion can help express the true beauty of the human person. Everything that is authentically beautiful is a reflection of the beauty of God.*

Tune in to the podcast Dress Me Up! and learn more. Topics include "Dressing Your Body Type" and "Wardrobe Essentials". Nicole and Crysta will give you practical advice on how to look and feel your best!

~ Julie Camesa



## Adieu, Dear Friend

Fr. Richard Rieman, a Catholic priest of the Opus Dei Prelature, died peacefully in Boston on December 2, 2019, at the age of 94. "Fr. Dick" was the much loved founding chaplain of Montrose School for girls in Medfield, Massachusetts for 40 years.

Also known for being the first Opus Dei vocation in the US, Fr. Dick had a whirlwind of a vocation story. An accomplished horseman and entertainer, as a young man, he worked at a Chicago educational fair, directing the stagecoaches, horsemen, and the pony express. Dick, as he was known then, met Fr. Joseph Muzquiz, an Opus Dei priest, and mentioned that he would be interested in making a retreat. Fr. Joseph agreed immediately, but then Dick admitted that working seven days a week, he didn't see how a retreat would be possible. Undaunted, Fr Joseph proposed that Dick sleep at the center instead of going home after work, and in the morning, they'd have Mass, prayer, and breakfast. After doing that for a few days, Dick decided to move in, and he asked to join Opus Dei a month or two later.

After joining Opus Dei, Dick was involved in founding Scepter Publishers. He studied for the priesthood in Rome, and when he returned to the US, Fr. Dick helped start what became The Heights School in Maryland. Moving to Boston, he was the chaplain at Bayridge Residence for women, and since 1979, when Montrose School was founded, he had been the chaplain there.

Having a gift for making each person he met feel like the most important person in the world, Fr. Dick had hundreds of friends of all ages. With his cheerfulness, his generosity, and his sense of humor, he will be greatly missed. Adieu, dear friend.

## Freedom & Responsibility

As part of a series of talks on improving parenting skills, Julia Boles spoke recently on **Raising Children in Freedom and Responsibility**. She started with a definition of parenting from the Opus Dei website: *The task of raising children comes down to getting them to "want" to do what is good, providing them with the intellectual and moral resources so that each one is able to do what is good from his or her own conviction.*

That sounds awesome, but how do you do it?? Below are a few of the gems of practical wisdom included in Julia's presentation:

- Our children have to know the truth before they can choose the good, so parents need to share the truth with them.
- Build a relationship of two-way trust, especially by giving them opportunities to earn your trust.
- Teach them that their confidence should be based on the knowledge that they are loved by God, that they are cherished children of God. Our familial love should be a reflection of God's love.
- Have high expectations for their behavior – set the bar high.
- Train them to use their freedom well by giving them age-appropriate opportunities to exercise that freedom.
- Teach them what freedom is for, so they will be drawn to the love, warmth, and integrity of living an authentically free life.

Julia finished the lively talk with a note of personal advice: **Raising Children in Freedom and Responsibility** doesn't mean your children will suddenly be doing what you want without **and** **Responsibility**, but that you will be opening their hearts to a path which will lead them to choose to love. Is there a more beautiful way to raise children than to help them become free and responsible adults? I can't think of any!

~ Jane Reckart



## San Diego: Good to Go!

A group of 60 moms and daughters signed up for the San Diego North girls' club this year. The club uses the Little Women Hospitality Program, which teaches girls how to become young ladies. Our goal is to equip young girls with a love for the virtue of hospitality, an understanding of what it means to serve others, and practical ways, through everyday skills, to accomplish this. Every month, we explore the virtue of hospitality on many levels, as we foster friendship and grow together in this practical and fun program! The program is filled with wonderful stories, inspiring heroes, saints, Biblical figures, and practical skills to enrich our lives and help our days run more smoothly.

We divide the girls into two age groups to encourage age-appropriate discussions and activities. Time for virtual reflection is also scheduled for the two girls' groups, as well as for moms. We give virtue talks to help each girl grow in virtue, build a personal relationship with God, and reach out to others through serving and leading.

We are covering several topics this year, including cooking; table manners and conversation; bringing hospitality to others; and sewing and dressing modestly. We plan to celebrate the end of the school year with a Mother's Day Tea, a wonderful opportunity for the girls to treat their moms to something special and show them hospitality at the same time.

If this sounds like an activity you and your daughter would enjoy sharing, look for a girls' club near you at <http://southernhillsinc.org/girlsclub.htm>.

~ Joy Martinez