



Catholic War Veterans of the USA

Father Vincent Capodanno Memorial Post

To Heal, Serve, Love, Listen

Twelfth Edition

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February 2017



Father Vincent Robert Capodanno, M.M.

MEETING NOTICE
NEXT MEETING IS WEDNESDAY
March 1st AT 7:00 PM
At Our Lady of Mercy Country
Home
2115 Maturana Dr.
Liberty MO

OUR MOTTO, TO HEAL, SERVE, LOVE, LISTEN

TO HEAL:

Over the next several months I would like to explain how we came up with those four words in our Post Slogan: To Heal, Serve, Love, and Listen. So I will take one at a time each month for the next four months.

On a personal level, this mission, I will call it, is very important and, at the same time, extremely difficult for me to talk about.

I am what some people call a cradle Catholic. Baptized at the ripe old age of about five days old, thirteen years of formal Catholic education, nine year, K through 8 by the Sisters of St. Joseph of Carondelet and four years in the seminary by the Oblates of Mary Immaculate. In the course of my life I have received all seven Sacraments.

In the early 70s I was ordained a permanent deacon. About ten years later, due to circumstances which I will not go into here, I resigned. I felt that the diocese, the church as a whole just threw me away as if I were a piece of trash. When I needed help, when I needed someone to talk to, when I needed some understanding, NO ONE was there. There are no words that could adequately explain the pain, emotionally and mental. I quit going to Mass and quit having anything to do with the church as a whole. I now call it a twenty year sabbatical. Luckily I was transferred to Las Vegas to work at the Nuclear Test Site.

I say luckily because out there, in the middle of the desert with mountains surrounding me, I could work on one of our weather stations up in the mountains and be alone, just me and God. I may have left the church, but never my undying love for God! For ten years I stayed away, ten long years.

After moving back to Missouri, every day I would pray to God for some sort of a sign if He wanted me back in His church. That sign came, and, somehow He managed to send people to me who had the understanding, love, and

encouragement to help me come back. They understood the pain and anguish I was going through.

He sent me the fantastic Mercedarian Missionaries of Berriz, whom I now call my Sister sisters. Through their love and understanding and support I came back. While there is still some of the hurt and pain left, and it probably will be with me the rest of my life, no one can ever forget.

So, when we formed out post, one of the objectives was for the post was to reach out to those veterans who, as I think of them, may be boarder line Catholic. Those who, for some reason, have been hurt through the church, be it by a priest, bishop, people in a parish, or whatever. We hold out our hand in understanding, ready to welcome them into our post, no questions asked. And, through our love, understanding and prayers, be it the will of God, they return, if it be only through our post, we will be happy. Because we can say we have been there and we understand. After all, we are the CATHOLIC War Veterans of the USA.

Jesus did not come to earth, taking the form of a human, suffering all the day to day trials we all go through. When he stubbed His toe it hurt, when a bug bit Him it itched, when His friends abandoned Him and denied knowing him, He hurt, he hurt emotionally and mentally. But, through it all, even through being killed, He forgave, He healed, He loved, He listened. Can we do anything less? He never refused to hold out His hands to help someone in need, to refuse to heal anyone needing healing, be it physical, mental, or emotional. Can we do anything less?

Veterans Retreat

Again this year the White House Retreat House just south of St. Louis will be conducting a Veteran Retreat. The retreat will be conducted from June 30 to July 2, 2017.

This retreat is open to men and women of any denomination who have served in the United States Armed Forces. That being stated, share the flyer that is at the end of this newsletter with all the veterans you may know who might be interested in this.

The retreat will help veterans focus on their military experience and how God was with them and continues to be with them. It does require that participants be able to enter into quiet reflection and be able to listen to the experience of others. It digs in to trauma created by PTSD and guilt and shame that can accompany military experience

White House operates on a free-will offering basis asking attendees to simply give what they feel they can at the conclusion of the retreat. The only requirement is a \$50 deposit to register for the retreat.



Blue Star Banner Ceremony

Back in 1917, Army Captain Robert Queissner wanted to make a simple flag that signified his two sons' service in World War I. Only three days later, the American War Mothers organization formed and began displaying Captain Queissner's flag in their windows. Sometimes the flags may have two or three stars (signifying two or three children serving in the military). Because so many military lives were lost in World War I, a new flag was developed. Mothers who had lost their sons in World War I began sewing a gold star over the blue star. The flag symbolized pride, love, and hope and became very popular during World War II. It returned to popularity during the Gulf War.

Our post will be conducting a Blue Star Banner ceremony on May 20th, 2017 at our post home. During the ceremony we will be presenting Blue Star Banners to those present who have family members in our military service.



VA Phone Number

VA is introducing 1-844-MyVA311 (1-844-698-2311) as a go-to source for Veterans and their families who don't know what number to call. This new national toll-free number will help eliminate the feeling of frustration and confusion that Veterans and their families have expressed when navigating the 1000-plus phone numbers that currently exist.



If anyone needs an application for membership or brochure about CWV, just let me know. I will be glad to send some to you.



For Those Who Served...Let Us Now Serve You



Spiritual Retreat for U.S. Veterans

What: A series of talks will be presented followed by small group breakout sessions. Attendees will each receive private accommodations and all meals are provided.

Why: The retreat will help veterans focus on their military experience and how God was with them and continues to be with them. It does require that participants be able to enter into quiet reflection and be able to listen to the experience of others. It digs in to trauma created by PTSD and guilt and shame that can accompany military experience.

When: June 30-July 2, 2017 (Friday-Sunday). Check in is from 5:00 PM to 6:30PM on Friday June 30th and the retreat will conclude at 2:00PM on Sunday July 2nd.

Where: **White House Jesuit Retreat-** 7400 Christopher Drive, St. Louis, MO 63129.

Who: This retreat is open to men and women of any denomination who have served in the United States Armed Forces.

Cost: White House operates on a free-will offering basis asking attendees to simply give what they feel they can at the conclusion of the retreat. The only requirement is a \$50 deposit to register for the retreat.

Space is limited! Call 314-416-6400 or visit us online at www.whretreat.org to reserve your space.

This type of “retreat” is a good thing!

***Military Family Support-Military Outreach AT THE
PARISH LEVEL and beyond***

Soon, Catholic veterans and parishioners from St. James Parish, Liberty, Missouri will launch a new ministry with God's blessing-Military Outreach Ministry-(MOM), or a mission name that is similar to MOM. Its pastoral mission will be to support our active duty military and their families at the parish level and provide recognition and thankfulness for our veterans in the parish and out in the community. As in other parishes and dioceses all across the United States this new 'military family support' for active duty military personnel, Guard men and women, and veterans of previous wars and conflicts protect our freedom and American way of life with the spirit and grace from God. Some projects/ ministry that will be introduced in the formative gathering of interested persons will be to provide: care packages and cards to those currently deployed on overseas assignments, Masses of Remembrance for Veterans and Deceased veterans, Blue Star Ceremony, and information and education workshops for active military, families and veterans. We hold these veterans in the palms of our Lord's hands.

If you decide to do the same in your parish, please let our post know so that we can assist you in your parish ministry to veterans and active duty military personnel.

"May the LORD give might to his people; may the LORD bless his people with peace." (Psalm29:11).

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Convention News

We are starting to really gear up for our national convention. As you know, the convention this year will be in St. Louis, MO in August. Knowing how busy our bishop and all of the bishops in Missouri are, we have sent them all an invitation. So far we have heard from the Archbishop of St. Louis and the Archbishop of Kansas City, Kansas. Archbishop Calson of St. Louis will be present for the closing Mass. Archbishop Naumann of Kansas City, Kansas will not be able to attend due to his schedule. I hope to have a lot more information about the convention after the national board meeting in March. We have also designed a commemorative t-shirt that we hope to sell. I will presenting that also at the board meeting.

Post Officers
Chaplain
Fr. Richard Colbert, C.PP.S.
2115 Maturana Dr.
Liberty MO 64068
Commander
John F. Kopp
2400 NE 59th St.
Gladstone MO 64118
816-699-8719
jfkopp@att.net
1st Vice Commander
Tammy Scott
703 W. Jenkins
Maryville MO 64468
scottmyt@netscape.net
2nd Vice Commander
Vernon Hudspeth
P.O. Box 7343
Kansas City MO 64116
3rd Vice Commander
Ann Roberts
1104 Pier St
Liberty MO 64068
660-744-3625
annroberts977@gmail.com
Adjutant
Robert Emery
2115 Maturana Drive
Liberty MO 64068
remery18@comcast.net
Treasurer
Dirk Stapleton
603 NE 97th Terr.
Kansas City MO 64155
dirkastapleton@msn.com
Historian
Tammy Scott
703 W. Jenkins
Maryville MO 64468
scottmyt@netscape.net
Officer of the Day
Thomas F. Maschler, Jr
2115 Maturana Dr Apt 206A
Liberty MO 64068
rtmaschler@sbcglobal.net
Welfare/Service Officer
Patrick J Weitekamp
. 5125 N. Lawn
Kansas City MO 64119