

# The CLC Index



## Pancakes, Baked Goods & Charity!



Upper Sandusky CLC Council held a bake sale along side the KofC's pancake breakfast to celebrate Catholic Schools Week. It was held at St. Peter School in Upper Sandusky with all proceeds to benefit the school.

KofC member Jerry Davidson and CLC members Kathi Bramel, Fairy Wagner and Cookie Davidson presented St. Peter School students with the proceeds from the Catholic Schools Week pancake breakfast and bake sale. Over \$1,300 was raised to support St. Peter Students.

Thank-you to everyone that donated or purchased baked goods. The goodies that remained were donated to the schools after school extended day program.

## Start The Year Off With New Opportunities In Your Community

Time to get involved! Get out, stay in, make calls, make the time! Volunteering your time and talents are a great way to contribute to your community. An even better way to make that happen is to join a CLC Council. CLC Councils are active in the community and welcome new members all the time. Find a new family, friends and fellowship while participating in a variety of community outreach opportunities. Call the Home Office for contact information.



## Facts From Fairy

I had the opportunity to attend our local Groundhog Day event in Marion, Ohio this year. Buckeye Chuck has been replaced with a younger groundhog. I am not sure if he enjoyed the activities, but thankfully he did not see his shadow. He is predicting that spring is just around the corner. I am hoping his prediction is correct. I am ready for warmer weather.

The Board met, in person, in January. The Board made the very difficult decision to suspend Scholarships, Matching Funds and Charitable Contributions at this time. The Board continues to focus on what is in the best interest of our CLC members.

The Ohio Fraternal Alliance (OFA) is offering a scholarship to graduating seniors who are a member of a Fraternal Organization. The OFA application can be found at [theclc.org](http://theclc.org).

The council's President letter has been sent. A reminder to file the council's 990N form with the IRS.

It is imperative that we have up-to-date information for all our members. When life changes happen, your information may change as well. Please remember to update your address, phone number, email address and beneficiaries with the Home Office.

Upper Sandusky Knights of Columbus will start their fish fries on March 7th and continue every Friday evening during lent. Our local CLC council joins the KofC by bringing desserts to the fish fries. It is a great way to enjoy good food and fellowship. We welcome you to attend these activities in Upper Sandusky or in your areas as they support great causes.

As we enter the Lenten season remember the 3 practices of our Lenten journey. Prayer, fasting and almsgiving. Almsgiving can include our time, which is the greatest gift to share. Through the three pillars of Lent we journey to develop a closer relationship to God. The 40 days of Lent should be filled with reflection, service and prayer.

## Prayer Request

Members share in the spiritual benefits of being enrolled in a perpetual membership with the Sisters of Notre Dame. If you need a special prayer, individual requests can be sent directly to Sister Deb by sending an email to [clcprayerrequests@gmail.com](mailto:clcprayerrequests@gmail.com). Local councils have annual Masses for their living and deceased members. If requested, CLC council members will offer prayers at a member's funeral services. Even in death, CLC supports and honors our members.

## Embracing a Fresh Start

Lent is a time for spiritual renewal. The journey can be a time to pause, reflect and recalibrate your life in ways that last beyond the 40 days of the season.

Lent invites us to reflect on our habits and lifestyles, to discern what tangible change we may want to make to foster a healthier, more vibrant life. This season, consider how you might use the principles of spiritual discipline as a catalyst for sustainable health gains. By committing to a Lenten practice, we open ourselves up to profound transformation.

Begin by centering your Lenten journey in prayer, seeking guidance and strength from God. Use this time to reflect on your health goals and the changes you wish to make. Whether it's finding motivation to exercise regularly, making healthier food choices or prioritizing self-care, invite God into your journey and ask for the grace to persevere.

While traditionally associated with abstaining from certain foods, fasting during Lent can also help you break unhealthy habits and adopt new ones. Consider fasting from negative self-talk, procrastination or excessive screen time, and instead, focus on nourishing your body with wholesome foods, engaging in physical activity and practicing mindfulness.

Contemplate acts of charity and service, considering how you can extend compassion not only to others but also to yourself. Self care is an essential component of overall well-being, and Lent offers an opportunity to prioritize your health needs without guilt or shame.

*2025 Lenten Season*  
*Wednesday, March 5, 2025*

