



(CNS photo/courtesy Intermountain Catholic)
St. Michael the Archangel

Love of drawing leads to national recognition for young Utah Catholic

SPRINGVILLE, Utah (CNS)—A love of drawing and art has led Gabby Gauchay to an unexpected vocation.

She has also found recognition in *The Catholic Woman*, the quarterly magazine of the National Council of Catholic Women.

Gauchay, 28, began doodling images of the saints after she and her husband, Jon, began a daily study of the saints. She is a member of St. Francis of Assisi Parish in Orem, Utah.

She describes the “faceless, cartoons of saints” as “Saintly Doodles.” Those doodles are now featured in the 2022 calendar produced by the Wasatch Deanery Council of Catholic Women in the Diocese of Salt Lake City.

Proceeds from the calendar help fund parish women’s groups in the deanery that struggle financially.

That calendar led to Gauchay and her work being featured as the cover story for the March issue of *The Catholic Woman*.

The calendars caught the eye of the president of the National Council of Catholic Women, Pat Voorhes. Voorhes decided she wanted Gauchay to be featured in the magazine.

“For the last little while, we have been trying to encourage younger women to join NCCW,” Voorhes told the *Intermountain Catholic*, Salt Lake City’s diocesan newspaper.

Info: Gabby Gauchay’s drawings can be found on Instagram at @saintlydoodles.



(Observer photo/ Amanda Hudson)

Singing For Future Classmates

Members of Aurora Central Catholic High School’s choir program led music for the Aurora-area Mass April 5, which welcomed eighth-grade students from Aurora Deanery Catholic Schools.

Facing grief together

Boylan HS alumna’s tragedy inspires Healing Hearts 815

BY LYNNE CONNER
Observer Correspondent

A terrible thing happened to Elizabeth Hand just weeks before starting her junior year at Boylan Central Catholic High School. On Aug. 1, 1988, her older sister and only sibling, Renee, was killed in a single vehicle car accident.

Despite an outpouring of love and support from her family and friends, Hand remembers struggling with overwhelming sadness following her sister’s death.

“On the first day of school, my guidance counselor, Mary Close, was waiting outside my first hour class. She told me, ‘We have a grief support group meeting next week, and I will see you there.’

“Initially I didn’t think I needed to go, but I ended up attending the group throughout my entire junior and senior years,” Hand said.

“My sister passed away eight days before my 16th birthday, and I could have turned to many negative outlets, but having that support group protected me. I had a place to go where



Elizabeth Hand distributes a handout to assist a discussion during a Healing Hearts 815 meeting.



(Observer photos/ Lynne Conner)

Elizabeth Hand (left) leads a discussion at a Healing Hearts 815 meeting as current Boylan student Will Hand (far right) participates.

others were feeling what I was feeling,” she said.

Having peer support at the time of her sister’s death, Hand said, was the catalyst and inspiration for starting Healing Hearts 815 earlier this year.

“I had been researching grief support groups for teens during 2020 and collaborated with Melinda Hagerman of Fitzgerald Funeral Home to have our first Healing Hearts 815 meeting in March (2021),” she said.

Since that time, Hand said the group of middle through high school aged youth have met on the first Sunday of the month at Holy Family Church.

Healing Hearts 815 is a nondenominational group whose purpose is to help members tackle grief stemming from the death of a loved one. Hand, who works as an instructional coach with Rockford Public Schools, said that the topics discussed in the group are driven by the suggestions of the teens.

“We’ve talked about the stages of grief, dealing with guilt, permission to be happy, and we’ve done projects and artwork,” she said.

“With grief comes complex emotions, and these kids are struggling with serious questions,” Hand said.

“They want to know: ‘Do I have permission to be happy? Is it OK to laugh and be joyful? Am I supposed to be sad all the time? How long am I supposed to be sad? Am I supposed to be crying all the time?’ We talk about how everyone’s journey through grief

is different. It’s a path with many twists and turns,” she said.

“Kids are often the ‘forgotten ones’ when there is a death in the family,” Hand said.

“If a Mom or Dad passes away, the focus is on the surviving spouse. If someone loses a child, the focus is on the parents. A lot of times when a child experiences the loss of a someone important in their lives that child becomes the ‘forgotten mourner’ because all the focus is on the adults.

“We think kids are resilient and they’ll be fine, but we need to remember that they are mourning too and they need to process their grief,” she said.

The need for Healing Hearts 815 hit close to home earlier this year as Hand’s youngest son Will decided to start attending meetings following the death of his grandfather.

“My grandpa and I were really close ... I wanted to go and learn how to get through the grief I continue to feel. I like going because I have a few friends that go as well,” he said.

Will credits his involvement in Healing Hearts 815 with helping him gain a better understanding of his own loss.

“I have learned that everyone is at a different place with their grief, and it’s OK to be sad even if a lot of time has passed since a loved one’s death.”

For more information on Healing Hearts 815, visit www.healinghearts815.com or go to Healing Hearts 815 on Facebook.



(Photo/Healing Hearts)

Renee (left) and Elizabeth Hand, 1988