



ON-LINE NEWSLETTER

April 2015 Edition

Featuring the London Diocese and the Spiritual Development Standing Committee



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Betty's Blog

Jesus Christ has risen! Alleluia!



I hope you all had a JOYous Easter and reflective holy week. The Triduum gives the perfect opportunity to reflect on how wonderful and symbolic our faith is. As the readings are being read, I try to imagine what it must have been like to be in the crowd. To watch Jesus going by carrying the cross. To hear the nails being hammered. The passion of our Lord, the pain and suffering He endured is beyond words.

I thought and prayed for all of you, the members in the province and across Canada.

Last month, I travelled to Hamilton to pick up Rosanne Sogan, Resolutions Chairperson and we continued together to Maxville. There Jeannie Coleman, Administrative Assistant, welcomed us into her home. Her hospitality was better than of any 5 star hotel I have stayed in! Jeannie and her husband, Ivan, treated us so well and were so gracious that I didn't want to leave! On Thursday morning, Rosanne, Jeannie and I travelled to Ottawa and met Colleen Randall, Communications Chairperson; Joanne Sisk, Ottawa Diocesan President-Elect and Onagh Dooley, Ottawa Spiritual Development Chairperson in front of the Parliament Buildings. Security was understandably increased due to the tragic shooting that took place there. We were so excited to be having this meeting that none of us minded at all. Our meeting with the Honourable Mr. Rob Nicholson, Minister of Foreign Affairs, was at 10:45 a.m. Government was in session and he came out to meet with us in his office. He was able to take time to show us some historic items, took some pictures then turned us over to his executive assistant, Cheri to take us on a tour. This being the 50th anniversary of the flag, it was a trivia moment to see the original flag Mr. Nicholson has in his office. The view from the Peace Tower was breathtaking and the insights Cheri gave us were extremely interesting. Her security access was able to get us into areas that we would not be able to had we been on our own. I walked down the stairs that the ministers do and stood in front of the door that you see in the background when the ministers are making a statement for the news. Yes, I did have to get a picture of that! The architecture, the paintings, stain glass, the memorial chamber, the Senate, the library were all extremely moving and interesting. I took a picture of the bust that is on display at the doors of the



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Senate of the first aboriginal senator. The security guard on duty told us that he was able to sit in the Senate but not allowed to vote. Can you imagine that? We were especially moved to see the bullet holes in the wall, wood frame of the library door and the wood desk inside the library. Running my fingers over the bullet holes caused such an eerie feeling with the reality of how vulnerable everyone was that fateful day.

We have so much to be proud in this wonderful country of ours and the Parliament Buildings brings forth that pride with such majestic and distinctive heritage. The visit was an opportunity to not only see how our government works but the final destination of our resolutions. I highly recommend making a visit to the Parliament Buildings when you are able to do so. You'll feel very patriotic!





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Prayer Partners

Article submitted by Anne Madden, OPC Spiritual Development Chair

Many councils already embark on this wonderful endeavor, partnering with members of their own councils, others reach out to neighbouring councils or even other provinces. The new national theme *One Heart One Voice One Mission* suggests we reach out to others in the manner as noted in the new national theme prayer.



Most Holy Trinity, Father, Son and Holy Spirit,
Thank you for the gift of The Catholic Women's League of Canada.
Fill us with your grace as we build up your kingdom here on earth.
Give us your peace, dispel discord and bring harmony to all we undertake.
With our patroness, Our Lady of Good Counsel, may we bring Jesus to all we encounter.
Let your Holy Spirit direct our actions so the world may recognize us
as united in one heart, one voice and one mission.
Today, I offer you my *Companion in Prayer*.
Be with her throughout the day, keep her safe, bless her family,
fill her with joy and comfort her in her trials.
Help her know how much she is loved.
I ask this in Your name. Amen

Fr. Craig Scott, Coquitlam, British Columbia <http://cwl.ca/wp-content/uploads/2015/03/prayer-from-prayer-card-insert.pdf>

What you communicate depends on your attitude

Check the two points of view: A famous writer was in his study. He picked up his pen and began writing. Last year, I had a surgery and my gall bladder was removed. I had to stay stuck in bed due to this surgery for a long time. The same year I reached the age of 60 years and had to give up my favourite job. I had spent 30 years of my life in this publishing company. The same year I experienced the sorrow of the death of my father. In the same year my son failed in his medical exam because he had a car accident. He had to stay in bed at hospital with the cast on for several days. And the destruction of the car was another loss. At the end he wrote: Alas! It was such bad year!! When the writer's wife entered the room, she found her husband looking sad and lost in his thoughts. From behind his back she read what was written on the paper. She left the room silently and came back shortly with another paper she had written, and placed it beside her husband's writing. When the writer saw her paper, he began reading. Last year I finally got rid of my gall bladder due to which I had spent years in pain. I turned 60 with sound health and got retired from my job. Now I can utilize my time to write better with more focus and peace. The same year my father, at the age of 95, without depending on anyone or without any critical condition met his Creator. The same year, God blessed my son with a new life. My car was destroyed, but my son stayed alive without getting any disability. At the end she wrote: This year was an immense blessing and it passed well!! See!! The same incidents but different viewpoints.
Moral: In daily lives we must see that it's not happiness that makes us grateful but gratefulness that makes us happy.
There is always, always, always something to be thankful for.
Stay Blessed!

Submitted by Glenda Klein, Life Member, Peterborough Diocese



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10 Reasons to Be Catholic

Article submitted by Anne Madden, OPC Spiritual Development Chair

- #1 Invitation – Jesus invites us personally.
- #2 Eucharist – Jesus Christ is truly present in the Eucharist; it is the ultimate spiritual food.
- #3 Mission – Loving God in the service of others, we need to be part of something bigger than ourselves.
- #4 Human Rights – Catholicism is the premier defender of human rights in the world regardless if the recipient is Catholic or not.
- #5 Mass – Catholicism is the same everywhere in the world.
- #6 Power of Prayer – Mass is being prayed somewhere in the world at every moment of every day.
- #7 Saints – Heroes and heroines of Christianity who are now in heaven are praying and interceding for us.
- #8 History & Mystery – The history of Christianity is Catholic; there are now over 25,000 different Christian denominations that have been formed after Christianity. The mystery of Catholicism is that we do not need to have an answer for everything.
- #9 Relief of Suffering – Catholicism has relieved more suffering in the world than any other group. We care for the sick, hungry, lonely, homeless, uneducated and imprisoned.
- #10 Tradition - Catholicism is the church that Jesus Christ started and sent the Holy Spirit to guard.

In the end it is up to each of us to make Catholicism our own!

Adapted from *Best Lent Ever Week 6 The Church* DynamicCatholic.com





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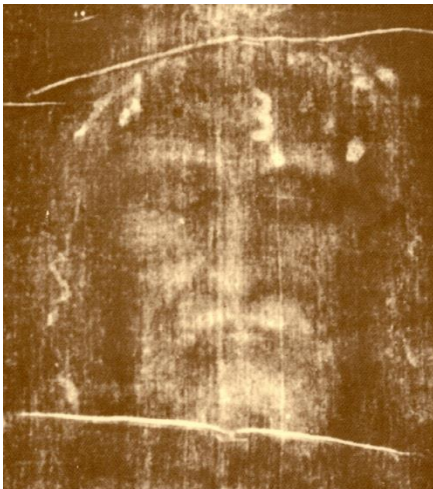
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What a busy winter it has been in the **London Diocese**. Between preparing for their very successful bazaars, completing their membership drives, catering funeral luncheons and conducting the many other parish activities, members found the time to attend monthly meetings to plan the Diocesan Convention being held at the Best Western Lamplighter Inn and Conference Centre on April 20th, 21st and 22nd. We are very grateful to our convention committee for all their hard work and dedication.

Mary Immaculate Council graciously hosted the London Region Advent Tea on Monday November 24th. The attending councils brought delicious goodies to share and a couple of members from St. Michael's Parish provided music. The readings were very special as they were from the perspective of Jesus in the womb - very thoughtful and thought provoking.



In the **Windsor Region, Most Precious Blood Council** volunteered their time with other church members to showcase a replica of the Shroud of Turin from March 11th-17th. Barrie Shwartz, a Shroud scholar gave talks about the history and scientific facts about the shroud and the 30 artifacts that were on display. The Councils around the area conducted days of reflection and retreats, or attended the exhibition. Members felt blessed and were in awe to be part of this experience.



In the **Sarnia Region, Holy Rosary CWL**, Wyoming celebrated 60 years of service. They received their charter on October 13th, 1954. They currently have 56 members.

In September of 2014 they entered a float in the Plympton-Wyoming parade announcing to their community that they were celebrating 60 years of service and their float came in 4th place. In October they hosted a coffee break after the Sunday Masses showcasing their history books. In February of this year they were pleasantly surprised and very honoured to be named to the Mayor's Honour List. Fourteen of their members, their priest and the Regional Chairperson were present at the Mayor of Plympton-Wyoming's Appreciation Luncheon where they received the award. In looking back at how much had been accomplished over the past sixty years, members were humbled; however, enthusiastically look forward to continuing their tradition of serving their community.





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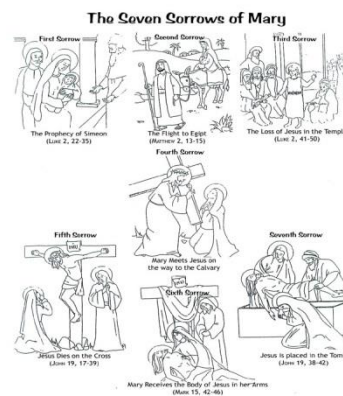
In the **Region of Essex, St. Clement Council** in MacGregor will be celebrating their 80th Anniversary in April. The many ladies who dedicated their time and talents over the years will be celebrated on April 11th, 2015 with mass and banquet.

The members of **St. Michael's** in Leamington participated in the one hour Lenten Candlelight vigils every Thursday night in front of Leamington hospital and also took part in the 40 Days for Life in Windsor.



Ste Anne's in Tecumseh gave each of their twenty shut-ins a CWL Christmas ornament. They were all very much loved and appreciated. These ornaments are being sold as a Fundraiser for the Provincial Convention in London.

The **Chatham/Kent Region** also continues to be busy. **Our Lady Help of Christians** in Wallaceburg graciously hosted our Lenten Retreat day, where Deacon Jerry Lozon facilitated a day of reflection on "The Seven Sorrows of Mary". The day was wonderfully presented and enjoyed by all who attended. Unfortunately, the weather was a deterrent for many.



The CWL at **Blessed Sacrament Church** took on a project to raise money for the building fund which they called "Celebrate the Harvest". They raised over \$5,000 in one day and they reported having a fantastic time working together. Parishioners of all ages came together and enjoyed the varied activities - children's games, silent auction and a delicious meal by a local restaurant.

Pornography Hurts Campaign
Holy Trinity & St. Peter in Norwich and **Sacred Heart** in Princeton, **St. Mary**, Tillsonburg & **Sacred Heart**, Ingersoll – Ingersoll Region Councils On July 2nd, 2014, Mr. Dave Mackenzie, MP was presented with over 1,500 postcards from 5 Oxford County Catholic Women's League Councils. These included **Holy Trinity, St. Peter** in Norwich and **Sacred Heart** in Princeton, **St. Mary**, Tillsonburg & **Sacred Heart**, Ingersoll. Pornography is not a victimless crime. It impacts marriages and exposes our children to inappropriate images. More importantly it fuels human trafficking which is occurring in all our own communities. Thank you to all councils for supporting this campaign.



In the **Huron Perth Region**, members worked very hard to keep their individual councils afloat. The "Catch the Fire" workshops have helped in many ways to show the membership that they are not just fundraisers. Attendance has increased at Diocesan Convention and this past Fall, eight of the seventeen councils were represented as they ventured on a trip to Niagara on the Lake where they visited the Provincial President's Colaneri Winery. There they enjoyed the eating, the shopping and the formation of new friendships.



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Overall the London Diocese enjoyed the **Fall Regional Days** with Dr. Norman King and Jane Ripley. The Theme was "Spirituality Through Music". Members of the Diocesan Council also presented on "How to Conduct a Meeting" and "How to Prepare a Parish Manual of Policy and Procedure". The days were well attended and well received.

Ottawa Diocesan Members Living their 2015 Social Justice Project

On March 28, 2015 seventy-seven members of the Ottawa Diocese got together for their annual League Development Day at St. John the Apostle Parish. The diocesan council social justice project for 2015 "**Building Relationships with Our Aboriginal Sisters**" was highlighted by presenting the Blanket Exercise. We were honoured to have Katy Quinn, Gabriele Fayant, and Anuoluwa Oyeteran to facilitate. Fifteen years ago, the Aboriginal Rights Coalition worked with Indigenous elders and teachers to develop an interactive way of learning the history most Canadians are never taught. The Blanket Exercise was the result; it has since been offered thousands of times and was last completely updated in 2013. The exercise uses blankets to represent the lands of what is now called Canada, and the distinct cultures and nations which live on those lands to this day. Participants represent the First Peoples; when they move onto the blankets, they are taken back in time to the arrival of the Europeans. The Narrator and a European (or two) work with the participants to read a script while the exercise goes through the history of treaty-making, colonization and resistance that resulted in the nation we today call Canada.



The exercise was educational and moving. It inspired lengthy discussion about what we, as CWL members, can do to continue to educate. For more information on The Blanket Exercise go to <http://www.kairoscanada.org/dignity-rights/indigenous-rights/blanket-exercise/>.

The London Diocese Hosts the 2016 Provincial Convention!



As we all know in these times, the costs of conventions are escalating. To assist with funding the 2016 Convention, the London Diocese is offering these beautiful ornaments for sale.



The ornaments are solid pewter manufactured by Canadian Seagull Pewter Ornament Company and come beautifully boxed. Each ornament is engraved with London Diocese – London 2016.

Ornaments are selling for \$20 each, plus shipping....**or pick them at the 2015 convention in Niagara Falls.**

These are great gifts for your friends and shut-ins.

The Angel is the Angel of Friendship.

For requests, please contact Rebecca.McCarrell@yahoo.ca.



CWL
up



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***Our next issue will be in May
Featuring the Hearst and Timmons Dioceses and
the Past President/Historian Standing Committee***