

Mother of Perpetual Help, your picture tells us so much about you. Your mouth is small to indicate your spirit of silence and prayer. Your eyes are large for they see all our troubles and needs and are always turned towards us. Today our world faces so many difficulties, yet we are reminded to reach out and place our hand in yours like your child Jesus as he returned time and time again, for safety.

The daily actions of the Hamilton Diocesan Catholic Women's League members demonstrate how fully our lives are, modeled after Our Mother of Perpetual Help. Here are some of the examples of how we have followed our Mother's lead this year:

- One hundred pounds of warm socks, hats, mitts, gloves and scarves were collected by one council and donated to the Out of Cold Program.
- Another council donated and delivered pasta, homemade spaghetti sauce and meatballs and gave monetary donations to their Soup for Soul program.
- Hygiene products were gathered and given to Martha's House and Mary's Place – the Good Shepherd's Women's' shelter.
- A local homeless man was fed and clothed for an 8-month period receiving daily companionship and prayers and housing was found.
- Through a project called Twinkle Toes, new socks were filled with small toiletries, combs, brushes, toothpaste and toothbrushes, decorated like Santa socks and along with non-perishables these items were given to Out of the Cold and the Good Shepherd.
- Homeless women received purses filled with personal products.
- The Community Health Van of Waterloo Region travels to where the homeless are gathered and items were donated items, such as soap, shampoo, toothbrush, deodorant etc. to distribute.
- An informative evening with a speaker from One Roof Youth Services whose motto is "ONE youth on the street is one too many" received donated toiletries, clothing and home supplies to take back to their homeless youth
- Another council donated four comforters, 20 blankets and a sleeping bag to the Working Centre and St. John's Soup Kitchen.
- A group of Catholic Women's League members joined with the elderly to knit and donate over 100 pairs of mittens and socks that were sent to the Homeless in Northern Ontario.
- The Helping Hands Mission in Hamilton was given socks, hats, gloves, personal hygiene products, food and small gifts for the children and adults.
- Financial support was given to Compassion Society, which provides clothing and shelter for the poor and homeless.
- Information and facts about the homeless population and practical actions League members could undertake were provided in a newsletter for council members.
- The Prayer for Homelessness was given to all members.
- Next Door Social Space- a community building for the needy expanded to include a kitchen through fundraising efforts.

While we cannot solve every problem or heal every ill, with God's grace and through the prayers and intercession of our Mother of Perpetual Help, our daily actions will continue to help the homeless.