



**Ontario Provincial Council  
The Catholic Women's League of Canada**

**Recording Secretary**



Communique #2

May 5, 2021

To: Diocesan Presidents and Diocesan Recording Secretaries  
From: Joanne Hough, Ontario Provincial Recording Secretary  
Cc: Archbishop Marcel Damphousse, Ontario Provincial Council Executive and National Secretary-Treasurer

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## A Prayer in Gratitude for Our Mothers

Good and Gentle God,

we pray in gratitude for our mothers and for all the women of theory who have joined with you in the wonder of bringing forth new life. You who became human through a woman, grant to all mothers the courage they need to face the uncertain future that life with children always brings.

Give them the strength to live and to be loved in return, not perfectly, but humanly.

Give them the faithful support of husband, family and friends as they care for the physical and spiritual growth of their children.

Give them joy and delight in their children to sustain them through the trials of motherhood. Most of all, give them the wisdom to turn to you for help when they need it most.

*- Author Unknown*

Greetings!

Thank you for all your continuing work as Recording Secretaries in your Catholic Women's League Diocesan Councils. We continue to experience many challenges during this pandemic. The Council, Diocesan, Provincial and National Conventions for 2021 will be held virtually in order to support the need to meet in a safe environment for all. It is disappointing to some as we are social beings and are longing to have a face-to-face time to greet each other. All in good time!

Resiliency is key to our times. Being resilient means, we are okay during a set-back, challenge or a crisis and we are okay on the other side of it. **Dr. Robyne Hanley-Dafoe**, a Catholic woman, mother and professor in Trent University has researched resiliency extensively. If you google her name, you will see her many media contacts. She advocates the use of humour, deep breathing/exhaling and keeping our eye on the hope we find in nature as it nurtures our spirit. If you are looking for strategies for yourself, your children or grandchildren, look her up

Computer Safety

Communique #2

Joanne Hough, Recording Secretary

Ontario Provincial Council

I had the experience of having my computer hacked a few months ago. My computer was taken over. I could not close the computer or use my mouse. A phone number popped up on my screen. I called the number. Big mistake!!! The intruder took me to a website that read applet.com. I asked about the 't' in the website and was told it stood for 'tech'. After a few moves, I was not feeling this was legitimate and I used my cell phone to call my son for advice. He suspected it was a hacker and suggested I unplug my internet connection box, wait a few minutes and reconnect. The computer was working again. I contacted the certified tech with Apple computers and was advised to contact the police, my bank, any credit card companies I had used on-line and a certified technician to clean my computer of any software the hacker might have installed. The good news was that I was not out any funds and the computer was cleaned. My firewall may have been weakened as I may not have kept up with all the updates sent to my computer...lessons learned.

I have since compiled information about computer security. I am sharing it with you as a PDF resource. You may have many of the steps in place, but a review can alert you to additional steps that could help to protect your security.

### Zoom Calls

Consider...

A Coffee Hour or Half/Hour -bring a coffee to sip!

A Happy Hour -bring a beverage of choice and toast the day!

A Prayer Service -bring your prayer list!

A Memorial Service for Members Who Have Passed -bring prayer and remember!

A Retreat –Bring your power of reflection.

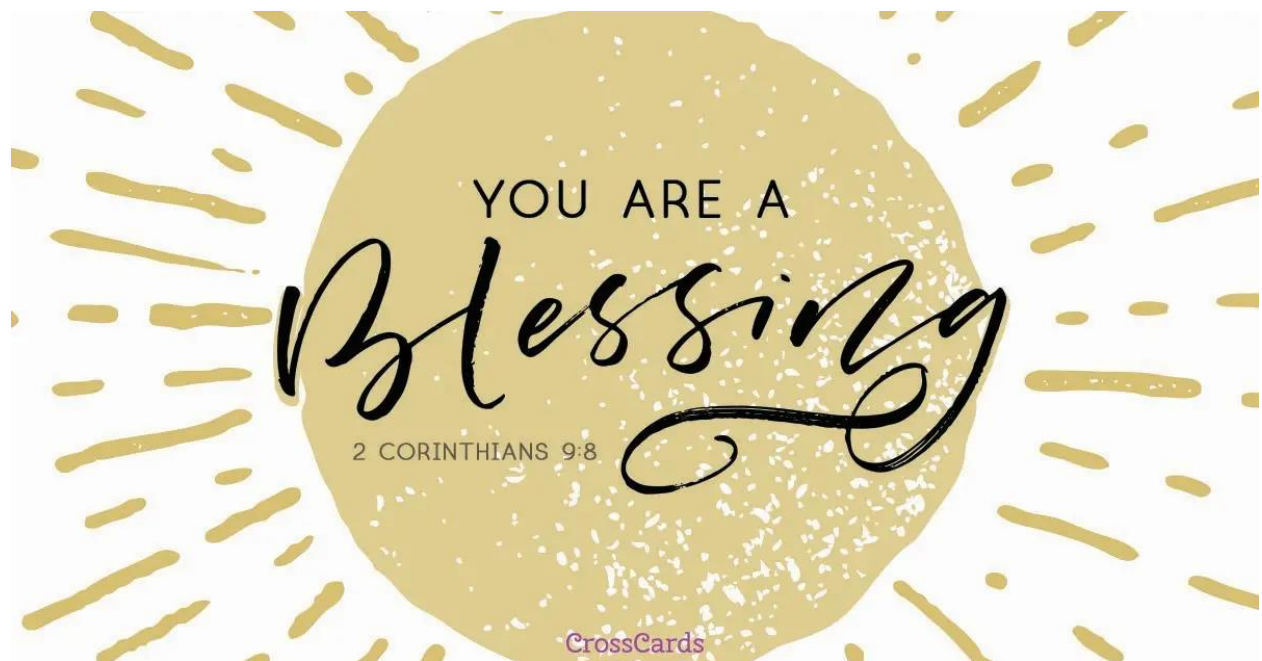
A Speaker –Gardening tips, a book club author, a fashion show, a great cook

A Presentation -100<sup>th</sup> Anniversary – history of your council, looking back, celebrating.

Ordinary Time – Walking with Christ - invite your spiritual advisor.

I would be pleased to hear of other ideas for gathering from you! You can contact me at [hough.jandb@gmail.com](mailto:hough.jandb@gmail.com) or 1-705-324-4491.

Be well everyone!



## Prayer to Mary During the Pandemic

You, Mother of the Divine Physician,  
know what we need,  
and we are sure you will provide  
so that, as in Cana of Galilee,  
we may return to joy  
after this time of trial.

Help us, Mother of Divine Love,  
to conform to the will of the Father  
and to do as we are told by Jesus,  
who has taken upon himself our sufferings  
and carried our sorrows  
to lead us, through the cross,  
to the joy of the resurrection. Amen.

Pope Francis