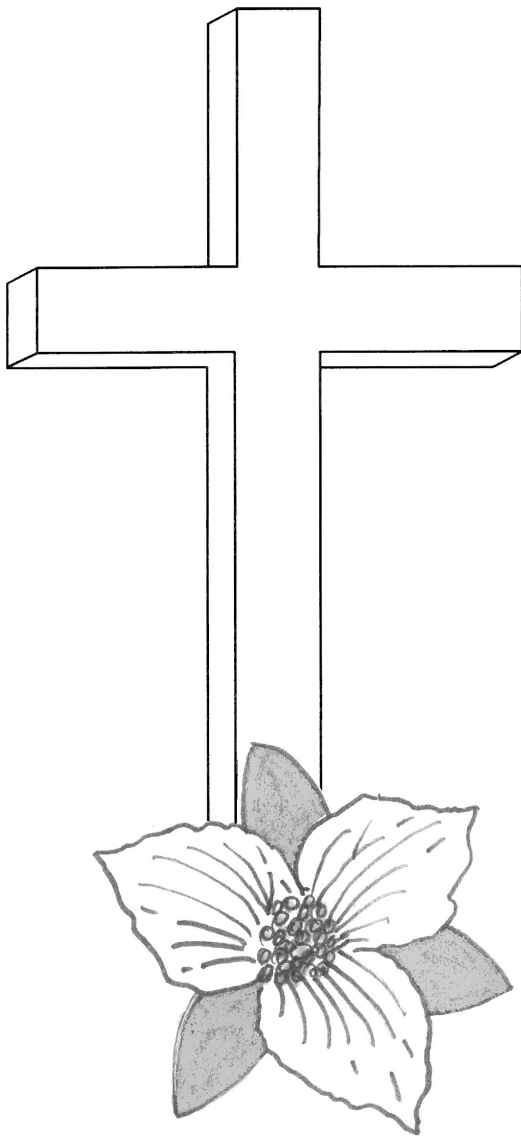


TRILLIUM

NEWS AND VIEWS

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



www.cwl.on.ca

For God and Canada

Spring 2013

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Editor's Notes:

The *Trillium News and Views* newsletter, the *ON-Line* newsletter and the provincial website: www.cwl.on.ca each provide information on the League in Ontario, which we hope, you will share with others in your council.

Just a reminder- you may subscribe to receive an email notification when the *Trillium* and the *ON-Line* newsletters are available online, along with a link that will take you right to each document. To choose this option, go to the home page of the provincial website and complete the boxes under the heading *Subscribe to our Newsletters*.

The Ontario provincial council is now on Facebook too! Read all about it in the Communication Committee article on page 13.

The 13 provincial officers and the 13 diocesan presidents form the provincial executive. They meet in the fall, the spring, immediately before and immediately after the annual provincial convention, to plan, direct and oversee the work of the League in Ontario. In this issue we introduce the legislation chair, health and education chair and diocesan presidents from Toronto, Peterborough, Hearst, London and Alexandria-Cornwall.

The Ontario Provincial Convention will be hosted by the members of Thunder Bay diocese, from **July 7-10 2013**, in the City of Thunder Bay. Registration **deadline is June 6th**. After that there will be a \$10.00 late fee charged to register.

Members who subscribe to receive a mailed copy of the *Trillium* will receive the convention information/registration package along with this spring newsletter- with the exception of life members - who are sent their convention package by the provincial corresponding secretary. All others may download the convention package from the provincial website under the *Resources & Forms* tab.

Mary Lou



We Have Seen the Lord – As People of Faith

**Ontario Provincial President
Marlene Pavletic**

You are the light of the world...let your light shine before others.

Matthew 5:14-16

Dear Sisters in the League,

Over the next two years, members across Canada will focus on a new national theme: ***We Have Seen the Lord!*** Provincial council established a subtheme for 2013: ***As People of Faith***. The provincial chairperson of spiritual development facilitated the creation of a logo to identify visually with the theme. Youth, creativity and technology came together and the above logo was born.

What do we do with this new theme as women of faith? We all have seen the Lord in our families, parishes and communities. The national council encourages us to focus on **GOD**: “Go tell everyone, Offer ourselves to personal encounters with Jesus in others, and Demonstrate our witness by corporal and spiritual works of mercy.”

We are called to encounter Jesus in others, to be His hands and feet, to proclaim the good news and to live it every day. The League, with its mission statement and objects, provides direction for our actions. How often do we reflect on them? Are we renewing our understanding of the League? Are we encouraging more women to join us? Are we welcoming people?

Catch the Fire supports our theme. This project provides us an opportunity to deepen our understanding of the League and our faith. Parish councils are encouraged to host sessions. Invite women in the parish and community to attend. Trainers are ready to deliver these presentations. Has your parish hosted a *Catch the Fire* presentation yet? Let's not delay; let's spread the fire.

Diocesan councils are planning conventions, which bring us together to celebrate the good works achieved over the past year. Nine diocesan councils will hold elections this spring. Who is willing to fill a position?

Leadership is needed in every organization, especially in the League. We hear women say they are not capable to take on leadership roles. And yet, all of us are leaders in our personal lives. We oversee family activities, plan vacations, hold positions in workplaces, raise children and perform other activities related to planning and organizing. We have many capable members!

Every day, we partake in leadership activities but too often we underestimate our capabilities.

Visit the website www.cwl.on.ca and read Spiritual Advisor Bishop Fred Colli's presentation entitled *Leadership Today*, which is a valuable reflection for all members. We all are blessed with gifts. Are we willing to use them as the Lord requires? Consider filling a position on your parish and diocesan councils. We need each other and the League needs you!

Plans are progressing for the 66th annual provincial convention to be held in Thunder Bay at the Valhalla Inn, July 7-10, 2013. The committee has organized an interesting program, which includes the famous St. Anthony's Famous Pasta Dinner and Quiz Night on Saturday evening.

The committee has also negotiated a **10%** discount with WESTJET, for those flying to the convention. The discount is in effect three days prior to the start of convention and for three days following. It does not apply to seat sales or online bookings. To access the discount you must call the Group discount number **1-888-493-7853** and use the code **CC7817**.

On Sunday, delegates have the option of two tours. Hear the story of the "Sleeping Giant". Visit the Terry Fox Memorial Lookout and many other sights in what we refer to as God's Country. Enjoy the vast Lake Superior shoreline especially if you travel Hwy 17 from Sault Ste. Marie. The Opening Mass will be celebrated at St. Patrick's Cathedral on Sunday evening.

The keynote speaker will be Rev. Msgr. P. Stilla, V.G., Cathedral Rector, St. Patrick's Cathedral, Thunder Bay. Anne Jamieson, Director of Catechesis, Diocese of Hamilton, will speak on Monday afternoon. Our national president will bring an update from national council. Resolutions will be debated. The election of officers will take place Wednesday morning followed by the Closing Mass at St. Agnes Church where the new officers will be installed.

Much information, fun and laughter will be shared. Conventions not only inform, they re-energize! Encourage a new member to attend to witness the unique sisterhood of the League. Share the information package at parish meetings. Come and bring a friend!

The 93rd annual national convention is being held in Regina, August 11-14 at the Delta Regina Hotel. Westjet is offering a 10% discount off your airfare. When booking with Westjet, remember to provide the convention code CC7452. Read *The Canadian League* magazine (Winter 2013) for more convention details.

As I reflect on my role over the past two years, I am ever so grateful to the provincial executive and the members across Ontario for their prayers and support. I am most thankful for the gift of the League in my life and for the many sisters with whom I share this special gift. We are the light of the world. May we shine that light as we encounter Jesus in our experiences every day. Only then can we truly say, *We Have Seen the Lord!*

Blessings,
Marlene

Spiritual Advisor
Most Reverend Fred J. Colli
Bishop of Thunder Bay

April 2013

“Year of Faith - Vatican Council II”

Dear Members of The Catholic Women’s League:

As I prepared this newsletter item, I thought that the “*Year of Faith*” was still an appropriate topic for reflection, but in particular, a short reflection on the *Second Vatican Council*. Pope Benedict XVI reminded us, as did Pope John Paul II, that the *Second Vatican Council* was the most significant event to happen in the Church in the last one hundred years. This Council, which brought together the bishops from all over the world to discuss new ways for the Church to proclaim the Gospel, is still guiding us today. The Pope has asked us to once again re-acquaint ourselves with the documents of the *Council* and how they touch our daily lives.

I would like to touch on four of those documents very briefly. The first document is the *Dogmatic Constitution on the Liturgy*. This was the first document produced by the Council Fathers and rightly so, since the liturgy intimately touches each of us as Catholics every week. The celebrations of the Mass and the Sacraments were revised to give us greater participation in prayer and a better understanding of our worship. Even though the liturgy is constantly being revised and developed even today, this document sets the stage for our prayer and worship as a unified church community.

The second document is the *Dogmatic Constitution on Revelation*. This document explains how God reveals Himself to humankind and how we come to know God through the scriptures and in tradition and history. This document above all speaks of the interaction between God and mankind; how God addresses us as friends and how in His great love sent His Son to live among us and to redeem us.

The third document is the *Dogmatic Constitution on the Church*. More than anything this document helps to define who we are as Church and what the Church means in today’s world. The Church is not a building or a house, but a people, called by God to be united in His love and to love and worship Him in return in a relationship of love. This document called for a shared responsibility in the Church and in its mission; the creation of certain structures that would allow everyone, especially the laity, to share in a more active way in parishes and in the mission of the Church. The theme that the Church is “*the people of God*” guided this document to a much fuller and meaningful understanding of what the role of the Church is into today’s world.

The final document is the *Pastoral Constitution of the Church in the Modern World*. This document helps us as Church to see how we are called to bring the Gospel into the world of today and how we are called to be evangelizers by engaging in some dialogue with the world and its peoples. This document speaks of the hopes and dreams of families and individuals; of marriage and culture; of politics and peace and how the

message of the Church through Jesus can bring hope and support to us in our worldly responsibilities and challenges.

The Year of Faith is a year to look at the impact the *Second Vatican Council* has in our lives as Catholic Christians and on the challenges that still face us as a Church in today's modern world. If we take the time, to look at these four documents from Vatican II, it will help us to better appreciate our role and our responsibilities as members of the family of God.

May these documents continue to inspire us and challenge us to bring Jesus Christ into our world through lives built on faith.

Most Rev. Fred J. Colli, Bishop of Thunder Bay and Provincial Spiritual Advisor

Corresponding Secretary Glenda Klein

The *Handbook for Secretaries* gives a detailed description of duties for the corresponding secretary, but here are a few more hints, which might be helpful at the parish level.

Ensure that there is a supply of letterhead, envelopes and cards on hand and available for use by yourself and others. Prepare, or get someone else to, return address labels with the council's name and the church's address. Ensure that anyone needing these has a supply.

In consultation with the president and/or other officers, you may be asked to prepare cards for sick or deceased members; letters or cards to accompany donation cheques; Christmas gifts to clergy; awards; letters to remind delinquent members to pay their membership; letters to send out with membership cards or permanent CWL cards or a welcome letter for new members. If authorized by the president or policy, purchase and deliver flowers/plant, etc.

Check with the pastor first that it is okay for all CWL correspondence to have the parish address as the return address. Establish a collection folder for the parish secretary's use. Once you have a change in president, the mail still comes to the council keeping members informed, and not to the past presidents or officers who may have moved. Collect incoming mail from parish office regularly, likely before executive meetings and general meetings.

In consultation with the president, itemize the correspondence received and sent, highlight any sections to be read and circulate the file folder of correspondence to members in attendance. File a report at meetings on all correspondence sent. Complete other duties as assigned by the president.

Spiritual Development Committee
Patricia Rivest, Chairperson
Sub-chairperson: Rebecca McCarrell

“Ask and it will be given to you, seek and you will find; knock and the door will be open to you. For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened.”

Matthew 7:7-8

Prayer is talking with God. Prayer is listening to God. Prayer is enjoying God's presence. Recently, I read a reflection on prayer written by Sr. Macrina Wiederkehr O.S.B. This is what she wrote, “...before prayer passes through our lips it must spend a little time in our hearts. Let us praise God who puts prayer in our hearts and on our lips. Prayer is the crown of life. It is the robe we put on to seek shelter in the storms of life. It is the festive garment we don to dance our gratitude for life. It is our cry for daily bread. It is the rain that falls upon the planted seed; both the seed in the earth and the seed in our hearts. We are called to set aside time to cultivate our prayer life. In dark times we pull the cloak of prayer firmly around us. When the light comes, our prayer-robe becomes a banner of praise. Both the darkness and the light are needed for our spiritual voyages”. The late E. Stanley Jones, missionary and preacher wrote, “Prayer is the opening of a channel from my emptiness into His fullness.” These are two reflections to spend time with during this time of Lent and I hope that you find comfort, peace and hope in them.

Rebecca McCarrell, a member of this standing committee, recommends these two books for your reading pleasure.

Made for More

Author: Curtis Martin- *(a synopsis provided by Rebecca McCarrell using some of the information from the book cover)*

While everything you do and every decision you make is aimed at making you happy, you may step back from time to time and ask yourself, “Why am I here” or “Is there a deeper meaning to life”? To find these answers, you need to go beyond the distractions of life and be open to discovering your true purpose and potential. If you find your true purpose, you will find that you really are made for more than what our culture has to offer. You'll see that life is an adventure and you have a role to play. This book will help you to recognize your worth, ability, and purpose in finding true peace and contentment in life.

Eucharist With a Small e

(a synopsis provided by Rebecca McCarrell)

Mariam Therese Winter is a Sister of the Medical Mission Sisters. She is a medical doctor and joined this group to minister to those who needed medical attention in the missions in Africa. However, God had other plans for her. She was told they had enough medical doctors and she was being assigned to the music ministry. Needless to say she was baffled with this assignment. Over the years she went on to compose

hundreds of sacred music pieces that are used across multiple denominations. Her latest book, *Eucharist With a Small e*, talks about the stories of Jesus and how the Eucharist and all the other things we do are done to build community. This is what you are doing in your various ministries within the church. Including sacramental music in your ministry brings the word to life and asks the people to respond to what they hear. Whether it is in folk songs or the psalms of the church, this is the oldest form of communication. Sister Miriam's wit and charm makes her messages of love and community a breath of fresh air in both her musical and written form.

Dates to Remember and Celebrate

March 24	Passion (Palm) Sunday
March 28	Holy Thursday – Mass of the Lord's Supper
March 29	Good Friday – Celebration of the Lord's Passion
March 31	Easter Sunday – Resurrection of the Lord
April 7	Feast of Divine Mercy
April 8	Solemnity of the Annunciation of the Lord (2013)
April 21	World Day of Prayer for Vocations
April 26	Feast of Our Lady of Good Counsel
May 1	Saint Joseph the Worker and International Workers Day
May 12	Mother's Day
May 12	Ascension of the Lord
May 19	Pentecost Sunday
May 26	Holy Trinity Sunday
June 2	Solemnity of the Most Holy Body and Blood of Christ
June 7	Solemnity of the Sacred Heart of Jesus – World Day of Prayer for the Sanctification of Priests
June 16	Father's Day
June 24	Nativity of Saint John the Baptist
July 1	Canada Day
July 7 – 10	66 th Annual Provincial Council Convention in Thunder Bay

Pope Benedict XVI described the Year of Faith as a summons to an authentic and renewed conversion to the Lord, the One Saviour of the World. As we journey through Lent during this Year of Faith, it is good to recall the words of Jesus at the beginning of His public life, “Repent and believe in the Gospel” (Mark 1:15). The Lord calls us to conversion. In His steadfast love, He offers us forgiveness and the gift of new life.

May you have a Blessed and Joyous Easter.

Organization Committee

Betty Colaneri, Chairperson

"Were not our hearts burning [within us] while he spoke to us on the way and opened the scriptures to us?" Luke 24:32

The story of the road to Emmaus has and will always be one of my favourite bible stories. I have often imagined myself on that road and thought how incredible it must have been for them to discover who they were walking with and later breaking bread with. This passage always comes to mind with the *Catch the Fire* workshop. As we reach out to our sisters, tell our stories of how, *We have seen the Lord* are our hearts not burning?

The goals of the *Catch the Fire* workshop are:

- To deliver basic information on the CWL
- Explain the basic structure and function of the League
- Identify League resources
- Unite Catholic women of Canada
- Celebrate friendship
- Outline the standing committees
- Explain the importance of resolutions
- Provide a time of renewal
- Renewal of membership recruiting and retention
- A time of reflection
- Encourage members to take back and share what they learn
- Ignite members to spread the fire

On November 17, 2012, diocesan organization chairpersons and I met for a workshop with one of the highlights being the "Catch the Fire" project. During the participation section of the workshop, I asked the chairpersons to come up with a campaign that would be unique to Ontario. "Good things 'glow' in Ontario" came to light! It is truly amazing how creative minds can be when they come together! Since the project was introduced at the national convention in August 2012, members from all across Ontario have been hard at work at holding workshops in their dioceses and parishes to be the spark to light the flame.

The workshops have been receiving rave reviews and have been a wonderful way for members to tap into the League resources that are available to them. Reports have been coming back of new members joining and existing members taking positions on the executive. We must continue to reach out to our members to enhance our membership and 're-member' those that may have been neglected. It is important to remember that this workshop is open to all women of the parish and community. These women may become members when they learn about the League and realize that they too can make a difference.

Presenters are being so creative with sweatshirts and t-shirts they have designed to 'catch' the attention of women. They have worn the colours of fire and set up displays to go with the theme. The possibilities are endless and thinking outside the box is

encouraged. Why not hand out some Dentyne gum called 'Fire' so it can be a constant reminder. Another favourite prop of mine is the flashing red light, like on top of a fire truck that is always an attention grabber. Let them know where the fire is starting. The feedback from these workshops has been 'enlightening'. One member commented on what a good feeling it was to be with women on the same journey. Members loved sharing their stories and hearing stories and concerns from members in other councils. They discovered that other councils had similar issues and concerns so they could easily relate to each other.

Approaching women is probably the most effective way of recruiting members. I recently had the opportunity to speak to a woman from another parish about the League. She was amazed at what The Catholic Women's League of Canada stood for and how much the League had accomplished. The part she found most intriguing was the resolutions that touched on social justice issues for all peoples. Resolutions seem to be a topic that appeals to the young women of today. This is a great way to 'talk up' the League and get the conversation started to let women know how their voice can make a difference. A resolution always starts at the grass roots with a concern or situation that someone has brought to the attention of their parish. What a great way to get women of the parish community involved in the research and presentation of a resolution. Those that are not computer savvy can recruit high school, college or university young women to help them out and as a gift of thanks you can give them membership to the League so they may continue their wonderful service.

It is vital that we appreciate our members and those members who have gone before us who created the path for us to journey on. Share the stories of the women who had the courage to take a stand and have their voices heard. Think of the women who have made an impact on your life. Perhaps they were a life member, a mentor, or someone who worked tirelessly in the background. There are so many members with wonderful gifts and stories to share. Keep in touch with all members so we may kindle their flame. The flame has been given to us. Now it is up to us to fan the flame so it burns like wildfire across this great province of ours. "Good things 'glow' in Ontario"! Imagine yourself on that road to Emmaus and being asked by the Lord, "What are you discussing as you walk along?"

Communications Committee
Pauline Krupa, Chairperson
Sub-chairperson: Mary Lou Watson

"We cannot keep to ourselves the words of eternal life given to us in our encounter with Jesus Christ: they are meant for everyone, for every man and woman. ... It is our responsibility to pass on what, by God's grace, we ourselves have received."

- Pope Benedict XVI, *Verbum Domini*, 2010

Greetings

Nearing the end of any journey one must take a moment to reflect back on roads travelled and paths crossed. Travelling these by-ways is not a trip done unassisted. I am grateful for the "footprints"; people have walked with me, assisted and at times carried

me. With you, I have accomplished my goals. Thanks. Reflecting on these two years I am in awe of members' dedication and love for the League. I am inspired by your creativity to accomplish great things in small ways. Indeed we are blessed calling each other sister, by name.

Evangelization in a Social Media World

There is no doubt in our minds that the modern world is simply not the same. In twenty years Internet sites have grown from fewer than a thousand to over 650 million. Today we use the Internet for more than just email and searching for information. We pay bills, make reservations, buy almost anything and keep in touch with family and friends. Presently it is not a popular avenue to share our faith, but according to some evangelizers, it should be. Some compare this digital age to the first disciples who left their comfort zone to journey into new worlds bringing the good news of Jesus Christ to foreign places. This digital age is not unlike the unsettling and uncomfortable shifts felt with the invention of the printing press, telephone or television. Social media is making our planet feel even smaller. Today there are an increasing number of advocates for people to use social media to evangelize. More and more we are being challenged to use Twitter, Facebook, blogging and YouTube to share our faith stories. In his address to the United States Conference of Catholic Bishops, Bishop John Wester stated: "...just as the Church learned how to use the book and film to proclaim the Good News to the ends of the earth, so today we must teach ourselves to learn these new tools [digital content] to help people find the faith in their ordinary days and in their times of need." We are encouraged to step out of our comfort zone and be in "digital conversations". Begin with small steps.

47th World Communication Day – May 12, 2013

Pope Benedict XVI chose the theme, *Social Networks: portals of truth and faith; new spaces for evangelization*, to call attention to the important challenges facing us in a digital environment. His message explains that technology is a part of the fabric of human experiences and as such we must use it as a tool to help people meet Christ in their daily lives. The complete message for World Communications Day was published on the memorial of St. Francis de Sales, patron of writers and can be read on the Vatican website www.vatican.va.

Facebook

The Ontario provincial council has its own Facebook page. We have specifically set it up so that we do not receive messages other than posting "likes". This account is meant for information only with a link to our provincial website. To find us go to Facebook and search Ontario Catholic women. There is also a link to Facebook on our website.

ON-Line Newsletter

Our provincial online newsletter continues to grow in popularity. To date we have exceeded two hundred subscribers. The goal of the newsletter is to feature the good works we do in our parishes and communities. It features one or two dioceses each month as well as one provincial standing committee. At the winter meeting the executive decided that the newsletter would continue as a monthly feature. Do you

know if your diocese has been featured yet? All issues are on the website under the Trillium Newsletter button. If you are not a subscriber yet, go to our home page www.cwl.on.ca to become one.

News from National

Survey Results: The survey on the national website and the *Be League* have resulted in slight changes to the online newsletter. Beginning in March 2013 the e-newsletter will focus on one province at a time, beginning with Alberta MacKenzie. Others will follow in alphabetical order. Full explanation is found in communications communiqué 3 on the national website.

Promotion of the League: In her message, Cecile Miller, states the importance for members to continue to promote the League. She encourages us to *Catch the Fire* and to spread the word about: the website, *The Canadian League* magazine, *Be League* and the annual convention.

Fight against Pornography: The communications sub-committee for pornography awareness will present its plans to continue our fight against pornography at the national winter meeting early March. Watch for suggestions in the near future.

Exciting News: Facebook and Twitter accounts have been launched for the League. Spread the news!

The Catholic Register – Digital Edition

Recently *The Catholic Register* has gone digital! Subscribers can enjoy the national Catholic newspaper from anywhere you can connect to the Internet. E-editions are available for a low annual fee and can be purchased from the website www.catholicregister.org. From this website you can also subscribe to the online newsletter which is produced every two weeks.

Ten Things I Learned as Communications Standing Committee Chairperson

10. One is never too old to learn.
9. When developing a website, if you think it, it can be done.
8. Skype – it's free and allows me to see who I am talking with.
7. The art of texting has a language all its own (BTW, GR8, LOL, TTYL, etc)
6. Facebook might just have a place in my world.
5. Developing an *ON-Line* newsletter is not rocket science – templates are there for you.
4. Its all about tables, text boxes, cutting, pasting, formatting and left click / right click.
3. Overcoming your fear for the computer is best achieved when you play with programs.
2. When in doubt, exit the file and DO NOT SAVE. You still have your original works.
1. When you just can't figure it out ask your grandchildren!

Resolutions Committee
Anne Madden, Chairperson
Sub-chairpersons: Joleene Kemp, Bernadette Burgess

“It is better to trust in the Lord than put confidence in man”
Psalm 118.8

Caffeine in Energy Drinks

Energy drinks have become very popular with both adults and children. The Catholic Women’s League of Canada passed Resolution **2011.04 Caffeine in Energy Drinks** at the 2011 National Convention in Toronto in response to concerns regarding the high content of caffeine in these drinks, the risk they pose to children and lack of adequate labeling. “In recent years, an increasing number of caffeinated beverages have been introduced into the Canadian marketplace. Some of these products are known as *energy drinks*, which usually contain a range of unique ingredients and may feature health claims related to their capacity to restore energy and alertness. A common substance found in most *energy drinks* is caffeine at levels ranging from those found in a weak cup of coffee to much higher levels. These products also generally contain other ingredients such as vitamins and minerals and may contain various herbals” (Health Canada, 2011). *Energy drinks* are easily accessible. They can be found anywhere you buy beverages beside pop, juices and sports drinks.

As noted in Resolution **2011.04 Caffeine in Energy Drinks**, caffeine is a central nervous system stimulant as well as a stimulant of heart and skeletal muscles. It is also a diuretic that can accelerate water loss (Clauson et al., p.59). Health Canada advises a maximum daily caffeine intake of no more than 45 mg for children aged 4-6, 62.5 mg for children aged 7-9 and 85 mg for children aged 10-12. Health Canada suggests that the daily caffeine intake for adolescents be calculated to no more than 2.5 mg/kg body weight (Health Canada, *Caffeine*, Recommendations). Despite these ranges, the caffeine content in energy drinks is known to be as low as 50 mg per can/bottle and up to as much as 505 mg per can/bottle (Reissig, Strain, and Griffiths, p.1). When caffeine-containing products such as *energy drinks* are consumed in quantities that contribute to higher than the recommended caffeine intake, or are consumed in combination with alcohol, the health effects can be harmful and even lethal. Some of the common caffeine-related symptoms experienced by consumers of energy drinks include dehydration, accelerated heart rates, anxiety, seizures, acute mania, disturbed sleep, kidney failure, impaired judgment and stroke (Pennington et al, p. 352; Health Canada, *Caffeine*, Health Effects).

Health Canada has put into place new regulations that went into effect in January 2013 that will force companies to cap the caffeine in *energy drinks*. *Energy drinks* are being reclassified as “food” and Health Canada is limiting their caffeine content, vitamins, minerals and amino acids. The new limit of 180 mg of caffeine per can or single-serving bottle is about the same as a filter drip 8 oz. (237 mL) coffee (Mills, 2012). According to the article in The Star (Mills, 2012) Health Canada says it needs to collect more data before determining if further regulations are needed. “We consider there to be

(information) gaps right now, as to how these products are actually being used,” said William Yan, a director in Health Canada’s bureau of nutritional sciences. “Who’s consuming them? Is the labeling working? All those questions ... we’re trying to ask before we decide on the final risk-management approach.”

The amount of caffeine in *energy drinks* is still a concern for adolescents and children, since a single serving bottle contains greater than the recommended amount of caffeine that is considered to be safe. Be diligent and aware of what your loved ones are consuming. Follow the action plan set out in Resolution **2011.04 Caffeine in Energy Drinks**:

- Write letters to the prime minister, the minister of health and the local elected members of parliament, asking that Health Canada engage in a program of public education focusing on the effects of caffeine in children and legislate stricter regulations, making it mandatory for manufacturers to clearly identify on its labels all the caffeine additives in energy drinks.
- Write letters to the premiers, the ministers of health and the local elected members of the provincial/territorial legislatures, asking that provincial/territorial governments enact legislation that determines where, how and to whom energy drinks can be sold in a province or territory.

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Provincial Treasurer Colleen Martin

Assistant: Elizabeth Bortolussi



From the Guidelines for Treasurers

Per Capita Fees (Membership Dues)

Per capita fees finance diocesan, provincial and national councils. They are due January 1st of each year. When not received by the 28th of February, renewing members will stop receiving their magazine. New and Renewed Members forms are available on the national website under the Free Downloads banner or will be mailed, on request.

There seems to be some confusion about when per capita fees are due. As indicated above, per capita fees are due by January 1st each year. In order to forward as many memberships as possible, it is important that each council begin its membership drive in October or November each year.

When councils decide to hold membership drives in January or February, it creates a challenge for the diocesan, provincial and national councils to cash flow their on-going activities because per capita is received late in their fiscal year.

In recent years, the Ontario provincial council received per capita fees for just 10% of its 50,000 members prior to the start of the new calendar year.

Some councils delay depositing memberships received in the fall until after January 1st so the per capita is recorded in the calendar year it is due. However, it is important that the treasurer promptly deposit any cash or cheques received. I would suggest you keep a running total of deposits for next year's memberships received prior to December 31 less any

amounts remitted to national for same. If you do this, the net amount can be deducted from available cash to ensure you are working on an accurate balance for the 2012 operating year. Once you start your new calendar year, you should track any amounts owing to national at the end of each month so that is not included in the cash available for operations.

Please encourage councils to hold membership drives before December and be diligent about sending monies to national office prior to January 1st. After January 1st, memberships should be forwarded monthly.

New Treasurers

Please ensure you download a copy of the *Guidelines for Treasurers* from the national website at www.cwl.ca by clicking the *Resource List* banner on the top left corner and then searching the list for that document. It will be very helpful to you. Ask a computer savvy friend to help as needed.

HERE IS A TIP FOR FINDING OUT IF YOUR ERROR IS CAUSED BY A TRANSPOSITION

When the difference (the amount you are out of balance or off from the expected total) is evenly divisible by 9, you may have a transposition error.

First, how do you tell if it's evenly divisible by 9? You could go to a calculator and divide by 9 and see if there's a decimal portion in the answer, but that's a lot of work. There's a shortcut method. Take the digits of the number you want to check and add them together. If the result has more than 1 digit, add those digits together until you get a single digit. If that single digit is 9, then the number is evenly divisible by 9. If it's anything other than 9, the number is not evenly divisible by 9.

Past President-Historian

Shari Guinta

There will, once again, be some new past presidents this spring as councils have elections and officers are put into place. Prayers will be with the councils and with the women who have discerned to run for office as well as those of you who have assumed the position of past president.

The past president/historian shall:

- Serve in a consultative capacity
- Be responsible for archives and history
- Facilitate the study and implementation of the *Constitution & Bylaws*
- Perform other duties as assigned by the president
- Be chairperson of laws (national level only)

The past president, as the list above mentions, is there to be a consultant. Some find it hard to step back after being president. The position of past president is an important one and you should be ready to do any job the president or the council may ask of you as well as fulfilling the duties of that position. You may be called upon to help in the study of the *Constitution and Bylaws* since this year there are some proposed changes that will need an instructed vote.

As I finish as past president/historian on the provincial council, I look back and think what a wonderful experience it has been to serve the Ontario Council of The Catholic Women's League of Canada. I was consulted on several issues and learned many things myself as I answered questions through research of my own. Past presidents should not assume to know everything, but be willing to give an opinion and offer guidance when necessary.

At the time of writing this article, I am right in the middle of working on elections for provincial council. This is a humbling experience. The deadline for those eligible to submit their name was February 15th and I now have a list of women who are offering themselves to serve The Catholic Women's League in the province of Ontario for the term 2013 to 2015. I offer my prayers for them and I ask all members across the province to do the same. Those charged with voting for these women need to seek the guidance of the Holy Spirit to ensure that those chosen are placed where they are called to serve.

In the reports that have come in from across Ontario I see that many dioceses have worked on archives and I am so pleased to hear this. This is often a forgotten task. All councils, including and especially parishes, should have good, well-organized archives. Many times I have visited councils for special celebrations and have seen the most wonderful display of history laid out on display tables for all to see. I have heard, so often, members say, "I remember that!" or "I didn't know we did that!" That is why it is important to celebrate the accomplishments of the council. It is truly awesome to

reflect on the work done by the League at the grass roots. What we do in the parish affects national council, make no mistake about that.

So my last piece of advice:

- Have elections every two years. Never skip an election. Women should not be encouraged to stay in the same positions, because this weighs the council down and discourages others from running for office.
- Have membership drives every year in your parish. Even if only one new member joins, that is a new member, with new ideas that at some time in the future may be your president!
- Keep well-organized archives. They can be simple, but should be up to date, organized and safe.
- Show your support for the president and the rest of the executive. Encourage League sisters, be there for them and do your job well. You set an example!

May God bless you and may Our Lady of Good Counsel pray for us.

Recording Secretary Carol Richer

What an amazing winter this has been! I have been blessed with a twice-daily distraction that truly puts things in perspective. The number of cardinals that come to my birdfeeders each day has grown from a single pair a few years ago to five beautiful pair this year. As well as their scarlet beauty, they bring a daily reminder of the rewards of patient care and nurturing, and remind me that our faith is much the same ... if we treat it lovingly, it, too, will bring beautiful rewards.

Our term on the provincial executive is quickly winding down. A bittersweet time, as we sadly bid adieu to nine of our diocesan presidents, but joyfully welcome nine new ones! Elections will take place in nine of our diocesan councils this spring and new executive teams will take on the challenge of promoting the League and nurturing their flock. My hope is that they be as successful in attracting new members as I have been in attracting cardinals.

Outgoing recording secretaries are reminded to have minutes and motions books up to date and resource materials filed and ready for hand over. Process the minutes from your final convention as quickly as possible and be available to assist the new secretary with preparation of the post-convention minutes. Let her know that you will be available to answer her questions and to help her settle in to this new role. Be a loving and nurturing mentor and watch her grow into her new role with confidence and enthusiasm.

As we embark on the next leg of our League journey, I leave you with a quote that I included in my recent directive. "Look back and thank God - Look forward and trust God - Look around and serve God - Look within and find God". (anon)

May Our Lady of Good Counsel be your constant companion as you continue your League journey.

Community Life Committee
Verna Lynn Bergeron, Chairperson
Sub-chairpersons: Suzanne Mullins, Linda Marie O'Hagan, Connie Parry,
Annette Kelly

*And what does the Lord require of you? To act justly and to love mercy
and to walk humbly with your God. (Micah 6:8)*

There is much injustice in this world that demands our attention and it tugs at our hearts to make things right. We live in a broken world where violence and war are part of everyday life for some. Their world is filled with anxiety, fear and worries of what tomorrow will bring. Hopelessness is imminent.

In December 2012, the 2nd National Catholic Conference on Resettlement was held in Toronto, hosted by the Office for Refugees, Archdiocese of Toronto (ORAT) and presided over by His Eminence Thomas Cardinal Collins, Archbishop of Toronto. The theme was "With One Voice – We are the Hope".

Three main goals of the conference were: (1) to focus on refugee resettlement; (2) to strengthen networking and cooperation among refugee sponsors within the Catholic Church and (3) to create a permanent network for sponsors with the Catholic Church by establishing a Catholic Refugee Sponsorship Council.

To achieve these goals, the conference wanted to inspire and motivate Canadians to support and promote the resettlement program.

One of the opening prayers said that "while there are refugees in countries all over the world and while refugee and asylum seeker issues are constantly in the media, many people are still unaware of who refugees are and do not understand the reasons why they flee".

The terms asylum seeker, refugee and migrant are often confused. An asylum seeker is someone who says he or she is a refugee, but whose claim has not received final evaluation. Migrants, especially economic migrants, choose to move in order to improve their lives. Refugees have to move if they are to save their lives or preserve their freedom. They need a safe place of protection where they can resettle to rebuild their lives and provide hope for a better future. No one chooses to become a refugee.

In the January 11 issue of *The Catholic Register* (on-line) it was reported that, "The United Nations estimates there are 15 million refugees in the world. More than 14,000 of them are expected to receive sanctuary in Canada in 2013. *The Catholic Register* featured a cover story about Toronto parishes overcoming obstacles so they can welcome up to 700 of those refugees.

Citizenship & Immigration Canada (Jason Kenney) announced on January 21, that Canada is to welcome 5,000 refugees who are now in Turkey. These refugees are mostly

Iraqi and Iranian refugees. This will free up resources in Turkey so they can accept Syrian refugees escaping from Syria. It's estimated that 700,000 refugees have left Syria during its two-year old civil war.

If you've watched any news channels recently, it's unbearable to see what families are enduring as they escape from Syria. These families are seeking refuge in Jordan's one and only refugee camp. Today, the camp provides shelter to more than 31,000 Syrians who have fled the conflict in their country.

As I was reading notes from the 2nd National Catholic Conference on Resettlement, one statement that caught my eye was from Cardinal Collins. He said "Expertise, dedication and prayer is what's needed in the refugee situation". These are all areas where we can be and are supportive:

- we can become more informed on refugee resettlement
- we are dedicated in our work
- we know the power of prayer.

ORAT helps enable communities, parishes, religious orders and other groups to become involved in the Private Sponsorship Refugee Program (PSP Program). Find out how to sponsor refugees, what support is available from ORAT, and how to start sponsoring refugees by visiting www.archtoronto.org/refugee. A Sponsorship Guide is also available for downloading.

The UNHCR Canada (United Nations High Commissioner for Refugees) is another source to tap into and provides free downloadable material. www.unhcr.ca. By subscribing to their Refuge-E Net, you will receive information on their humanitarian operations and opportunities to get involved.

Our Catholic faith calls us to discover and celebrate the presence of Jesus in each one of us. Our neighbour is not only the family who lives next door; our neighbour is the family arriving in our community looking for the means of beginning a new life in this great country of ours. As Catholic women and men of faith, *we have seen the Lord* and with one voice we are the hope.

Additional Resource Information:

The Other Face of God by Mary Jo Leddy (Novalis). This book is a spiritual guide to the process of settling refugees in Canada. (The Catholic Register, October 30, 2011)

Date to Remember:

June 20 – World Refugee Day. A day to reflect on the courage and perseverance of refugees. A day to remember them in prayer to give them hope for tomorrow.

Education and Health Committee

Marlin Taylor, Chairperson

Sub-Chairpersons: Suzanne Mullins, Carol Pitcher, Theresa McGuire,
Hannelore Crawford

Education

Ontario Catholic schools have launched a special awareness campaign that focuses on the heart of the system. The campaign is called *Faith in Our Future*. Please visit the website www.ocsta.on.ca to learn more about this exciting campaign.

Catholic, public and French school boards in Ontario are governed by an elected board of trustees. While education is funded by the province and controlled by provincial legislation, publicly elected English, French and Catholic trustees are the only publicly elected local leaders in education charged with the responsibility of representing the educational interests of parents and students in communities. Trustees are the voice of the community in the governance of Ontario's publicly funded schools. You can read more about your Catholic School Trustees by visiting www.ocsta.on.ca.

Roger Lawlor, project manager of FACE (Friends and Advocates of Catholic Education), is working with school boards in each region where they want to focus a light on the success story of each Catholic school. They are asking local school boards in each region to engage their MPP, local leaders, as well as Catholic partners, to get the message out that Catholic schools work, are successful and are a blessing to our local community, province, nation and world. He emphasized that the local CWL councils play a great role in Catholic education. His hope is that following the regional sessions there will be some activity at the local level that will involve all of the partners.

Adult Faith Development Opportunities

As mentioned in the last newsletter article during this Year of Faith, members should consider strengthening their understanding of their faith by accessing available programs. The National Bursary Fund is available to assist members. The criteria is outlined in the *National Bursary Application* form found on the national website under the Free Downloads banner or will be mailed on request.

Distance Education

St Francis Xavier University offers programs by distance education.
http://www.stfx.ca/faculties/education/continuing_education/

Health Information by Hannelore Crawford

Arthritis: means inflammation of a joint. There is pain, redness and swelling. It is the leading cause of disability in Canada and affects more than 4 million people of all ages, physical conditions and ethnic background. There are more than 100 different types of arthritis. The most common are listed below.

- Degenerative arthritis: the joint degenerates and the cartilage becomes rough and begins to wear away causing the bone underneath to thicken. The joint becomes inflamed and causes pain, warmth and swelling. It is also known as osteoarthritis.
- Inflammatory arthritis: can affect any joint in the body and is usually known as Rheumatoid arthritis (RA).
- Psoriatic arthritis: type of inflammatory arthritis that appears in people with the skin disease known as psoriasis.
- Ankylosing Spondylitis: type of inflammatory arthritis and autoimmune disease where the joints in the spine are the target and affect 150,000-300,000 Canadians.
- Lupus: systemic lupus erythematosus (SLE) is a chronic autoimmune disease where the autoimmune system malfunctions and forms antibodies that attack healthy tissue. Inflammation can occur in the skin, muscles, joints, heart, lungs, kidney, blood vessels and nervous system. SLE affects 17,000 Canadians.
- Fibromyalgia (FM) is fairly common and affects 2% of Canadians. FM is due to impairment of the pain processing mechanism with the central nervous system. The preferred term for FM is “chronic widespread pain”.
- Gout: an inflammatory type of arthritis caused by uric crystals. Painful attacks occur when uric acid crystalizes in the joint. Recurrent attacks can cause permanent damage. Gout affects 2% of men over 30 and women over 50.

This information is from the arthritis society www.arthritis.ca

In Door Tanning and Teens

The Canadian Cancer Society challenges teens to skip indoor tanning and organize a Tan Free Grad campaign in their high school. This is also the subject of Ontario resolution **ON 12.02. *Prohibit the use of indoor tanning equipment by youth.***

Cancer statistics for Ontario women

For Ontario women, breast cancer is the most frequently diagnosed type of cancer, followed by lung cancer and colorectal cancer, respectively.

For Ontario women, lung cancer is the leading cause of cancer death. Yet, in 2012 it is estimated that the lung cancer mortality rate for females in Ontario will be the lowest in Canada. Breast cancer and colorectal cancer, respectively, are the next leading causes of cancer death in Ontario women.

Read more on both these issues at : www.cancer.ca/Ontario

Christian Family Life Committee
Mary Jane A. Yaeger, Chairperson
Sub-Chairperson: Bev Drouin

I hope you have been busy in your councils although I am sure there are some areas of the province that shut down during these winter months.

Margaret Ann Jacobs, National Chairperson of Christian Family Life, has made some great suggestions in her November 2012 communiqué. You can find the entire communiqué on the national website www.cwl.ca. She also has an article in the Winter 2013 League magazine and reminds us to respect all human life. She enlightened me to the fact that *pro-life efforts may even be considered to extend to other issues such as bullying, peer pressure, stress and depression*. These issues can affect all facets of this committee – married couples and their families, youth, seniors, disabled, widowed, separated and divorced. They can even affect those discerning their vocations. We must pray and support all those close to us and those in our parishes and communities.

I want to also remind you of the *Bishop Bernard F. Pappin Memorial Bursary*. Bishop Bernard F. Pappin passed away on August 27, 1998 while serving as spiritual advisor to the Ontario provincial council of The Catholic Women's League of Canada. In his memory this bursary fund was established, by the provincial council, for the purpose of assisting diocesan seminarians in need of personal financial support. The *Bishop Bernard F. Pappin Memorial Bursary Fund* is financed by donations from individual members and councils. The bursary is administered by the administration committee of the Ontario provincial council. The committee reviews applications and awards bursaries annually.

CRITERIA

1. The applicant must be an Ontario seminarian who is studying anywhere in Canada or elsewhere for a diocese in Ontario.
2. The applicant's personal financial need must be verified by the Rector of the Seminary, and/or his Bishop.
3. The applicant must be considered a serious student with definite plans for ordination to the priesthood.
4. An applicant receiving a bursary one year may apply in subsequent years.

The application form is available on the provincial website www.cwl.on.ca. Provincial council plans to award ten (10) bursaries of \$300 each annually. We need to pray and support those discerning their vocations now and in the future. An excellent way to support them is to encourage your council and members to donate to the *Bishop Bernard F. Pappin Memorial Bursary*. Please forward all donations to Provincial Treasurer.

The Catholic Women's League of Canada councils may sponsor a *Catholic Girl's League* in their parish and/or local high school. The sponsoring Catholic Women's League council shall provide the chief counsellor(s) as well as a religious leader.

The objects of the *Catholic Girl's League* shall be, to unite Catholic girls of Canada:

- to achieve individual and collective spiritual development
- to recognize the human dignity of all people everywhere.

General Membership:

- Any Catholic girl between the ages of 10 and 15 years may become a member, with voting privileges and with eligibility for office by election or appointment. She must also demonstrate a willingness to contribute to all phases of the CGL program.

Associate Membership:

- Any non-Catholic girl aged 10 to 15 years inclusive may become a member, with voting privileges, but without eligibility for office by election or appointment.

Committees:

- Spiritual, Activities, Social, Justice and Social Action

Information is available from National upon request.

Please remember to regularly check the following websites:

- Priests for Life Canada www.priestsforlifecanada.com
- Catholic Organization for Life and Family www.colf.ca
- The American Priests for Life website www.priestsforlife.org has some unsettling abortion photos that can be viewed on line.
- National CWL website www.cwl.ca
- Provincial CWL website www.cwl.on.ca

Remember that national no longer accepts funds for pro-life, BUT they and I strongly encourage you to support your local pro-life organizations.

I want to end with a prayer that is available on the Priests for Life Canada website. You can order 10 FREE copies of the Priests for Life Canada "Prayer to End Abortion" Prayer card / Bookmark. Additional copies are available at 7 cents each (postage included).

Prayer to End Abortion

Lord God,

I thank You today for the gift of my life, and for the lives of all my brothers and sisters. I know there is nothing that destroys more lives than abortion, yet I rejoice that You have conquered death by the Resurrection of Your Son.

I am ready to do my part in ending abortion.

Today I commit myself never to be silent, never to be passive, never to be forgetful of the unborn.

I commit myself to be active in the Pro-Life Movement, and never to stop defending life until all my brothers and sisters are protected, and Canada once again becomes a country which respects life from conception to natural death not just for some, but for all, through Christ our Lord.

Legislation Committee
Colleen Randall, Chairperson

Sub-Chairperson: Bev Weiler

The last instalment on our legislative journey is **Committee Bills & Private Bills**. *The following presentation is available on the web site of the Legislative Assembly of Ontario at www.ontla.on.ca under Bills and Lawmaking.*

Committee Bills

Before 1999, public bills introduced in the Legislative Assembly of Ontario were government bills or private members' public bills. As part of an extensive package of amendments made to the Standing Orders on October 27, 1999, Standing Order 124 (now S. O. 126) was changed to provide for a third kind of public bill: committee bills.

The Standing Orders allow each permanent member of the Standing Committees on Justice Policy, Social Policy, or General Government, to propose (once in each Session) a topic for the Committee to study and report on. The topic must pertain to the ministries and offices (and any agencies reporting to them) that are assigned to the Committee. The proposal must receive the support of at least two-thirds of the Committee excluding the chair. Following its consideration of such a matter, the Committee is allowed to adopt, by a simple majority, the text of a draft bill on the topic. The chair of the committee, as the primary sponsor, introduces the bill in the Legislature. The other committee members who support the bill may have their names printed on the bill as secondary sponsors. Although a committee bill is generally treated as a private member's public bill, a minimum of three hours of debate takes place at a time or times agreed to by the house leaders of the recognized parties.

As of June 1, 2011, three committee bills have been introduced in the Ontario Legislature:

Ontario Association of Former Parliamentarians Act, 2000

Bill 65, 1st Session 37th Parliament

Originated in the Standing Committee on General Government

First reading April 18, 2000, Royal Assent June 8, 2000

In force upon Royal Assent

Professional Foresters Act, 2000

Bill 110, 1st Session 37th Parliament

Originated in the Standing Committee on General Government

First reading June 22, 2000, Royal Assent October 16, 2000

Proclaimed in force May 1, 2001

Emergency Management Statute Law Amendment Act, 2004

Bill 138, 1st Session 38th Parliament

Originated in the Standing Committee on Justice Policy First reading November 1, 2004.

Private Bills

Private Bills (sometimes called Private Legislation) are bills that, if passed by the Legislative Assembly, allow a particular person or group of persons an exemption from

the general law, or provide for something that cannot be obtained under the general law. Private Bills originate with a municipality, company or individual seeking a special power or exemption.

Progress through the House:

Although the Standing Orders state that any person, group, or corporation may apply for a Private Bill, the Bill must be introduced in the Legislative Assembly by a Private Member (a Member who is not the Speaker or a Minister). Usually, the Member for the riding in which the applicant resides is asked to introduce the Bill, or, in the case of a corporation, the Member for the riding in which the head office is located. The applicant or the applicant's solicitor must file a compendium of background information with the Clerk of the House.

After first reading private bills are referred to the Standing Committee on Regulations and Private Bills or, depending on the topic, to the Commissioners of Estate Bills or the Ontario Municipal Board (OMB), which report to the Standing Committee on the reasonableness of proceeding with the bill, in whole or in part. Committee stage is where most of the debate about a Private Bill occurs. It is usual for the applicant or the applicant's counsel to speak to the bill. Other members of the public may also make written or oral submissions. The Committee may amend the Bill and decides whether or not to report the Bill to the House. If the Committee reports the bill back to the House it is placed on the Orders and Notices Paper for second reading. It is unusual for a Private Bill to be debated in the House.

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Remember to keep all elected officials in your daily prayers

Provincial Executive Profiles



**Colleen Randall,
Legislation
Chairperson**

Colleen was born and raised in the Ottawa area and still lives there with her husband Doug and their family. They have 4 children and 4 beautiful grandchildren. Colleen has worked for Bell Canada in the engineering department for 35 years and has enjoyed every day. She is an active member of her parish. Colleen joined The Catholic Women's League in 2003 when her pastor asked her to help re-establish the CWL in the parish. That first night she was elected president. Each day is a new learning experience. The Catholic Women's League has provided her with the opportunity to meet many wonderful women and men of faith and love. It has influenced her life both personally and spiritually. It is her passion! She is now past president of the Ottawa diocesan council and newly elected to the provincial council as chair of legislation

**Marlin Taylor,
Education
and Health
Chairperson**



Marlin joined St. Paul the Apostle Parish, Alliston council in September 1979 and served as president from 1987 to 1990. She was northern regional chair from 1996 to 1998. She was elected to the Toronto diocesan executive beginning in 2001-2003 as recording secretary, 2003-2005 Christian family life chair, 2005-2007 spiritual development chair, 2007-2009 organization chair and 2009-2011 as president. Marlin is married with one son who is now married and has three children. She is a proud grandmother. She is retired and currently works for God and Canada.

Provincial Executive Profiles



Toronto Diocesan President, Mary Hawkey

Mary was born and raised in Montreal, Quebec. In 1983, she moved to

Whitby, Ontario to take a position in special education with the Peterborough, Victoria, Northumberland and Clarington Catholic District School Board. She became coordinator of special education and a principal before retiring in 2000.

Mary joined Holy Family CWL council, Whitby in 1986. She was president of the council for two different terms. She was regional chair for Durham for 2001-2003. While continuing to be active in her parish council, Mary moved to the Toronto diocesan council in 2003 where she has held a number of positions including: education and health chair, recording secretary, spiritual development chair and president elect/organization chair.

Mary is very involved in family life especially that of her three nieces and two nephews, who are now adults; two of them married, another to be married in 2013, and all with interesting careers or prospective careers.

In addition, she loves to travel, especially to Europe, with time often spent in England and Scotland, where she has a “second family” in the nature of her good friends and their daughters’ young families.

The Toronto Diocese has 96 parish councils, 7,626 members, 13 life members and one honorary life member, Mary Matthews. Regional meetings are held each spring and fall in the regions of Durham, Humber Valley, North York, Northern, Peel, Scarborough and Toronto. The winter meeting is often a day of reflection or a social event, meant to strengthen our sense of belonging to the League. We provide a development day every February with an average of 250 members attending. We have been blessed for 2013 to have the National President, Betty Anne Brown Davidson agree to be a presenter focusing on the national theme “We Have Seen the Lord”.

Our annual two day convention at the end of April or May is held in a Toronto hotel to accommodate the 400 attendees. The convention begins with a resolution dialogue and closes with a banquet, with up to 600 in attendance, where we are blessed to have Thomas Cardinal Collins join us and speak to us.

Our website provides copious information on upcoming events for our members and links to provincial and national sites as well as other pertinent links. We encourage our members to be involved with League projects beyond their parishes so that they develop a greater sense of the scope and reach of the works of League members. Members are encouraged to attend annual conventions at all levels and return to their councils full of enthusiasm and ready to share the information they have gained from attending.

Provincial Executive Profiles



Peterborough Diocesan President, Margaret Van Meeuwen

Margaret is the oldest of 6 children and still lives in the small community of Brighton where she

grew up. Margaret and husband Frank were married in 1968. They have been blessed with two sons, one daughter and 4 grandsons ranging in age from 2- 18 years and first granddaughter in December 2013. In their early years they were involved in Frank's family apple growing/ packing business. In 1974, they started their own family import /export, mail-order business of agricultural related products. Happily their sons joined the business after completing their college education. Margaret joined St Alphonsus Liguori, Wooler Catholic Women's League in 1979. She became very active in her parish council and has held most positions numerous times over the years. On the diocesan level, she held positions of treasurer, education & health, community life, organization and currently diocesan president. Her sisters in the League have been her inspiration and support system. Margaret belongs to the Trenton hospital auxiliary and worked in the gift shop for many years. Presently, she is on the parish finance committee and is a lector. She was the registration committee chairperson when the parish council hosted a diocesan convention and treasurer for the diocese when the diocese was host for a provincial convention.

The Peterborough Diocese

Catholic Women's League council was founded in 1921, currently has 32 parish councils, 2033 members and 10 life members. The size of our diocese presents challenges in terms of travelling to events and activities. So, every effort is made to move our meetings around to different areas of our diocese so that everyone can attend.

Our annual diocesan convention is held on the 3rd or 4th weekend of April and is hosted by one or more of our parish councils. In the last few years, at our convention, the councils have supported women's shelters in the diocese by bringing items to be distributed on behalf of the diocese.

A spiritual development day for the diocese is held in June and there is also a yearly annual retreat day for officers and life members.

A diocesan newsletter is published twice yearly and we have a diocesan website. The facilitators are enthusiastic and busy presenting the leadership development program – *Catch the Fire*. It is being very well received. It goes without saying that we always are striving to attract new members and re-member those that we have. It is important that we keep the lines of communication open and be open to new and fresh ideas.

The diocese is also working to re-establish parish councils in parishes where they have disbanded.

We are looking forward to and are busy planning for the diocese to host the 2014 provincial convention in Cobourg.

Provincial Executive Profiles

Hearst Diocesan President, Lynn Olenik

Lynn was raised in a small community in northern Ontario called Geraldton. After studying at Lakehead



University, she taught elementary school for 36 years, retiring in 2006. She has been married to husband Michael for 30 years and they have 3 grown daughters and 2 grandchildren.

In May 1989, Lynn was one of the founding members of St Theresa's, the first CWL council in Geraldton, serving as secretary/ treasurer. Since then she has held various committee chairs as well as president at the parish level. She served on the diocesan executive as education and health chair and resolution/legislation chair and became diocesan president in April 2012.

Lynn has been an active member of her parish, school and community all her adult life including: church organist, Sunday school teacher, girl guide leader, member of the music festival committee and various school related organizations.

Lynn enjoys travelling, teaching piano, and doing a variety of crafts. Since 2001 her passion has been travelling to several under-developed countries doing humanitarian work with the *Bucket of Hope* missionary group. For the last 6 years this has taken her and the group from Northern Ontario to small villages in the Opalaca mountains of Honduras.

She recognizes the value of the League and encourages others to participate in what it has to offer in *Faith, Fun and Fulfillment*.

The Hearst Diocese is located in the northeastern section of the province and consists of 6 parishes, 317 members as well as 6 life members. The diocese spans approximately 600 km from Geraldton in the west to Chapleau in the east. Although travel distance and weather sometimes pose problems we do hold executive meetings in September and January prior to the provincial executive meeting. In order to make the most of these gatherings, we usually include a workshop or presentation. This January our spiritual advisor, Father Roger Pronovost animated a session "Witnesses of Faith".

Our annual convention hosted by the various parishes on a rotation basis, provides a great opportunity for League sisters to share and grow in faith, fulfillment and enjoy each other's friendship. Again we use this time to provide workshops and spiritual activities for participants. There are presently 6 *Catch the Fire* facilitators in our diocese. To date, a very successful session was held in Hornepayne on November 17, with several others planned for this winter and spring. Economic issues in our diocese have resulted in all councils being greatly involved with poverty issues, food hampers, fundraising for food banks, knitting for schools and women shelters, etc. Many councils also support the *Bucket of Hope* projects presently working in Honduras.

As with most dioceses we constantly struggle to maintain our membership and encourage members to take on leadership roles.

Provincial Executive Profiles

Alexandria-Cornwall Diocesan

President, Bernadine Greffé

Bernadine was born in Cornwall Ontario. She taught for 25 years in both



French and English schools at the elementary level for the Catholic separate school board. She was married for 56 years to Charles who returned to the Father after a lengthy illness. She has 3 married children, 6 grandchildren and 4 great grandchildren.

Bernadine joined the CWL council of St. John Bosco parish in 1983 where she served in many positions including president for 6 years. She served on the diocesan executive as chair of education and health, communication, organization and currently as president. She is a life member of HAAO (Hospital Auxiliary Association of Ontario) and volunteered at the community hospital for 30 years. She also served two terms on the board of the Hotel Dieu Hospital.

Bernadine is part of a senior's organization called ENCORE where she is involved in the computer classes called "*Computers for Chickens*" and has been on the board of directors for several years. In her spare time she enjoys reading, knitting, oil painting, puzzles and dancing at least once a week.

Bernadine is forever grateful for the League and her sisters in it who have been a great support in her journey of love and faith for God and Canada.

The Alexandria-Cornwall Diocese

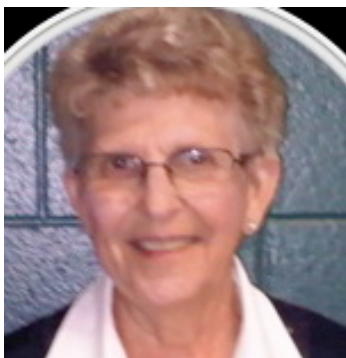
has 9 parish councils with 751 members and 8 life members. We hold 2 executive meetings one in September and one in February to plan upcoming events and review existing ones. We encourage and support the parish presidents in their endeavours as leaders of their councils. The general meetings are held in Oct. and March and always begin with a Mass. These meetings are a way to inform and educate members on the activities in the diocese and to promote fellowship in prayer. The standing chairs present their reports and share their knowledge of the League. We usually have a speaker from the community or a video presentation. We also have a pre and post convention meeting.

As with most dioceses we are always looking for new ideas and innovative ways to attract new members. In December we have an annual Advent retreat beginning with Mass followed by a special prayer service and a teaching usually by our spiritual advisor. Social time follows with a light lunch. Our other retreat is in April at Shalom House, a retreat centre in Alexandria and it is always very well attended. In addition to these diocesan events, each council holds a variety of events over the year in support of many charities and causes.

Our theme this year is on prayers for vocations. Each month one council is responsible for continuing the prayer chain from Sept 2012 to June 2013. Our team for *Catch the Fire* is ready to present a workshop on April 6th, 2013. We are looking forward to offering this program to our members.

Provincial Executive Profiles

London Diocesan President,



Mary Jean Horne

Mary Jean was born in Chatham, Ontario. After finishing high school, she worked in various types

of employment. She married husband Wilbert in 1961 and has 3 daughters, 1 son, 8 grandchildren and great granddaughter Anna. She joined the League in 1960 after completing instruction in the Catholic faith. At the parish level she held all positions. She was a central committee chairperson in 1977 and regional chairperson in 1997. In 1999 she moved to the diocesan executive where she served as corresponding and recording secretary, the chair of resolutions, education and health, community life, Christian family life, spiritual development, legislation, and organization and was elected as president in 2012. One of her most treasured times as the president of her parish council was the night she received her Maple Leaf Service pin. She continues to work part time in her cluster parish as the pastoral care worker. She is also a lector and Eucharistic minister. When she has time, she loves to golf, walk with her husband and spend time with their children, grandchildren and of course Anna.

The London Diocese has 99 parish councils, 7 regions 12,104 members and 8 life members. We hold executive meetings January, March, April, May, September and November. In the fall we host 3 Fall regional days. Because of the size of our diocese, we break it into the following regions: Huron/Perth & Ingersoll, London & Sarnia and Chatham Kent, Essex & Windsor. The day is filled with *Faith* (a spiritual workshop) *Fulfillment* (workshops) *Fun* (sharing our stories and ourselves). These days are always well attended. The Feast of Our Lady of Good Counsel is celebrated by many of our councils with a Mass and gathering after. Masses are said for our deceased members and in some council's a tree is planted in their memory. Parish councils continue to honour their members with a service pin for the number of years of membership. Our annual diocesan convention is held in April and regions rotate hosting the convention. The councils within that region work very hard to make it a successful 3 days. The London diocese annual Lenten retreat is hosted by various councils. The annual retreat in July takes place at Our Lady of the Rosary diocesan shrine in Merlin. This day has been a great success and each year our members look forward to attending. Many of our councils host an annual Advent Tea that was introduced by one of our past presidents, Pat Rivest. We have begun our *Catch the Fire* workshops. Because our diocese has to cover 99 councils we have two groups going, some on the same day. As with most councils, we are always looking for new ideas and ways to attract new members.

Awards

Celebrations

Special Events



Kingston Diocese *Catches the Fire!*



The parish hall of Queen of the Most Holy Rosary Church in Belleville was all aflame on January 19th as over 50 women representing five different councils, gathered for the first ***Catch the Fire*** workshop in the Kingston diocese. Facilitators Margie Royle, Wilma Turcotte and Mary Wray Brennan were delighted to witness the avid interest and enthusiasm *catch on fire* as the day progressed. Evaluations were very positive and members left feeling renewed, motivated and eager to spread the flames!



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