



ON-LINE NEWSLETTER

March 2014 Edition

Featuring Sault Ste. Marie Diocese and the Education and Health Standing Committee

We Have Seen the Lord



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Betty's Blog



The Deacon said it so beautifully as he signed me with ashes on Ash Wednesday. "Repent and spread the Good News because God loves you." Needless to say I was moved to tears. As I received the ashes and reflected on what he had said, it gave the essence of hope that Easter brings. A brief statement yet so profound. Walking back to my pew the song "Signed by water, signed by ashes, secure in your love O God" was being sung. What comfort it brought to a grey winter's day to be reminded that we are secure in His love.

Lent is like the winter of our lives. A time of dormancy that brings the promise of spring and new birth. Just as we crave the sun to uplift our spirit and give us Vitamin D, we long for the Son of Man that gives us His vitamin D that stands for "deliverance" from sin and death.

While the ashes symbolize penance and contrition, they are also a reminder that God is gracious and merciful to those who call on Him with repentant hearts. His Divine mercy is of utmost importance during the season of Lent, and the Church calls on us to seek that mercy during the entire Lenten season with reflection, prayer and penance. With penance why not add presence, yours. Visit the sick, elderly or marginalized in your community. Spend time with family and friends together in prayer, saying the Rosary and Divine Mercy chaplet. Just "be" with someone. There is no coincidence that the words "silent" and "listen" have the same letters. Be sure to spend time with God. "Be still and know that I am God". Psalm 46:10

Have a blessed Lenten season.

Betty



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Catholic Education ***By Education and Health Chair Carol Richer***

Catholic Education continues to be a target for those who would like to eliminate not only funding for Catholic schools, but in some cases Catholic schools *period*. The recent launch on social media of a short-video series to help Ontarians better understand the Catholic segment of the province's unique public education system certainly created quite a stir. The video series is part of "the Faith in Our Future campaign, an invitation for all Ontarians to explore the distinctive value and contribution of Catholic education to the life of this province" (OCSTA press release, Jan. 14, 2014) Our president, Betty Colaneri, one of those interviewed, noted that our Catholic schools provide education not only for the mind, but also for the soul. If you haven't yet seen these wonderful videos, visit www.YouTube.com/OCSTAVideo1

Pope John Paul II stated that "A Catholic school is a place where students live a shared experience of faith in God and where they learn the riches of Catholic culture...Catholic schools must help students to deepen their relationship with God and to discover that all things human have their deepest meaning in the person and teaching of Jesus Christ". Pope Francis notes that Catholic Universities "by their very nature, are committed to demonstrating the harmony of faith and reason and the relevance of the Christian message for a full and authentically human life".

The opportunity to live a shared experience of faith in God need not end with High School. The February 9, 2014 edition of the Catholic Register ran a special feature on Catholic Higher Education, focussing on a number of Catholic colleges and universities and activities organized by students which are helping them to live their faith and to get involved in social justice issues. Our young people should be encouraged to investigate these institutions when they are moving on to higher education.



Catholic Education Week
May 4 - May 9, 2014
www.goodnewsforall.ca



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Working to 'Reduce the Stigma Attached to Mental Illness'

By Education and Health Chair Carol Richer

Mental Health issues and the stigma attached to mental health have been the focus of many groups, organizations and government agencies in recent months. Nelson Mandela stated that "Education is the most powerful weapon which you can use to change the world". Although he was not referring to mental health issues at the time, his statement could certainly apply to this issue.

Our Resolution ON.13.01 'Reduce the Stigma Attached to Mental Illness' couldn't have come at a better time. We are not alone in recognizing the need for change in this area. By working together to educate the public, and getting them to realize that mental health is an illness and not a choice, change will come, resulting in more victims of mental illness seeking help and in saving many lives.

Those suffering from mental illness need not only medical care, but also spiritual and compassionate care. Often they are seeking someone to spend time with them, to hold their hand, to listen when they talk about what is important to them, to pray with them, to accept them and not to judge them because of their illness. It is incumbent on us, as women of faith, to reach out and offer to be there for them. They did not choose this illness any more than one chooses to have cancer! Let them know that we understand and care, and that they have nothing to be ashamed of. Be a light in their darkness.

Arise Program and Youth Ministry

Holy Redeemer, Sudbury CWL Christian Family Life Chair, Jocelyn Bene, along with members of the parish helped the students in grades 7 and 8 from Pius XII School complete the first session of Arise. As a group, they took part in two community service projects. The first one was a collection of winter clothing for the Elgin Street Mission downtown. The response was phenomenal. Three carloads of clothing were given to the needy in the community. The second project was the making of Christmas cards for the elderly at Finlandia Koti, a nursing home in our area. The students used their artistic talents to create beautiful cards which were very well received by the residents. All in all, the students were very receptive to the needs of the disadvantaged and the elderly during the Christmas season. Congratulations on a job well done!!



ALZHEIMER SOCIETY – HEALTHY BRAIN

At the January 2014 general meeting, **St Gregory's CWL, Sault Ste. Marie** invited a guest speaker, Janice Seppala from the Alzheimer Society to talk about "Healthy Brain". She mentioned that there is a connection between healthy lifestyle choices and brain health. There are a few tips to keep your brain active everyday: play games to challenge your mind (chess, crossword), pursue a new interest (take a course, enjoy hobbies), stay socially connected, reduce stress and become physically active. It is never too soon or too late to make changes that may help you reduce your risk of Alzheimer disease. Take action! Make your commitment to better brain health.



Our Lady of Hope Council Rallies their Parish Community

Luciana Muscolino, Education and Health Chairperson, **Our Lady of Hope Council**, Sudbury invited members of our parish to participate at the Blue Door Soup Kitchen. Health, after all, can be physical, spiritual and emotional and what an education we received. Sign-up sheets were posted for parishioners and very quickly a waiting list emerged for service days on December 27th and December 31st. We were welcomed warmly by Blue Door staff and volunteers. It became immediately evident that they embraced their work and appreciated our helping hands. We were assigned to food preparation, serving and cleaning. We couldn't help but notice the team at Blue Door knew everyone by name and welcomed them warmly. Our intimidation melted away when we saw the faces smiling back at us. We met new neighbours in our community who were young and old, men and women, well and unwell. Beyond their physical condition or economic situation, they were people first who had a name and a story to share.

We saw and heard the Lord many times that day – in the faces of those sharing a meal, in the gentle guidance of a young man helping his father, in the compassionate way a volunteer brought a tray to a physically disabled visitor. Our Lady of Hope Council will continue to seek the Lord and be active witness to service in future planned Parish service days at the Soup Kitchen as well as designating a charitable donation to support their good works in our community.



Pictured (l to r) John Celestini, Dorothy Boyer Second Vice **Our Lady of Hope Council**, Diane Atchinson, Sharon Celestini and Blue Door volunteers.

HELPING OUR YOUTH

The members of the Catholic Women's League of **St. Peter the Apostle, North Bay** join forces to help the children from Corpus Christi School put on a special evening of music and socializing. The Christmas Concert was held in our church and after the various performances by the children, everyone was invited into the hall where the parents and their families enjoyed tea, coffee and juice for a small price. All funds raised were to benefit needy families in their school. There was also a penny sale and a draw on a coffee maker. The CWL ladies looked after the refreshments and the cleaning up at the end of the evening.

In the picture, we have Ann Cousineau, Gert Lalande, Jean Carmichael and President Marcelle Beaulieu.





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75TH ANNIVERSARY

ST. JOHN THE EVANGELIST CATHOLIC WOMEN'S LEAGUE 1938 - 2013



St. John the Evangelist Catholic Women's League celebrated its 75th Anniversary on September 28th, 2013 with 90+ members and guests gathered together for a Mass, followed by a catered Dinner in the Church Hall.

As Master of Ceremonies, Rosemarie Bergeron kept the evening's agenda flowing with a grand style for this momentous occasion. St. John's CWL President, Claudette Jones, welcomed everyone and introduced the Council

Executive, current and past Spiritual Advisors – Father Jim Ketzler, Father Charles Mathieu and Father James Sharpe, as well as Special Guests – Diocesan President, Anna Tremblay, and Regional Chairperson, Nancy Shank.

Grace before dinner was said by Doreen Merkas. Following Dinner, Past President, Sandra Belanger, provided a Reflection on St. John's CWL over the past 75 years. Congratulatory Presentations were received from Bishop Jean Louis Plouffe, the CWL Diocesan Council, CWL Sudbury Regional Council and the City of Greater Sudbury. Diocesan President, Anna Tremblay, also offered words of congratulations.

The 75th Anniversary Committee expressed their gratitude to everyone who helped make this celebration very special and an opportunity to thank all our members for their faithful service to our Council and Parish over 75 remarkable years. Thank you also to Father Jim Ketzler and the Parish for the wonderful gifts presented to our members.



Holy Redeemer Sudbury Community Life Chairperson, Pat Park, (left) Noreen Cahill, Lorraine Greasley (President) and Mary Jane Veinott joined with the Social Justice Committee to prepare lunch for students of Barrydowne Campus located at Cambrian College in January 2014.





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"Planning for the end of Life"

Four members of **St. Kevin's CWL Council of Greater Sudbury** attended a Public forum on Aging, "Planning for the end of Life". A condensed version was presented to our council by our education and health convenor Mary Catherine Tremblay.

Seniors are the fastest growing population. Brian Goldman, an ER doctor, stressed that we need to know our options for palliative care, hospice care, hospital based-care and home-care so we can have options. Five million Canadians are without doctors, often leaving the aging vulnerable ER patient. We need to have the talk about DNR and advanced directive for ourselves and our loved ones.

Dr. Harvey Chochinov, author of "Dignity Therapy", spoke on preserving the dignity of the person, finding out who the person is, listening carefully and documenting their words and checking if we heard accurately. This can make their journey to the end more dignified and meaningful.

Health Science North has a web site with the entire presentation in their archives.



DUKE OF EDINBURGH COSTA RICA MISSION TRIP

Again this year, Andrew Hazelwood, program director at Scollard Hall in North Bay, is taking a group of students and chaperones to Sarchi, Costa Rica where they hope to continue some of the projects started last year. These will include:

- Install ceilings in JK and SK in San Rafael elementary school
- Install ceilings in two classrooms, drainage channels to prevent flooding and a basketball court at Grande Lllano elementary school
- Put an extension on a senior's home
- Work with the physically and mentally challenged
- Work at the Alcohol Rehab Centre

As part of Development and Peace initiative, **St Peter the Apostle Parish** has agreed to help raise funds for this mission trip. CWL and KofC members are hard at work with a second annual spaghetti dinner/bake sale/silent auction evening. The money raised will help to purchase materials required to accomplish their various projects.



Pictured are: Lenna Dodge, (mother of student) and Ann Cousineau and Gert Lalande, CWL members



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Sad News

It is with a heavy heart that we announce the death of **Fr. Pat Tait, Spiritual Advisor to the Pembroke Diocesan Council** of the Catholic Women's League, on Saturday February 15.

Our deepest sympathies are with his family.

Father Tait served as spiritual shepherd to congregations in Renfrew, Pembroke, Westmeath, Lapasse and many more on both sides of the Ottawa River, leaving behind a legacy of kindness, comfort and leadership that will long be remembered by all who knew him.

May he share in the joy of the heavenly kingdom and rejoice with the saints forever.

Recognition

St. Kevin's Council from SSM Diocese in Ontario is celebrating 50 years!
Pins for 25 years will go to Diane Gallagher, Carmen Lehto, and Marie Vautour.
Pins for 40 years will go to Suzanne Beaudry, Joan Gunville, and Nancy Shank.
Pin for 50 years of service will go to Lou Burns



***In the April issue we will feature
St. Catharines Diocese and the Legislation Chair***

