



ON-LINE NEWSLETTER

March 2016 Edition

Featuring the Diocese of Hamilton and the Spiritual Development Standing Committee



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The April issue will feature the Pembroke and Peterborough Diocesan Councils and the Past President / Historian

Stay tuned!

Pauline's Ponderings...



Greetings:

Kindness can take on so many forms. The simplest gestures can make a person's day. Yesterday I was in line to get my car washed and I had an overwhelming feeling that I should buy a car wash for the person in line behind me. I gave my head a shake and said to myself... "Are you nuts!"...but the feeling persisted so when I came to the window I told the attendant that I wanted to buy the person behind me a wash too. "Do you know him?" Shook my head no. "Well, I do", he said "And he is going to be very happy." I watched through my rear view mirror. The attendant shouted, "It's free!" The man was indeed excited! Yelled a yahoo, honked his horn and waved. One simple act of kindness left three people happy. I know I got the best part of this deal; I'm still joy-filled! We can do simple things to spread kindness to others; how about letting a person check out before you in a grocery line or opening a door for a person. Little things that make more than just the giver and receiver feel good. It also affects the by-stander.

Last week I attended the winter national meeting. We accomplished a great many things during our time together. Most exciting is the plan for our day of action that will take place May 4th. Every council across Canada will participate in 12 hours of prayer for palliative and hospice care. Details are still being finalized so keep a close watch on the national and provincial websites for exact plans. Mark your calendar now. This promises to be extraordinary!

As we journey towards the three great days and a most joyful Easter may Our Lady of Good Counsel keep you safe in her loving arms. Cheers and ttfn





Diocese of Hamilton

On February 29, 2016, the Diocese of Hamilton celebrated its 160th Anniversary. The diocese was established in 1856 and at that time it was made up of 28,000 Catholics, nine parishes, sixteen missions, four priests and three sisters of St. Joseph.

Today, it is the second largest English speaking Roman Catholic Diocese in Canada encompassing the counties of Brant, Bruce, Grey, Halton, Waterloo, Wellington and four townships in the county of Dufferin and includes 123 parishes.

May 13, 2016 to May 15, 2016, The Catholic Women's League of Canada, in the Diocese of Hamilton, will celebrate its 96th Convention at the Crowne Plaza in Kitchener, Ontario.

Currently there are 99 Catholic Women's League parish councils comprised of approximately 10,000 members within the Hamilton Diocese.

Since 2014, **St. Michael's CWL parish council, Waterloo**, have applied Resolution 2013.01 Building Relationships and Partnerships with Canada's Indigenous Peoples and it was taken to heart within their council. Fellow member Marie Lehmann introduced the Immaculate Conception Parish in M'Chigeeng First Nation Ontario at a general meeting through pictures of their unique teepee-shaped circular church and their special furnishings. During the Christmas season, the Good Hearted Women Singers joined with the choirs of St. Michael's and Our Lady of Lourdes in song for our parishioners including showing how they praise the Creator with their drum circle.

In May 2015, St Michael's Resolution Chairperson Shani Pregelj informed members of the plight facing Aboriginal youth. Members signed and sent letters to MPs to ask our government to act on the items in the document Feathers of Hope, a First Nation Youth action plan. This was our response to **Resolution ON.14.02** Feathers of Hope – Empowering First Nations Youth.

Through the above events, many new friendships were formed. Members and parishioners got to know our Aboriginal neighbours better.



Picture taken during the Ecumenical Prayer Service with our Aboriginal Brothers and Sisters on April 26th, 2015 at St. Michael's Parish. Those shown here include Bishop Gary Gordon (Bishop of Victoria, BC), members of the Good Hearted Women Singers, Ela Smith, members of White Owl Native Ancestry Association, and community members.



celebrating
175
years

ST. ANDREW'S, OAKVILLE

In celebration of the 175th anniversary of St. Andrew Church our pastor deemed the theme for the church at large to be "Faith In Action". The CWL council decided it would raise \$5000.00 as our contribution to the theme for the outreach project which was to provide funds to Bishop Hunt's Diocese of Newfoundland and Labrador. Our overall parish goal was \$50,000.00. We unveiled our cookbook at our Sept 8th 2015 CWL meeting, and to our delight by fall regional 300 cookbooks were snapped up by our CWL members, friends and family. St. Andrew's CWL decides annually on one major fund raising project and we work together throughout the year to attain completion of that project. This allows for many to help and contribute along the way and is very inclusive. We also are noticing that potential new members are interested and are participating with great suggestions for future fundraisers. We're confident we'll meet our goal.

HOLY ROSARY, BURLINGTON

One of our greatest events in 2015 is that we hosted our 3rd annual fashion show in April. We had over 125 guests, an Italian dinner and Evelyn's Fashions from Aldershot. This year we prepared "Care Bags" for the Halton Women's Place of Burlington. These totes were "sponsored" for \$20 by our guests at the fashion show and supplied by Chris McNamara, CWL parish council president. We were able to donate \$900.00 to the Halton Women's Place. The shelter was able to join us for our general meeting to say thank you and share with us what they do within our community for women in need. We have contributed to the Bridge as well. We look forward to this annual event.



PORNOGRAPHY HURTS BUS CAMPAIGN

2016 is the 20th Anniversary of the Pornography Hurts bus campaign which was initiated in the Hamilton Diocese. Hamilton Diocesan Communication Chair, Kristine Paul, challenged all councils at the regionals meetings to support the bus campaign with a CWL parish council donation of \$2 per registered member.



**Spiritual Development Standing Committee
Colleen Martin, Chairperson**

DO YOU KNOW?

To achieve individual and collective spiritual development is the first object of the League?

Spiritual growth is the process of inner awakening, and becoming conscious of our inner being. The Ontario Provincial Council has been exploring 'The Mystery of Divine Indwelling'. It is only through spiritual growth that we can become connected with God who promises to always be with us. He is at the very center of our being. We only have to awaken to that realization.



1. Create reasonable expectations

Seven

2. Stop feeling guilty!!

Steps

3. Don't compartmentalize your life.. God is always there..

To

4. Stop... create pauses in your day to reflect

Connecting

5. Create quiet spaces in your day to listen to God

With

6. Make a connection with God where you are even if it is messy

God

7. Ask these questions often: What do you need to put down to follow Jesus? What are you doing to learn about Jesus? Where is God talking to you in your life?



ONTARIO PROVINCIAL COUNCIL
OF THE CATHOLIC WOMEN'S
LEAGUE OF CANADA



ON-LINE NEWSLETTER

LENT – excerpt from Pope Francis' message

"For all of us, then, the season of Lent in this Jubilee Year is a favourable time to overcome our existential alienation by listening to God's word and by practising the works of mercy. In the corporal works of mercy we touch the flesh of Christ in our brothers and sisters who need to be fed, clothed, sheltered, visited; in the spiritual works of mercy — counsel, instruction, forgiveness, admonishment and prayer — we touch more directly our own sinfulness. The corporal and spiritual works of mercy must never be separated. By touching the flesh of the crucified Jesus in the suffering, sinners can receive the gift of realizing that they too are poor and in need. By taking this path, the "proud", the "powerful" and the "wealthy" spoken of in the *Magnificat* can also be embraced and undeservedly loved by the crucified Lord who died and rose for them. This love alone is the answer to that yearning for infinite happiness and love that we think we can satisfy with the idols of knowledge, power and riches."



ROM PRAYERSCAPES.COM - THE EASTER STORY

The Easter story is rich in powerful contrasts. The birth of Jesus, a seemingly illegitimate child, born in squalor, lived a life under threat from the very beginning. The prophet, teacher and Son of God was challenged, hunted and crucified; such a dark and unfavoured beginning and short and harsh life and ministry. So when Easter day arrives, the tombstone rolls away for a risen Lord. On Easter day the stone rolls away for us all! The victims and downtrodden of this world are no longer trapped. The darkness of the tomb of fear, sin, torture, death, pain and despair is filled with light. The contrast is truly astounding! The nature of life itself is changed and the rhythms of the universe transformed forever. A new heartbeat of grace flows in and around every aspect of a fallen world. Redemption is all encompassing and the justice of heaven reigns. Amazing love! Amazing grace! Truth alive and death defeated forever!